



HYGIENIC
COOKERY

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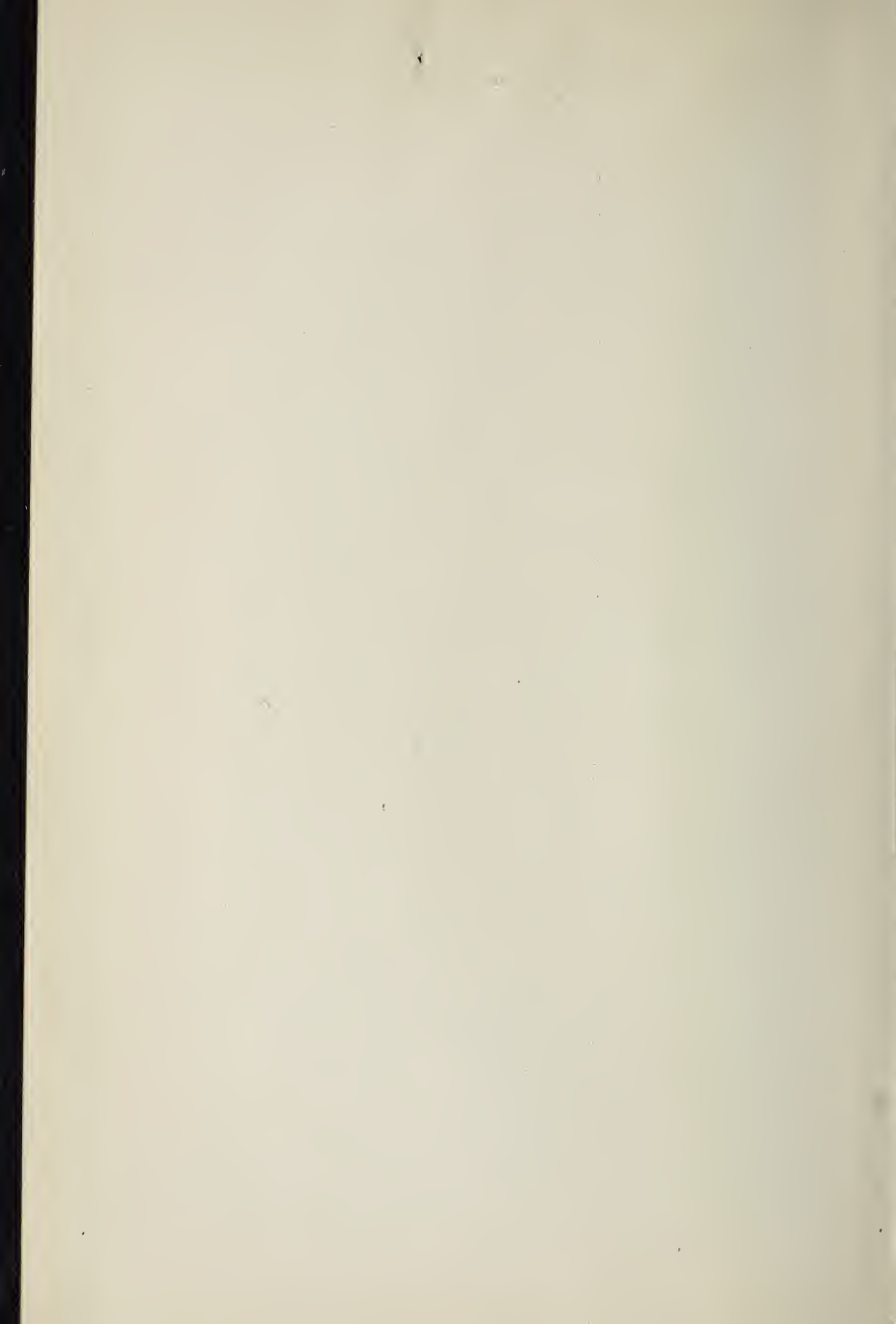


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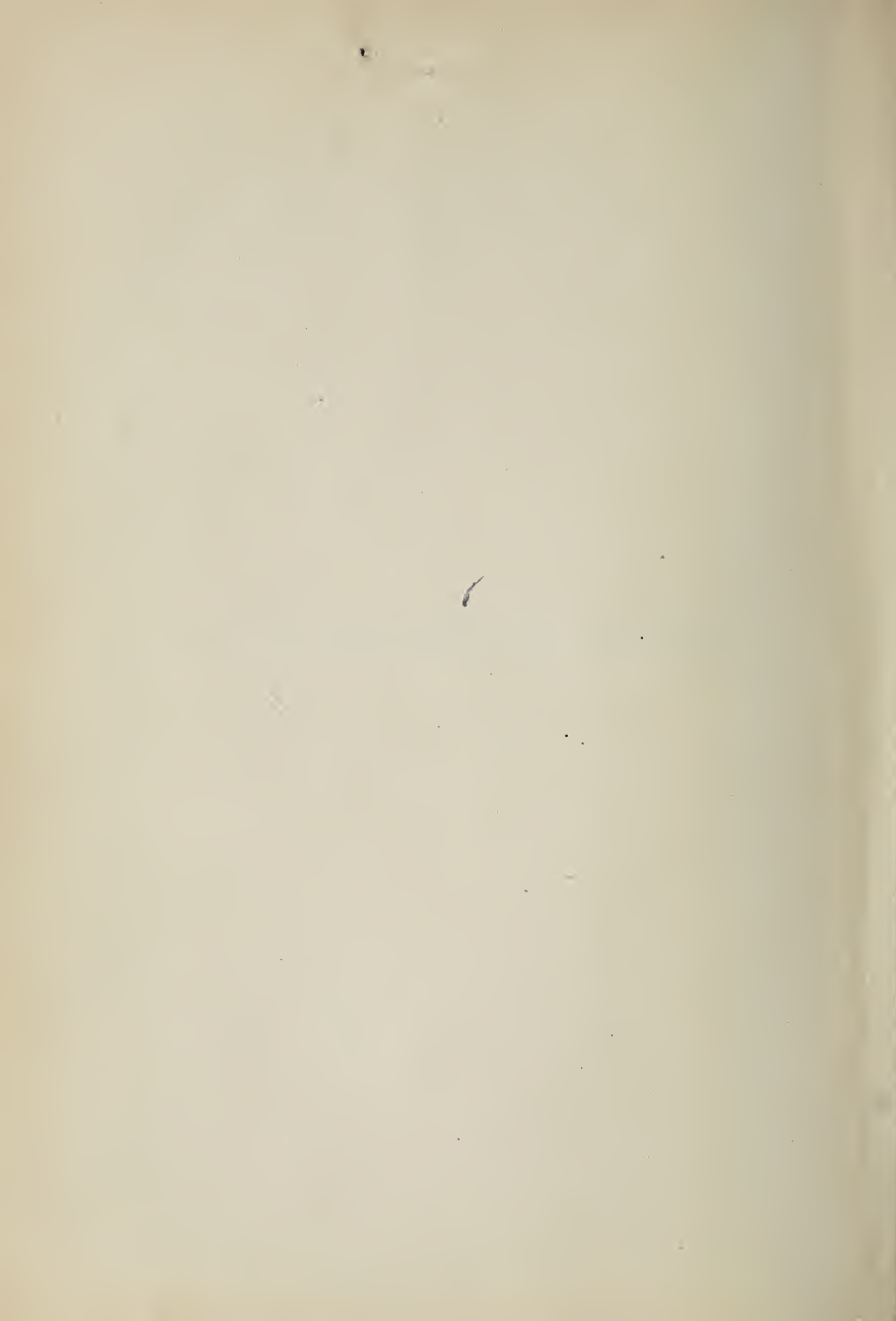
Book 17

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HEALTH IN THE HOUSEHOLD.



HEALTH
IN THE
HOUSEHOLD;
OR,
HYGIENIC COOKERY.

BY
SUSANNA W. DODDS, A. M., M. D.

"No spice but hunger ; no stimulant but exercise."

FELIX L. OSWALD, M.D.

SIXTH EDITION.

ST. LOUIS:
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TO ALL
WHO LOVE GOOD HEALTH
AS WELL AS
GOOD EATING,

This Volume

IS RESPECTFULLY DEDICATED.

P R E F A C E .

THE object of this work is to enable health-seekers to furnish their tables with food that is wholesome, and at the same time palatable. The writer claims that the food products of the earth, properly grown and prepared, should be not only healthful, but to the unperverted palate, relishable, in the highest degree.

Foods, as ordinarily cooked, are robbed of their own luscious flavors and rich juices by all manner of wasteful or injudicious processes ; by soaking, by parboiling, by evaporation, by under-cooking, and by burning ; after which one tries in vain to compensate for these defects, by adding butter, pepper, sugar, salt, and other seasonings, *ad infinitum*. Nature is prodigal of her fine flavors, furnishing them in infinite variety and choice abundance ; and all we have to do is to produce them from the soil by proper culture, and save them with frugal care. How to grow the best grains, fruits and vegetables, belongs not to the art of cookery, but to the department of agriculture and horticulture. How to prepare these products for the table, getting all the *good* there is in them, and adding nothing harmful thereto, is the thing sought after in the following pages.

It has often been urged against cook-books, that the very items one needs most to know, are not in them ; the quantities, proportions, etc., together with the smaller details, being usually left out. In the present volume the author

has endeavored, even at the expense of brevity, to avoid falling into a like error. The recipes claim to be sufficiently explicit, and as far as is possible, accurate. Some of them are wholly original, others are not; many valuable hints have been derived from books already published on hygienic cooking. In preparing Part II. the following works have been consulted freely, and in some instances quoted *verbatim*; viz.: *The Hygeian Home Cook-Book*, by the late R. T. Trall, M.D.; the *Health Reformer's Cook-Book*, Battle Creek, Mich.; and *How to Prepare Food*, by Mrs. Lucretia E. Jackson, Dansville, N. Y.

For the benefit of those who are beginning to try hygienic cookery, but whose families and friends are not thoroughly converted to the system, Part III. has been written, with directions for preparing foods, not strictly in the hygienic way, but in such a manner as to render them relatively plain and healthful. An urgent call having been made for a work of this kind, the suggestion has been acted upon to bind it and the hygienic cook-book in the same volume.

In the preparation of Part III. the author is greatly indebted to several writers, among whom are Catharine Beecher, Marion Harland, Emma P. Ewing, and the author or compiler of the *Buckeye Cookery*.

S. W. DODDS.

ST. LOUIS, Mo., *Sept.* 21, 1883.

PREFACE TO THE SIXTH EDITION.

In the several editions of *Health in the Household* that have been published, very few alterations were made in the text, except that in the last one issued the recipes for soups were so changed that these could be made without meat, a little cream taking the place of it.

In the present edition, the principal change is in the table and recipes for grains, a longer time being allowed for cooking them; this not only renders them more digestible, but improves their flavor.

A new index has also been prepared, which is more convenient than the old one.

S. W. DODDS.

ST. LOUIS, MO., *Dec.* 1, 1900.

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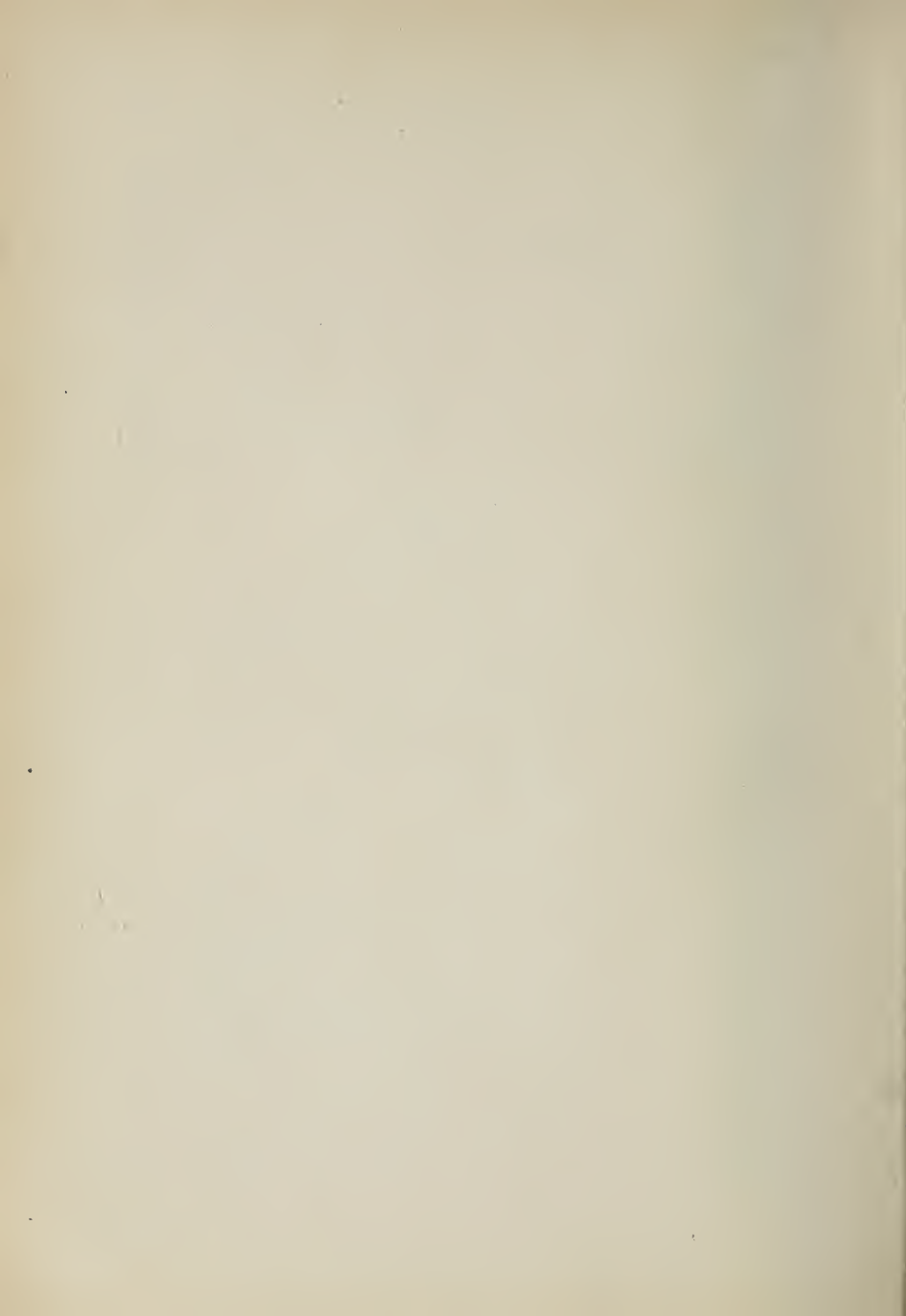
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INTRODUCTORY.

THE question is often asked, "What is this hygienic diet?" and it would be well for its advocates, if a correct answer were always given. This food differs so materially from that in common use, that persons who have simply heard of it, are apt to form erroneous ideas in regard to it. For example, if you state that a hygienic breakfast-table furnishes neither coffee nor tea, no beefsteak, butter, nor hot biscuits, you are met with the question, "What do they eat?" And before you can begin to reply, the conclusion is reached that the table must be woefully bare, and the food on it lacking in wholesome variety and good flavor (since there are no seasonings), and also in nutritive qualities. In other words, that it is a sort of starvation diet, which sensible people would at once reject.

Now, nothing could be farther from the truth than such an inference; and patients at our table have often remarked that if people only understood the real character of the hygienic diet, they would think more favorably of it. In the first place, the hygienic table admits of as great a variety as any other; and once the palate adapts itself to the change—which requires but a short time—the food is quite as keenly relished as that prepared in the ordinary way. In the next place, one does not tire of it; even in warm spring mornings, when other people feel the need of a *tonic* to give them an appetite, the sound of the breakfast-bell in hygienic households is always welcome. The presence of *natural hunger* makes the food taste good, while at the same time it is the best possible aid to digestion. The fresh ripe fruits,

the crisp little rolls, twenty minutes from the oven, the well-cooked oatmeal, and the luscious stewed fruits—to say nothing of good baked potatoes, and other side dishes that find their way to the table—all are enjoyed with a zest that rarely belongs to steak, biscuit and coffee.

But a more important point to the physiologist is, that the food eaten is far more healthful and nutritious than the aforesaid articles ; from the simple fact that it contains a much larger per cent. of those substances that are necessary to form bone, teeth, muscles, tendons, and the other tissues of the body. This is why one can work longer and with less fatigue on hygienic food than on any other ; it *nourishes* better. Were proof needed on this point, the tables in Part I., giving the constituents of food, ought to furnish it.

Still another virtue belonging to this diet is, that it contains no stimulating or abnormal substances, to tax the vital powers in getting rid of them ; no salt, pepper, spices, or other irritating condiment ; everything is *usable*, in one way or another. Neither is there an excess of oily or saccharine matter, to clog the digestive or the excretory organs. But, to get at once to the root of the matter, we will take up the a, b, c, of the hygienic dietary ; resting assured that if our *premises* are correct, the conclusions will take care of themselves.

All persons who are thorough hygienists, according to the teachings of the late R. T. Trall, M.D., believe that inorganic substances are incapable of nourishing or building up the vital structures of our bodies. To begin with first principles, we hold that vegetable organisms are fed by inorganic substances, and by these alone ; that animal organisms are fed by organic substances, and by these only. We also maintain that, other things being equal, the products of the vegetable kingdom are better suited to man's needs than are those of the animal kingdom ; and that out of the former, those products are best suited for foods which most

nearly supply the waste of the various tissues. There are, no doubt, many varieties in the vegetable kingdom which can be and sometimes are used for foods, but which rank low in nutritive value, and are otherwise inferior in quality ; these, if eaten, are recommended only as occasional dishes.

If we follow scientific analysis, we must place first in the rank of nutritious foods, the various preparations of wheat ; then the other grains, some of which are better adapted to our wants than others. Fruits, as a class of foods, are ranked higher than vegetables by hygienists, and some fruits higher than others ; while among the vegetables proper, there are certain kinds that are better suited for human food than others.

The flesh of animals, as will hereafter be shown, does not begin to compare with the whole grains—or even with some vegetables—in the quantity of nutritive matter contained ; so that if used, it must fall below the latter in respect to nutrition. Besides, it carries with it a certain amount of substance that can not be utilized by the vital organs ; whence it follows that these organs must do extra work in expelling this substance from the vital domain. All animals, however healthy, are every moment of their lives throwing off a large per cent. of worn-out or effete matter ; many times larger than that which is expelled from the surfaces of fruits or vegetables. This matter is in every tissue, and in every drop of blood or other fluid in the tissues ; nor does the act of killing the animal improve the condition of things. On the contrary, the moment that life is extinct decomposition begins, and the waste is much more rapid ; hence the use of antiseptics, as salt, soda, saltpetre, etc., to arrest decay.

Animal foods therefore are exceedingly unstable, not to say impure, in their best estate ; whence their character as *inflammatory* food. All animal products, as butter, eggs, cheese, etc., partake of this character, in a greater or less

degree. Beef and mutton are perhaps the best of the flesh foods. Fish, fowls, oysters, etc., belong to lower orders of animal life, some of which are infested with vermin or animalculæ,* and all of which feed upon less inviting food substances than do the nobler animals.

A further objection to the use of meat is found in the fact that many animals are afflicted with acute or chronic diseases, and are often rushed into market in that condition. This is particularly true of swine, and often indeed of cattle. Were the actual statistics given in all their loathsome details, of scurvy in swine, of ulcerated livers, of deaths from trichinæ, of beef discolored from venous blood, and often from semi-putrefaction, it would be enough to pall the keenest appetite, even though it failed to convince the most perverted judgment.

In the following pages the subject will again be adverted to, and reasons given why hygienists regard meat, the best of it, as second-rate food ; and salt, its usual condiment—which is a metallic, inorganic substance—as no food at all. Some hints will also be given as to the relative merits of the various food products, both in regard to health, and also to their nutritive value. It will likewise be shown, that so far as the *quality* of the hygienic diet is concerned, the resources of nature, as well as of art, are not by any means exhausted. Indeed, the hygienists themselves have scarcely more than commenced to study the matter. The place to begin, of course, is in the department of agriculture. It is well known that grains, fruits and vegetables, are capable of improvement by culture, to an almost unlimited extent ; and there is little if any doubt that nearly all fruits fully ripe, and in their finest development, would be exceedingly palatable as nature furnishes them. It is much to be hoped that an enlightened public sentiment, on this subject as on others,

* The liquor of oysters is said to be filled with infusoria or animalculæ.

will help to bring about a higher culture of all these products, and especially of fruits.

Some dietetic reformers, in their eagerness to gratify a perverted palate, have fallen into the habit of mixing various foods together, indiscriminately, in the preparation of a single dish. Such admixture, if confined to one class of products, for instance the grains, would not be amiss; but the plan of putting together in the same dish, fruits and vegetables (say cabbage, beans, beets, squashes, etc., with raw or cooked fruits), is a practice that can not be too strongly condemned. Sound stomachs might be able to manage these conglomerations, but weak or diseased ones would certainly be the worse for it; and it is a question whether even the best digestion, under such treatment, would not finally be impaired.

This brings us to the subject of the dietetic classification of foods. It also suggests a reason for some slight departure in this book from the ordinary grouping of food products. For example, under the head of "Vegetables," only such products are named as seem to be dietetically allied to each other; no attention being paid to scientific technicalities. In like manner, tomatoes and melons are classed with vegetables, because they are intended to be eaten with them. And it might be added, that meats, if eaten, are thought to digest better taken with vegetables, rather than with fruits. There is no doubt that very oily substances eaten with fruits, make rather a bad mixture; and it ought to be thoroughly well known that the large amount of sugar ordinarily cooked in the latter, renders them difficult to digest, and often causes pain in the stomach, or *cholera morbus*, particularly if they are eaten with vegetables. The trouble is not with the fruits, but with the sugar, and the bad combinations that are made.

The subject of food combinations—whether cabbage and raw apples will digest well together, or strawberries and

cucumbers, or grapes and Lima beans, etc., etc.—is a topic that in the main has been quite overlooked. In the last few years, however, some careful observations have been made by hygienists, in the management not only of very sensitive stomachs, but also those of ordinary strength; and the conclusion has been reached, that here as elsewhere, there are certain general principles underlying the whole subject, which, if properly understood, would be of much value. Certain physicians, among them the writer of this book, believe that (for feeble stomachs at least) fruits and vegetables do best when taken at separate meals; that vegetables, when eaten, should be taken at dinner; and that disregard of these rules often leads to indigestion. It is a question, then, whether with care in these respects, there would be that difficulty which some persons experience in eating fruits, and others in eating vegetables.

In the management of patients with even a moderate amount of vitality, the writer has found no difficulty in enabling them to eat fruits in abundance, and without the slightest inconvenience; and to a certain extent the same is true as respects the use of vegetables. A very good rule for general observance, is to make the breakfast of bread and fruit, and perhaps some grain preparation; the dinner of bread, vegetables, etc.; and the supper of bread and fruit only, or bread and fruit juice. It is also a good plan, if raw apples, peaches, or grapes are eaten, to take them at breakfast, and by all means at the *beginning* of the meal. Let the fine sub-acids touch the bottom of the stomach, so to speak. If melons are eaten, they should be taken at or before the dinner; if at the meal, they should be served at the commencement of it, not at the close. These rules have been found to work well with persons who are sick, and they can hardly work ill with those who are in good health. Or, as it is sometimes said, "What will make a sick man well, will also keep him well."

The question is frequently asked, whether the hygienic diet is to be recommended from an economic stand-point. So far as the table itself is concerned, the one way of living is probably about as expensive as the other ; in other words, the money that is usually spent for tea, coffee, sugar, butter, meat, condiments, etc., is laid out for choice grains, ripe, dried or canned fruits, and the *best* of vegetables. But if there is a saving of time and money in the enjoyment of uninterrupted good health, then indeed, there is economy in hygienic living. A lady who has tried both ways, and who was formerly a patient and boarder in our house, gives her testimony as follows :

“ My husband and I have been married twelve years ; and it is only since leaving your house, two years ago, that we have ever been able to save a cent. Doctors, medicines, and what we *then* supposed to be the ‘ best of living,’ viz., meat three times a day, and beef-tea between meals for strength (?), ate up the small salary. Last year we bought a lovely little home, and on a salary of fifteen hundred dollars, we saved five hundred to pay on the place. And the diet—why, we never lived so well ; good bread of Akron Graham flour, fresh vegetables, and the best of fruits and grains. We kept a horse, and hired a man to work the garden. We feel that we have only just *begun* to live. In health I am better ; more like my real self ; more sunshine, contentment, and happiness—all owing to a good, pure diet, fresh air and exercise.”

To those who may desire to understand more fully the Reasons why hygienists depart somewhat from the ordinary methods of preparing foods, the chapters in Part I. may be of interest. And should the reader find in these more or less repetition of what has been stated elsewhere in the work, the simple fact that it has all been written piecemeal may in part account for it. The items have been jotted down from time to time, as the writer could note

them ; and in the end there was very little chance to re-write, or even rearrange the matter in hand. Another six months would have made a more orderly work, but it would not have silenced the clamor for *the book at all hazards*.

There ! now, good friends, *take* the volume just as you find it ; and if you can write a better, the author of this will gladly help you to sell it. But one thing—do not decline the present one, and then come to us with inquiries of *this* sort : “How do you steam these choice grains?” “Tell me how you make your cream biscuits?” “What are your rules for preparing those fine fruits?” “How do you manage to cook vegetables so nicely?” “What ails my little Graham *rolls* that they never look like yours?” etc., etc. Take the book, follow its directions, and you will find out all about it.

NOTICE.

IN a work of this kind, it is hardly to be supposed that *all* the dishes described have had the personal supervision of the author. A large per cent., however, of the recipes in Part II. belong to this class, and since they can readily be vouched for, they will, as a matter of convenience, be designated thus : ‡. Not that the ones so indicated are all of the same value ; on the contrary, some dishes will be in much greater demand than others. For example, the hard Graham rolls are—or ought to be—on the table daily ; cream biscuits come only once or twice a week, and currant scone not much oftener ; while strawberry shortcake makes its appearance only a few times in the whole year.

In Part III. there are many recipes that the writer has not been able to test, even indirectly ; a large number, however, have been put into experienced hands, and (from the *compromise* stand-point) have been heard from favorably. These recipes will be known to the reader by the following sign : ‡.

PART I.

THE REASON WHY.

CONSTITUENTS OF FOOD.

THE following tables, giving the composition of the various grains, together with that of beans, peas, lentils, potatoes, beef, mutton, eggs, milk, and cream, are taken from Pavy, that well-known authority on Food and Dietetics.

TABLES.

Varieties of Wheat in the dry state.*—(PAYEN.)

	<i>Hard wheat. (Venezu- ela.)</i>	<i>Hard wheat. (Africa.)</i>	<i>Hard wheat. (Tagan- rog.)</i>	<i>Semi- hard wheat. (Brie.)</i>	<i>White or soft wheat. (Tuzelle.)</i>
Nitrogenous matter ...	22.75	19.50	20.00	15.25	12.65
Starch	58.62	65.07	63.80	70.05	76.51
Dextrin, etc.	9.50	7.60	8.00	7.00	6.05
Cellulose	3.50	3.00	3.10	3.00	2.80
Fatty matter	2.61	2.12	2.25	1.95	1.87
Mineral matter	3.02	2.71	2.85	2.75	2.12
	100.	100.	100.	100.	100.

* In an ordinary state, grain contains from 11 to 18 per cent. of water.

Varieties of grain in the dry state.—(PAYEN.)

	<i>Rye.</i>	<i>Barley.</i>	<i>Oats.</i>	<i>Maize.</i>	<i>Rice.</i>
Nitrogenous matter...	12.50	12.96	14.39	12.50	7.55
Starch	64.65	66.43	60.59	67.55	88.65
Dextrin, etc.	14.90	10.00	9.25	4.00	1.00
Cellulose.....	3.10	4.75	7.06	5.90	1.10
Fatty matter	2.25	2.76	5.50	8.80	0.80
Mineral matter	2.60	3.10	3.25	1.25	0.90
	100.	100.	100.	100.	100.

Composition of Buckwheat.—(PAYEN.)

Nitrogenous matter	13.10
Starch, etc.	64.90
Fatty matter	3.00
Cellulose	3.50
Mineral matter	2.50
Water	13.00

100.

Composition of Beans.—(PAYEN.)

	<i>Horse Bean.</i>	<i>Broad or Windsor bean, dried in the green state, and decorticated.</i>
Nitrogenous matter	30.8	29.05
Starch, etc.	48.3	55.85
Cellulose	3.0	1.05
Fatty matter	1.9	2.00
Saline matter.....	3.5	3.65
Water	12.5	8.40

100.

100.

French or Kidney Bean.—(PAYEN.)

Nitrogenous matter	25.5
Starch, etc.	55.7
Cellulose.....	2.9
Fatty matter	2.8
Mineral matter.....	3.2
Water	9.9

100.

Dried Peas.—(PAYEN.)

Nitrogenous matter.....	23.8
Starch, etc.	58.7
Cellulose	3.5
Fatty matter	2.1
Mineral matter	2.1
Water	8.3

Lentils.—(PAYEN.)

Nitrogenous matter.....	25.2
Starch, etc.	56.0
Cellulose	2.4
Fatty matter	2.6
Mineral matter.....	2.3
Water	11.5

100.

Potato.—(PAYEN.)

Nitrogenous matter.....	2.50
Starch	20.00
Cellulose.....	1.04
Sugar and gummy matter.....	1.09
Fatty matter	0.11
Pectates, citrates, phosphates, and silicates of } lime, magnesia, potash, and soda	1.26
Water	74.00

100.

Sweet Potato.—(PAYEN.)

Nitrogenous matter.....	1.50
Starch	16.05
Sugar.....	10.20
Cellulose ...	0.45
Fatty matter.....	0.30
Other organic matter.....	1.10
Mineral salts ..	2.60
Water	67.50

Lean Beef.—(LETHEY.)

Nitrogenous matter.....	19.3
Fat	3.6
Saline matter.....	5.1
Water.....	72.0

100.

Lean Mutton.—(LETHEBY.)

Nitrogenous matter.....	18.3
Fat.....	4.9
Saline matter.....	4.8
Water.....	72.0
	<hr/>

100.

*White Fish.**

Nitrogenous matter.....	18.1
Fat.....	2.9
Saline matter.....	1.0
Water.....	78.0
	<hr/>

100.

Eggs.—Entire contents.†

Nitrogenous matter.....	14.0
Fatty matter.....	10.5
Saline “.....	1.5
Water.....	74.0
	<hr/>

100.

Egg—White of.

Nitrogenous matter.....	20.4
Fatty matter.....	—
Saline “.....	1.6
Water.....	78.0
	<hr/>

100.

Egg—Yolk of.

Nitrogenous matter.....	16.0
Fatty matter.....	30.7
Saline “.....	1.3
Water.....	52.0
	<hr/>

100.

Milk (Cow's).—(LETHEBY.)

Nitrogenous matter.....	4.1
Fatty matter.....	3.9
Lactin.....	5.2
Saline matter.....	0.8
Water.....	86.0
	<hr/>

100.

* From Pavy's "Food and Dietetics," p. 171.

† *Ib.*, p. 182.

Cream.—(LETHEBY).

Nitrogenous matter.....	2.7
Fatty matter.....	26.7
Lactin	2.8
Saline matter.....	1.8
Water.....	66.0
	100

FOOD AND PHYSICAL DEVELOPMENT.

The food question is one of the most important, not to say the most difficult, that the physiologist has to handle ; and with all the experience of bygone ages, we have not as yet been able to fully unravel the mysteries of this many-sided problem. What products to select and the best methods of growing them, how to prepare the food and how often to partake of it, what quantity is necessary to supply the waste of the tissues, what variety is needed, and what combinations produce the best digestion—all these, and more, remain to be studied in the light of known facts and of physiological science.

As regards the nature or quality of foods, it must be conceded that that food is best which *most nearly supplies the natural waste of the tissues*. And those articles which contain the *largest amount* of the materials necessary to build up the body, these being in the required proportions, would rank higher in value than other articles which are poor in this respect. Nature has given us a bountiful supply of food products, some rich in quantity and variety of nutritive elements, and some containing an abundance of *certain* food principles, with rather a meager supply of others ; while there are many that yield only a limited amount of nutrient matter. Thus, the lavish profusion that is furnished to our hand gives room for the exercise of judgment in selecting foods, as well as skill in preparing them.

The results of chemical analysis, as given by Liebig,

Boussingault, Payen and others, place the grains at the head of all nutritive substances, as will be seen by the tables at the beginning of this chapter. And while it does not follow that we must, as a rule, use the more nutritious articles of diet to the *exclusion* of the others, it would seem to be in accordance with reason that the former should occupy a more prominent place in the food list than the latter. For example, wheat, which contains 85 per cent. of solid matter, would be better suited to sustain life than turnips, that have only 11 per cent. ; and better also than meat, that has but 36 per cent. In so far, therefore, as chemical analysis can give us any light, the grains rank highest as foods.

But it is sometimes said that the relative value of the different food products can be better determined by experience than by chemical analysis ; and as there is not space in this short chapter to investigate the latter, let us give a passing thought to the former. Experience, to be of value, must be derived from the observation of a sufficient number of individuals to give us something like a *rule*, deduced from facts which these individuals can furnish. What, then, are the facts? Looking over the nations of the earth, savage and civilized, we find great disparity among them as to the physical development of their inhabitants ; some are well proportioned, with good bones and muscles, sound teeth, robust bodies, and all the other evidences of fine growth and excellent general health. Others are small in stature, ill-proportioned, wanting in muscular development, and otherwise inferior in *physique* ; and while it must not be taken for granted that food alone is responsible for these several results, still it can not be denied that it is an important factor in the case. Comparing the dietetic habits of the people of these nations, there has been found to exist a very striking correspondence between the quality of the food they eat, and the size, strength and symmetry

of their bodies. It has also been noted by travelers that in those countries, in Europe and elsewhere, in which the people were remarkable for long life, strength of body and fine proportions, combined with rare personal beauty and good complexions, their dietetic habits have been relatively simple, and the food itself restricted for the most part to the products of the soil.

The peasantry of Europe furnish examples of whole nations of people living *almost* exclusively on a grain and vegetable diet, with perhaps a moderate supply of milk. They use coarse bread, and an abundance of cereals, variously prepared. They eat very little meat, and their food as a whole, contains few condiments. It is likewise worthy of remark, that among these simple rural people, who can not afford either the rich dietary or the sparkling wines and other stimulating drinks used by the wealthy, there is a smoothness of skin and purity of complexion that is quite the exception among the upper classes. This is particularly noticeable in England and Scotland; and it is said to be the same in Germany. There is a certain wholesome comeliness among the peasant lads and lasses that does not quite belong either to the people of rank (who, having every facility for mental and physical culture, *ought* to look well), or to the denizens of cities, whose habits of eating and living are less simple than theirs. According to Felix L. Oswald, M.D., "The strongest men of the three manliest races of the present world are non-carnivorous: the Turanian mountaineers of Daghestan and Lesghia, the Mandingo tribes of Senegambia, and the Schleswig-Holstein *Bauern*, who furnish the heaviest cuirassiers for the Prussian army, and the ablest seamen for the Hamburg navy."

The following item from the San Francisco *Chronicle*, is another bit of evidence showing that the best of muscle can be made from a diet that is simple and sparing, and that contains very little animal food:

“YOKOHAMA, *July 1, 1882.*—Japan furnishes an example that tells largely in favor of a vegetarian diet. That the Japanese are a people of muscle and great physical endurance is apparent on every hand. The specimens of muscular development shown in the build and structure of the working classes, are evidences of great strength and hardiness. The diet of these men is entirely of vegetables and fish, and they are very economical feeders at that. The quantity of food they require, or at least the quantity they eat, is astonishingly small when compared with the food devoured by the meat-eaters from the Western world. The amount of manual labor they perform is simply prodigious. The coolie, who takes the place of, and who does the work for which oxen and horses are utilized elsewhere, is about as strong, and can accomplish about as much heavy work as the animals themselves. They are possessed of immense power of limb, being able to pull loads that would be considered as much as any other draft animal could draw. It is wonderful to see them walking away with the heavy loads they easily move; and as carriers of burdens upon the shoulder they are capable of startling achievements. Seemingly their frames are as tough as steel, not susceptible of cold or intense heat—going thinly clad in freezing weather, and not shrinking from the sun in its most oppressive season.”

There are also abundant statistics, and some of them from excellent authorities, showing that among the savage tribes there exist the most startling contrasts in respect to longevity, beauty of form, and strength of muscle. And the travelers who have made note of these facts, and who in all probability cared nothing whatever for dietetic rules or theories, tell us that the meanest and most hideous forms of human life (as the Calmucks) were found among those people who subsist almost exclusively upon animal food, and this often of a very low order. On the other hand,

those races that are celebrated for their beauty of form and complexion (as the Circassians), are an agricultural people, drawing their subsistence *chiefly* from the soil.

But leaving the Europeans and Asiatics to work out their own destinies, may we not venture to inquire whether certain physiological defects among our own people, defects so pronounced as already to be considered national, may not in some degree be traceable to their dietetic habits? Is there not some *error*, which if corrected, would lead to more beneficent results? There must be a reason why sound teeth are the exception; why natural dentine gives place to porcelain; why the teeth that remain are ill-shapen, loose in their sockets, and covered with scurvy. There must be a reason why heads are bald so early; why heavy tresses of beautiful hair, even on youthful brows, are so rare; why the few thin, straggling locks that remain, are harsh and faded, and the scalp covered with a scurvy dandruff. There must be a reason why firmly knit muscles, giving to the human figure a beauty and loveliness of form almost divine, have left in their stead, loose, flabby tissues, with very little muscular fiber in them. There must be a reason why the rose tints fade so early from the cheeks of the young; why healthful boys and girls are converted into little, spindling, wizen-faced creatures, looking more like old men and women of diminutive stature, than like thriving, growing children. There must be a reason why even in infancy the spine so often refuses to hold the body erect, and disease and deformity ensue. There is a REASON, and it is our duty to find it.

If the food we eat does not contain the elements out of which dentine is made, how can we expect to have good teeth? If it is defective in nutritive quality, having a lack of those materials which make fibrin, by what process can we hope to clothe the bones with muscles? If it has a meager supply of the "salts" which enter into the forma-

tion of the bones, why should not the little children (and those of larger stature) be limp and rickety? If the nutritive substances that are found in hair are wanting, is it not reasonable that the middle-aged, and even our young people, should have bald heads? If our tables do not supply the elements which go to make up our bodies, and therefore to form the blood corpuscles out of which the various tissues are made, then indeed we must be content to have faded cheeks, flabby muscles, sunken eyes, weak backs, toothless gums, and bare scalps. Nor is it at all strange that what we have left is little more than a "bundle of nerves," since we have lavishly parted with all besides.

We deserve our fate, if we do not mend our ways.

WHEAT AND OTHER CEREALS.

Old mother earth has given to man the very thing he needs, to keep him in perfect health. First among these gifts are the golden grains; they contain in great abundance and well-suited proportions, those substances in *organic combination* that are required to build up the body, as its tissues are spent from day to day.

Nature furnishes us in the organic kingdom, not "proximate principles" as such; not fibrin, albumen, or casein; not starch, sugar, or fat; not chlorides, carbonates, or phosphates; these latter, if obtained from the food products, come only through *destructive* analysis. Out of her own ample storehouse she gives us those wonderful products of the soil suited for human food. Nor must we fail to note the fact, that it is *these*, untouched by the hand of the chemist, that are received and appropriated by animal organisms. Trees may grow and thrive upon inorganic foods—in the aqueous or gaseous form—but animals never. The human animal, in common with the others, would very soon starve to death on these substances. Neither will the *proximate principles* of food, support animal life; not even

if we select those that are strictly of organic origin, as starch, sugar, oil, fibrin, albumen, etc. The vital instincts reject those products that do not come directly from Nature's own laboratory.

The tables from Payen at the head of these chapters, will give a fair idea of the relative nutritive values of the different grains. It will be seen that the saccharine element is most abundant in rye, the fatty in maize and oats, and the starchy in rice; we observe, moreover, that oats are rich in mineral or saline matter (good for teeth and bones), and also in nitrogenous substances.

The human body is known to be composed of some fifteen ultimate elements (the older authorities give thirteen), as shown by chemical analysis, all of which are supplied in common wheat. It is not strange, therefore, that this grain is a staple among food products throughout the civilized world, the fact being founded in the physiological *needs* of the human race. But it *is* strange, yes, marvelous, that this same wheat, which a beneficent Creator furnishes to our hand for the renewing of our bodies, should be largely stripped by man of its nutritive materials before he eats it. There is more than a grain of truth in the saying, that "the principal article of human food in America is a robbed, depreciated substance, incapable of sustaining human life." That "the human animal in America is drenched with starch" (in the use of white flour), "and destroyed by it." That "the ten thousand mills in America which are to-day engaged in pulverizing wheat, and sifting from it its gray matter," ought to be classed with the "distilleries of the land," as shorteners of human life; and that the "extermination of the one is not more to be desired, than the annihilation of the other."

What stupidity (shall we call it madness?) that in the flour of commerce we should take away from the wheat—in a large degree, certainly—no less than twelve of the

fifteen elements that belong to it, and without which the growth of the human body can not be maintained! In other words, the wheat, with its fifteen elements, which are nearly or quite identical with those of the human body, is reduced for the most part to a white, starchy substance, containing only *three* of the ultimate elements, carbon, oxygen and hydrogen. The rich supplies of silica, sodium, sulphur, phosphorus, calcium, nitrogen, and other elements that are found in the bones, teeth, hair, nails, muscles, and in the blood, are gone! And the self-defrauded people, instinctively aware, as it were, that they are perishing for lack of those life-giving products, are now attempting to supplement the loss in a way that is none the less ridiculous and foolish. Vainly endeavoring to compensate for the things wasted, they betake themselves to the swallowing of certain substances which are little else than *proximate* elements or principles derived from the foods proper.

Why this roundabout process? Why separate these various substances from the grains, doing violence to their organic structures, and then eat them *individually* rather than take them in organic combination, as Nature has provided them? The idea is entertained by some, that in selecting and combining certain *parts* of the grains, a food can be prepared that will not only supply some special need in the system, but that it will afford nourishment to a particular organ or part of the body. Following this theory there are persons who delight to sup on cooked gluten, to eat wheatena, "diabetic bread," "brain food wafers," or any of the "food preparations," as they are called, rather than to take the food itself. Nor is it at all uncommon to see persons wet up wheat *bran*, coarse, flaky stuff, hardly fit for horses, and swallow it as a "medicine," and then sit down at meal-time, and eat white flour bread *in preference* to that made from the whole wheat! Any way but the right way; particularly if it be fashionable, or in seeming accord with the old-time custom of "taking something."

Coming fairly and squarely to the point, the truth of the whole matter is simply this: What is best suited to the nourishing or building up of the *body as a whole*, is also best adapted to the proper growth of its individual members. The late R. T. Trall, M.D., has very justly remarked that "Those who would prepare healthful food, and those who desire to 'eat to live,' should ever bear in mind that no one of the alimentary *principles* is capable in itself of properly nourishing the body. Neither of them, in the proper sense, is food, but merely a *constituent part* of food. And almost all the aliments or substances used for food, contain very nearly, and some of them quite all of these proximate elements. Hence the futility of all the multitudinous experiments, in feeding human beings or animals on a constituent part of an aliment, instead of the aliment itself. Such experiments only show the physiological ignorance of the experimenters."

Those constituent parts of food which are known to physiologists as proximate principles of the "second class" (oil, sugar, starch), are *purely of organic origin*. And the same is true of those of the third class, as fibrin, albumen, casein, etc. These two classes differ widely, both in their nature and origin, from those *inorganic* substances which are designated, proximate principles of the *first class*. The latter—most of them metallic—though obtainable by destructive analysis from organic products, are also found elsewhere, some of them existing largely in the surface of the earth.

Now, if the proximate elements of the second and third classes can be shown to be incapable of supporting animal life, what shall we say to those of the first class? If dogs starve to death on starch, sugar, oil, fibrin, etc., would they thrive well on chlorides, carbonates and phosphates? And yet there are people who do not hesitate to recommend even these. They imagine that if magnesia, sulphur, soda, etc., are lacking in the bones and other tissues, they can *eat*

magnesia, soda, sulphur, etc., or the carbonates, phosphates, etc., which contain them—quite ignoring the fact that these substances are simply earthy or inorganic materials, and as such, utterly incapable of supporting animal life. They seem not to understand that the only possible way in which human (or animal) beings can make these substances available, is to take them, not as inorganic matter, but fresh from the hand of Nature, as part and parcel of the food products, in a state of *perfect* organization—before the chemist has laid his finger upon them. It has been truthfully said, that where chemistry begins, organic life or structure ends.

If lime is a necessary constituent in our bones, we can easily supply the system with the needed “salts” by eating *wheat*, not lime, or other calcareous substances. If sulphur is required in the hair, we shall obtain it from the grains ; not by taking the crude article. If sodium is called for in the formation of the different structures, let us look to the wheat and other cereals for that ingredient ; not to soda, or chloride of sodium.

Had God or nature intended that we should eat inorganic substances, or even made it *possible for us to subsist upon them*, what need would there be to till the earth ? If, like trees, we can live upon gases, or derive nourishment from phosphates, etc., why turn the furrow, or put in the seed ? These materials abound in the crust of the earth, and are in no sense the products of agriculture. But why debate this question ? It has been shown again and again, that so far from man’s being able to subsist upon inorganic matter, neither he nor the lower animals can *get nourishment out of them* ; they can only live upon the natural, *organic products* of the earth. It has been repeatedly demonstrated, that even those proximate principles which are strictly of organic origin, as oil, sugar, starch, fibrin, albumen, casein, etc., can not sustain animal life ; both dogs and men would starve to

death on any one of them, or all of them put together. For example, wheat alone, with water (the latter as a carrier of nutrient material), will support human life for an indefinite length of time. But if we separate the wheat into gluten, starch, sugar, etc., and attempt to live upon these, with or without the water, certain death will in a few weeks or months repay us for our folly.

And yet, well as these facts are known among physiologists and scientists, people still persist in eating white flour bread, which is mostly starch, actually preferring it to bread made from the flour of the whole wheat! Really, is it not high time that we ceased to eat, and feed to our children, an article of food that dogs can not live upon?

In speaking of this subject, Dr. Trall remarks: "All of these proximate constituents vary exceedingly in their ability to sustain the prolonged nutrition of man or animals; but neither of them alone can supply perfect nutrition, nor sustain the organism for a great length of time. Their power to do so is in the ratio of their complexity. Thus, gluten, which combines in itself a greater number of elements, or in other words, is a more complex substance in its chemical composition than any other alimentary principle, is capable of sustaining the nutrition of animals longer than any other."

Dr. Graham is even more explicit on this important subject. He says: "Can any inorganic compound of oxygen, hydrogen, carbon and azote, be made to answer as a substitute for animal or vegetable food? Certainly not! And the reason is evidently not because any particular chemical character or property is wanting in such a compound, but because such a compound has not the constitutional nature which adapts it to the constitutional nature and functional powers of the living animal organs." He further adds: "A single pound of good wheat contains about ten ounces of farina, six drachms of gluten, and two drachms of sugar ;

and a robust laboring man may be healthfully sustained on one pound of good wheat per day, with pure water, for any length of time he chooses, without the least physiological inconvenience; but let him attempt to live on ten ounces of pure farina, six drachms of gluten, and two drachms of sugar per day, with pure water, either taken separately or mixed together, and he will soon find his appetite and strength and spirits failing, and his flesh forsaking him; and death will terminate his experiment in less than a year. Can chemistry tell us why this is so? Indeed she can not! But physiology tells us with promptitude and accuracy, that wheat, in its whole substance, is constitutionally adapted to the anatomical structure and physical powers of the alimentary organs of man; but that farina and gluten and sugar, in their concentrated forms, are not; and therefore that the wheat, while it affords healthful nourishment to the body, also sustains the organs in digesting and appropriating that nourishment; but that the farina, gluten and sugar, though purely nutrient principles, break down the alimentary organs, destroy their functional powers, and cause the whole system to perish."

Now, either Dr. Graham is correct in these statements, or he is not. If incorrect, it would be the easiest thing in the world to demonstrate the fact, by a few simple experiments upon dogs. If Dr. Graham is *right*, we ought to credit his statements, and have the benefit of his teachings.

What has been said in this connection in regard to wheat, is in nowise limited to that grain—it applies with more or less force to rye, oats, barley, and the grains in general. If we want the best that there is *in them*, we must neither reject nor destroy any of the nutritive substances which they contain. Even the woody fiber which forms the outer coating of the grain, when properly cleaned and cut sufficiently fine, serves its purpose in the intestinal canal—on the same principle that straw is needed for horses, when they are fed too

exclusively on oats or other grains. We need *bulk* as well as nutrition, in the foods we eat; were this not the case, what would be the use of all the varieties of fruits and vegetables, many of which, in one sense, serve to "fill up" with fluid or solid materials, rather than to supply large quantities of strictly nutritive substances? Indeed, we can scarcely commit a greater mistake than to *confine* ourselves to the use of the very nutritious or concentrated foods.

To present this whole theme in a nutshell, the reader is referred to the following chapter, which gives the testimony of Dr. Calvin Cutter, that well-known physiologist of Warren, Massachusetts.

WHEATEN VS. WHITE FLOUR.

The idea is sometimes entertained that bread made from wheaten meal (usually called Graham flour), is less nutritious than that made of the ordinary white flour; and that the persons who eat it are simply subjecting themselves to a "starvation diet," which does not support life properly. Let those who cherish such views read Dr. Cutter's statements, and then decide for themselves *which* of the two kinds of bread lacks the elements of nutrition that the system requires. First, however, let us hear, in a few words, what a well-known divine has to say.

Rev. J. F. Clymer, of Auburn, N. Y., has given a discourse to his congregation on "Food and Morals," in which he goes straight to the *root of the matter*.* In speaking of the white flour of commerce, he says: "The process of bolting or refining takes from the wheat most of the phosphates and nitrates, the elements that are chiefly required for making nerves, muscles, bones, and brains. The phosphates and nitrates being removed by bolting, very little remains in the flour except the starchy carbonates, the heat and fat-

* This discourse has been published in pamphlet form, and is for sale by Fowler & Wells, New York.

producing elements. The use of fine flour bread as a staple article of food, introduces too much heat and fat-producing elements into the system; and where there is too much carbon or heating substance, it tends rather to provoke the system to unnatural and abnormal action, and instead of serving as an element to warm the body, its tendency is to burn or consume, heating and irritating all the organs—getting one into that state which is properly known as ‘hot-blooded.’

“The fine white flour ordinarily used has two-thirds of the nitrogenous and mineral nutriment that God put in the wheat, taken out. Unless these deficiencies are made up by some other foods, the exclusive use of fine flour bread will leave the nerves and bones poorly nourished, producing in some systems nervousness, dyspepsia, and all the physical ills that follow these diseases, together with impatience, fretfulness, and irritability. God intended that all the nutritive properties He put in the wheat should stay in it for purposes of symmetrical nourishment. Fine flour bread may be used for purposes of producing heat in the system, but it does not feed hungry nerves or starving bones.

“One reason why children fed chiefly on white bread feel hungry nearly all the time, and demand so much food between meals, is found in the fact that their bodies are insufficiently nourished. Their bones and nerves not receiving the nitrates and phosphates they need, are suffering from hunger.”

Now we will hear from Dr. Cutter. He says: “1. Flour is the only impoverished food used by mankind—impoverished by the withdrawal of the tegumentary portion of the wheat, leaving the internal, starchy or white portion. See the facts: In Johnson’s ‘How Crops Grow’ you find that in 1,000 parts of substance, wheat has an ash of 17.7 parts; flour has an ash of 4.1 parts—an impoverishment of over

three-fourths. Wheat has 8.2 parts phosphoric acid ; flour has 2.1 parts phosphoric acid—an impoverishment of about three-fourths. Wheat has 0.6 lime and 0.6 soda ; flour has 0.1 lime and 0.1 soda—an impoverishment of five-sixths each. Wheat has 1.5 sulphur ; flour has no sulphur. Wheat has sulphuric acid 0.5 ; flour has no sulphuric acid. Wheat has silica 0.3 ; flour has no silica.

“2. Flour is mostly starch—68.7 per cent. Its formula, chemical composition, is C 10, H 12, O 12—three elements ; carbon, hydrogen, oxygen. The human body contains at least twelve elements besides those of starch. How, then, can flour be nutritious with about three elements, when it should contain fifteen elements, in order to properly nourish and sustain the human body?

“3. Flour has less gluten than wheat. Gluten is the albuminoid principle corresponding to the albumen, fibrin, and gelatine in the human body.

“4. Dogs fed by Magendie (*vide* Kirke & Paget’s ‘Physiology’) on flour bread, died in forty days ; other dogs, fed on bread from whole-wheat meal or flour, flourished and throve. The three-fourths impoverishment of the mineral ingredients proved fatal to the first. Why should not mankind suffer in some manner from living on impoverished food?

“5. The history of the Roman Empire in the time of Julius Cæsar shows that wheat, as an article of food, combined with fresh outdoor-air life, is capable of producing and sustaining the highest type of physical manhood the world ever saw. The empire was built up and maintained by soldiers whose main article of food was wheat.

“6. There is every probability that the present prevalence of late erupting and easily-decaying teeth is due for one cause to the use of flour as food. In eight hundred and eighty of the school children in Woburn, Lexington, and Bedford, Massachusetts, in 1874, under twelve years of age,

two-thirds had decayed teeth. See 'Report State Health Board of Massachusetts, 1875.'

"7. There is every probability that the prevalence of premature grayness or baldness, is partly due to the present exclusive and universal use of white flour. Hair contains ten per cent. of sulphamid (N H 2 S).—Mulder. But there is no sulphur or sulphuric acid in flour. A flour, to be food, must contain in proper quantities all ingredients found in the tissues, hair, teeth, etc. If it does not, then impairment of vigor, decay, and falling off must be expected as a natural consequence.

"8. Flour for half a century has been regarded as one cause of constipation. It has been proved that whole-wheat meal (or flour) regulates the bowels by giving the system nerve food to 'run,' so to speak, the digestive functions and promote healthy peristaltic motions. Nearly all our functions are sustained by nerve-force; hence the importance of having the nerves receive their full amount of phosphoric acid, which is the great pabulum of the nerve tissue.

"9. It is probable that the use of flour may be the cause of the change of the type of disease from strong (sthenic) to weak (asthenic).*

"10. Why should mankind, then, use flour and render themselves liable to disease, because flour is impoverished food? Remember Megendie's dog that died from eating

* "The mineral ingredients of food for plants, contained in fertilizers, if withdrawn seventy-five per cent., would entail vegetable growths of very feeble vitality and the resistance to the causes of disease. No farmer would think of manuring his vegetables with one-fourth the fertilizers ordinarily deemed necessary; or if he did, he would get a miserable and weak crop, if he got any at all. Now it is asked, May it not be possible that the present type of asthenic disease is partly due to the use of an impoverished food like flour? The answering of this must be made by the organized medical societies, although there is every probability that the reply will be in the affirmative."

white-flour bread exclusively! How can parents expect their children to grow up with strong teeth, nerves, eyes, hair, etc., on flour? In children every tissue and organ is growing, increasing in size, and developing. Every element which belongs to those tissues and organs should be contained in the food or alimentary substances, and in normal proportions, as provided by the Creator in the natural substances designed and proved by history to be perfect food. Wheat is such an article; but white flour made from it is a substance weakened, deteriorated, and impoverished; and history shows that people eating it are more subject to tissue-wasting disease (consumption, etc.) than ever before. Why then, not use the whole of the original wheat, ground or reduced to a uniform condition, without loss or injury to the food elements, with its native normal balance of quantity of mineral ingredients in a soluble assimilable form, as Liebig and others advocate; and such as it is demonstrated undeniably and incontrovertibly, by facts of history, to be capable of producing the highest type of manhood the world ever saw? Why raise a pale, feeble, nervous, and small-sized race of people on flour because flour-bread looks white and light, and therefore is considered nice? What principle of æsthetics is it that confers such a pre-eminent place upon the color of white? Why not brown or bronze? What is more grateful to the senses than the complementary colors of landscape? If it were all white, it would be both repulsive and injurious. This preference of white over yellow or brown, or any other color, is not based upon the truth of existing facts, else it would be inferred that a white statue is preferable to a bronze. The fact is, the elevation of white bread into the highest place of preferment is altogether unfounded and unwarrantable. The white color comes from starch; and the whiter the bread the more starch it contains, and of course the less nutrition, as starch has only carbon, hydrogen, and oxygen to make tissue,

which would contain fifteen elements. The whiteness of flour is, in fact, an outward sign of the starvation and death within. Indeed, the present universal use of white flour is one of the most remarkable facts in the history of civilization—remarkable, because it is the only impoverished food upon the diet list. Over-boiled meats and vegetables are the only approach to impoverished food. People know enough not to eat them. But that they should love to eat white flour is certainly very remarkable indeed, and almost an evidence of a fallen nature, as there is nothing like it in the whole history of eating.

“11. What is wanted is a wholesome, healthful, nourishing wheat food—a whole-wheat flour in the fullest and broadest sense of the term—containing every one of the fifteen elements in their normal proportions, and reduced to an entire evenness of condition, which is most favorable to digestion and assimilation. It is a common practice, to a large extent, to grind the finest and soundest wheat into fine flour, and the poorest into what is called ‘Graham flour.’ This term ‘Graham flour’ ought no longer to be used; it is a kind of general name given to mixtures of bran, and poor and often spoilt flour, to a large extent unfit for human food. We must have a thoroughly pure, sweet, and nutritious whole-wheat flour, made from the choicest and ripest wheat, wholly (bran, or cortical portion, and all) reduced to a uniform fineness of quality, and well put up for family use; and whoever will give his earnest and honest efforts to furnishing such a flour, and keep its manufacture up to this high standard all the time, will confer a lasting benefit upon his race and generation, and find a remunerative market for all he can produce. The brown loaf is to our eye as handsome as the white, and in it we secure all the important nutritive principles which the Creator for wise reasons has stored up in wheat.”

As respects the relative values of white flour and that of

the whole wheat, the following table, if even proximately correct, ought to be of especial interest. It was submitted by a Mr. Johnson, some years ago in *Blackwood's Magazine* :

<i>In 1,000 lbs.</i>	<i>Whole Wheat.</i>	<i>Fine Flour.</i>
Muscular matter.....	156 lbs.	130 lbs.
Bones and saline matter.....	170 "	60 "
Fatty matter.....	28 "	20 "
Total in each.....	354 "	210 "

THE FRUITS.

Fruits are almost as indispensable to a healthful dietary as the grains, particularly in the summer season, and in warm climates. They supply those delightful acids that are not only agreeable to the palate, but specially suited to the *needs* of the vital organism. They cool and refresh us in the heat of summer; they supply organic fluids to the system, replacing those that are lost in perspiration from day to day; and they keep the vital machinery in good working order. If no other proof were furnished of the natural requirements of the human system for fruits, a very broad hint is given in the fact that they are capable of being grown in nearly every quarter of the habitable globe; throughout the temperate zones, as well as the tropics, we find them in great abundance.

Another evidence in the same direction, is the fact that in the course of the season the different varieties of fruits follow each other in close succession, so that one is hardly gone till another is ready. And, as if to supply any *defect* that may arise from negligence on our part, or from climatic causes, one quarter of the globe supplements another to such a degree, that any local failure in the fruit crop is largely made up by an over-abundant yield in some neighboring locality. So that if apples fail us in the Middle States, they are directly shipped from the North; or if the supply from that quarter is short, there are peaches

and oranges in the South. And yet, how much more complete would this arrangement be, if the soil were so cultivated from year to year as to yield its *largest* product! Anything like a complete failure of the fruit crop, were such a thing possible in this country, would be nothing short of a great national calamity. Next to the grains, therefore, in dietetic importance, we must place the fruits; they minister alike to the pleasures of the appetite, and to the actual wants of our bodies.

The sour fruits, especially, are the best of "cholagogues," doing away with all need of "bilious remedies," so called; they stimulate the liver to its normal activity, and prevent that "clogging up" of the organ which causes retention of bile, thickening of the blood, and other derangements consequent upon non-performance of functional action. And it will be observed that those which have keen acids, come in great profusion just at the time we need them most; viz., after the long winter, when both fruits and vegetables are necessarily scarce.

Fruits are the natural correctives for disordered digestion; but the way in which many persons eat them, converts them into a curse rather than a blessing. Instead of being taken on an empty stomach, or in combination with simple grain preparations, as bread, they are eaten with oily foods, with meat and vegetables, pungent seasonings, or other unwholesome condiments; or they are taken at the *end* of the meal, after the stomach is already full, and perhaps the whole mass of food "washed down" with tea, coffee or other liquid; or they are eaten at all hours of the day; or late at night, with ice-cream, cake or other rich desserts; and a few hours after, when there is a sick patient, and the doctor has to be sent for, the innocent *fruits* get the blame of all the mischief, when really, their only sin was in being found in bad company.

Fruits, to do their *best* work, should be eaten either on an

empty stomach, or simply with bread—never with vegetables. In the morning, before the fast of the night has been broken, they are not only exceedingly refreshing, but they serve as a natural stimulus to the digestive organs. And to produce their fullest, finest effect, they should be ripe, sound, and every way of good quality; moreover, they should be *eaten raw*. What is better than a bunch of luscious grapes, or a plate of berries or cherries, on a summer morning the *first thing* on sitting down to breakfast? Or a fine ripe apple, rich and juicy, eaten in the same way. In our climate apples should constitute not the finishing, but the *beginning* of the meal, particularly the breakfast, for at least six months in the year; and fruits, raw or cooked should make a *part* of the morning and evening meal (provided suppers are *eaten*), during the entire year.

The good effects that would follow the abundant use of fruits are often more than counterbalanced by the pernicious habit of completely saturating them with sugar. Very few fruits, if thoroughly ripe and at their *best*, require any sugar, particularly if eaten in the raw state; but unhappily it is a fact, that what was intended and prepared for us as a great good in the matter of diet, should be transformed into just the opposite. It is also a misfortune that people in this country should so habituate themselves to “sweet things” (foods prepared with sugar), that almost everything in the line of fruit acids “tastes sour”; so that what would otherwise be a pleasant acid flavor, must be covered with or cooked in sugar, before it can be relished.

The taste can be educated in this direction, as in its opposite, to an almost unlimited extent. This is seen in comparing the dietetic habits and tastes of the people of this country with those of Great Britain; the former use perhaps five times the amount of sugar that would suffice for the latter. And cooked fruits that are “plenty sweet” for an Englishman or Scotchman, would not be touched by

the average American without the saccharine condiment. It is worthy of remark, moreover, that those who are excessively fond of sweet fruits or condiments, rarely fail to call for the *intensely sour*, as lemons or pickles. This, indeed, is a necessary consequence; for when the liver is badly congested from the use of sugar, the vital instincts naturally call for the keen acids, in order to empty out the bile ducts, set them in good working order, and get rid of the *débris*.

Whoever can induce our people to turn their attention more largely to the cultivation of fruits, and then show them the necessity of making them a *staple* on their tables, to the exclusion of so much animal and fatty foods (particularly butter), will confer upon them an incalculable blessing. Such a change would save the lives of thousands of children—to say nothing of those of a larger growth—and it would make the ones that survive better *worth* the saving.

Many persons, with rather feeble digestive powers, can not manage raw fruits, as apples, at the evening meal; and some, who can eat them with impunity at the beginning of the breakfast or dinner, can not digest them well at the end of the meal. One reason for this is, that after taking warm food into the stomach, its nerves are to a certain degree relaxed, and that organ is no longer able to do its best work. And just here we have the explanation of another fact, viz., that if the meal is simply a cold lunch, raw fruit can generally be eaten at the beginning, middle, or end of it, without the slightest inconvenience.

Sylvester Graham, M.D., furnishes still another reason, which is probably a good one, why raw fruit is usually better digested in the earlier than the later hours of the day. He says: "But it should always be remembered that fruit of every description, if eaten at all, should be eaten as food, and not as mere pastime, or merely for the sake of gustatory enjoyment; and therefore it should, as a general rule, be eaten at the table, or constitute a portion of the regular

meal. I do not mean as the dessert of flesh-eaters, after they have eaten already enough of other food ; but I mean as a portion of the regular meal of vegetable-eaters, taken with their bread, instead of flesh and butter ; for their breakfast and their dinner, but more sparingly at their third meal or supper, especially if this meal be taken late in the day. The truth is, that all cooked food, even under the best regulations, impairs in some degree the power of the stomach to digest uncooked substances ; and therefore, so long as we are accustomed to cooked food of any kind, we must be somewhat more careful in regard to the times when we eat fruit and other substances in their natural state. The digestive organs always in health partake of the general vigor and freshness of the body, and always share with it also in its weariness and exhaustion. Hence, as a general rule, so long as we are accustomed to cooked food, the stomach will always digest fruit and other substances in their natural state better in the early than in the latter part of the day. Moreover, it is a truth of considerable importance, that fruit and other substances in the natural state are digested with more ease and comfort when taken alone, at a regular meal-time, than when taken with any kind of cooked food, except good bread. While, therefore, human beings, and especially in civilized life, wholly disregard these physiological principles, and eat fruit with anything and everything else, and at all hours of the day and night, they ought not to be surprised, and still less should they complain, if they suffer from their erroneous habits. But nothing is more certain than that if human beings will in a reasonable degree conform to the physiological laws of their nature, they may eat almost every variety of esculent fruits which the vegetable kingdom produces, with entire safety and comfort."

THE VEGETABLES.

Vegetables, while they must rank second as compared with fruits, have a greater value, dietetically considered, than is generally accorded to them. In the first place, they give *bulk* to our food, which is a matter of more importance than is commonly supposed; and in the next place, they furnish a large amount of organic *fluids*, which are digested and assimilated by the system. It is a mistaken idea which some persons have, that those foods are necessarily best which contain a large amount of nutrition in *small bulk*. They seem to forget that food, to be properly digested and appropriated by the organism, must contain something *more* than the mere nutritive particles; there must be certain indigestible materials supplied to the intestinal canal, else the bowels, having little to do, would lose their natural tone, and shrivel up, as it were, from mere inactivity. This is what actually happens, to a certain degree, when persons live too exclusively on white crackers, or fine flour bread, and other highly concentrated forms of food.

G. Schlickeysen, a German writer, in treating of this subject, says: "The value of the various articles of food consists not, as is generally supposed, in their chemical constituents, but in a variety of other conditions, which we shall here mention. In the first place, the food must contain the necessary amount of water to maintain the excretory processes through the breath, perspiration, and otherwise. Fruits contain an abundant supply of water, so that when they are eaten freely the drinking of water is almost entirely unnecessary; and the vegetarians are really justifiable when they say, 'We drink fruit'; and they might also add, 'We eat water.'"

Horses, it is well known, can not live exclusively on grains; they need straw as well—and even wood-shavings have been successfully substituted when straw could not be

had.* On the same principle, if not to the same extent, human beings thrive best on a diet that contains a certain per cent. of coarse material. For example, the grains, as wheat, rye, etc., which are excellent in themselves, are not the best by themselves.

Nor must we overlook the fact that our bodies are made up of both fluids and solids—about one-fourth of the latter to three-fourths of the former ; or, as some one has stated it, in rather general terms, the human body is so many pounds of salts, etc., and a “few pailfuls of water.” Now, when we consider that the fluids of the body are the first to waste, either in sickness or health, it will be seen that in order to supply that waste, liquids as well as solids are required in the food. The potato, which is 75 per cent. water, and which many call *poor* in nutritive value, will of itself sustain life for an indefinite length of time. Indeed, if we had to choose a single article, and live on it exclusively, the potato would come nearer meeting the wants of the system, so far as its *fluids* are concerned, than the grains, which contain so large a proportion of solid matter. Pavy, in his treatise on Food and Dietetics, very justly

* The following paragraph is from Dr. Graham's “Science of Human Life”:

“About thirty years ago,” says Governor William King, of Maine, “I went to the West Indies, and during my voyage became acquainted with the following fact, which may be relied on as strictly true. A vessel from New England, with a deck load of horses, bound to the West Indies, was overtaken by a violent gale, which swept away all the hay on board, and carried away the masts. The captain was obliged to feed his horses on corn. After a while they began to droop and to lose their appetite, and at length wholly refused to eat their grain, and began to gnaw the scartlings and spars within their reach, and to bite at the men, and everything else that came in their way. The captain threw pieces of wood before them, which they immediately began to eat. After this, he regularly supplied them with a quantity of cedar shingles, which they eagerly ate as they would hay, and soon recovered their appetite for their grain, and improved in health and sprightliness, and continued to do well on their food of corn and cedar shingles till they got into port.”

remarks that, physiologically, "the separation of the ingesta into 'food' and 'drink' is unsuitable; that the two factors of life are *food and air*"; and that the former "embraces both solid and liquid matter."

It is, indeed, a nice point to determine just what proportion of our food should be fluid and what solid, to say nothing of the indigestible matter, as bran in wheat, which is necessary to the normal or healthy action of the intestinal canal. One thing is certain: in warm weather, when there is much waste of the fluids of the body through the skin, the supply of liquid material must be correspondingly large. Here is where the juicy fruits, and even the *vegetables*, supply a great want in the vital economy; they give us a large amount of fluid matter, in an organized state. Indeed, we have a most beneficent arrangement in the relation of supply and demand; when our needs are greatest and most urgent, the stock of supplies from Nature's storehouse is most abundant.

In the early spring, when we have grown tired of "last year's leavings," the tender vegetables fill our markets and delight our eyes in glad anticipation of a change in the repast. The young beets, the spinach and asparagus, the early cauliflower, and even the lettuce and onions, have charms for us then. As summer draws nigh, the varieties of choice vegetables multiply, giving us green peas, tomatoes, string beans, summer squashes, and an almost endless variety of products. Then come the autumn days, and with them the great Lima beans, the Hubbard squashes, and the sweet potatoes. Nor does the supply fail us when winter approaches; there are still turnips, potatoes, cabbage, winter squashes, and other good things. Really, it is little less than wonderful what varieties of vegetable products there are, even in a single latitude or climate.

Another feature in regard to vegetable foods, is the strong *contrast* that exists in the flavors of the several products.

There are "families," it is true, the members of which show their kinship by a similarity of flavor and texture ; but outside of these the differences or individualities are strongly marked. For example, what is more unlike in appearance and taste than a cabbage and a sweet potato, or a beet and a butter bean ?

Some of these vegetables are of less value as foods than others, their dietetic importance seeming to consist more in the *individual constituent* that is added to the general food product, than to the merit that belongs to them separately considered. To illustrate : common lettuce does not seem to possess any extraordinary dietetic properties ; but after a long winter, when everybody has tired of bread, beans and potatoes, to say nothing of "beef, mutton and ham," a fresh bunch of tender lettuce with a dressing of lemon juice, is to most persons really inviting. So is a dish of young peas, cauliflower or spinach. Something *green* is wanted after the old sameness of dry dishes, and it would be a great misfortune if, for even one season, the gardens should fail us.

Vegetables and fruits are so unlike in their individual flavors and characteristics, that they should not, as a rule, be eaten together, or at the same meal. A good plan is to confine the vegetables to the noon-day repast, letting the morning and evening meal be made of fruits and cereals variously prepared. Ordinarily, these latter are quite sufficient for breakfast, though a dish of baked potatoes would not be a bad accompaniment. The potato is so unobtrusive in its nature, that it rarely creates disturbance eaten with any other food. Like the grains, it "goes well" with either fruits or vegetables, and it is about the only vegetable of which as much can be said. Not that well people, who scarcely know they *have* a stomach, might not manage a meal very well with miscellaneous combinations, but feeble stomachs must either discriminate, or suffer. For a fuller

elucidation of this subject, the reader is referred to the chapter on Food Combinations.

MEAT AS AN ARTICLE OF DIET.

The flesh of healthy animals, as beef or mutton, is neither the best nor the worst of foods. In actual nutritive value, so far as either quality or quantity of nutrient material is concerned, the grains will always stand at the head of the food products. In respect to variety, we have but to add to these the various fruits and vegetables, each in its season and in its highest state of culture, and we have, as many believe, all, and the *best*, that is needed for the sustenance of our bodies. But such are the customs in modern cookery, and such the arts and inventions of civilized life, that these things, naturally good, are often transformed into anything but wholesome foods. It is, therefore, a common remark, made even by those who do not approve of eating the flesh of animals, that meats, prepared in a plain way, are far less injurious than many other articles that are often found on our tables; such, for example, as fine flour bread, ordinary cake, pickles, pungent sauces, preserves, jellies, the usual pastries, etc., etc. At the same time the question remains, whether any of the meat dishes can *begin to compare* with a fruit and bread diet (using bread made from the flour of the whole wheat), either in nutritive value, or in respect to health.

In the first place, every particle of animal flesh (including the human), is, to a certain extent, laden with effete, worn-out material that is making its way out of the vital domain. It is that *kind* of material out of which are formed the bile, perspiration, and other excretory products, the bare mention of which would be unsuitable in a work of this kind. These products are the results of a transformation in the downward grade—sometimes called *destructive assimilation*—by which the ingredients of the animal tissues are

decomposed, and converted into waste substances. In the language of the physiologist, they represent the "physiological detritus of the animal organism." Every drop of venous blood is laden with it ; so much so, that if an animal is not well bled when it is killed, the meat is actually poisoned by it.

It is the presence of these waste products in meat, that renders it so quickly putrescent after life is extinct—*unless* some antiseptic is employed, which shall so change the nature of the meat itself as to render it no longer the same, even in nutritive value. It is the presence of these that causes the *chyle* formed from a diet of meat, and taken from the living vessels, to putrefy in a few hours ; while that which is elaborated from grains and other vegetable products, will keep for weeks with no material change. It is due to the presence of these that the perspiration, and indeed all the excretions of meat-eaters, are more offensive than those of persons living upon fruits and grains, and other products of the soil. And just here we have an explanation of the fact that the flesh of most carnivorous animals is so disgustingly filthy and putrescent, that it is utterly unfit for human food. Their bodies are filled with this waste matter, working its way a *second time* out of the domain of animal life, and this time laden with still another portion of "physiological detritus."

Persons who live upon animal foods have need to pay special attention to bathing, change of underwear, and other habits of cleanliness, else their very presence will reveal the character of the materials out of which their tissues are made. This is particularly true in the case of individuals whose sedentary habits prevent them from throwing off the waste matters fast enough to keep the body in a pure, wholesome condition.

But there are reasons of a *moral* nature why meat is not the proper food for man. The habit of murdering animals

is of itself degrading; even beef-loving England will not, it is said, allow a butcher to serve on a jury, particularly if the case to be tried is one involving human life. One of the foulest murders that ever disgraced a peaceful community, was committed some years ago in Ohio, by a man (supposed by his neighbors to be a peaceable citizen) who had spent the day in killing hogs; he pursued his victim, a young woman, to the village church-yard, and there stabbed her with the very knife with which he had cut the throats of the swine.

As to the actual necessity for a meat diet, it is not true, as some suppose, that vigorous health can not be maintained without it. On the contrary, "four-tenths of the human race," according to Virey, subsist exclusively on a vegetable diet, and as many as seven-tenths are practically vegetarians.*

Then, there is an argument outside of physiology—one that sooner or later will have to be considered—why the flesh of animals should not form a part of the diet of human beings. At the present rate of increase of the human family, the surface of the earth will, in a few centuries, be far too densely populated to admit of the raising of animals to be used as food. For it has been shown that it would require more than forty times as much land to feed a man on meat, as it would to feed him on grains.† It follows, therefore, that when land is scarce, as it will be when the earth is many times more thickly populated than at present, the acres will have to be utilized in the way that is most profitable; not in the raising of hogs, cattle and sheep, but in the cultivation of grains, and other products of the soil.

Returning to the sanitary argument against the use of

* See "Physical Education," by Felix L. Oswald, M.D., published by D. Appleton & Co.

† See essay on "The Influence of Food on Civilization," by Richard A. Proctor, in the *North American Review* for December, 1882.

animal foods, it is proper to remark that so long as there are persons who, from life-long habit or otherwise, think they "must have it," they should at all events *beware of diseased meats*. The cattle that are shipped into New York for the market, have many of them come hundreds of miles in ill-ventilated cars, often in hot weather, and are stowed into them almost as closely as they can stand; here they are surrounded with a stifling, filthy atmosphere, and frequently they have not a drop of water on the whole journey. A large per cent. are disabled from being trampled underfoot; and by the time they reach the city some of them are sick or dying with typhoid or other putrid fevers, and all are in such a feverish condition that their bodies are poisoned, through and through.

Nor must it be forgotten that all stall-fed or sty-fed animals are, to a certain extent, diseased; in fact, the fattening process is of itself nothing more nor less than the progress of disease. When an animal ceases to take exercise, as in a stall, it also ceases to throw off excretory matter promptly; its liver becomes engorged, the lungs are pressed upon, the blood can not be properly aerated, and loads of carbon (retained excretion) in the shape of *fat*, are impacted between the once healthy muscles, which are now every day getting smaller and smaller. Fat people, as well as fat animals, have small, weak muscles—a fact well understood by the medical student.

The presence of certain parasites in animal foods, is another strong objection to their use. It is a well-known fact that the ova of trichinæ are taken into the human system by eating pork, and especially raw pork; and it has been questioned whether any *moderate* degree of heat would be sufficient to kill them. It is also perfectly well known that the larvæ of the tapeworm may exist in oxen, sheep and swine; and that those who eat of the flesh of these ani-

mals, particularly if it be not well cooked, are more or less exposed to the tapeworm malady.*

Animals that are to be eaten should be fed on the cleanest of food, and should have plenty of pure water to drink; they should never be kept in confined places, or with filthy surroundings. In fact, they need at least a ten-acre field to run in, and get plenty of exercise and fresh air, as well as fresh grass. "But how can they have this," you ask, "when the country becomes densely populated all through? It will take more room for the animals, than the people have for themselves and their children." Very true; and when this is the case, the people will then be obliged to live upon fruits and grains, and the products of the garden, which will be infinitely better for them. Meat is an expensive diet, every way you take it; but the expense in actual dollars and cents, is the least part of it. Used three times a day, as it is by very many of our people, it is anything but health-producing; and the doctors' bills often exceed those at the meat market—to say nothing of the time lost, the suffering endured, and the actual impairment of the general health.

It is the duty of the butcher, as well as of those who purchase the meat, to see that no animal is killed in an angered condition, as the blood is actually poisoned by the mental excitement thus produced. Neither should it be overheated by running; this sends the blood to the capillaries; and the flesh which is filled with it is not only much darker from the superabundance of venous blood, but the meat is rendered putrescent by it. Butchers have sometimes been obliged to throw away a whole beef, from its having been killed after severe racing; the flesh being not only unfit to eat, but commencing to putrefy very soon after life was extinct.

* See lecture on "Worms," by F. Spencer Cobbold, M.D., published in London, in 1872.

It will readily be seen, by glancing at the tables given at the head of these chapters, that all meats fall far below the grains in nutritive value. Some of the field vegetables, as sweet and Irish potatoes, artichokes and winter squashes, contain nearly or quite as much solid matter as meat, and considerably more than milk; while beans, peas and lentils contain about three times as much as ordinary meat.

Some years ago, great importance was attached to the fact that meats contain a large per cent. of nitrogenous substances, these being considered by Liebig and others as highly essential to the production of muscular force. This theory, however plausible, has of later years been disproved by able authorities, as Frankland, Traube and others. Indeed, Liebig himself, who was the originator of the doctrine, has abandoned it altogether. In like manner, other pet theories, as what were supposed to be the "elements of respiration," the "heat-forming principles," etc., have fallen to the ground, or at least lost much of their former significance. The more rational view is now somewhat favorably entertained, that whatever is best suited to the building up of the various structures of the body, or in other words, is capable of *replacing* that which is lost, must necessarily be productive of vital heat and vital force, these being generated in the *normal quantity*. The late R. T. Trall, M.D., in speaking of the doctrine advanced by Liebig, remarks: "The theory has no practical value in dietetics, for the reason that all the elements of nutrition, whether heat-forming, or flesh-forming, or bone-forming, are sufficiently distributed, and nearly equally so, throughout all those portions of both the vegetable and animal kingdom that man ever does or can employ as food."

All domestic animals, either from the ignorance or negligence of those who keep them, or from other causes, are liable to be diseased; this is particularly true in those stock-raising districts that are adjacent to cities. The animals are

largely swill-fed from breweries ; and owing to the increased value of land in these vicinities, they have less territory to roam over or feed upon. By a careful perusal of the Reports made to the Department of Agriculture at Washington, it is easy to arrive at the following facts, viz. : That all domestic animals, as horses, cattle, hogs, sheep, and even poultry, are subject to disease, those in some localities being freer from it than others. That next to hogs, fowls are most liable to be affected. That there are various diseases among hogs, the most fatal being that of hog-cholera. That the mortality from this cause alone is enormous, some counties in certain of the States losing as high as 80 per cent. per annum. That the value of farm animals lost to the United States in a single year (1879) exceeded \$16,000,000. That about two-thirds of this loss was due to diseases among swine. That these diseases prevailed more extensively in the Middle, Southern and Western States than in the Northern or Eastern. Improper food, insufficient housing, and lack of *clean surroundings*, seem to be the chief causes of disease among animals.

PORK-EATING.

If there is a practice in all Christendom that deserves the censure of this enlightened age, it is that of eating swine's flesh. Away back in the twilight of the ages, before Christianity had been dreamed of, there were people upon the earth who, for sanitary reasons, if for no other, declined to touch the unclean thing.

But we, who live in the light of the nineteenth century, who boast of our refinement, our intuitive perceptions, and our clear-headed forethought, who have all the wisdom of the centuries behind us,—*we* do not hesitate to take into our stomachs that which the Hebrew shoved from his table thousands of years ago, banishing its very presence by the strong arm of the law. We, forsooth, are a wise people!

What care we for certain legal enactments enforced by the Jewish leader, far back in history? True, our children die of scrofula, entire families having often been swept off with consumption; erysipelas appears in divers forms, and diphtheria (the legitimate result of foul feeding or foul air) is growing more and more common every year. Not only so; there are every now and then sudden and almost tragic deaths from trichinosis, whole families being the victims. But so far, these things fail to alarm us; and though statistics show that diseases are multiplying among the swine themselves, killing them annually by the hundreds of thousands, we take comparatively little heed. Of the twenty million dollars' worth of hogs in the United States that were sick in 1877, about 59 per cent. died. *Has any one thought to inquire what became of the 41 per cent. that recovered?*

If, in the olden time, swine's flesh in its normal condition was not fit for a Jew, can we, in these days, make that which has survived the ravages of hog-cholera, hog-fever, etc., suitable for a Christian? It is said that Dr. Adam Clarke—who evidently had an antipathy to pork-eating—having once been called upon to say grace at a barbecue, bowed his head reverently, and uttered these words: "O Lord, if Thou canst bless under the Gospel what Thou didst curse under the law, do Thou bless this pig."

The hog is a scavenger by nature, and by practice; it is his proper mission on this earth, not to be eaten, but to eat up that which the nobler animals disdain to touch. Indeed, he adapts himself to circumstances, devouring whatever comes in his way. He is equally well pleased with the clean ears of corn, or the seething contents of the swill-pail; he will dine on live chickens, or devour carrion. Nothing is too fine or too foul to suit his indiscriminating palate; he has been called "the scavenger-in-chief of all the back-boned animals." Truly he is *omnivorous*. And yet, bad as the hog is, it is not absolutely impossible to improve his condition.

Put him where he can not get refuse matter, where he will have only nuts, grains, etc., to feed upon, and he will readily conform, for the time being, to his better surroundings; and in process of time his flesh would be improved in quality. But his *nature* no man can change; give him his former haunts, and he will at once fall into his old ways. You can not *educate* him.

Will any one give a reason why intelligent people should eat him, and from *choice*? If we *must* dine on our fellow-creatures below us, are there not decent, clean-feeding animals, as the ox, and the sheep, that we could take in preference?

In a sanitary point of view the condition of the hog, *in his best estate*, is not flattering. His scurvy hide (which is perhaps the cleanest part of him), his foul breath, and his filthy feeding habits—are not these enough to bar him from our tables? Or must we wait for such logical sequence as is sure to follow the violation of physiological law? Wait till diseases are multiplied in kind, and intensified in character, till we are fairly *driven* from the no longer questionable provender? Wait till our nearest friend is stricken with supposed typhoid fever, and dead of veritable trichinosis? There can be no doubt that many persons have sickened and a number died, of what was thought to be typhoid fever, when really the disease was due to the presence of these parasites (the trichinæ)* in the system; for the symptoms in the two diseases are quite similar.

As stated in the last chapter, one of the principal objections to the use of animal flesh as food, is the fact that it is filled with the débris of the vital organism, working its way through the capillaries into the various excretions, and out of the domain of life. Now, if this effete matter is objectionable, even in clean-feeding animals, what must be its

* Trichinæ are said to be found in the ox and sheep, as well as in the hog.

condition as it is thrown off from the tissues of scavengers? And what the nature of the tissues themselves, when they are not only made out of, and nourished by a diet of garbage, but are thoroughly saturated with the almost putrescent matters with which the venous blood is laden? It is a fact which we seem rather slow to recognize, that the *quality* of all animal tissues *partakes of the character of the materials out of which they are made*. In other words, if we expect sound bodies with good firm tissues, we must look to the nature of the food we eat.

Animal foods, of all others, should, if eaten, be selected with the utmost care; the animals themselves should be well fed, well housed in winter, and allowed to graze from open pastures in summer. No animal or fowl should ever be stall-fed, or sty-fed; and none with carnivorous or omnivorous habits, should be used as food. The creature whose characteristics we are at present discussing, combines in his personality too many bad qualities to give him a *decent* passport to our tables. He is of low organization, and naturally filthy in his habits; he is desperately foul in his feeding, is often kept and fattened in a close, dirty pig-sty, and as might be expected, he is specially subject to disease.* And yet the hog is found in every market in this country, and in Europe; though recently the German and Austrian markets have forbidden *American* pork; and other nations, it is said, have the matter under advisement.

Nor must it be supposed for a moment that the use of pork is at all limited to the few, or to the *very poor* among our people. There is scarcely one family in twenty that does not partake of it in one form or another. The hams, the shoulders, the side-meat, the pickled souse (head-cheese),

* Dr. Jas. C. Jackson makes the statement based, he says, on information derived from the pork-dealers of Cincinnati, Ohio, that "ninety-five hogs in one hundred have *ulcers* on their livers from the size of an ounce bullet to a hen's egg."

the stuffed sausages—every part is in demand. Pickled pigs' feet are considered a rare delicacy; and hogs' brains make another "dainty dish." But it is left for the very *bon-ton* of society to sit down to what is called beef *à-la-mode*; which is simply a beef roast plugged full of fat pork, along with innumerable spices, etc.

Nor is it enough that we devour the several parts of the animal, even to his liver and kidneys; we strip the intestines of their fat, melt it down, and use it in the form of lard. This latter is the very quintessence of the swine; it is the diseased product of all his filthy feeding; and it is *this* article that forms a staple in almost every American family. It shortens the biscuits, the plain cakes, and the pastries; and it even finds its way into the loaf bread! It oils the bake-pans, it fries the drop-cakes, the doughnuts, the Saratoga potatoes, and all the other "fried things," or nearly all. In short, there is neither breakfast, dinner nor supper without it, in some form or other.

Do the people wonder that they are afflicted with scrofula; and that it crops out, full-fledged, in a single generation? Oh for a Moses among the Gentiles, to forbid them, by legal enactment, the use of this vile thing, swine's flesh!

The late R. T. Trall, M.D., in discussing the quality of animal foods in his *Hydropathic Encyclopedia*, says: "Of the hog, whose filthy carcass is converted into a mass of disease by the ordinary fattening process, I need only express my abhorrence. Although swine's flesh and grease, under the names of *pork* and *lard*, are staple and favorite articles of food throughout Christendom, common observation has long since traced the prevalence of scrofula, erysipelas, and a variety of glandular and eruptive diseases resulting from impure blood, to their general employment. If there are any animals which should be exterminated from the earth, mad dogs and fatted hogs are among them."

MILK.

Many persons who discard meat, do not hesitate to partake freely of milk, eggs, sugar, butter, etc., and to use pastries, cakes and puddings, that are little else than a combination of these, with the addition, it may be, of spices and other seasonings. Now, a plain diet of Graham bread with beef or mutton, roasted or boiled, and a fair allowance of fruits and vegetables, would be much more wholesome than the above articles, or the dishes that are manufactured out of them.

As to milk, it is the natural diet *for the young*. But for grown persons, and especially for those who live in cities, or who incline to sedentary habits, it is not the best, or *one* of the best articles of diet. Before arguing the question, however, let us make a note of the fact that milk is one of those secretions that is readily affected, not only by the food the animal eats, but by the conditions, physical or mental, of the creature itself. If the health of the cow deviates from the normal standard, the character of the milk is immediately changed; if she is mentally disturbed, as by anger or fright, the mammary glands will secrete, not a wholesome, but a poisonous fluid. A mother not unfrequently kills her child, or throws it into spasms, by nursing it after she has been badly frightened, or after a violent fit of anger; and many a child has been "salivated, purged and narcotized, by mercury, drastic purgatives and opiates, respectively administered to the mother."*

But the question is asked, "Suppose the animal is kept in the best possible condition, every way; would milk be objected to as an article of diet?" Most assuredly not—for young calves. Nature has provided the very food that is needed, for all her babes. The milk of the cow, like that of other mammals, including the human, is intended for the

* Pavy's "Food and Dietetics."

nourishment of the infant; and as soon as the calf is able to take more solid food, the maternal supplies, where nature is not perverted, are dried up. But the unnatural practice of milking cows has distended the milk glands, and thus converted them, in a large measure, into depurating organs; and the milk supply is not only increased, but *prolonged* beyond the period that nature intended. Add to this the improper foods, as swill-feeding, the confined air, and other unhealthful conditions with which the animal is surrounded, particularly in large cities, and we have not only a prolific source of disease, but an explanation, in part at least, of the enormous death-rate among young children; this, it will be noticed, is always largest in cities, where the milk used is poorer in quality than country milk.

But returning to the direct question, suppose we have the *best* of milk, from perfectly healthy cows, what is the real objection to its use? To this question there are two answers; the first is founded on experience, and may be stated as follows: It is the almost universal testimony of persons of sedentary habits, dark complexions and "bilious temperaments," that milk, even of good quality, does not agree with them; and where there is torpor of the liver, or other dyspeptic conditions, it usually causes distress. The reason of this will directly appear. As already stated (and herein is the *second* answer), milk is designed by nature for the young of all mammals; it contains a small per cent. of solid substances, but *enough* for the needs of the infant; and these substances are just the elements, and in the *right proportions*, to make those soft, fatty tissues which the little creature needs for the protection of its small bones and delicate organs. As the child or young animal grows, and the teeth develop, other and more solid materials should take the place of the milk; this change must, of course, be gradual. Many mothers do their babes harm, and in fact make them sick, by giving them solid food before they are

able to masticate it properly. And no less detriment is done to the full-grown child, when we give him an aliment that requires *no* mastication with the teeth, and which is designed only to make soft, "baby tissue." Such food is now needed as will make good, firm muscles, sinewy tendons, strong bones, and all the other tissues that belong to the adult man or woman.

"But how about cream?" Well, cream, if used to the same extent, would perhaps be more injurious than milk; it contains an abundance of fatty material, and if habitually taken is a prolific cause of biliousness. Young children that are fed largely upon cream—or butter, or meat, particularly fat meat—become gross and plethoric, and are apt to break out with boils, or "scald-head"; or if a nursing mother uses these articles to excess, her child will suffer in consequence. Ordinarily, cream does less harm than milk, from the simple fact that it is served in a very limited quantity; that is, as a *condiment*, rather than a beverage; and it is less employed than milk, even as a mixing material in breads, puddings, etc. For grains, mushes, plain puddings, etc., the juices of fruits make a far more wholesome dressing than cream; and were we in the habit of using fruits in this way, the palate would not only tolerate readily the new combination, but we should come to like it.

Milk, if used, should be taken, not as a beverage, but as a condiment, and then very sparingly, particularly by those persons who live in cities and whose work is indoors and of a sedentary character; while invalids, as a rule, would certainly be better without it.

BUTTER AND EGGS.

If we dispense with milk—that is, leave it to the calf, for whom nature intended it—there will, of necessity, be no butter; and, in a sanitary point of view, the absence of it would perhaps be no great loss, it being by no means as

wholesome an article of diet as either milk or cream. Like other oils, it is, to a certain degree, indigestible ; not that it gives a "pain in the stomach," as a general thing, but it does not enter into those vital changes which are necessary to convert food into chyle proper. It *mixes* with the pancreatic juice in the form of an *emulsion* simply, and goes into the blood in that crude condition ; and being carried through the system by the capillaries, it is deposited *as fat* in the various tissues, and largely in the skin. From the very nature of its constituents, butter has little nutritive value in it ; it usually contains 3 to 5 per cent. of casein (due to the presence of milk), and about twice that amount of water ; the other substances are oils, fixed and volatile. These readily decompose on exposure to the atmosphere, and butyric and other fat acids are set free.

Persons who live largely upon butter emit a strong odor from the skin, very perceptible to those who do not use animal foods. The salt which has to be mixed with it to make it "keep," is not, to the hygienist, a desirable addition, for reasons which will hereafter be stated. Pereira says : "Fixed oil or fat is more difficult of digestion, and more obnoxious to the stomach, than any other alimentary principle. Indeed, in some more or less obvious or concealed form, I believe it will be found the offending ingredient in nine-tenths of the dishes which disturb weak stomachs. Many dyspeptics who have most religiously avoided the use of oil or fat in its obvious or ordinary state (*as fat meat, marrow, butter and oil*), unwittingly employ it in some more concealed form, and as I have frequently witnessed, have suffered therefrom. Such individuals should eschew the *yolks of eggs, livers* (of quadrupeds, poultry and fish), and *brains*, all of which abound in oily matter. *Milk*, and especially *cream*, disagrees with many persons, or, as they term it, 'lies heavy at the stomach,' in consequence of the butter it contains. *Rich cheese*, likewise, contains butter, and on that account is apt to disturb the stomach.*

Schlickeysen, in speaking of the use of butter, eggs and cheese, remarks : "These cause an excess of fat in the system, and an offensive, slimy condition of the mucous secretions in the mouth and nose, quite apparent to those who, contrary to their usual habit, eat of them. Their effects are often apparent also in eruptions upon the skin, especially upon the face."

Eggs are pretty generally conceded to be a "bilious diet"; and if eaten freely at each meal for a few weeks, the whites of the eyes usually show the presence of bile. The albumen (whites of the eggs) cooked soft, would be less objectionable than the yolks, which contain about 30 per cent. of oil. If eggs are eaten they should be fresh, their use not too frequent, and confined to cool weather. The fowls should be allowed plenty of clean territory to roam over, and an abundance of fresh water, pure air, and good grains. Unfortunately, the habits of the bird are none the cleanest; it will pick up and eat almost anything that comes in its way. This is why country eggs and country fowls (provided there are good and healthful surroundings), are always to be preferred. In towns and cities, the chickens are necessarily confined to the house and yard; whereas, in the country they have access to the open fields, and feed largely on grains.

Persons who are subject to torpor of the liver, would do well to refrain from the use of either eggs or butter; and those who have *sound* livers—and desire to keep them so—can take a hint.

SUGAR.

Hygienists have no objection to the use of saccharine matter, all that the vital economy requires, provided it is taken in the natural way; that is, in *organic combination* with the other food principles,—not separated as a proximate element. In other words, the saccharine substances con-

tained in fruits, grains and vegetables, are thoroughly wholesome, so long as we get them simply by eating these natural products. But when we separate them into starch, sugar, oil and the other proximate principles, and think to take these as foods proper, or in combination with them, we make a serious mistake. And were we to reduce *all* our foods to their proximate elements, and then try the experiment of living upon them, we should in the end meet the fate of "Megendie's dog."

"But," say you, "we do not wish to *confine* ourselves to these things—the proximate elements—we only desire to use them in combination with other substances." Very true; but the point is just here: if the proximate elements, taken *collectively* (after they have once been separated from the alimentary substances to which they belong), are incapable of supporting animal life, then they must be worthless individually, no matter how small the quantity in which we use them. If the proximate principles of food, combine them as we may with each other, lead to certain death, then it is plain that we must look for sustenance, not from these, but to those organized materials known to be *capable of replacing the wasted tissues*. And if any one desires a test in this matter, let him try the experiment of making, say *half* his meals for three weeks, provided he can hold out so long, out of as many of the proximate principles of food as he may select, and see how he thrives during that period. Before the time is one-quarter expired he will be tired enough of starch, sugar, oil, fibrin, albumen, casein, etc., and he will long for the foods proper, in undisturbed organic combination, in place of the miserable trash which he has been attempting to live upon.

Since, then, these proximate principles can not support animal life, may we not reasonably expect that any considerable proportion of one or more of them, taken habitually with the food, would produce abnormal conditions of the

body? What are the facts in the case? Take, if you please, the article under consideration, viz., sugar; and let us select the pure white crystals, in order to have as little organized or extraneous matter in it as possible. Try taking a heaping tablespoonful of this each night on going to bed; and if you wish you may repeat the "dose" in the morning on rising. How long, think you, will it require to create a "bad taste" in the mouth, cause soreness in the liver and constipation of the bowels? *Try it.* A teaspoonful of white sugar put into enough milk or water to dissolve it, and given to a young babe, the quantity being repeated two or three times each day, would very soon derange its digestion, causing severe constipation.

Another experiment easily tried is to double or treble the amount of sugar usually taken in the food, and note its effects. It will be seen that the increased quantity creates thirst, or in other words, slight inflammation of the mucous surfaces of the alimentary canal; and if the digestion is ordinarily none too good, the sugar will most likely cause headache and other symptoms of indigestion.

Now, any substance that cannot be taken habitually, in the small quantity of say half a gill—not even on an empty stomach—without causing abnormal conditions of the body, must, to say the least, be set down as of little value, dietetically considered; and it is pretty safe to conclude that the less one uses of such an article, the better. No family of ordinary size can consume "barrels of sugar" in a year, nor half barrels, without detriment to the stomachs of its individual members; the difficulty, however, is usually traced to any but the *right* cause. It is quite common for persons who suffer, for instance, with periodic sick-headache, to affirm that what they eat has nothing whatever to do with it; that the headache is *inherited* from father or mother. Did they ever think to inquire what gave it to the father or mother? So much easier is it to put the causes

behind us, out of our reach, than to correct our own bad habits.

“But how can we do without sugar?” you ask. Why, easily enough, at least as a rule; even the acid fruits, as strawberries, cherries, etc., if fully ripened, are sweet enough for the unperverted palate. And if these fruits come to our markets a little green, we can at least be content to add only so much sugar as will make them *as sweet* as fully ripened fruit; this amount you will find to be very little. Some hygienists cook sweet and sour fruits together; preferring to make the one kind sweeten the other, rather than to use sugar. Whether this plan is at all times practicable, is a question elsewhere considered in this work. The fact that much of the sugar of commerce is largely adulterated, is another argument against its use; a great deal of what is sold in the market under that name, is glucose. Whether this substance is more or *less* injurious than cane sugar (it is certainly less sweet), might be a matter of some importance, dietetically considered. One thing is sure, both are proximate elements, and as such are incapable of sustaining animal life.

The habit which some have of sweetening cooked grains and breadstuffs, is a foolish and most unnatural practice; they are sweet enough of themselves; and if we were to train our children to eat these foods without sugar, they would not want it.* The fact is, we like the saccharine condiment in just those dishes in which we have been taught to eat it, and in *no others*. For example, we do not want sugar in mashed potato, cauliflower, or string beans, any more

* “Sir Anthony Carlisle relates an anecdote from his experience among the Arctic inhabitants: ‘The most northern races of mankind,’ he says, ‘were found to be unacquainted with the taste of sweets, and their infants made wry faces, and sputtered out sugar with disgust; but the little urchins grinned with ecstasy at the sight of a bit of whale’s blubber.’”—Pavy’s “Food and Dietetics,” page 412.

than we would relish salt or pepper in strawberries, stewed plums, or apple sauce. In other words, habit enables us to relish what we would otherwise barely tolerate.

SALT.

The fact that chloride of sodium, or common salt, is ordinarily found in the secretions and excretions of the human body, and also in the blood, has given rise to the belief that it is a necessary constituent in human food. And some physiologists have gone so far as to make the statement that it *must be eaten*, or the general health will suffer. Admitting, for the sake of the argument, that salt is one of the proximate principles legitimately obtained from the tissues of the human body, and that it is therefore indispensable in the vital economy, the question arises, why we should *eat* it, any more than that we should eat chloride of potassium, or carbonate of lime, or phosphate of magnesia. They, too, are found in the bones, and are obtainable from them; then why not eat these? The reply is, that there is no need; that the grains and other food products of the earth contain all the elements necessary to *make* these several constituents. This is very true; and it is equally true that the products named contain the *other* proximate principles—all of them—that are found in the human body in its normal condition.

In dealing with this, the physiological argument, we may as well recognize the fact that the chloride of sodium found in the perspiration or other excretions, and also in the saliva, milk, tears, and other secreted fluids, as well as in the blood, is largely if not wholly due to the presence of the salt taken with the food; and the fact that it is *found* in these fluids is no proof whatever that it belongs there. We can easily put into the stomach, whiskey, sulphur, iodine, strychnine, almost *any* thing, and afterward find these substances in the blood, and in most or all of the secretions or

excretions of the body. Persons who live without salt find that the perspiration, tears, saliva, and also the blood, lose their saline taste, even in a few weeks or months. And if we were to select for experiment those wild animals known to live without salt, as rabbits, squirrels, etc., it might be a question whether anything short of a destructive analysis of their tissues would reveal the presence of actual chloride of sodium.

But suppose we *should* find it ; what would this prove ? Simply that the vital organism has the power to *create* out of the foods furnished from the natural products of the soil those substances which it needs in the vital economy ; and if it has this power in the wild animals, the presumption is that the same power is not wanting, either in domestic animals or human beings.

But it has been said that experience is, after all, the best test in these matters ; and that it is well known that not only human beings, but the domestic animals, require salt to keep them in healthful conditions. This latter statement is pure assumption—nothing more—the *facts* being on the other side. And the still more extravagant assertion, viz., that disease and death will follow the leaving off of salt is without a shadow of truth in it. There probably never was a time in the world's history when there were not people who lived and thrived without it, and also without meat. Certain it is, that there are such at the present day, both in savage and civilized life. But so much has habit to do with our opinions, that there is perhaps not one person in ten who does not believe that salt is absolutely essential to the health, and even comfort, of the domestic animals.* The

* Dr. Graham, in his "Science of Human Life," says : "It is a little remarkable that some have contended for the necessity of salt as an article in the diet of man, to counteract the putrescent tendency of animal food or flesh-meat, when there is not a carnivorous animal in nature that even uses a particle of it ; and few, if any, of the purely flesh-eating portions of

fact in the case is simply this : nearly all these animals—at least in the United States—have been trained to the use of it (as will presently be shown), just as human beings have been ; and the probability is that not one of them would touch the article if its taste had not been already perverted.

Any American who has visited the rural districts of Scotland for the first time, will at once remark that the horses, cattle and sheep, are among the finest that he has ever seen ; the cattle and sheep especially are far superior to the average of them in this country. No doubt something is due to the better and more humane treatment in feeding and housing them ; these fine cattle, sheep and horses, however, are never given *salt*. The only cattle in the Cheviot Hills that ever taste it (and no doubt the rule is general throughout the country), are those that are fattened for the market. And just here are two important facts to be noted.* One is, that these cattle at first *refuse* the salt, but by sprinkling it lightly over the food, they will, rather than starve, eat the latter with the sprinkle of salt on it ; and finally they come to like the thing itself. The other fact to make a note of is this : their owners give it to the cattle for the purpose of making them *eat more turnips*. In other words, by creating a feverish or inflamed condition of the stomach (which salt will do—and all the more if the animal is unused to it), the cattle gorge themselves with the juicy turnips to quench their thirst ; they also drink more water, as a matter of course. This increased feeding causes them to lay on adipose tissue rapidly ; or in other words, it prepares them more quickly for the market.

the human family ever use it in any measure or manner ; and most portions of the human family who subsist mostly on vegetable food, wholly abstain from it.”

* These facts were obtained from a native of Scotland, who was familiar with the raising and breeding of cattle, and other farm stock.

The horses and sheep, as before stated, never taste salt ; in fact, the sheep are far too numerous and too frisky, as they run over their native hills, ever to be "salted" by the shepherds ; and they are perfect paragons in physical proportions, as well as in muscular activity. "But," say you, "they get it, from living so near the sea ; from the grass, and the *air*." Ridiculous ! The air of Scotland is as free from saline properties as it is in this country ; and so is the grass on the Cheviots. The salt in the sea is not "evaporated" into the air ; neither is it "deposited" in the soil that covers those great masses of uplifted rock, known as the "hills of bonny Scotland." It has been stated that the farmers in Kentucky who raise fine horses, made the discovery years ago, that by leaving off the use of salt their horses thrived better, and had finer, sleeker coats in consequence.

It now remains to account for the fact that, as a rule, the horses, cattle and sheep, in this country show no antipathy to it, but on the contrary, seem to relish it. The question is easily answered ; they nurse it in, with their mothers' milk, which is already impregnated with it, owing to the habit of "salting" among farmers. So that the calf, like the young child, gets the taste of salt with its nutriment from the hour of its birth.

"But what about the wild animals that go to the salt licks?" is the next question. This might be answered by asking another : "What of the wild animals that do *not* go to the licks ; if salt is necessary for some, why not for all?" And we know that wild animals, as a rule, never taste it. We also know that it is positively injurious to some of them. It is a well-known fact that salt fed to birds, and even chickens, will kill them ; and a good supply of it about the roots of trees will destroy them. Of the deer that are said to go to the licks, Dr. Graham says : "As to the instinct of the lower animals, it is not true that there is any animal in

nature, whose natural history is known to man, which instinctively makes a dietetic use of salt. It is true that some herbivorous animals, such as the deer, when they are diseased by worms, grubs, or bots, in the alimentary cavity, will instinctively go in pursuit of salt, not as an article of diet, not as a seasoning to their food, but purely as a medicine, to destroy the animals in their stomachs;* and they never instinctively use it at any other time, nor for any other purposes."

It is often asked whether any immediate pathological effects follow the use of salt. Let the person who asks this question, try taking *double* the usual quantity of this condiment, at dinner; in less than an hour there will be a burning in the stomach (local inflammatory action) which will call loudly for water; this feverish condition may last a good part of the afternoon, or it may pass off as the salty substance is carried out of the stomach. A better test is to take the salt itself, undiluted except with a little water; try a tablespoonful if you like, on an empty stomach. (This amount of a food proper, as rice, oatmeal mush, or good apple sauce, taken by a hungry man, ought not to cause any unpleasant sensations.) If you are not a most inveterate salt-eater, the quantity named will produce nausea, and perhaps vomiting. But to save the trouble of so unpleasant an experiment, suppose we take the testimony of Dr. Graham. He says:

"Salt is a mineral substance, and is wholly innutritious and indigestible. If a tablespoonful of it be dissolved in half a pint of water, and introduced into the human stomach, it is immediately perceived by the organic sensibilities of that organ as an offending or disturbing substance; great irritation is produced; the vital forces, if not exceedingly impaired react with energy; mucous

* Dr. Graham, who did not *believe* much in medicine, was evidently willing to give the worms the benefit of the "art killative."

and serous secretions are rapidly increased in the gastric cavity, to protect the mucous membrane from its acrid and irritating qualities; much distress is experienced by the individual, and nausea and vomiting generally succeed, as an instinctive means of expelling the offending cause from the vital domain; and in all cases, considerable portions of it are driven through the pyloric orifice in the intestines, where great irritation is also produced by it, and it is soon expelled from the bowels, with large quantities of serum secreted from the blood to dilute and flood away the irritating substance, and thus protect the living parts on which it acts, and the vital interests of the system generally, from its pernicious effects. When salt is taken into the stomach in small quantities with food, the result is somewhat different. If the stomach is perfectly healthy in all its properties and powers, however small the quantity of salt, it is immediately detected by the undepraved sensibilities of the organ, and a vital reaction takes place corresponding in energy and extensiveness with the quantity and strength of the offending substances, and by the mucous and serous secretions which are promptly produced, the parts are protected, and the salt is so diluted as to be rendered no longer very dangerous to the delicate vital properties of the tissues on which it may act. It is therefore not expelled from the alimentary cavity by vomiting nor purging, but is taken up in a state of solution by the absorbents of the stomach, and mingled with the blood of the portal veins; not in any case nor degree, however, to supply the wants of the vital economy, but to be expelled from the vital domain through the kidneys, lungs, skin and other depurating organs of the system, as a foreign substance. By the long and habitual use of this substance, however, the organic sensibilities of the stomach, and of all the other parts of the system, become so much impaired by its qualities, that they no longer make

so energetic a resistance to it as when they are healthy and undepraved, and the salt is gradually permitted to pass more and more freely into the general circulation, and be diffused throughout the whole vital domain, pervading the minute vessels of the glands and other parts, and becoming so permanently a quality of the serum of the blood as to be regarded by many as an evidence of the necessity for its dietetic use."

"The facts in regard to the dietetic use of salt, then, are these :—1. Salt is wholly innutritious—it affords no nourishment to any structure or substance of the human body. 2. It is utterly indigestible—it enters the body as a mineral substance—it is absorbed unchanged as a mineral substance—it goes the rounds of the general circulation as an unassimilated mineral substance—and is finally eliminated from the body through the kidneys, lungs, skin, etc., as an unassimilated mineral substance. 3. Its acrid quality is offensive to the vital sensibilities of the organs, always causing vital reaction or resistance, and *this vital reaction constitutes the only stimulation ever produced by salt*, and is therefore always attended with a commensurate degree of irritation and vital expenditure, and followed by a correspondent degree of indirect debility and atony ; and consequently it always and inevitably tends to produce chronic debility, preternatural irritability, and disease ; the stomach, intestines, absorbents, veins, heart, arteries, and all the other organs of the system, are always irritated, exhausted and debilitated by its presence. 4. It never in any measure promotes digestion nor any of the assimilating functions of the system ; on the contrary, it always retards those functions, and is unfavorable to all the vital changes. Where a stomach has been greatly debauched and its energies prostrated, the sudden and entire abstraction of salt and all other stimulants from the food would undoubtedly leave that organ in a temporary state of atony or depres-

sion, which would unfit it for the performance of its function. But it is entirely certain that, in a stomach whose powers and sensibilities are unimpaired and healthy, salt always retards digestion and embarrasses the function and diminishes the functional powers of the organ ; and the impaired stomach receives tone from it only upon a principle which is always and inevitably unfriendly to its own physiological interests, and to those of the system in general. And this is all true of every other assimilating function and process of the vital economy ; and hence it is a well-ascertained truth in the science of physiology, that the dietetic use of salt is unfriendly to all the processes of assimilation, nutrition and secretion, in the vital economy.

5. It always, in proportion to the freedom with which it is used, diminishes gustatory enjoyment. It is true that there are some substances eaten by man, whose qualities are such that they are rendered more tolerable by the use of salt than they would be without it ; but it is nevertheless true that the use of salt with those substances always and necessarily impairs the nicely discriminating power of the organ of taste, and takes away the delicate perception of the agreeable qualities of more proper food, and thereby on the whole immeasurably diminishes the amount of gustatory enjoyment in the course of an ordinary life. Incredible as this may appear to many, every intelligent individual may demonstrate its truth by three months' fair experiment."

Now comes the query, how it came about that whole nations of people took to the use of salt, and continued it through successive ages. The reason is obvious : it was no doubt a necessity, after the introduction of animal foods ; for in order to keep these from putrefying, particularly in warm climates and on long journeys, an antiseptic was indispensable. A suitable substance for preserving meats from decay, was found in common salt ; and though it so

changed the nature of the meat as to render it harder to digest, and very much less nutritious,* still, it kept it from going to total destruction. Then, as the flesh-eaters partook of the salted meat they not only came to like it, but they also relished the vegetables that were cooked with it.

To be brief, one can learn to eat and *like* almost anything, by simply continuing the use of it; and the fact that it pleases the palate, is no proof either of its wholesomeness, or of its relative nutritive value. But if there is any one article of food or drink that we can not leave off, even for a day, without great discomfort (as wine, tea, coffee or a good salted beef-steak), we may rest assured that that article is doing us harm; or in other words, that it is not simply a food, but to a greater or less degree a *stimulant*; and just to the extent that we are enslaved by it, to that extent are we already injured.

A diet of salted meats, as almost every one knows, produces scurvy, the disease being caused by the combined effects of *salt* and *grease*. Richard T. Colburn, of New York, who is a hygienist, has written a small work on "The Salt-Eating Habit," from which the following quotations are taken: "I am told by an Italian who has lived among them, that the Algerines do not eat salt"; neither do the Indian tribes on the Columbia River, and Puget Sound—among whom the writer has traveled. "I am assured by many of the great herders in Texas, Colorado and California, that the native cattle are not fed salt, never see it, and

* Pavy says: "The effect of a saline is to depreciate the nutritive value of the article by extracting the soluble constituents, and by also hardening the texture, so as to render it difficult of digestion." He also says: "The analysis of brine shows that the process of salting must materially diminish the nutritive value of meat, for it is found to contain a large portion of the ingredients of its juice. Liebig estimates the loss of nutritive value as amounting to one-third, or even one-half. Soaking salted meat in water removes its saltiness, but can not, of course, restore the nutritive principles that have been lost."—*Food and Dietetics*.

will not eat it if offered." "I have both horses and cows that do not and will not eat salt if offered to them. The parents, when I cut off the supply, did not suffer perceptibly, and in a short time unlearned the habit. Neither the old ones nor their progeny will touch it now." "A hungry cow will eat what is called 'salted hay,' whereon the brine of the sea has crystallized; but invariably the same cow will turn from it to good, well-cured meadow hay." "The whole of the birds avoid salt. It is fatal to chickens and tame birds, as every housewife knows." Chicken-cholera, this writer thinks, is caused in part by the salted food given the fowls from the table, wild birds not being subject to disorders of this kind. He further adds, "I believe it is well ascertained that when hogs get a moderate amount of brine, or pickled salt meat, it is impossible to save them." Mr. Colburn is firmly of the belief that the use of salt is a prolific cause of impaired digestion, owing to the unnatural flow of saliva and other digestive fluids which it stimulates. He also thinks that by causing indigestion, it to some extent injures the teeth.

All hygienists who have totally abstained from the use of salt, even for a few months, lose their relish for it, and after a time it becomes positively distasteful. And to illustrate the force of habit—even in leaving it off—it is a matter of common observation that unsalted foods which only come to the table occasionally, are less relished than those that are eaten daily. Another experience, which every one has to find out for himself, is this: salt when taken by any one not accustomed to its use, invariably creates thirst; and where there has been chronic inflammation in any part of the alimentary canal, and it has disappeared, owing to strict hygienic living, salt food, used even for a short time, generally causes its reappearance.

PEPPER AND OTHER CONDIMENTS.

Pepper is not, like salt, a mineral substance : it is a vegetable poison. Flies will not touch it, neither will they eat salt. Black pepper, if taken on an empty stomach in the moderate quantity of a teaspoonful, will either be promptly ejected, or it will cause great disturbance in the stomach and bowels, and also in the heart's action after it enters the circulation. It is in no sense a food, but in every sense a stimulant, which is but another name for a substance non-usable by the vital organs, and therefore to be thrown out of the vital domain. Red or black pepper is a prolific cause, as are all stimulants, of enlargement of the blood-vessels, and ultimately of disease of the heart. Its immediate effect upon the tongue, throat, stomach and bowels is to create increased action, not only of the capillaries, causing temporary congestion and even inflammation of the mucous surfaces, but also of the organs which secrete the digestive fluids. Its *ultimate* effect is to weaken and deaden these organs, by repeated stimulation to abnormal action ; it also impairs or destroys the nerves of taste in the mouth, together with the gastric or other nerves which aid in the process of digestion. When these are weakened by stimulants, the functions themselves are necessarily impaired ; and confirmed dyspepsia, with its attendant train of bad symptoms, brings up the rear.

It is needless to say, that ginger, spices, nutmeg, cinnamon, and all that class of condiments, however much they may vary in quality, are stimulating to a greater or less degree, and must be put into the list of "things forbidden," in the hygienic dietary. The habit, every year increasing, of using spices and condiments in almost every article of food, and in such large quantities, can not be too severely condemned. The end must be hopeless indigestion, with prostration of the nerves which supply the digestive organs,

and detriment or ruin to the entire system. In the language of Sylvester Graham, "The stern truth is, that no purely stimulating substance of any kind can be habitually used by man, without injury to the whole nature." Nor does Dr. Graham stand alone in his views on this subject. Pereira says: "The relish for flavoring or seasoning ingredients manifested by almost every person, would lead us to suppose that these substances serve some useful purpose beyond that of merely gratifying the palate. At present, however, we have no evidence that they do. They stimulate, but do not seem to nourish. The volatile oil they contain is absorbed, and then thrown out of the system, still possessing its characteristic odor." Dr. Beaumont is essentially of the same opinion. He remarks: "Condiments, particularly those of a spicy kind, are non-essential to the process of digestion in a healthy state of the system. They afford no nutrition. Though they may assist the action of a debilitated stomach for a time, their continual use never fails to produce an indirect debility of that organ. They affect it as alcohol and other stimulants do—the *present* relief afforded, is at the expense of *future* suffering."

In doing away with spices and condiments, we must also dispense with pickles; there is nothing in a *pickle* to redeem it from hopeless condemnation. The spices in it are bad, the vinegar is a seething mass of rottenness, full of animalculæ, and the poor little innocent cucumber, or other vegetable, if it had very little "character" in the beginning, must now fall into the ranks of the "totally depraved."

DRINKING AT MEALS.

Among the other "odd things" that hygienists believe in, is to abstain from drinking at meals. In the first place, we do not see any necessity for it; if the horse or ox can eat dry grain without stopping between mouthfuls to take a

sip of water, why should not we manage to swallow our foods, which are much more moist, without resorting to the "washing-down" process?

Like the habit of taking only *soft* foods, that of drinking at meals is exceedingly detrimental to good digestion. The evils it brings are manifold. In the first place, it inclines one to taking too large mouthfuls, and this, added to the fluid poured down with the food, interferes with thorough mastication. "Food well chewed is half digested." But suppose we "bolt" it in ten to fifteen minutes, as is the usual custom: instead of its being divided as finely as possible, and time given for the flow of the saliva whose office it is to dissolve the nutrient particles, and otherwise prepare them for the next stage in the process of digestion, the food enters the stomach, not only in a crude state mechanically, but without undergoing that *first step* in the vitalizing process which is ultimately to transform it into a constituent part of the blood.

If the ill effects stopped here, it would not be so bad; but they do not. The moment the gastric juices begin to flow from the follicles in the stomach, they are met, not by the smooth pulp of finely masticated and insalivated food, but by a crude, half-ground sort of "fodder," wet up with a slush of hot coffee, strong tea, greasy cocoa, ice-water, or some other liquid, each as foreign in its nature to that *vitalizing solvent* which the stomach itself prepares, as it is possible to conceive. And if the drink taken is very cold, it will check or prevent the flow of both the gastric and the salivary juices, and thus cripple digestion at every stage, from the lack of vitalized material to carry on that process. If hot drinks are indulged in, the opposite effect follows, viz., an over-stimulation, and therefore exhaustion of the glands and follicles that secrete the digestive fluids.

The next injury sustained is in the duodenum and small intestine; the food, or that part of it which reaches these,

is not in a condition to be properly acted on by the intestinal juices. The consequences are, first, that the digestive function in this part of the alimentary canal is overtaxed; in other words, the chyme can not be made into chyle without an extra drain upon the digestive supplies in that quarter. Second, that the chyle formation is not as finely elaborated and vitalized as it would have been had the mouth and stomach digestion been complete. Third, that the chyle is too crude in quality to be fully absorbed by the lacteals, and carried into the blood.

Now, if the mastication of the food has been imperfect, the formation of chyme interfered with, and the chyle not of the best quality, what shall we say of the residual matters in the large intestine? If the *elaborated* material has fallen below the normal standard, the residue will most assuredly be in anything but the proper condition. If there were crude qualities in the chyme and chyle, there is crudeness intensified here; the half-digested foods which could not undergo absorption in the small intestine are carried along the alimentary canal, and there is not a sufficient quantity of intestinal juices to moisten the mass properly. Instead of the normal condition of plastic matter, there is "chaff and water," so to speak, the latter being absorbed in the intestinal canal. Then comes irritation of the mucous surfaces, engendering heat (feverishness), and all those disagreeable symptoms which betray the presence of undigested matter. In other words, we have constipation, which is one of the forms of indigestion.

A result somewhat similar follows, when *too much* food has been eaten; instead of being vitalized and appropriated, it rots or decomposes in the alimentary canal, and gases are given off.

But by far the greatest detriment of all is in the bad blood that follows imperfect digestion. If the chyle is not properly elaborated, every tissue in the body must

suffer for lack of the regular supplies of nutrition. The muscles shrivel up, the brain is not furnished with good pure blood, and the latter itself becomes thick and turbid, or poor and impoverished. In short, the whole being suffers from top to toe ; and owing to disuse, the very teeth become covered with scurvy, and decay or fall out.

Let us then masticate our food *properly*, and abandon the pernicious habit of washing it down ; it will take a little longer time, but we shall save it all back again from sick beds, headaches, and bad feelings generally. We shall also have better bodies, and clearer brains with which to work.

TEA, COFFEE, ETC.

Not believing in *any* drink at meals, it is hardly to be supposed that hygienists could recommend tea or coffee. If, as some think, a fluid "must be taken" with the food, the best is water or gruel, at about blood heat ; a drink warmer or colder than this, habitually indulged in, leads to evil consequences, as already shown.

Tea and coffee are injurious, not merely because they are taken at meal-time, but because they are stimulating, and in fact, poisonous. The water in which unparched coffee is steeped is of a greenish color, and will kill flies ; nor does the parching of the bean remove all its noxious qualities. To test this matter, try making coffee two or three times the usual strength ; then drink a pint of it on an empty stomach, eating nothing after it, and note the results. You will do well to try the experiment on some one accustomed to its use, or you might have to order the undertaker.

The question is often asked, "Which is the more injurious, tea or coffee ?"—to which the answer may well be given, "Both !" The late R. T. Trall, M.D., makes the following statement : "Tea possesses strong nervine and moderate narcotic properties, and considerable astringency, due to the presence of tannin." And Prof. C. A. Lee, New

York, remarks, "A very strong decoction of *green* tea, or the extract, speedily destroys life in the inferior animals, even when given in very small doses." Of coffee, Dr. Trall, after speaking of its nervine and narcotic qualities, says: "From all the testimony I can gather from medical and dietetical writers, coupled with some degree of personal observation, I should judge it to be more directly injurious to the digestive process, and more exhausting to the general nervous energy than tea, and less injurious to the kidneys and pelvic viscera."

To the unperverted palate, coffee has a bitter, unpleasant taste. "Not so," says the reader; "I relished it from the time I was a babe." Quite likely; and in all probability you nursed it in with your mother's milk. Besides, very young babes will swallow from instinct almost anything that is given them, even to castor oil.

If any one really wishes to find out whether tea and coffee are doing him an injury, let him totally abstain from both for a few months; then let him take a good strong cup or two of either beverage, and retire for the night. If he does not lie awake part or all of *that* night, he will have better nerves than a good many others who have tried the experiment, and tossed on sleepless pillows till morning. What a blessing it is that "strong" toast-water, oat meal gruel, or fruit juice, even when taken by one wholly unused to it, has no such unpleasant effect!

One can often tell a tea-toper at sight, particularly if the stimulant has so far done its work as to affect the general health; the individual has frequently a shrunken, shriveled appearance that is unmistakable. And the tobacco-using habit, even in a young man, is sometimes detected by simply shaking hands with him. After the nerves are partially shattered there is no longer the firm grasp, but an unsteady motion, a half *tremor* in the hand, not unlike the shaking gait of a dog that has had a slight under-dose of

strychnine—enough, not to kill him, but to affect the muscles permanently, and produce something like “shaking palsy.” Poor creature! one always wants to end his misery as soon as possible—not the young man’s, but the dog’s.

“But how,” it is asked, “are we to replace the waste fluids of the system, if we do not drink at meals? When nearly three-fourths of the human body is water, how is this to be supplied?” The question is not hard to answer. In the first place, nature has provided an abundance of juicy fruits and vegetables, some of them having, as shown by analysis, as high as 80 to 90 per cent. water; and it is our own fault if we do not furnish our tables with these products. People are apt to forget that their bodies are nourished by the *organized fluids* in fruits and vegetables, as well as by the more *solid* materials. Some writers, as Schlickeysen, have placed fruit before bread, as an article of diet. The solid constituents of food, it is true, are found chiefly in the grains; but the fluids, which make so large a per cent. of the body, are more abundantly supplied from the juicy fruits.

As to drinking “for the love of it,” it is a fact worthy of note that if we live on fruits, grains and vegetables, *rejecting* animal foods and the various seasonings, as sugar, salt, pepper, spices, etc., we shall care very little for drinking, even between meals. It is the presence of stimulants in ordinary foods, that creates thirst; do away with these, and the thirst is gone. As if it were not possible in the very nature of things, to eat a meal without *something* to drink, the question is frequently asked, “How would chocolate do?”—quite forgetting that no one would care for *chocolate*, if it were not for the quantities of milk and sugar that are used in it as seasonings. Moreover, it is prepared from the oily seeds of the *Theobroma Cacao*, and is, therefore, a greasy substance, not at all fit to moisten the food preparatory to its being received into the stomach.

After what has already been said in regard to stimulants and stimulating drinks, it is hardly necessary to add, that the whole family of alcoholic beverages, even to the "lighter drinks," can find no favor with hygienists. They are all detrimental. Beer, for example, contains by volume, 5 to 8 per cent. of alcohol, sometimes a little more than this, and sometimes a little less. "Adopting mean numbers, a pint (20 ounces) of beer will contain about an ounce of alcohol (Parkes.)*" Wine usually has 18 to 22 per cent. ; sometimes as high as 30 per cent. The habitual use of beer inclines to a plethoric habit, and the formation of loose, flabby tissue, with very little muscle. Moreover, the supposed good effect of all stimulating drinks, comes from the rallying of the system to get rid of the alcohol, which is a poison, an anti-vital or life-destroying substance. After the excitement or stimulation is over, there is a corresponding depression of the system, showing that vital force has been expended in the effort made to expel the offending thing. The stronger the beverage taken, or in other words, the larger per cent. of alcohol in it, the more marked will be the effects.

It is sometimes asked, whether new cider is injurious as a beverage ; to which it must be replied, that the adjective "new" is rather indefinite. Right from the press, the juice is almost as bland and unstimulating out of the apple, as in it ; but in a few hours there is a "smack" to it, and a foam, that tell of something *stronger*. Many a poor fellow has again been led into the downward path, simply by a drink of cider. The safe way, is to take the juice and the flesh of the fruit together. Any drink that contains even a small per cent. of alcohol, injures the blood ; it affects the red corpuscles, causing them to part with a portion of their water. When a large quantity of alcohol is present, these

* Pavy's "Food and Dietetics," page 364.

corpuscles shrivel up into corrugated discs, and often adhere together, creating obstruction in the blood-vessels, and to a certain extent cutting off the nutritive supplies from those parts through which these vessels ramify. It also affects the fibrin of the blood, causing it to coagulate or form into clots, and in some instances producing paralysis, or even death.

FOOD, INTELLECT AND MORALS.

That the character of the food we eat bears a very close relation to the quality of tissues made from it, is a fact which has been frequently stated in these chapters; it seems indeed to be fairly well understood, that in order to develop strong, firmly-knit muscles, the food eaten must not only be simple, but sparing. But that the dietetic habits of a people have anything to do with their intellectual and moral powers, is a very *important* fact which we seem continually to lose sight of. It can not be denied, however, that the history of the human race, from the earliest to the latest times, furnishes the best of evidence on this point; and the relation holds, not merely with respect to individuals, but to nations. Following out the history of the latter, we find them in the zenith of their power at a time when for successive generations the habits of the people, dietetic and otherwise, had been simple and healthful. On the other hand, the decline and downfall of these nations came not until after they had *departed* from their plain and frugal ways.

And were we to trace the career of individuals eminent for learning or power, we should find a like correspondence to exist; men as well as nations reach the acme of their strength, intellectually and morally, before their minds are clouded, and their bodies plethoric by full feeding and other voluptuous habits. Those who are born in the lap of luxury rarely attain to any considerable prominence, either

as thinkers or workers. It is also well known that the greatest philosophers, and the most profound scholars, both in ancient and modern times, have been men of temperate and abstemious habits.

In the light of history, therefore, there is but one conclusion to be drawn in the matter ; viz., that in order to make the best use of our minds, or to develop them to their greatest capacity, the food we eat must be proper in quality and moderate in quantity. Indeed, how could it be otherwise, when we consider that the brain, which is the organ of the mind, is constantly supplied with blood for its special growth and nourishment, and that this blood is *made out of* the things eaten ? If, therefore, the quality of the food is bad, or if any substance deleterious to the vital organism is taken with it, the brain will immediately suffer ; and when this organ is not in its normal condition, how can we expect it to do good work ? In other words, bad food, or too much of it, makes bad blood ; bad blood causes a disordered brain ; and a disordered brain can not do first-class thinking.

The ill effects of stimulants in food, are manifold ; they send an increased quantity of blood to the base of the brain, causing congestion of the cerebellum. This congestion creates excitement or preternatural action of the animal propensities, inducing in the individual a desire to fight, commit murder, and do all sorts of immoral or unlawful things. But the evil does not stop here ; the habitual taking of stimulating substances, even in limited quantity, causes an increased *growth* of those organs that are located in the base of the brain ; and this, with the greater activity that necessarily follows, leads to intense passional emotions, and excesses of every description. So that murder, theft, and all manner of evil doings, are the legitimate results of the introduction into a community of *stimulating foods and drinks*.

“But,” says one, “why speak of these things in a cook-book? The temperance hall is the place to discourse upon the evils of alcohol.” To this query there are two answers; in the first place, it is a lamentable fact, that King Alcohol does not confine himself to the highways in society. He appears in private circles, takes a seat at the domestic hearth, and makes himself welcome at table. His fingers have “touched” the delicate puddings, the rich pastries, or other fine desserts; he comes with the wines, the pale sherries, and brandies, that are used in preparing these dishes. He is in the houses of the rich, and the hovels of the poor; he goes to the gay feasts, and he comes home to the midnight embers, burning low on the hearth-stone. He makes his way to the churches, and appears at the sacramental board; and the reformed inebriate is reminded, at one and the same time, both of the love of Christ, and of former debauches!

But this is not the whole of the matter; when King Alcohol comes to our firesides, and sits down at our tables, he is met by a multitude of his own “blood relations”; some near of kin, some more distant. And the peculiarity of this numerous household is, that if you entertain a single *one* of them, that individual never stops till he *brings all the others with him*.

Figures aside, however, the plain facts are these: if one is in the habit of using tobacco, tea and coffee can not be dispensed with; and if either of these beverages forms part of the morning repast, a “good rich beef-steak” is the next thing in order. Moreover, if steak and other meats come to the table, salt and pepper are expected to come also; and the other contents of the castor usually gain an easy admittance. Then are introduced the spicy pickles, pungent sauces, and other condiments that set the blood on fire, and inflame the passions.

Verily, the wives and mothers of this country, are them-

selves responsible for much of the ruin wrought in their own households. Had their tables been plain and simple, these things had not been. Is it any wonder that crime and bloodshed stalk rampant through the land? That licentiousness lurks in the by-paths? That women take to morphine or the mad-house, and men blow their brains out? That homicides multiply with amazing rapidity, and theft and other crimes are frequent in high places? These outrages on common decency and the whole community, are not committed by the plain, temperate members of society, who sit down three times a day to unstimulating food, go to their work regularly in the daytime, and retire to rest at night-fall. Could the private histories of the lawless ones be written, we should find the "little foxes" that spoil the tender vines.

Rev. J. F. Clymer, whose admirable little work on "Food and Morals" has already been alluded to in this book, gives a forcible illustration of the effect which diet has on character, even in childhood. "A father, by prayer and precept, and flogging, had done his best to reform his boy, whose staple diet was meat and sausage and pie and cake at his meals, with lunch between. The family physician said to the father, 'If you will put a leech back of each of your boy's ears once a week for a month, you will do more to reform him than your preaching and pounding will do in a year.' The father asked for the philosophy of this prescription. 'Why,' said the doctor, 'your boy has bad blood, and too much of it; he *must* behave badly, or he would burst.' 'Then,' said his father, 'I'll change his diet from beef and pie to hominy and milk.' In three months thereafter, a better boy of his age could not be found in the neighborhood. The acrid, biting, evil blood had not become food for leeches, but it had done its wicked work and passed away; and a cooler, blander, purer, safer blood had been supplied from sweeter, gentler food sources."

The trouble in this country is, that the fathers and mothers do not begin right; they demoralize their children from the very start, by giving them at table and elsewhere their own way in everything. In fact, the child orders and the mother serves. The women in the old country set us a good example in this respect; in England and Scotland no mother would think of seating her little child at the table with grown people, and giving it any and everything that was before it. She places it at the child's table in the nursery, and gives it plain bread and milk or mush and milk. Not so in America; here the mother asks her little one what it will *have*, instead of giving it what she thinks it needs. Truly, we are a fast people; and unless we change our habits we shall run a fearful career, brilliant but brief, dashing but dissolute, and ending at last in imbecility or infamy.

The physicians of the hygienic school, claim to have demonstrated TWO FACTS: first, that intemperance (unless inherited) rarely if ever *begins* until there has been the habitual use of condiments and the lighter stimulants, either in the food or drink. Second, that when the habit of taking strong drink is established, the safest, surest way to reform, is at once to abandon *all stimulus in the dietary*, at the same time that the drinking is discontinued. Many inebriates have been reclaimed in this way, and in a comparatively short space of time; nor is there in these cases the slightest desire to resume the drinking habit, so long as the other stimulants are not indulged in. In other words, by living *correctly*, you conquer the evil habit.

But an ounce of prevention is worth a pound of cure. Can not the mothers act on this hint, and *see to it* that their sons (and daughters) are reared in such a way that vice will be no temptation to them? Solomon—who must have known from experience—said: “Train up a child in the way he should go, and when he is old he will not depart from it.”

Women in this country do *too much cooking* ; they prepare too many kinds of food for a single meal ; they literally *load down* their tables with an endless variety of dishes, showing a lack of good taste, as well as good judgment. A few dishes, well prepared, would be altogether better. And the practice of high seasoning, not only in dessert dishes, but in the plainer or more substantial ones, as vegetables, meats, meat preparations, etc., is most deplorable. These highly seasoned foods poison the blood, congest the liver, and inflame the mucous surfaces ; and if long continued they prostrate the nervous system and ruin the general health. "That machine will wear out the soonest which works the fastest." Strong constitutions, it is true, may not give way for years ; but sooner or later they too must succumb.

FOOD COMBINATIONS, ETC.

Most hygienists recognize the fact that too great a variety of foods eaten at a single meal, is not favorable to the best digestion ; partly because it tempts the appetite to over-indulgence, and partly from too great a stimulation of the nerves of digestion, by the oft-repeated presentation of a new substance for them to act upon. But very few pay much attention to the *proper combination* of foods, provided they be considered hygienic. Neglect of this important feature in dietetic reform has turned many away from it in disgust ; and it has kept not a few of those outside from becoming hygienists.

It is folly to overlook the fact that there is a certain *fitness* or adaptation to be observed, both in the selection and classification of foods, which enhances their value as a whole ; it will not do to huddle them together indiscriminately, either on one's plate or in the stomach. Baked beans and grape juice are both very satisfactory, in themselves ; but they have so little in common that no one would think

of eating them together ; though the harm resulting from so injudicious a combination, would be more apparent in some cases than in others.

Not every one has a cast-iron stomach ; and experience teaches that an individual whose digestive organs have become enfeebled from taking drugs (poisons), or from the long use of stimulating foods and drinks, has need to be particularly careful in the matter of diet. Suppose he is trying his first "hygienic dinner"; if he chances to partake of two or more substances so unlike in their nature and organization, that they do not "go well" together, in less than an hour's time the stomach and bowels will be filled with gases and undigested food ; while the "pangs of hunger," so called, will not have diminished in the least. In other words, digestion has not gone on properly ; and a certain morbid *craving*, which is next to ungovernable, has set up its clamor for something that can "satisfy." And though these feelings are the legitimate results of long-continued dissipation in eating—or of some other violation of law—that fact does not make it any easier to bear the discomfort. More than once has a patient taken his first meal at a "Cure," and risen from the table with the firm conviction that that diet will not do for *him*; when a little care (or knowledge) on the part of the managers, in the matter of combining foods, and a little previous explanation as to the unsatisfied feeling that necessarily follows the leaving off of all stimulating substances, would have induced the new-comer to make a more thorough test of the better way.

The early Grahamites made many serious blunders in their first efforts at dietetic reform ; they ate, for instance, their "bran-bread," which was a wretched food, manufactured out of dirty wheat coarsely ground, or from a mixture of poor white flour and common coarse bran, making an article better suited for horse-feed than for human stom-

achs. Of course, there was no sweetness in it ; the pearling or cleaning process, which the Akron people understand so well, was not then applied to the manufacture of Graham flour ; and the bran was so coarse and irritating that the "Graham bread," as it was called, *made* more dyspeptics than it cured. The consequence was that those who ate it were a by-word and a reproach ; and all succeeding dietetic reformers have been forcibly reminded of their folly, by the keen thrusts of a scrutinizing public—which always looks after these matters.

Nearly half a century of close contact with invalids, has placed before the hygienic physician certain *facts* which can not be ignored ; and whether the science behind them is fully understood or not, the facts themselves remain. For example, if we have a nervous dyspeptic to treat, we know better than to set before him, at one and the same meal, strawberries and beets ; or strawberries and cabbage ; or apples (raw or cooked) and sweet potatoes ; or apples and beans. These are only *examples* of at least fifty combinations that could be made, any one of which would give a weak stomach indigestion. The question then comes, whether it is not possible to lay down some general rules, which shall apply, in a certain sense, to all cases ; whether, indeed, the vanguard of the "hygienic brigade" has not at last reached that point in the reform.

It certainly stands to reason that the food products of the earth should be studied *in their relations to each other*, as well as with respect to their nutritive qualities. In the first place, the commissariat, as a whole, should have in it all that is needed for the fullest growth and development of the body ; and there should, if possible, be a sufficient variety to allow of more or less change in the bill of fare from one meal to another, and from day to day. One tires of the same thing, or exactly the same *routine*, over and over ; and all the more if there is any defect in the food

itself, either as regards its quality in growth and maturity, or its actual nutritive value.

Moreover, the wants of the system are not always exactly the same ; they may vary somewhat, owing to diseased conditions or torpor of functional action, so that there will be an actual *need*, if not a positive longing, for certain kinds of food that are necessary to restore normal action to the system. For instance, a person who has taken "quantities" of certain medicines, the effect of which is to congest or torpify the liver and other organs of depuration, is apt to have an intense craving for acids. Another, who has been fed for weeks on a diet that contains too little nutrient material, will call for something that has a larger per cent. of solid matter in it : as bread, beans or peas, rather than cabbage, turnips, soups, or other watery substances.

Many a person has risen from the table feeling dissatisfied, actually hungry, after eating in quantity a full meal. In such cases, either the articles eaten have not been digested, or they were of such a character that they did not supply the natural waste of the system. One who has made this matter a careful study, can very nearly tell at a glance whether the food on the table is such as will give general satisfaction to persons with reasonably normal appetites,—though, as just now stated, there are individuals whose appetites are anything but normal. For example, the tea-toper or coffee-drinker suffers from headache after trying to make a breakfast without the accustomed beverage. Or the lover of beef-steak rises from his morning meal from which the favorite dish is absent, feeling that he has had no breakfast. The sense of *all-goneness* in these cases is not from a lack of nutrient material, but owing to the absence of the habitual stimulus.

In selecting foods for the table, one must take into consideration both the habits of the individuals who are to be fed, and the ever-varying climatic conditions. Persons of

sedentary habits would be satisfied at a given meal with a few plain articles, and these largely of fruits; whereas, a laborer would require a larger proportion of more nutritious foods, as Graham bread, beans, or some of the grain preparations, with less juicy or watery materials. If, however, the weather is warm, inducing profuse perspiration, the more juicy fruits and vegetables are in special demand. But a combination of dishes that would be delightful in the sultry days of July or August, would be altogether insufficient to satisfy the appetite on a cold December day, or a keen frosty morning. And when the weather is not only cold, but *damp*, the food is always best relished if it is warm. Often a good plate of warm soup (not hot), to be followed by corn-bread and baked potatoes, and perhaps another warm vegetable, is very acceptable on damp, cold days, when there is a raw atmosphere, chilling one all through.

To be brief, the cook should use her rare good sense in these matters; she should consider the character of the eaters, whether they are sick or well; accustomed to active outdoor exercise, as farmers, or to sedentary habits, as students, book-keepers, etc. She should also vary the quality of the food, not only to suit the weather, but the season of the year. In May or June, when the markets are full of strawberries and other fruits, with plenty of fresh garden stuff, the "boarders" will hardly be content six days in the week with dried apples and prunes for fruit, and old potatoes with last year's beans, for vegetables; they will be thinking of the green peas, asparagus and new potatoes, that they saw in the city market; and the loads of fresh berries, cherries, etc., that looked so inviting.

Last, but not least, she must study the *individuality* of the various food products; for, as already remarked, certain kinds are so unlike—not to say antagonistic in character, that they seem not to digest well together; or as we

sometimes say, they quarrel with each other. For while it may be true that thoroughly sound stomachs can digest almost anything, and feel no unpleasant sensations from all sorts of heterogeneous combinations, it is *not* true that invalids, or persons of feeble digestion, can do likewise.

After more than twenty years' experience and careful observation, the writer is fully convinced that in order to get the *best possible results from nutrient materials*, we must not ignore those kindred ties among food products which make an agreeable combination; nor must we be oblivious to those *opposite* qualities in them, which by fine contrast please equally well. Take, for example, sweet potatoes and tomatoes; these make a good combination, and very acceptable to most persons, the one being sweet, the other acid; the one highly nutritious, and the other decidedly juicy.

To those who have not made this subject a study, the following hints may be of practical use; though in many things it is next to impossible to lay down definite rules:

1. Fruits and vegetables should not, as a rule, be eaten together; that is, at the same meal; if they are so eaten, persons with feeble digestive organs will usually suffer.

2. If vegetables are eaten, the noonday meal is the best time to take them, two or three varieties being quite sufficient. Tomatoes do well with vegetables, grains or meats; but they should not, as a rule, be eaten with fruits.

3. The Irish potato seems to be an exception among vegetables; it is so unaggressive in its nature that it seldom quarrels with anything. It may therefore be eaten (by most persons) with *either* fruits or vegetables; and it always does well with grains.

4. Fruits and cereals are particularly suited to the morning and evening meals; and very little other food is required.

5. A good rule, when suppers are eaten, is to make the

meal of bread and fruit only, these being taken in limited quantities, and at an early hour.

6. Fruits, if eaten raw, should be ripe, and of good quality; and persons with feeble stomachs digest them more easily at the beginning of the meal; this is particularly true when warm foods make a part of the repast.

7. Fruits raw or cooked, may be eaten at dinner, provided no vegetable (unless it be the potato) is taken. But if raw, they should be eaten *first*, particularly if there are warm foods to follow.

8. Some persons can not digest certain kinds of raw fruits for supper, or late in the day; let them take these on sitting down to the breakfast table; or the first thing at dinner, unless there are *vegetables* at this meal.

9. If meats are eaten—a debatable question between strict hygienists and “other people”—take them at the noonday meal, with or without vegetables; and in cold weather, rather than warm.

10. The grains digest well with all other foods; though some persons can not eat them in the form of mushes. They should always be thoroughly cooked.

11. Persons with feeble digestion, should as a rule, confine themselves to a *single kind* of fruit at a meal; they can make the changes from one meal to another.

12. Those who find it difficult to digest vegetables, should not attempt more than one kind at a given meal, until the digestion is improved. And often it is best to leave them off entirely for a time.

13. In selecting vegetables for a single meal, do not, if there are several varieties, have *all* of them of the watery or juicy kinds, as cabbage, asparagus, white turnips, etc.; nor all of the drier sorts, as baked beans, winter squashes, sweet potatoes, etc.; but blend the more and *less* nutritious kinds in a judicious manner. Or if you have only the watery ones at hand, be content with not more than two varieties,

prepare a side-dish of something rather nutritious, and then add a dish of warm corn bread, as an accompaniment, particularly if it be a cold day.

14. If you have for dinner a thin vegetable soup, follow with something more substantial, as baked beans, baked potatoes (sweet or Irish), or corn bread ; but if you have bean or split-pea soup, let the other vegetables be of a kind less hearty.

15. On a very cold day, have a warm dinner of good nutritious articles ; select mainly solid foods with grains, rather than thin soups and watery vegetables.

16. On a warm day make the breakfast largely of fruits, with a moderate supply of cereals. The dinner may be of young vegetables (or fruits), a dish of grains if you like, and a little bread. Eat *lightly*, and you will suffer less from heat—particularly if no seasonings are taken. For supper, a glass of cold grape juice and a slice of loaf bread, is fine in hot weather.

17. In very cold weather, take the chill off your stewed fruit, fruit pies or other dishes, before serving them. Pastries if used, are best at the midday meal—and so are puddings.

18. If there are invalids at the table, they should eat nothing that is *very cold* ; food not much below blood heat is best, particularly in cold weather ; and the dining-room should be comfortably warm.

19. Never have too great a variety at a single meal ; have few dishes, well prepared, and make the changes from one meal to another ; this will please better on the whole, and it will not too rapidly exhaust your limited supplies.

20. If one meal happens to fall a little below the average in either quality or variety, see that the next is fully up to the mark.

TWO MEALS OR THREE.

The question is frequently asked, whether it is better to take two meals or three during the day. This would depend very much upon the habits of the individual, and somewhat upon the healthful conditions of the stomach. Some persons can digest three meals perfectly, while others find it hard to manage two comfortably. If the third meal, light in quantity and simple in quality, and taken at an early hour, causes distress, then it would be well to try leaving it off. Sometimes a longer *rest* will enable the stomach to do better work.

Persons of sedentary habits combined with indoor life, usually find two meals sufficient, provided these can be arranged at proper hours. When two meals are taken, the breakfast should be served about eight o'clock, and the dinner at two ; this gives six hours between, and the afternoon not so long as to cause hunger. It will be found, however, that a great deal depends upon previous dietetic habits. Most persons who have been long accustomed to either two or three meals, prefer not to make a change : the *old* way is more satisfactory.

In ordinary cases, it probably makes very little difference whether two meals or three are taken, provided no discomfort is experienced ; usually where the digestion is fair, and the habits of the individual active, three are preferred. The third or last meal should be much lighter in quantity than the others, very simple in quality, and taken not later than six o'clock. This leaves three hours till bedtime, putting the latter at about nine o'clock, or half-past nine ; long enough for all the food to pass out of the stomach, and leave that organ in a restful state, ready for the night's repose. If the digestive organs are not strong enough to accomplish this much easily, then it is plain that the third meal should be left off.

DIETETIC RULES.

Eat slowly, masticating your food thoroughly before swallowing it. The first process of digestion—called insalivation—takes place in the mouth.

Never eat when you are mentally excited, or physically exhausted ; if you are very tired, lie down and rest half an hour before going to the table. Neglect of this rule has caused many a fit of indigestion.

Do not take vigorous exercise, either physical or mental, immediately after eating. Light exercise, as clearing up the table, washing dishes, or walking about the house or garden, facilitates digestion ; but heroic exertion, as running, pulling, lifting, washing or wringing clothes, etc., retards it.

A bath should never be taken directly after eating, and particularly after a very *hearty* meal. A good rule is not to bathe for half an hour before, and for two hours after eating.

Take your food regularly, at stated intervals—not at any hour of the day ; and do not form the habit of eating between meals.

If anything is taken outside of the regular meal-time, ripe juicy fruits, as apples or oranges, will usually occasion less disturbance than more hearty or substantial food.

Let at least the greater part of each meal consist of *plain* food ; and do not continue to eat after the actual wants of the system are satisfied.

The supper should be the lightest meal, both in quantity and quality ; and it ought to be taken at least three hours before retiring for the night.

Do not wash down the food with a fluid ; eat without drinking ; this will insure more thorough mastication and insalivation ; it will also help to preserve the teeth. The horse never leaves his oats or corn to take a sip of water

between mouthfuls ; nor is he ever tortured with the tooth-ache.

It is a bad plan to rise from the table, rush out into a freezing atmosphere, and take a long cold ride ; the body becomes chilled and digestion is apt to be interfered with.

A few minutes' brisk walking in the morning, filling the lungs with fresh air at every breath, is an excellent tonic before breakfast. Try it—you that are not too feeble to leave the room.

As a rule, fruits and vegetables are best served at separate meals ; vegetables, if eaten, should be taken at dinner—near the middle of the day.

Raw ripe fruits, as apples, berries or cherries, are fine for breakfast, and best at the beginning of the meal.

Avoid the frequent use of soft, sloppy foods ; and also of soft bread ; give the teeth something *to do*, if you would have them grow strong, and keep clean.

Do not take very hot or very cold foods or drinks ; these crack the enamel of the teeth, and destroy them ; they also weaken the salivary glands, enfeeble the stomach, and impair digestion.

If you want good teeth, you must first eat the kinds of food that will make them, and then you must *use* them, or they will decay. Remember that a cow can be slop-fed till her teeth will fall out. To preserve the teeth, then, you must throw white bread to the dogs (and it will kill them if they are fed exclusively on it), eat bread made of the flour of the *whole grains*, and have it well baked ; it must be hard and crusty enough to keep your teeth clean and bright.

To secure a good sweet breath, the digestion must be perfect and the *teeth clean*. Use the brush *after* eating, not before. Some persons brush their teeth the first thing in the morning and the last thing at night ; this leaves them unbrushed between breakfast and dinner, and between dinner and supper—or in other words, only clean at night. Form

the habit of brushing the teeth the *first thing after you rise from the table.*

Another important rule, and always applicable, is the following : make the meal as enjoyable as possible ; a cheerful face, with pleasant conversation, is an excellent condiment. And if children dine with "big folks," let them learn at the start, that they too are to be put upon their good behavior.

HINTS ON COOKING.

The following hints on cooking, some of which apply to Part II., and some to Part III., may be convenient for reference.

In making loaf bread, the flour should in cold weather be slightly warmed before mixing, and the dough set to rise in a wooden tray or thick earthen crock—never in a tin vessel, as the dough is apt to chill from draughts of cold air. Bread to be good and wholesome must be thoroughly baked, having the crust nicely browned, but not scorched ; and it is better baked in pans that have *closely fitting covers* ; these confine the escaping vapors about it, and by preventing evaporation make the bread much sweeter.

Mix all pastries lightly and quickly, gathering the mass together without kneading ; have the materials as *cold* as possible, and either bake as soon as mixed, or lay the paste into a refrigerator. Never make pies or cakes till the oven is ready for them ; roll your pie-crust pretty thin, start with a brisk oven, hot enough to brown without blistering or scorching, and moderate the heat as the baking proceeds. Be sure the *bottom* crust is well done before taking the pies from the oven. This for *cream* pastry. Pies made of apples that are under-ripe and their crust shortened with butter (which, however fresh and sweet, is always less wholesome than cream), are improved by baking an *hour and a half* in a *very* slow oven.

Nearly all vegetables are best dropped into boiling water, and cooked rapidly; particularly those of a watery nature, as cabbage, turnips, string beans, young peas, and potatoes, new or old. As soon as done, lift from the fire; cooking a little too long, makes all the difference in the flavor. Cabbage thinly sliced will cook in thirty minutes. Another direction applicable to nearly all vegetables, is to put them on in as little water as possible, having none to pour off, or next to none. As a rule never *soak* potatoes or other vegetables before cooking them, and never parboil them—not even beans, unless they are very old and strong, and then only for a few minutes; when the water is drained off replace it with more, *boiling hot*.

Fruits if overripe must be cooked but little, and taken from the fire the moment they are done; a trifle *underdone* is fully better than cooked too much. All green or unripe fruits are improved by starting them in cold water, and cooking or simmering *slowly* (without stirring), for a long time. The long, slow cooking makes the fruit taste sweeter and riper.

All *dried* fruits, as apples, peaches, pears, prunes, sweet currants, etc., should be well washed, dropped into boiling water, cooked rather quickly, and removed from the fire as soon as done. Peaches and apples dried by steam, usually cook in twenty-five or thirty minutes, and sweet currants in thirty-five minutes.

Grains are best *steamed*, starting them in hot or cold water (rice is less sticky started in cold), and cooked till tender; the water in the pot below should be kept *constantly* boiling.

Steamed bread, to be good, must be well managed; as soon as the batter is mixed, pour it into a round pan, well oiled, and set this inside the steamer; the pan must not be quite full. Then cover it with an inverted plate or pie-pan; and if the steamer is one with holes in the bottom, place two or three bits of wood under the pan, so that the steam

can enter beneath it. Now put on the lid of the steamer, the latter being closely fitted over a pot of boiling water and cook constantly, keeping the water at a fast boil. Do not uncover till the bread is done ; then lift the lid, take out the pan, and set it in a hot oven to brown ten or fifteen minutes. Steamed puddings, mixed in a batter, are managed in the same way, except the browning at the end.

When corn meal is used in mixing either steamed breads or puddings, take golden or white *flint* meal, if you can get it ; and fill the measure not quite so full as when meal from the *dent* corn is taken.

In making puddings or steamed breads, *never heat* the pan before oiling, as this will make the batter stick to it ; a little olive oil, or beef dripping, may be used instead of butter. In baking batter puddings, or any that may adhere to the sides of the dish, a good plan is to place the latter in the oven within a shallow vessel (as a dripping-pan), containing a little boiling water. Custards, if baked, are best managed in the same way.

Always heat milk in a farina-kettle if you have one, so as not to scorch it. In the absence of this utensil, heat in a tin bucket set inside a pot of boiling water ; or a thick stone or earthen crock will answer, if the fire is not too hot.

If bread-crumbs are used in puddings, dressings, hashes, etc., have at least a portion of them of good, home-made Graham loaf, unsweetened ; the gluten in this bread makes it richer and finer flavored than the white.

In preparing sweet currants for cakes or puddings, pick them over carefully, and wash in a colander till they are *perfectly clean* ; then dry in the oven, being careful not to overheat them, and finally dredge well with flour before stirring them in.

If soda is put into bread, cake or puddings, use it sparingly. A "teaspoonful" of soda, is simply the spoon filled until it is *level* ; and the same for cream of tartar. But if

baking-powder is employed, the spoon must be *heaped* somewhat, owing to the fact that nearly all baking-powders are one-third starch. The proper proportion of pure soda and cream of tartar, is said to be about six ounces of the former to sixteen of the latter.

When eggs are used, as in making custards or puddings, beat the yolks and whites separately ; if you sweeten first, whip the yolks a little (to avoid lumping), then beat with the sugar, and stir the whites in last. Eggs to beat well, should be fresh, and moderately cold ; and experienced cooks say they should never be beaten in a *tin* vessel, but in stone or earthen ware.

The rule for custards, is to cook *very* slowly ; and if baked, to take from the oven as soon as they are well thickened—before they begin to separate, or become watery.

Soups must boil or simmer *slowly* till done ; and most kinds need three or four hours' cooking. When necessary, remove fragments of meat, bones or vegetables, by straining through a colander at the last ; return to the pot and heat again, before serving.

Meat, if roasted, should be placed in a hot oven till the surface is seared, and then *bake slowly* till done. If stewed, pour boiling water over it till half covered, skim if necessary, boil rapidly five or ten minutes, and then *stew gently*, till a fork will go through the thickest portion of it easily. The water should all be evaporated when done ; and if finished as a pot roast, heat the oil or gravy in the bottom till the under surface of the meat is nicely browned ; then turn it over, and brown the other.

If cold meat is to be warmed over (as in a hash), do not heat too long ; you can cook a good hash in fifteen or twenty minutes, after the meat, bread and potatoes are prepared.

Cold potatoes are best warmed over as follows : oil the skillet slightly, just enough to keep them from sticking ;

slice, if they are whole ; if mashed, see that a *second* crushing leaves no lumps, and stir them up lightly with a fork. When the skillet is hot turn in the potatoes, and heat quickly till they are nicely browned on the bottom, but not scorched. Then with a knife turn them over, brown again, and dish for the table. Ten minutes will suffice for the browning ; and in ten minutes more, they should be eaten.

To toast bread perfectly, cut it in even slices about half an inch thick, and brown, not too rapidly, over a bed of live coals ; the bread should be stale to begin with. Turn it over before the slice warps too badly ; that is, if you are holding it on the end of a fork ; then toast the other side, and turn again if necessary. When done, the entire surface should be crisp, and an even chestnut brown. If the crust scorches a little, scrape off its burnt edges with a knife.

To warm over mushes or grains, never add a particle of water, not even boiling ; turn into a stew-pan, set where it will heat quickly, cover, and stir two or three times till the mush is thoroughly hot.

To warm bits of stale bread, dip the slices quickly into cold water, and lay them in a hot oven ten minutes, or till the surface is crisp, and the bread well heated through ; it will be as good as new—*better*, to most persons' liking. Cold biscuits, split in two, dipped quickly into cold water, and then heated in the same way, are excellent.

L O F G

PART II.

THE HYGIENIC DIETARY.

To those who are acquainted with the principles of hygiene as expounded by their great originator, the late R. T. Trall, M.D., it is needless to say, that a strictly hygienic dietary is one in which the grains, fruits and vegetables, are all prepared without the slightest addition of seasonings or condiments, even sugar and milk being excluded. But so far removed from this plan are the usual methods of cooking, and so great the prejudice against this innovation, that it is next to impossible to convince people that foods prepared in this plain, simple manner, could be either healthful or palatable. It is the object of this work, or rather this *part* of it, to place before the reader a collection of recipes, which, with little or no alteration, would be fully up to the standard of Dr. Trall himself. On the other hand, a very moderate amount of the plainer condiments—which any cook can add to suit herself—makes these (otherwise) hygienic dishes *acceptable*, even to perverted palates; while as respects health, food prepared in the ordinary way, can not begin to compare with this diet. It replaces the waste tissues of the body, it develops muscular strength, and it satisfies the normal appetite; it does *not* impair the digestive organs, neither does it clog the tissues, nor wear out the vital machinery. It sustains, it nourishes.

UNLEAVENED BREAD.

To prepare the "staff of life" as it should be, four things are necessary. First, we must have good grains; second, these must be cleaned, and properly ground into flour or meal; third, the flour or meal must be rightly mixed into dough or batter; and lastly, the dough or batter must be well baked.

The whole or unhulled wheat, as elsewhere stated, is said to contain no less than fifteen elementary principles, all of which are necessary to build up the structures of the body. Beneath the outer or woody portion of the grain, lies an abundance of glutinous matter; here also are found most of the carbonates, phosphates, and other mineral substances that enter so largely into the formation of the teeth, bones, cartilages, etc. Beneath these again, is a substance that is composed chiefly of *starch*, the elementary principles of the latter being carbon, oxygen and hydrogen. It is this part of the wheat that is used in making the white flour of commerce, particularly the *superfine*. So far, then, as the number of chemical elements is concerned, Graham flour stands to starch—and proximately to white flour—in the proportion of fifteen to three, or five to one. Now, when we consider that bakers' bread (and that is what the masses live upon in cities) is made of this impoverished white flour; that it is raised by fermentation, which still further impairs its nutrient qualities; that it is to a large extent impregnated with alum, and is often half sour before baking—we can safely say that this is about the slenderest "staff" that ever a living creature sought to lean upon.

Graham (or unbolted) flour is too often manufactured from small, shrunken grains of spring wheat, or other poor material. This is why there is ordinarily such a large per cent. of bran in it; too much entirely for either good health or good eating. An excellent article for Graham

flour is the white wheat, of which the Genesee is a variety. This has very nearly the right proportions of hull, gluten, etc., to make wholesome and palatable breadstuff.

On the quality of flour, the late R. T. Trall, M.D., in his "Hydropathic Cook-Book," says: "Unless the grain is well cleaned before it is ground, we can not have the most delicious bread. There is, too, a great difference between fresh-ground and stale flour, the former making incomparably richer, sweeter bread. Those who 'eat to live,' or to enjoy, had better, therefore, look well to the *kind* of grain, to its being thoroughly *cleaned* from dust, cockle, smut, sand, chaff, etc., and to its being *ground* but a short time before using." "The wheat meal or Graham flour in market is not unfrequently an admixture of 'shorts' or 'middlings,' with old, stale, soured or damaged fine flour; and fine flour is sometimes—more especially in European markets—adulterated with *whiting*, *ground stones*, *bone dust*, and *plaster of Paris*."

The most difficult thing after the selection of the wheat, is to have it ground in the best manner. There are but few mills in the United States that make first-class Graham flour. Either the wheat is not cleaned before grinding, or it is cut too coarse, or the stones get hot by running too fast, and "kill" the flour, or it is ground or rather *mashed* with dull stones, so that the hull is scaled off in large flakes of bran. In this latter condition, it is so coarse and rough as seriously to injure the delicate coats of the stomach and bowels, especially if it is used for any great length of time. This is one cause of the prejudice that sometimes exists in regard to Graham bread.

All flour, of whatever kind, should be kept in a dry, cool place, and in a pure atmosphere, where the circulation is good, as it absorbs impurities readily. And for leavened bread, it is said that the flour should always be thoroughly disintegrated (sifted or shaken), and in very cold weather

warmed before mixing ; a process which would help, no doubt, to expel any gases or vapors that it may have absorbed.

The best Graham flour in our market is that manufactured by Ferdinand Schumacher, of Akron, Ohio. This gentleman has built a mill that cleans each grain perfectly before grinding ; it cuts the hull fine enough to pass through a coarse corn-meal sieve, and turns out an excellent article of lively Graham flour made from the best white wheat. By sending for his "w. w." (white wheat) grade, we get the choicest of Graham for hard rolls, loaf bread or pastries. Moreover, this flour is so clean and sweet that it will keep for weeks, if put in a cool place, without getting old or musty. His oat meal, pearl wheat and pearl barley, are among the best in the country, both in the quality of the grains, and the methods of preparing them ; each grain is nicely dressed, the rougher portion of the outer or woody fiber being removed. Cracked wheat, as it is called, is prepared in the same way, before the kernel is divided or cut. The *ordinary* cracked wheat (now fast disappearing from our markets), which is simply crushed, contains a large per cent. of dwarfed or shriveled grains ; the hulls, which are harsh and fibrous, are comparatively unbroken ; and were it not for the "dressings" that usually accompany it at table, very little of this article would be eaten.

First and best of all the varieties of bread preparations known to hygienists, is the cold-water bread usually called the *hard Graham roll*. It is made by mixing wheat meal with pure cold water, the colder the better. Properly prepared and baked it is sufficiently light or porous, owing to the air that is confined within its texture during the process of baking. No other kind of bread begins to compare with this in wholesomeness ; and the longer one uses it, the better it is relished. It is substantially what Dr. Trall calls the *perfect bread*—or Premium Bread. There are many "little things"

to be observed in order to make it successfully ; the manner of mixing, the consistency of the dough, the kind of kneading, the forming of the rolls, the spacing in the pan, the dispatch in getting it into the oven, the heat required, the time it should bake, the test as to when it is done, the cooling process,—all these are important ; but once the cook is familiar with them, this bread is as easily made as almost any other ; and there is no need of failure.

The following is the recipe in full :

HARD GRAHAM ROLLS. †

If the Graham flour is of red wheat or coarsely ground, it must be sifted.* Before you begin to mix, have the oven heating, and the bread pans clean ; they need not be oiled. Take for mixing, the *coldest* water you can get—ice-water, if you have it ; wet the flour with this, using a little at a time ; that is, pour in slowly and stir fast, so as to moisten the mass gradually, allowing no little puddles to form, to make the dough wet and sticky. It may take say two-thirds of a pint of water to mix a quart of flour ; though the quantity will vary according to grade of flour used ; the coarser it is ground, the more wetting will be needed.

Continue to mix until rather a soft dough is formed ; about as soft as you can well handle. If you get the dough too stiff, the bread will be dry and harsh ; if too soft, it will be wet and clammy.

Mix in a smooth bowl of common yellow earthenware, if you have it ; also do the kneading in it, as the dough will not stick to its sides. Knead lightly but thoroughly all of *ten minutes* by the clock. When sufficiently worked, the dough becomes fine and smooth, lighter in color, and elastic to the touch ; if you poke it with the finger it will

* Ordinarily, the terms Graham flour, wheaten meal, unbolted flour (of wheat), and even "brown flour," are used interchangeably. Unbolted rye flour is often called rye meal.

rise or spring up as the pressure is removed. Then take half of it, and roll it over and over on the moulding-board with the hands, forming a long roll about an inch and a quarter in diameter ; cut this off in bits nearly an inch and a half in length, or large enough to make a roll from three to four inches long, and not quite three-quarters of an inch thick. Take each bit separately and roll it firmly together, making it smooth and round, and of the length and thickness just stated. Leave no dry flour on it, but let it drop from your fingers smooth, *straight*, and well-worked. As the rolls are made place them in the bread-pan, leaving quite a space between each, so that in swelling (as the air expands in baking), they may not touch each other.

Make out the panful quickly, and on no account allow the rolls to stand after they are moulded, lest the air escape and they become heavy. For the same reason, let the oven be hot enough to brown moderately, almost from the beginning, as the lightness of the bread depends upon the confinement of the atmospheric air within its crust, which forms around the roll in baking. Hence, the more crust there is above the flat surface of the pan, the lighter the bread will be. This is why rolls or round balls are always lighter than biscuits.

The more even the heat of the oven, the better for baking ; it should be hot enough to scorch white bread. If too hot, the rolls will blister, letting out the air ; if too cold, the air will escape before the crust forms, and in either case the bread will be heavy. A tolerably good rule is to have the oven so hot that you can hold your hand in it just long enough to count ten, rather slowly. A little experience, however, soon enables the cook to regulate the heat.

Before putting the rolls in the oven, prick well with a fork to prevent blistering. It will require about thirty minutes to bake thoroughly ; and if you happen to get them thicker than usual, it will take five minutes longer. When about

half done, turn each roll one-quarter over—or a good plan is to shake the pan—so as to brown the sides ; and when quite done remove from the oven, and turn out on a table, spreading them well apart. They should be entirely cold before you lay them in the bread-box, as they are apt to fall if put away warm. If any of the rolls yield to pressure when taken between the thumb and finger, they are not done, and must go back to the oven ; otherwise they will shrivel in cooling, and become heavy. When cooled a little, place them one layer deep on plates, and send to the table ; and what are left over, save for the next meal, to be eaten cold.

It is best to bake fresh every morning ; though any rolls left from the day before, may be warmed over as follows : first break each into two or three pieces, not lengthwise, but across ; never *cut* them ; then drop into cold water, and let them stand two or three minutes. Place well apart in a bread-pan, and set the latter on the grate in a brisk oven, which will crisp without scorching them ; remove from the oven as soon as the bits are firm enough not to yield to pressure. If properly managed, they will be lighter than when newly made—provided the rolls have not been overdone in the first baking.

The above bread is deservedly the standard among hygienists. Among people in general it is a new-comer, nothing whatever being known as to the way in which it is made ; hence the fullness of detail, as just given. For the benefit, however, of those who are already partly initiated, the directions are given below,

MORE BRIEFLY. †

Mix Graham flour with cold water, forming a dough about as soft as you can handle with the hand ; if the flour is of red wheat, or is coarsely ground, it must be sifted. Knead very thoroughly, as for “beat biscuit,” ten to fifteen

minutes, or until the dough is smooth and elastic. Then form into rolls three to four inches long, and barely three-quarters of an inch thick ; leave no dry flour sticking to them. Make them out rapidly, and place a little apart in the pan ; then prick well with a fork, and put them in the oven ; it must be hot enough to brown nicely, but not to scorch. Bake about thirty minutes. When done, the rolls should not yield to pressure between the thumb and finger ; and when taken from the oven, spread them out on a table to cool. They may be eaten for breakfast a little warm ; or you can lay them away cold, for dinner or supper.

STEMS. †

Mould the same as hard rolls, except that you make the stems a little longer, and only about half the thickness ; they will bake in from twenty to twenty-five minutes, according to the heat of the oven. They are very sweet and crisp when warm, but not as good as the rolls, after they are a few hours old. You may warm them over the same as hard rolls, breaking each into small bits before wetting.

Stems and rolls can be made of rye meal, though they are not as good as the wheaten.

COLD-WATER LOAF BREAD.

The dough for this bread is mixed the same as for the hard rolls, already described. After fifteen minutes' good kneading, mould into small loaves, three to three and a half inches thick, and about five inches in length ; prick deeply with a fork, and place in a hot oven. The heat should be as even as possible, to avoid blistering or scorching. It will take from an hour to an hour and a quarter to bake the loaves thoroughly. This bread must not be cut till cold.

COCOA-NUT BREAD.

Some weak stomachs can not tolerate this bread, the grated cocoa-nut being rather difficult to digest. The usual way of making it, is as follows : to one quart of Graham flour allow half a teacupful of grated cocoa-nut ; prepare the nut by peeling off the brown or outer portion, then grate the remainder as fine as possible, stir it well through the flour, and mix as for hard rolls, kneading thoroughly. Save and add the cocoa-nut milk, if it is perfectly sweet ; mould into rolls or biscuits, or any desired form, prick well, and bake till fully done, in a hot even oven.

A safer way for invalids, is to soak the grated nut in a pint of cold water for an hour, or longer ; then put the mixture into a farina-kettle, warm to blood heat, and set it back on the stove where it will keep warm for two hours. Then bring almost to a boil, removing the kettle from the fire just before the cocoa-nut water begins to bubble. Let it stand till quite cold, strain out the nut and use the water for mixing ; add the milk if it is sweet. If you make by this method, grate the whole of the cocoa-nut, and add enough water to cover it before soaking and heating ; when you have strained out the nut and added its milk, use as much flour as the fluid will wet to the proper consistency.

HOT-WATER ROLLS.

These are the soft rolls so common in Water-Cures years ago, and still largely in use. They are sweet, and tolerably wholesome, especially if the dough is mixed rather stiff, and the bread very thoroughly baked. To make them, pour boiling water into a quantity of unsifted or rather coarse Graham flour, stirring constantly with a strong iron spoon until two-thirds of it is scalded ; then finish with cool or cold water, stirring with the spoon, and forming a dough stiff enough to handle with the hands ; if too stiff, the bread

will not be good. Then pinch off in small bits, and make into rolls an inch thick, and about three inches in length ; form by rolling on the moulding-board, sprinkled with dry flour to prevent sticking. Put them into the bread-pan, spacing so they will not touch each other, and bake from thirty to forty minutes, in a very hot oven. This bread is best eaten warm, though it is pretty good cold.

Instead of rolls you may make into biscuits, two and a half inches in diameter, and three-quarters of an inch in thickness. Rye flour (unbolted) can be used instead of the wheaten—or half rye and half wheat, which would be less sticky.

HOT-WATER LOAF BREAD.

Mix as for hot-water rolls in the last recipe, having the dough a little stiffer, and kneading it longer. Mould into loaves about three inches thick, and five inches in length ; bake all of an hour, in a hot oven. If underdone, this bread will be wet and clammy ; do not cut till cold. It can be made either of wheat or rye flour (unbolted), or with a mixture of the two.

GRAHAM CRACKERS. †

Take sifted Graham, or best Akron flour unsifted, and mix as for hard rolls (first bread-recipe given), only a little stiffer. Use very cold water—ice-water is best—and knead thoroughly and very hard, all of twenty minutes ; then roll to the thickness of ordinary pie-crust, cut in any shape desired, and prick deeply with a fork. Bake in an even oven from ten to fifteen minutes, or until the crackers are dry and hard. Let them get quite cold before stacking away, and then put them in a dry, cool place.

If the ordinary Graham flour is used, a good plan is to sift it, and add a third or fourth part white flour of the

coarser brands ; or you may take cold-blast flour, if you have it.

OTHER CRACKERS.

Make the same as the last, using cold-blast flour in place of Graham ; and instead of rolling out the paste and cutting, pinch it off in small bits, and roll into stems three inches long and hardly as thick as your little finger. Mix with ice-water, or the coldest you can get. As soon as moulded bake from ten to fifteen minutes, or until thoroughly dry and hard ; when cold, set away on plates.

If you have not the cold-blast flour, use equal parts of sifted Graham and "middlings," then mix and bake as before.

WHEAT MEAL CRISPS. ‡

These are sometimes called wafers. Take Graham flour, best Akron (or other Graham sifted), and mix as for crackers in the last two recipes. Knead very thoroughly, pinch off in small bits, and roll to the thickness of a knife-blade. Bake in a pan or on the grate, in a hot oven, and be careful that they do not scorch ; they will be done in five to ten minutes. This bread is sweet, crisp and tender, as well as very wholesome, and is quickly and easily made.

OAT MEAL CRISPS. ‡

Scald oat meal with boiling water, stirring with a spoon, and making a pretty stiff dough ; knead well together, dust the moulding-board with a little Graham flour, and roll to the thickness of nearly a quarter of an inch. Then cut into small cakes and bake in a moderate oven fifteen minutes, or till they are dry and hard, but only slightly browned. Watch closely, that they do not scorch in finishing. In rolling out this dough, it cracks badly near the edges ; after using the cake-cutter gather up the ragged pieces, knead them well together, and roll again.

These crisps will keep for days in a dry place ; and if heated over in the oven, they will be as brittle and tender as when first baked.

SCOTCH OAT CAKES.

In Scotland, the oat meal cake is made and baked as follows : Take oat meal, not too fine, and wet it with water that is nearly or quite boiling. Mix well together, making the dough as smooth as possible, and roll out as in the preceding recipe ; but instead of using the cake-cutter, make one large round cake, and cut it into quarters. Place these on a griddle (the griddle in Scotland is supplied with a bail), and hang it over the fire ; when nicely browned on the under side, lift from the griddle, and toast the upper side to an even brown, before the coals. These are essentially the same as the oat meal crisps.

OAT MEAL BANNOCKS.

Pour boiling water over fine oat meal, scalding it thoroughly, and stir with a spoon to form a batter considerably thicker than for Graham gems ; so thick that it will scarcely drop from the spoon. Then oil a bake-pan, set it on the stove till hot, and pour the batter into it to the depth of about half an inch. Separate the cake into four quarters with a knife, set the pan in an oven moderately hot, and bake from twenty to thirty minutes, without scorching.

MUSH ROLLS. †

Take any cold mush made of corn meal, Graham or rye flour, oat meal, samp, or farina, and knead into it enough Graham flour to form rather a soft dough ; just stiff enough to handle with plenty of flour. If too much or too little flour is worked in, the bread will not be good. Make into rolls three to four inches long, and nearly an inch thick ;

then bake in a hot oven thirty to forty minutes. This bread is best eaten warm, or not quite cold.

Instead of the above mushes, cold rice or cracked wheat can be used. If corn mush is taken, white flour kneaded in makes a very sweet roll; but the dough must be mixed almost as soft as it can be handled, and then baked in a very hot oven.

WHEATEN GEMS.

If hard rolls are the best of all the breads, gems are among the poorest, owing to their soft and rather moist texture; there is a great difference, however, in the way they are made.

Stir into cold water (ice-water is best), enough coarse Graham flour, unsifted, to make a *tolerably* stiff batter—not thin enough to settle smooth when lifted in the spoon. If the batter is too thin or too thick, the bread will not be light. For ordinary Graham, unsifted, two parts water and three of flour, are about the right proportions. Beat vigorously, and dip into hot gem-pans of cast-iron; if clean, they need no oiling. Set them on top of the stove until well heated, and fill them not quite even full; bake in a very hot oven, thirty to forty minutes. Or if you like more crust, fill only half or two-thirds full, and bake hardly so long. If properly made and thoroughly well done, the gems will be very light, spongy, and comparatively dry.

FRUIT GEMS.

Make a batter as above of unsifted Graham flour, rather coarse, and stir in sweet currants; then bake as before. The currants should be carefully picked over, and well washed in a colander before using. Instead of these, raisins steamed, or partially *stewed* in a very little water, and mixed with the batter, are good; the seedless raisins may be used without steaming.

POTATO GEMS.

Take one cup of warm potato, finely mashed, and soften it with a cup of tepid water ; then stir in Graham flour unsifted, until a gem-batter is formed. Beat well, drop into hot gem-pans, and bake in a good even oven, thirty to forty minutes.

HYGIENIC RUSK CRUMBS.

Take bits of unleavened wheaten bread, and dry them thoroughly in an oven hot enough to brown slightly, but not to scorch. Then break them in a mortar, and grind in a coffee or hand-mill. Or you may take stale Graham loaf, grate it, brown in the oven, and when brittle roll fine. This is "hygienic rusk crumbs." Serve with fruit juice (some use milk), allowing it to soak a few minutes before it is eaten.

Parched wheat may be ground and eaten in the same way.

CORN PREPARATIONS.

It is sometimes asked whether bread made from corn meal is wholesome, and whether the yellow or white meal is best. Corn bread is rather hearty in warm weather ; in winter, and moderately cool weather, it may be used even by patients, two or three times a week or oftener, without detriment. As to quality of meal, the corn best fitted for bread is the genuine "flint"; the "dent" corn is so soft in structure, that any bread made from it is apt to be gluey and heavy. This is particularly true of steamed breads. The real "golden," which is made of flint corn of a deep yellow color, and is common in Eastern cities, is very sweet and good. But by far the best meal in our Western markets, both for bread and mush, is that made from the "white flint" corn. A *poorer* quality, common in the West, is of a pale yellow color ; and a still poorer, which is a bluish white, is not fit for bread.

One great difficulty, both East and West, is to get corn meal that is not ground too fine ; and usually the better the quality of corn (as white flint or golden), the finer the millers make it. When ground so very fine, it is next to impossible to make good "lively" bread from it without the aid of baking-powder, eggs, or fermentation. On the other hand, corn of poorer quality is often ground into meal that is entirely too coarse ; this makes bread that is harsh to the taste, and very irritating to the mucous surfaces of the alimentary canal.

CORN DODGER.

Mix corn meal with cold water, making a dough stiff enough to handle ; then mould into oval cakes about two inches thick, put these in an oiled pan, and smooth the top with the hand wet in cold water. Bake in a hot oven, forty to fifty minutes. In the olden times, the cakes were wrapped in husks, and baked under the embers.

CORN DODGER.

Scald the corn meal with boiling water, forming a dough or batter as stiff as will drop from the spoon. Spread it an inch thick on an oiled griddle, turn when well browned, and bake on the other side. Bake in all, from twenty to thirty minutes, turning two or three times if necessary. Or you may spread it in an oiled bread-pan, place in a moderate oven, and bake forty to fifty minutes, reducing the heat at the last.

HOE CAKE.

Wet the corn meal with cold water, making a dough stiff enough to spread with a knife. Stir thoroughly, spread it on a smooth board wet in cold water, and prop up and bake before the fire ; you will need an open grate, or fire-place. On the Southern plantations, this cake was baked on a broad

hoe ; hence its name. In the absence of a board you may use an oiled bread-pan, or griddle ; make the cake from half an inch to an inch in thickness.

CORN BREAD.‡

Take coarse corn meal, scald one-half, and add cold water to mix the rest, forming a dough moderately stiff ; then beat hard. Mould into small oval cakes two or three inches thick, put them in an oiled pan, and bake from forty to fifty minutes. This bread is very good warmed over the next day, by cutting open the cakes, dipping them into cold water, and laying in a hot oven ten to fifteen minutes. Dough mixed in the same way, only a little thinner, can be baked in gem-pans ; have a hot oven, and bake twenty to thirty minutes.

CORN GEMS.‡

Take a quart of coarse corn meal, scald half of it at night with boiling water, and let it cool to blood heat ; add the other half of the meal, and mix with tepid water, forming a batter as thick as will drop from a spoon. Let it stand in a warm place till morning ; then dip into gem-pans, oiled and hot, and bake in a quick oven thirty minutes.

In warm weather the batter should not be mixed at night, as it would sour before morning ; it can be made soon after breakfast, kept in a warm place, and baked for dinner. A handful of Graham flour, added after scalding and cooling, is an improvement.

CORN PONE.

Make a corn mush, and cook it thoroughly ; while hot, stir into it coarse corn meal to form a pretty stiff dough. Then add more meal, and enough cold water to make a dough that you could mould with the hands ; almost too stiff to stir with a spoon, it will soften on standing. Mix thor-

oughly, working out all the lumps of mush or dry meal ; set this in a warm place for several hours, or until the dough begins to swell. Then without working, turn it into a deep round dish, iron or earthen, and well oiled ; smooth it lightly over the top, wetting the hand in cold water, and place in a hot oven. After it begins to brown reduce the heat, and bake two or three hours, according to the size of the loaf. Take particular care that neither the top nor the bottom crust burns.

This bread, properly made, is sweet and delicious ; it is good eaten cold or warm. It is also excellent warmed over, as follows : cut it in thick slices, dip these quickly into cold water, and then either steam, or heat them through in the oven. Corn pone is a bread well known in North Carolina, and other Southern States.

In cold weather it is best to mix in the evening, let the dough stand over night, and bake in the morning or forenoon. Care must be taken, however, that it does not get too warm or stand too long, and sour before baking. In the early days this bread was baked in a deep "Dutch oven" (or bake-kettle), on the hearth before the fire ; the oven was set over a bed of coals, covered with a lid, and coals were put on the latter ; it was turned from time to time, to let the loaf bake on all sides.

STEAMED CORN PONE.

In these days, when bread is no longer baked in iron ovens or bake-kettles, a good way to cook corn pone is to steam it till half or two-thirds done, and then finish by baking. Mix as in the recipe just given ; and when the dough is light and ready for the oven, pour it into a round tin pan, well oiled, set it covered in a steamer, put on the lid, and steam two hours without uncovering. Then take it out, place in a moderate oven, and bake one hour ; do not scorch the crust.

GOOD BREAKFAST CAKE.

Mix a corn pone as in the last recipe but one, and let it stand in a warm place over night; in the morning dip the batter into hot gem-pans, well oiled, and bake for breakfast. The gems are excellent.

RYE AND INDIAN BREAD.

Take two parts coarse corn meal, and one of unbolted rye; see that both are fresh and sweet. Scald the corn meal thoroughly, and let it stand until lukewarm; then stir in the rye meal, until all is well mixed. The dough should be nearly as stiff as you can stir it, with a strong iron spoon; if too stiff, add a little warm water. After mixing, pour it into a round pan, tin or earthen, and well oiled; set it in a warm place two or three hours, and then bake. Begin with a brisk oven until a thin crust forms; after this, bake very slowly, from three to four hours. Be careful not to burn the crust in finishing.

Instead of rye, coarse Graham flour can be used, or half of each. You may steam this bread five or six hours if you like, and then brown it in the oven ten or fifteen minutes; longer, if you want a good crust.

RYE, WHEAT AND INDIAN. †

Take two parts coarse corn meal—"flint," if you have it—one of cracked wheat, and one of rye meal; if rye meal can not be had, take coarse Graham flour instead; or rye *flour* may be used, provided the corn meal is very coarse. Scald the cracked wheat well, by itself, then add and scald the corn meal, mixing both together, and forming rather a soft dough; let the latter cool till lukewarm, and then put in the rye; this should make the mixture about as stiff as can be stirred with a spoon. If you get it too stiff add a little tepid water, stir well, pour into a round pan well

oiled, and set in a warm place two hours ; then bake (or steam and bake), as in the preceding recipe. Raisins, sweet currants, dates, or other fruits, may be stirred into the mixture before baking (or steaming), if desired.

This, as well as the bread described in the preceding recipe, is excellent baked in a baker's oven, and left in several hours after it is done. It is very good sliced and toasted, when it is one or two days old.

HUCKLEBERRY BREAD.

Mix together three cups of rather coarse corn meal, and one and a half cups of middlings (rye flour will do), and wet with sweet milk, making a batter that will pour readily. Into this mixture stir one full quart of huckleberries ; and if you have the old-fashioned brick oven, such as bakers use, pour the batter into an earthen crock, well oiled, and set it in the oven with the other bread ; do this in the evening, and leave it in all night ; or if you bake in the morning, let it remain in the oven several hours.

This bread is very good steamed ; let the batter stand in a warm place two hours, then stir the fruit in lightly, and steam two hours and a half ; brown ten minutes in the oven, at the end.

RYE AND INDIAN GEMS.

Mix two parts rye meal, and one part corn meal ; then wet with cold water, forming a batter that will barely drop from the spoon. Beat very thoroughly until the mixture is creamy, and drop into hot gem-pans of cast-iron, slightly oiled. Fill the pans nearly full (unless they are *very* deep), and bake in rather a hot oven, thirty to forty minutes. A very fair gem is made of all rye meal, unsifted ; moderate the heat of the oven in finishing, and do not have the gems too thick.

SNOW BREAD.

Stir well together in a cold room, two parts of clean dry snow, newly fallen, and one of corn meal ; turn the mixture into a bread-pan, smooth it till level, and bake in a very hot oven. The cake before baking, should not be more than two inches thick.

LEAVENED AND OTHER BREAD.

The preceding chapter has told how to make "perfect bread"; the present one gives some of the best methods of making imperfect bread.

The question is sometimes asked, "Which is worse for the stomach, yeast or soda?" Perhaps it is enough to know that both are bad. The yeast—which is said to consist of vegetable infusoria—is the product of a rotting process, leading step by step to actual putrefaction ; and as such, it destroys certain proximate principles in the grains in which it is used. In the early stages of fermentation the saccharine matter is decomposed, and carbonic acid and alcohol are given off ; as it proceeds, the starchy substances are destroyed, and acetous acid or vinegar is formed. Another step in the downward grade destroys the gluten, and brings the later stages of putrefaction or decay. So, that yeast bread, however well made, is deprived of a *part* of its nutrient material ; and poorly made, it is intolerable, even to the taste.

Soda, on the other hand, is an inorganic substance, and is used with an acid, forming a *third* substance, also inorganic, and therefore indigestible ; this remains in the bread, and renders it unwholesome. Bi-carbonate of soda, the salt generally employed in bread-making, is commonly used in connection with tartaric acid—or "cream of tartar," which is a bi-tartrate of potassium. In the reaction that follows,

a double tartrate of potassium and sodium is formed ; these salts (which are left in the bread), are nothing more nor less than the "Rochelle Salts," which are used in medicine as a "mild purgative." The carbonic acid that escapes in the process of forming them, is what puffs up the loaf. When there is not sufficient acid present to combine with the soda, a portion of the latter remains, giving the bread a yellow color, and a very disagreeable, alkaline taste.

Pure baking-powder of the best quality, consists of the bi-carbonate of soda, and cream of tartar (tartrate of potassium), mixed together. The proportions given by some chemists as the best, are six ounces of the former to sixteen of the latter ; but the usual rule is, one measure of soda to two of cream of tartar. It is safe, however, in actual measurement, not to have too much soda. Bi-carbonate of soda, with lactic acid (sour milk), is considered by some as less objectionable than the ordinary baking-powder, just described. Instead of the cream of tartar, cheaper substances, as alum, acid phosphate of calcium, etc., are frequently sold ; and both the acid and alkaline salts (bi-carbonate of soda and cream of tartar), are often largely adulterated with various foreign and injurious substances.

It is difficult, therefore, to say which is least harmful, the "soda bread," with its indigestible, inorganic salts and adulterations, or the yeast bread, which at best has passed through certain stages of decay. Very much, however, depends upon the management of the yeast, and the bread made with it ; it requires great care to have it just right. If the process of fermentation be not arrested at the proper moment, the bread will be sour or very nearly so, and exceedingly indigestible.

Never buy compressed yeast, and on no account brewers' yeast ; if you want first-class bread, your own hop yeast, well made, is infinitely better than either. All brewers' yeast hastens the process of fermentation so rapidly, that

most of the sweetness is gone from the bread before it can be raised and baked.

The following recipe for making yeast, is one of the best ; and the one given after it, is nearly or quite as good.

HOP YEAST. ‡

- 1 cup grated potato.
- 1 " white sugar.
- $\frac{1}{2}$ " salt.
- 1 tablespoonful ground ginger.
- 1 pint good hop yeast.
- $4\frac{1}{2}$ quarts boiling water.
- 1 good handful of dry hops.

Pour three pints of boiling water into a porcelain kettle, put in the hops, and boil ten minutes ; then cool, and strain through a coarse muslin bag. Put into a separate vessel three quarts of boiling water, and add the grated potato ; the potatoes must be good and sound ; boil three minutes, and strain ; or you may rub through a coarse sieve. Return the potato-water to the kettle (this should be granitized iron or porcelain-lined), and add the hop-liquor, along with the salt and sugar ; heat to boiling, and *skim well* ; then boil all together eight minutes. Pour the hot mixture into a stone jar large enough to allow it to ferment, and stir into it a tablespoonful of ground ginger, moistened with a little warm water. When cooled to lukewarm, add one pint of good yeast left from the previous making, and *beat very thoroughly*. Let the yeast stand in the kitchen, or in some moderately warm place, twenty-four hours, or until it ceases to send up bubbles ; then put it into a clean stone jug, cork tight, and set it (in warm weather) in the coolest part of the cellar. Shake well from the bottom, each time before using. In very cold weather, do not let it get chilled.

This yeast has been thoroughly tested for years ; it will

keep six or eight weeks, or longer, in a cool place ; and with even tolerable management, you need never have sour bread. Always save a pint to start with next time ; if you are starting for the *first* time, either make the self-working yeast (next recipe but one), and start with that, or else with bakers' yeast, or good hop yeast, which is the same thing. Never use brewers' yeast, as it gives the bread a strong, bitter taste ; and bread raised with it is apt to sour.

HOP YEAST.

4	tablespoonfuls	grated potato.
2	"	white flour.
4	"	sugar.
2	"	salt.
1	tablespoonful	ginger.

Mix the above ingredients with cold water, to form a stiff paste. Then put a double handful of hops into two quarts of boiling water, boil ten minutes, cool to lukewarm, and strain out the hops ; pour this water over the paste, stir till the whole is well mixed, and boil three minutes ; when the fluid is cooled to lukewarm, stir in a pint of good yeast, and *beat well*. Let it stand in a warm room till it ferments ; then pour into a stone or glass jar, tie a clean cloth over it, and set it in the cellar or other cool place.

If you have no suitable place to keep it, make it into cakes, as follows : Stir in fine corn meal, until a stiff dough is formed ; then roll to about a quarter of an inch in thickness, and cut into small cakes. Set these in a very moderate oven, or in the sunshine, and when fully dry and cold, tie them in a paper sack to preserve their strength, and hang in a dry place ; they will keep several weeks, in cool weather.

SELF-WORKING YEAST.

In making yeast it is often difficult to get a good article to start with; in such cases a self-working yeast would be of advantage. The following recipe is from "Common Sense in the Household," which is good authority:

- 8 potatoes.
- 2 ounces hops.
- 4 quarts cold water.
- 1 lb. flour.
- $\frac{1}{2}$ lb. white sugar.
- 1 tablespoonful salt.

"Tie the hops in a coarse muslin bag, and boil one hour in four quarts of water. Let it cool to lukewarm before removing the bag. Wet the flour with the tepid liquor—a little at a time—making a smooth paste. Put in the sugar and salt, and beat up the batter three minutes before adding the rest of the tea. Set it away for two days in an open bowl covered with a thin cloth, in a closet which is moderately and evenly warm.

"On the third day, peel, boil and mash the potatoes, and when entirely free from lumps and specks, stir in gradually the thickened hop-liquor. Let it stand twelve hours longer in the bowl, stirring often, and keeping it in the warm kitchen. Then bottle, or put away in corked jars, which must be perfectly sweet, and freshly scalded. This will keep a month, in a cool cellar. It is more troublesome to make than other kinds of yeast, but it needs no other 'rising' to excite fermentation, and remains good longer than that made in the usual way."

LEAVENED GRAHAM BREAD.—(*General Directions.*)

To the inexperienced housewife, the following directions for making Graham bread with yeast, will be convenient for

reference. Though the best of rules may fail, without that rare counterpart, known as *good management*.

1. See that the yeast is good, and the flour the same.

2. If you like *moist* bread, scald a cup or part of a cup of flour, and cool to blood heat; then add warm water, the yeast, and just enough flour to form a batter that will drop (not pour) from the spoon.

3. If bread rather dry and flaky is preferred, *omit* the scalding, and make the sponge a little thinner; thin enough to *pour* from the spoon, but not too easily.

4. You may use for the sponge, either Graham or white flour, sifted; most persons prefer the white, perhaps from the fact that ordinary Graham is inferior in quality, and the sponge made of it apter to sour. Mix with water not warmer than blood heat, add the yeast, and beat till you have a smooth batter; you may allow of good hop yeast, about half a cup to a quart of water.

5. Set the sponge in a warm place to rise, and do not let it get too light; in summer, you can leave it on the kitchen table. In winter, it is better to set it on the tank of hot water at the back of the stove—or if you have a range, place on the shelf above it.

6. Mix the bread as soon as the sponge is ready; many a batch has been spoiled, through neglect of this rule. When the batter begins to send up little bubbles, the fermentation has commenced; and by the time the whole mass looks light, and rather foamy, proceed to mix.

7. In cold weather warm the flour a little, before you make the bread; and if ordinary Graham is used, sift it; best Akron is fine enough without.

8. Use for wetting, simply the sponge—no water. And for *moist* bread (which has the stiffer sponge, with scalded flour in it), mix *very soft*; entirely too soft for kneading. Simply work the mass well with the hands (in the tray), till it is thoroughly mixed; then scrape the dough from your

fingers with a knife, and smooth off the top. Now sprinkle lightly with flour, cover with several folds of old table-linen, and set in a warm place to rise ; it may take several hours, or over night. When risen, the dough will have stiffened somewhat ; then knead ten to fifteen minutes (according to quantity), working in very little flour.

9. But for bread that is rather dry and flaky, mix the dough (with a sponge that will just pour) considerably stiffer ; stiff enough to leave the sides of the tray ; then lift to the bread-board, and knead vigorously about fifteen minutes. When worked enough, the dough becomes elastic ; if you give it a poke with the finger, or with your closed fist, it will rise or spring up when the pressure is removed. Then return it to the tray—over the bottom of which you have sprinkled a little flour—cover, and set to rise.

10. Always mix in a warm room, so as not to chill the bread ; in very cold weather, you may protect it from draughts of air by covering with several folds of thick flannel, kept for the purpose.

11. When the weather is cool or cold, make the sponge in the afternoon or evening, and mix the bread before bedtime. Next morning knead, and form into loaves, then set to rise, and bake.

12. In very warm weather, make the sponge in the morning ; this enables you to mix, set to rise, mould, and finally bake, all in the daytime ; whereas, the dough would almost certainly sour, if it had to stand over night.

13. Do not let the bread get too light, in either the first or second rising ; when it has *doubled* in volume, it is just about ready for moulding or baking.

14. Allow sufficient *time* for the fermentation ; do not hasten or force it, by keeping either the sponge or bread too warm ; neither must you let it *chill* before fermentation begins.

15. Mould into small loaves, having a pan for each ; this

favors thorough baking ; it also gives more *crust*, which is the sweetest part of the bread.

16. Have a good even oven, and not too hot in the outset ; the heat should permeate the loaf *gradually*, giving it time to swell a little before the crust forms.

17. You must allow a longer time for baking Graham bread than you would for white ; forty to fifty minutes for small loaves, and about an hour for large ones.

18. Have the oven a little hotter for Graham than for white bread ; moderate the heat toward the last, and finish without the slightest approach to scorching ; the crust should be a good chestnut brown, neither too thick nor too thin.

19. When taken from the oven turn the loaves out of the pans, and lean them up endwise against something till cold ; then wrap in *clean* old linen, and put into the bread-box, also clean.

20. The next day (or several hours after baking), cut in even slices, not too thick, and the *last thing* before sending to the table. Do not leave the cut loaf standing, to dry out ; either wrap in a clean cloth, or lay it back in the box.

Briefly stated, leavened Graham bread differs from white in the following particulars : it requires less kneading by about one-half ; it takes a little longer time for baking, and rather a hotter fire ; and—for *moist* bread—it is mixed as soft as it can be handled. In other respects the management is essentially the same, either for Graham or white bread.

The best pans for baking loaf or other bread, are made with closely fitting covers or lids, which confine the heated air about the bread, and prevent its sweetness from being lost in the exhaled vapors. These pans may be made of tin or sheet-iron, with a cover of the same material. The bread that our grandmothers baked in the old-fashioned oven or bake-kettle, owed its superior sweetness to the fact

that the loaf was placed in a *confined* atmosphere. If bread is baked in open pans, the big brick (or stone) oven which bakers use, is best ; it takes in a great many loaves at once, and confines the heated air about them. But as private families can not all be supplied with bakers' ovens, there is no way but to use the ordinary cook-stove.

LEAVENED GRAHAM BREAD. †

Make a sponge by taking three pints of warm water, two-thirds of a cup of yeast, and enough white flour to thicken. Have the water no warmer than blood heat ; then stir in part of the flour, add the yeast, and enough more flour to make a batter that will *pour* from the spoon, but not too readily. Beat till smooth, and then set to rise in a warm place. In all but the very hottest weather make the sponge in the afternoon, say between four and five o'clock, or in time to mix the bread before bed-time ; if the yeast and flour are good, and the temperature just right, the sponge should be light enough in three hours, or less time.

When ready, sift into the mixing bowl—a clean wooden tray, if you have it—three quarts of Graham flour, or enough to form a dough that you can mould ; if best Akron is used, omit the sifting. Before you begin to mix, dip out a pint of the flour to work in at the last, if needed ; then make a well in the center of the remainder, pour in the sponge, and gradually mix in the flour, being careful not to get the dough too soft, nor yet very stiff. As soon as it will leave the sides of the tray, lift to a bread-board and knead thoroughly from ten to fifteen minutes ; then sprinkle a little flour over the bottom of the tray, and lay in the kneaded bread ; cover with several folds of old linen, and leave on the kitchen table, or in some other moderately warm place, to rise over night. In the coldest weather, warm the flour a little before you mix ; and when you set

the bread to rise, it may be well to throw a folded blanket over it ; or you may carry it to the furnace room, after the fire is low.

Next morning, the bread having risen to twice its first volume, is waiting a second kneading. If this can not be done immediately, you will have to set it in a cold room, lest it get too light ; and bread that has risen overmuch is never sweet. The only really *safe* rule, is to knead *as soon* as the batch is ready ; ten minutes' light kneading will be long enough. Mould into small loaves (this amount of dough will make five or six), put them into separate pans, cover, and set in a warm place ; in half an hour, or when they have risen to double their former size, place in a very moderate oven ; do not forget this last item, as the bread should swell a little before its surface hardens. Follow with a steady heat—rather hotter than for white bread—and bake from forty to fifty minutes ; larger loaves would require about an hour ; reduce the heat toward the last, and finish with an evenly browned crust, not the least bit scorched. If on removing from the oven, any of the loaves are not firm to the touch and well browned, top, sides and bottom, they must be set back a few minutes, for further baking.

As soon as done, stand each loaf endwise, leaning against a stone jar or other upright object, on the kitchen table ; this will admit the air on all sides, leaving the crust dry and brittle, not soft and tough. When thoroughly cold wrap in a clean cloth, and lay in the bread-box ; cut the next day. After the bread is two or three days old, you may slice and toast it ; or cut it a little thicker, dip quickly into cold water, and crisp in a hot oven.

Very good bread is made—and many like it for a change—by working into the above sponge equal parts Graham and white flour ; then knead, set to rise, mould into loaves, and when risen again, bake as before. The bread is a pale buff color, and very sweet and good. Or you may use all

Graham, both for sponge and mixing, and make in other respects the same ; many prefer it to the above bread.

LEAVENED GRAHAM BREAD.—(*Softer.*) ≠

- 1 quart boiling water.
- $\frac{1}{2}$ cup good hop yeast.
- 1 “ sifted white flour for scalding.
- $4\frac{1}{2}$ cups “ “ “ “ thickening.
- 6 “ “ Graham “ “ mixing.

The bread made according to the last recipe is light, dry and flaky ; that described in the present one is more moist, but light, sweet and good. Some prefer one, some the other.

In the afternoon, say four or five o'clock, make the sponge ; scald the cup of white flour by pouring over it the quart of boiling water, and stirring well to remove lumps. When cooled to lukewarm, thicken with the rest of the white flour (sifted), add the half cup of yeast, and beat to a smooth batter, thick enough to *drop* from the spoon. Set this where it will keep warm ; when risen, which should be in two or three hours, sift the Graham flour into the tray ; or if you have best Akron (Graham flour from white wheat), simply stir it up lightly, without sifting. In very cold weather, warm the flour slightly before beginning to mix ; dip out a cupful to work in as it is needed, then make a well in the rest of it, and pour in the sponge. Mix as soft as possible, working with both hands till the flour and sponge are thoroughly incorporated, and a plastic dough is formed—entirely too soft to lift from the tray. Then remove with a knife what adheres to the fingers, sprinkle the surface lightly with flour, and cover with several thicknesses of old table-linen. You may leave the tray on the kitchen table, or in some other warm place. If the yeast is good, the bread can be made as early as seven or eight o'clock ; though

in pretty warm weather it is better to set the sponge later, and mix the last thing before bed-time.

Next morning you will find the bread increased in volume, and also considerably stiffer in texture ; so much so that you can readily lift it from the tray to the moulding-board. Give it ten minutes' thorough kneading—a little longer for a larger batch—using very little flour ; then mould into four or five loaves, put in separate pans, cover, and set to rise. When light enough, bake ; a few moments' delay will spoil the bread. The oven must be moderate in the start, allowing the loaves to swell a little before they commence to brown ; if baked too fast at first, they will be doughy in the middle. Continue with an even heat, slackening it toward the last, so as not to scorch in finishing ; the bread should be done in from forty to fifty minutes, though larger loaves (which are never quite as good) require an hour. Have the crust an even brown, and not too thick. When taken from the pans, stand the loaves endwise till cold ; then wrap in clean cloths, and put away.

In very warm weather, the bread is in danger of souring if it stands over night ; to avoid this, set the sponge in the morning, and get through with the intermediate processes in time to bake the same day.

LEAVENED GRAHAM BREAD.

The following recipe is from a lady who is an excellent bread-maker :

Over two tablespoonfuls of white flour pour a pint of boiling water ; then pour in cold water until it is lukewarm. Stir in white flour to form a batter that will pour (not drop) from the spoon, put in half a cup of good yeast, and beat well. Set this to rise over night, and in the morning stir in another pint of white flour, beating very thoroughly ; let it stand in a warm place till it begins to send up bubbles.

Then take enough sifted Graham flour to mix with the sponge, and form a dough not very stiff ; knead till it looks and feels smooth and silky, and set it to rise. When light enough knead very little, form into loaves, and put them into the pans. As soon as they have risen sufficiently (if too light the bread will not be sweet), set in a moderate oven, and bake till done ; they will require fully an hour, if the loaves are of ordinary size. When taken out do not set them flat on the table, but place endwise, leaning against something until cold. Cut the day after baking.

GRAHAM BREAD WITH POTATO SPONGE.

Peel four or five potatoes, drop into a quart of boiling water, and cook till soft ; then lift them out, mash till free from lumps, and add the water (hot) in which they boiled, mixing well together. Stir into this enough sifted white flour to make rather a thin batter, and beat well to remove the lumps. Let it stand till lukewarm, and then add half a cup of good hop yeast, and one pint of tepid water ; thicken with white flour to form a batter about as stiff as will pour from the spoon, and beat very thoroughly. Set this sponge where it will keep warm without scalding ; when light, sift into the bread-bowl equal parts Graham and white flour, say three pints of each, and make a well in the center. Now add the sponge, mixing as you pour, and forming a dough stiff enough to leave the sides of the bowl. Knead thoroughly, till the dough is elastic to the touch, which will take perhaps fifteen minutes ; then set it to rise, covering well, and leaving it in a warm place. As soon as risen form into small loaves, knead moderately, and set where they will keep warm. When light enough bake in a good even oven, nearly an hour. Do not cut the bread till it is one day old.

This, and indeed *all* loaf bread, is better baked in a brick oven, such as bakers use ; and it is sweeter if put in pans (tin or iron) with closely-fitting covers. The pans may

be made in any shape desired ; the best perhaps are circular, and widening toward the top, like an earthen flower-pot.

RAISIN BREAD.

Pick, wash and seed the raisins, a full pint for an ordinary loaf ; put them in a small, covered vessel, and set the latter into a larger one containing boiling water ; cover this also, and place over the fire. Let the raisins steam half or three-quarters of an hour ; the water that adheres from washing, is sufficient to steam them. Mix and knead the bread, as in either of the preceding recipes ; when ready to mould work the raisins in evenly, and set it to rise in single loaf tins. Bake an hour, or till well done, and eat the next day.

BREAD FROM "RISINGS."

Leavened bread is often made without hops, as follows : Into one pint of water at scarcely more than blood heat, stir white flour to form rather a stiff batter, and beat well ; our mothers added a little salt, but there is no need of it. Make this sponge early in the morning, and set it where it will keep at an even temperature, about blood heat ; it will take five or six hours for it to rise. Beat several times the first three hours—not afterward ; and when the sponge is ready, mix *immediately* ; "delay is dangerous," particularly in making bread from "risings." Sift into your tray three quarts of Graham flour—or part Graham—make a well in it, pour in the sponge, and add warm water (not hot) to form rather a soft dough. Knead but little and very lightly, and mould into loaves not too large. Set these to rise in a warm place, and when light enough, bake in a moderate oven about an hour ; if made chiefly of white flour, a little less time will suffice. This bread requires promptness at every step, or it will not be good ; if either the sponge or the dough *stands* after it is risen, the bread loses its sweetness.

BREAD FROM "RISINGS."

The following recipe for bread from "risings," comes well recommended :

Scald one cup of fresh corn meal and thin it with cold water, making the mixture about blood heat. Stir into this one cup of white flour, or enough to make a batter that will run from the spoon ; beat thoroughly. Then set it in an earthen crock, containing water that can be comfortably borne with the hand ; not hot enough to scald the sponge. Keep it in a warm place three hours, or until *water* rises on top ; then stir in more white flour, enough to stiffen the batter to the first consistency. Let it remain in the crock of warm water until risen to a light sponge, though not *too* light. After it is fairly up, put into the mixing-bowl four or five pints of sifted Graham flour, pour in the risings, and work into a *very* soft dough, *without kneading*. Handle only enough to mix all well together ; then make into rather small loaves, and set in a warm place to rise ; when light enough, bake in a good even oven, nearly or quite an hour. If preferred, use part white flour for mixing.

Another recipe, from a good bread-maker, is as follows : Scald two tablespoonfuls of corn meal, let it cool a little, and then pour in a pint of water scarcely warmer than new milk. Thicken with white flour till the mixture is stiff enough to drop (not pour) from the spoon ; set this sponge in a crock of warm water, kept steadily at blood heat ; stir now and then, till it begins to send up bubbles ; and when it has risen, say two inches, mix the bread. To do this, scald a portion of the flour (Graham), and let it cool to lukewarm ; then mix with the sponge, forming a pretty soft dough, and knead lightly and *quickly* till smooth ; the dough must not get chilled. Mould at once into loaves, set in a warm place to rise, and as soon as they are light enough, bake.

In making bread from "risings" always set the sponge very early in the morning, in order to finish the baking in good season.

BATTER LOAF BREAD.

Make the ordinary sponge with tepid water, yeast and flour, using half Graham and half white; set this in a warm place. As soon as risen add sifted Graham flour, mixing with a spoon till a thick batter is formed; too thick to drop from the spoon. Beat till there are no lumps, then pour into small bread-pans, well oiled, smooth the top with a knife, and set to rise; when sufficiently light, bake in rather a hot oven about fifty minutes.

Another.—Make the same as before, using the Lockport flour both for sponge and mixing; the bread is very sweet and light, but pretty moist.

RYE BREAD.

Make the same as Leavened Graham Bread, using white flour for the sponge, and either rye flour or sifted rye meal for mixing. Or a better way, as the bread is not so apt to be sticky, is to mix with *half* rye meal, and the rest sifted Graham flour. Knead lightly, and not too long.

A very sweet rye bread is made as follows: Make the sponge with tepid water and rye flour, and set it in a warm place to rise; as soon as light mix with rye meal or flour, to form rather a soft dough. Knead as little as possible, and mould into small loaves. Set these where they will keep warm, and when light enough bake in a moderate oven one hour. This is rye bread from "risings"; the flour must be fresh. A handful of good Graham mixed with it, is an improvement. Cut the day after the bread is baked.

RYE FLOUR BREAD.

1 pint warm water.

3 cups rye flour—or enough for a smooth batter.

$\frac{1}{3}$ cup good hop yeast.

Make the sponge with the above, and set it in a warm place to rise; it should be light in from two to three hours, if the yeast is good. When risen, put into the bread-bowl one cup of corn meal and three cups of rye flour, mixed together; or enough to form a dough that will knead without sticking to the moulding-board. Mix with the sponge, kneading lightly and very little; scarcely more than enough to hold the mass well together, or the bread will be sticky; you may in cool weather, set this to rise over night. In the morning mould into loaves (small ones are better than large), let them rise twenty to thirty minutes, or till sufficiently light, and bake in an even oven about an hour.

POTATO BISCUITS.

2 cups* new milk.

$\frac{1}{2}$ cup good hop yeast.

2 cups mashed potato—hot.

Flour for sponge and dough.

Time (for baking), 20 to 30 minutes.

Heat the milk to a boil, stir in the mashed potato, and cool to blood heat. Then strain through a colander to remove the lumps, add the yeast, and stir in enough white flour to form a batter that will pour from the spoon. Set this to rise in a warm place; it should be ready in two or three hours. In cool weather you may set the sponge over night, and make the bread in the morning. When light, mix with Graham flour, or half Graham and half white, forming a tolerably stiff dough; knead very thoroughly, and set in a warm place till risen. Then roll half to three-quarters of an inch in thickness, cut in small round cakes, and let them rise fifteen or twenty minutes, or till sufficiently light.

* A "cup" is half a pint.

Bake in a quick oven. You can take water for the sponge, if desired ; but the bread will require longer kneading. Or a plain *rusk* may be made in this way : Before mixing, add to the above sponge a little sugar finely rolled, and a beaten egg ; then proceed as before, not forgetting to knead well.

STALE BREAD.

Cut the loaf in thick slices, dip these quickly into cold water, and lay in a hot oven ten to fifteen minutes ; long enough to heat through thoroughly. The outside should be crisp, but not scorched, and the inside light and dry. Bread warmed over in this way, is very good.

DRY TOAST.

Take bread that is two or three days old, but not mouldy ; cut it in rather thin slices, and toast evenly before or over the coals. Do not hurry the process. Toast that is merely scorched on its surfaces, and underdone between them, is not fit for the table ; both sides should be an even brown, the bread dry and crisp, but tender enough to be easily broken. If rather fresh, lay the slices on the oven grate a few moments, and dry slightly before toasting ; or, you may dry each surface, holding the slice on the fork before the coals, and brown afterward.

A very delicate toast is made as follows : Cut the slices nearly half an inch thick, from bread that is two or three days old. Toast with a fork very evenly, and not too slowly ; when one side begins to tinge turn the other, to keep the slice from warping. Graduate the heat and repeat the turnings, in such a way that each surface shall be an even brown, with a very thin layer of soft bread between. Good home-made Graham loaf, toasted in this way, is excellent. The moment they are ready, serve the slices separately on a plate, as they are apt to sweat and become clammy, if piled one upon another.

MUSH GEMS.

Make at night a thick gruel, by stirring corn meal into a quart of boiling water; let it cook twenty-five or thirty minutes. Cool to lukewarm, then thicken with Graham flour, unsifted, until a batter is formed almost too stiff to drop from the spoon. Stir into this a spoonful of sweet fluid yeast, and leave it (in winter) in a warm room till morning. Then without stirring the batter, dip it into hot gem-pans, slightly oiled; fill about two-thirds full, and bake forty minutes in a pretty hot oven. This bread is a great favorite with many.

MUSH BISCUITS. †

Take hot corn meal mush, and stir in either Graham or white flour till it is quite stiff; add cold water until the mixture is cooled to blood heat. Then stir in two or three tablespoonfuls of fluid yeast, then more flour, forming a tolerably stiff dough; knead well, and set it to rise over night. In the morning mould into small cakes or biscuits, oil the edges to keep them from running together, and set to rise a second time. When light, bake in a good even oven till well done.

CORN BREAD.—(*Excellent*). †

The bread described below, though not strictly hygienic, is quite plain and very much liked; it is made without eggs or sugar. You must measure the milk before using it.

Stir into white flint corn meal—or the yellow flint, if white can not be had—enough boiling water to *moisten* (or half scald) the whole mass; stir constantly, while you are pouring in the water. Let the mixture stand a moment, to give time for the meal to swell. Then pour in a little sour milk, and with a spoon mash all the lumps of partly scalded meal; add enough more milk to make a batter

almost too stiff to pour, and beat very hard. Stir in soda to sweeten, first dissolving it in a little boiling water, and using a level teaspoonful to a pint of sour milk ; then beat thoroughly ; pour immediately into an oiled bread-pan, smooth the top with a spoon, and bake in a quick oven twenty minutes. The cake must be scarcely more than half an inch thick, and must have a good crust, top and bottom. Success in making it, depends upon the proper amount of scalding, the thorough beating, quick handling, and hot oven.

An excellent cake made with very little milk, is prepared in this way : Partly scald the meal (flint, if you can get it) with boiling water, the same as in the preceding ; then mash the lumps, and stir in sweet or sour milk—if sour, a pinch of soda to sweeten—till you form a dough pretty nearly as stiff as you can spread with a spoon. Beat till you are *tired*, then spread half or three-quarters of an inch thick over the bottom of an oiled bread-pan, and bake in a good oven, all of forty minutes ; the two crusts must be well browned.

Still another method, very good, is the following : Into a quart of corn meal—white flint, if you have it—pour a pint of boiling water, stirring well ; add sour milk to form a dough barely stiff enough to handle ; buttermilk moderately sour, is best. Then add a level teaspoonful of soda finely pulverized, beat till light, and mould into small oval cakes by tossing the dough over and over in the hands. Place them so as not to touch each other in the pan, and bake in a hot oven thirty to forty minutes. A handful of Graham flour added with the milk, improves the bread.

PUMPKIN BREAD.

Stew pumpkin till it is soft, and rather dry ; then stir a cupful of it into a cup of sweet milk, and thicken with corn meal till a dough is formed stiff enough to mould with

the hands. Make into small oval cakes about two inches thick, and bake in a hot oven.

CORN GEMS WITH EGGS.

Wet a pint and a half of coarse corn meal with cold water, making a batter almost too stiff to drop from the spoon; let it stand over night, if the weather is not too warm. In the morning stir in an egg, and beat well; add half a teaspoonful of soda dissolved in boiling water, and stir again very thoroughly. Dip into hot gem-pans, previously oiled, and bake thirty minutes in a quick oven.

HASTY CORN BREAD.

Into a pint of corn meal pour boiling water, to scald about half of it; take for this purpose the water in which green corn has been boiled, if you have it. Add a handful of Graham flour, and enough sour milk to make a batter that will drop readily from the spoon; mash the lumps well, as you add the milk. Then pulverize a teaspoonful of soda, add it to the mixture, and beat hard; drop the cakes on a hot griddle previously oiled, and bake, allowing them to brown nicely on both sides. They should be less than half an inch thick, when done.

BUCKWHEAT SHORTCAKE.

Buckwheat flour not too finely ground, is sometimes mixed in a batter with milk or water, and baked as plain gems or drop cakes. It is also made into "shortcake," according to the following recipe:

2 cups sour milk—or cream.

1 teaspoonful soda, dissolved in boiling water.

Flour to make rather a stiff batter—as for wheaten gems.

Time—25 to 30 minutes.

Mix and bake in shallow gem-pans, forming a good crust;

have rather a quick oven, but not so hot as to blister the tops. The cakes are sweet and crisp, if well baked. If you have not sour milk use sweet, adding, if you choose, two teaspoonfuls of baking-powder ; if the powder is omitted, stir in a good tablespoonful of coarse corn meal.

CREAM BISCUITS.—‡

3 cups sifted Graham flour—or best Akron unsifted, if you have it.

3 cups sifted white flour, the coarser brands.

2 cups new milk—or half cream and half milk.

1 teaspoonful* soda, finely pulverized.

2 teaspoonfuls cream-tartar.

Time—15 to 20 minutes.

Mix the Graham and white flour together ; then, having pulverized the soda as finely as possible with a knife, add the cream of tartar to it ; stir these well through the flour, and sift at least twice. Wet with the milk or cream, and mix with the finger-tips, forming rather a firm dough ; you must pour slowly and stir fast—the same as in mixing pastry ; if the cream is poured in so rapidly, or the stirring done so slowly as to form little puddles in the flour, the biscuits will be tough. Mix very lightly, using only pressure enough to make the dough adhere ; get it together without kneading, and roll to a little less than a quarter of an inch in thickness ; prick well with a fork, and then use the cake-cutter. The cakes should be smooth, with no dry flour sticking to the surface. Place in a hot oven, and bake evenly fifteen to twenty minutes, or till well browned, top and bottom. Thick *sour* cream may be used, in place of sweet, but it must be well stirred before mixing ; and in-

* A "teaspoonful" of soda, or cream of tartar, is the spoon filled no more than level ; *baking-powder* is so adulterated with starch or flour, that it is necessary, in using it, to heap the measure.

stead of soda and cream of tartar, take only the former ; a teaspoonful will be enough. This bread, properly made, is nearly all crust ; it is very good split apart, and fruit spread on it.

If the ordinary Graham flour made of red wheat is used, one part sifted Graham and *two* of white flour, are the best proportions.

CURRENT SCONE. †

2 cups sifted Graham flour.

2 " " white "

1½ " thin sweet cream—part milk will do.

1½ " sweet currants, picked, washed and drained.

⅔ teaspoonful soda, finely pulverized.

1½ teaspoonfuls cream-tartar.

Time—30 to 40 minutes, according to thickness.

Stir together the Graham and white flour, add the soda (pulverized) and the cream of tartar, and sift two or three times. Then stir in the currants, and wet with the cream to make a tolerably stiff dough ; knead as little as possible ; gather the mass up lightly, till it will stick together, and roll to the thickness of half or three-quarters of an inch ; there should be no dry flour adhering to the cake. Prick deeply with a fork, or draw shallow lines across the top with a knife, forming diamond creases ; then bake in a moderate oven, thirty to forty minutes. It should be nicely browned, top and bottom, and so evenly and thoroughly baked as to be dry and porous throughout. It is very good made of all Graham flour.

When cold, cut in regular pieces, and serve as a cake dessert ; it is not so good the day after it is baked. It is best eaten with tart fruit (as canned cherries), or with gooseberry or grape juice ; and the children like it crumbed into grape or other fruit juice, to eat like bread and milk.

The Scotch people make this cake of white flour (mixing a little softer), and bake it on a griddle over the fire ; when one side is sufficiently browned, they turn and brown the other. They also make a *plain* cake, leaving out the currants, and bake it in the same way. If sour cream is used for mixing, omit the cream of tartar.

POTATO SCONE.

Pare and boil good mealy potatoes, drain off the water and mash fine, leaving no lumps. Then mix together equal parts of Graham and white flour, sifted, and take out a handful for kneading. Into a quart of the mixture, stir two-thirds of a teaspoonful of soda finely pulverized with a knife, and sift at least twice. When this is done add a pint of the mashed potato, rub it well through the flour, and mix with sour milk, forming rather a firm dough ; then roll out and bake, as in the preceding recipe. If sweet milk is used, add to the soda one and a half teaspoonfuls of cream of tartar, and mix and sift as before.

PLAIN FRUIT CAKES.

STRAWBERRY SHORTCAKE. †

- 3 cups sifted Graham flour.
- 3 " " white "
- 2 " sweet cream.
- 1 teaspoonful soda, finely pulverized.
- 2 teaspoonfuls cream-tartar.
- 4 to 6 quarts strawberries.
- Time—30 to 40 minutes.

If the berries require it, wash *quickly* in a colander ; do this an hour before they are wanted ; and if not perfectly ripe, sprinkle a little sugar over them to start the juice. When large and firm, or a trifle underripe, a little chopping

with a knife—a silver one, if you have it—is an improvement.

Mix the cake as for cream biscuits, already given, sifting the soda and cream of tartar several times through the flour. Roll to the thickness of half an inch, prick well with a fork, and bake in a moderate oven thirty to forty minutes. For weak stomachs make the cake still thinner, rolling not more than a third of an inch thick. When done remove from the oven, and lean edgewise to cool, till you can handle it comfortably; split carefully in halves by first dividing the crust (at its edge) with a knife, and then taking a fork and separating the cake as nearly through the middle as possible. Lay these each on a plate, crust downward, and put on the prepared fruit; then lay one half on top of the other, and after it stands half an hour, serve.

The above quantity of flour will make three cakes, the size of a tea-plate; these will require from four to six quarts of unchopped berries; if ripe and sound, fewer will be needed. It is best in spreading the fruit, not to *drench* the cake with it; but to leave out a bowlful of the berries, and pass as you serve; no other sauce is needed. If your family is small, take half the proportions here given for the cake, and half the quantity of fruit. Should you have the ordinary Graham flour made from red wheat, take less of it by half a cup, and mix with it three and a *half* cups of the white flour. If baking-powder is used, it will require three teaspoonfuls, heaping.

Instead of strawberries, you may take huckleberries, red or black raspberries, or cherries; the latter must be seeded, and stewed in a very little water with a trifle of sugar.

HUCKLEBERRY SHORTCAKE.

Mix the paste as in the last recipe, and roll into two sheets, each a quarter of an inch thick; line a pie-pan with one of these. and fill with the berries, sprinkling lightly

with sugar. Then lay on the other crust, trim off the edges with a knife, and press firmly together. Bake from thirty to thirty-five minutes in a moderate oven, cool to lukewarm, and serve without a dressing: Or, you may make the same as strawberry shortcake, which is a better way.

STRAWBERRY GEM-CAKE.

Take equal parts of cream and milk (or cream and water), and thicken with Graham and white flour, half of each, making a batter nearly as stiff as will drop from the spoon; dip into hot gem-pans, well oiled, and bake thirty to forty minutes, or until thoroughly done. When half cold, split the gems through the middle by separating each with a fork, place the halves on plates, crust downward, and put on a layer of strawberries prepared as for shortcake. Raspberries, cherries, or gooseberries just beginning to ripen, may be stewed, moderately sweetened, and served in the same way. Or you may use red or black raspberries without cooking; simply sprinkle with a little sugar, and partly crush them before spreading.

GRAHAM FRUIT ROLL.—(*Excellent.*)#

2½ cups sifted Graham flour.

3 “ “ white “

1 cup raisins, seeded and chopped.

1 “ currants, picked, washed and dried.

2 cups sweet cream.

1 teaspoonful soda, finely pulverized.

2 teaspoonfuls cream-tartar, sifted through the flour.

Time—one hour.

Turn the Graham and white flour together, stir in the soda and cream of tartar, and sift two or three times. Wet with the cream, mixing lightly, and roll in two oblong sheets, each a quarter of an inch thick. Cover with the

raisins and currants mixed, and then roll up closely, pinching the ends of the folded roll firmly together, to secure the fruit. The roll must not be more than three and a half to four inches in thickness. Bake in a moderate oven, one hour; when cold, cut in round slices, and serve.

Dates carefully picked, seeded and chopped, or figs thinly sliced, may be used instead of either raisins or currants, or in combination with them; but the fruit named in the recipe is best.

STEAMED GRAINS.

The table below gives the proportions of grain and water by measurement, and the time required for cooking in a double boiler, which is one vessel within another; it is sometimes called a rice-cooker, or a farina-kettle. All grains require longer cooking than is generally given to them. If underdone they are indigestible, and lacking in flavor; the long cooking changes the starch into glucose, which is much sweeter and more easily digested. Most people render the grains less wholesome by serving them with cream and sugar; this also disguises the defects in cooking.

<i>Grain.</i>		<i>Water.</i>	<i>Time.</i>
Rice.....	1 cup.....	7 cups.....	2 hours.
Cracked wheat.....	1 "	5 "	5 "
Pearl "	1 "	4½ "	5 "
Pearl barley.....	1 "	6 "	5 "
Rolled or crushed barley	1 "	5 "	3 "
Coarse hominy.....	1 "	5 "	6 "
Fine "	1 "	5 "	5 "
Samp.....	1 "	5½ "	4 "
Oatmeal (coarse).....	1 "	7 "	4 "
" groats.....	1 "	7 "	5 "
Rolled oats.....	1 "	2½ "	2 "

In steaming, put the grain into boiling water, and from first to last keep the water in the outer kettle at a fast boil, adding more as needed. The time required for steaming

can be shortened, by soaking the grain (covered) over night, and cooking in the same water; but the flavor is rather better, if the soaking is dispensed with. In the absence of a double boiler, you may cook the grain in a covered bucket or other vessel set in a pot of boiling water. Some like the grains cooked rather dry, while others prefer them quite moist; if the proportions here given do not suit the taste, it will be an easy matter to correct them after a single trial.

Preparations of grain that are finely ground, as purina, farinose, etc., should be stirred for a few minutes or until they begin to thicken.

CRACKED WHEAT. ††

Cracked or crushed wheat was originally what the name implies, viz., the grain *crushed*, or cracked partly open. But now that each kernel is first dressed or cleaned (pearled), and then *cut* into two or more pieces, some other name, as "wheaten grits," seems more appropriate; and this is what the preparation is called, in Eastern cities. To cook, put it into a farina-kettle and add boiling water, taking five parts of water to one of grain; cover, and cook without stirring, three hours. In the absence of a steamer, or a double boiler, put the wheat and water into a tin bucket, fit on its lid, and set it in a kettle of boiling water, also covered. Care must be taken to allow the grain room to swell. In summer you may pour it into a mould or oval dish, and serve cold. Raspberries, or other small fruits, stewed, make a good dressing.

ROLLED WHEAT.

This is cooked the same as cracked wheat, the proportions being one of grain to four and a half of cold water; or, if liked dry, one to four; time, three hours. Serve the same as cracked wheat.

ROLLED OR CRUSHED BARLEY.

Allow one part grain and three parts water, boiling hot; keep the water in the outer kettle at a fast boil, cover, and steam about three hours. On finishing, some stir in a spoonful or two of cream.

PEARL WHEAT. ‡

Put into a double boiler one cup of pearl wheat and four and a half cups of boiling water; cook five hours. Or, if preferred, soak it over night in cold water (same quantity), keeping the vessel closely covered; then steam in the water in which it soaked, and allow about four hours.

PEARL BARLEY. ‡

This takes about the same time for cooking as pearl wheat. Start in boiling water, allowing five cups of water to one cup of barley, and cook in a farina-kettle all of five hours. Or you may soak over night, as in the last recipe, which would shorten the time nearly an hour.

If you have not a steamer, cook in an earthen crock, allowing room to swell; or in a covered tin bucket set in a pot of boiling water. If cooked in either of these, it will require four or five hours to make the grain tender; less, if it has been soaked.

A very little cream stirred in at the last, is thought to be an improvement to this grain.

HOMINY.

Hominy is usually made from white flint corn; there are several grades of it, which fact has led to some confusion in designating the varieties. First, there is the whole grain, which is boiled in the lye of wood ashes till the hulls will slip off; then the lye is soaked out, and the hominy cooked until tender. The other preparations common in the mar-

ket are as follows: Coarse hominy, in which the kernels are cut through once or twice; fine hominy, which has them cut into several pieces; and samp, which is finer still.

COARSE HOMINY. ‡

Start in boiling water, and cook in a double boiler for five hours; allow five parts of water to one of grain. In the absence of a steamer, cook in an earthen crock an hour longer; or you may boil in a pot over a slow fire, stirring frequently to prevent sticking. This grain may be soaked over night, and cooked in the same water; it will then take less time by about an hour, but the flavor is hardly as good. The only admissible dressing, if any is required, would be a spoonful of cream, stirred in a few minutes before finishing.

FINE HOMINY, OR CORN GRITS. ‡

Fine hominy is prepared the same as coarse, except that the corn is cut into smaller pieces. It is cooked like the coarse grits, only not so long; take one cup of grits to five cups of water, having the latter boiling hot.

Steam five hours, though four and a half will do. If any "finishing" is wanted, a spoonful or two of cream stirred in five minutes before dishing, is the best.

SAMP. ‡

Samp (called hominy by some) is made from white flint corn. It differs from the "grits" described in the last two recipes, in being cut very much finer; it requires the same water to cook it as hominy (or corn grits), but less time. Take one part samp and five parts water, the latter hot or boiling, and steam about four hours. A little cream or new milk stirred in at the last, is considered by most persons a "delightful finishing." Fruit and fruit juices, as raspberries, blackberries or cherries, make a good dressing; though some prefer the grain by itself. Serve warm.

RICE. ‡

Rice should be cooked till the grains are thoroughly tender. If underdone, it is difficult to digest; also inferior in flavor. To one cup of rice, carefully picked over and washed, add seven cups of boiling water, and steam two hours without stirring; the grains should if possible be unbroken, leaving the whole mass light and porous. Keep the water in the outer kettle at a fast boil. Do not cook a large quantity at one time (unless the vessel is wide and shallow), as the weight of the grain on itself makes it heavy and soggy.

If boiled in an iron pot, like corn mush, it must be stirred once or twice at first, to prevent its sticking to the bottom; it will require a little more water than if steamed.

A good way to cook rice is to put it into a shallow tin basin, and add seven parts boiling water to one of rice; cover, and set on the stove where it will cook steadily without burning. Shake, but do not stir or uncover. It will be done in from forty to fifty minutes. When a small quantity is wanted, and in haste, start in plenty of boiling water—about seven parts water to one of rice—and cook fifty minutes or till tender, shaking the vessel occasionally.

RICE AND RAISINS. ‡

Pick and wash a cup of raisins, and also a cup of rice; mix them together, add seven cups boiling water, and steam or boil as in the last recipe. If cooked in a pot, stir carefully two or three times at first, to prevent the raisins from sticking to the bottom.

RICE—SOUTHERN METHOD.

The Southern people are said to cook rice as follows: After picking over carefully and washing, put it into plenty

of cold water, and boil without stirring, *just seventeen minutes* from the time the pot begins to bubble. Then drain off any water that remains, or lift the lid and let it evaporate; replace the cover, and steam fifteen to twenty minutes. Each grain should be whole or unbroken.

Since the above paragraph was written, a lady in Louisiana sends the following: "After picking over and washing the rice, put it into a pot with a plain round bottom, and pour in cold water till it rises an inch and a half or two inches above the grain. Cover, and boil over a very moderate fire till done; for a small quantity, twenty to twenty-five minutes would be long enough. By this time the water will be about all evaporated, as you will see by lifting the lid. Then set the pot back where it will keep hot, put on the cover, fitting it closely, and let the rice remain in its own steam a few minutes before you send it to the table. It should turn out just the shape of the pot, and every grain should be whole. *Never stir rice.*"

RICE—JAPANESE METHOD.

A traveler in that country writes: "They know how to cook rice here, though; and for the benefit of consumers in the United States, I investigated the matter. Only just enough cold water is poured on to prevent the rice from burning to the pot, which has a close-fitting cover, and is set on a moderate fire. The rice is steamed, rather than boiled, until it is nearly done; then the cover of the pot is taken off, the surplus steam and moisture are allowed to escape, and the rice turns out a mass of snow-white kernels, each separate from the other, and as much superior to the soggy mass we usually get in the United States, as a fine mealy potato is to the water-soaked article. I have seen something approaching this in our Southern States; but I do not think even there they do it as skillfully as it is done here; and in the Northern States but very few persons

understand how to cook rice properly. I am sure that, if cooked as it is here, the consumption of this wholesome and delicious cereal would largely increase in America."

MUSHES.

Sometimes young children, and indeed those of a "larger growth," are too much inclined to the use of soft, sloppy foods, as mushes, soups, etc. After the teeth are developed, these should not be eaten as often as every meal, nor to the exclusion of drier foods, but *with* them. The hard Graham roll is the best bread to eat with mushes. On the preparation of these, the late R. T. Trall, M.D., has the following excellent paragraph :

"Mushes of all kinds should be stirred as little as possible while cooking, after the material *sets*, or stops sinking to the bottom. Much stirring breaks up the particles and frees the starchy matter, rendering the food pasty, and destroying the light, spongy, delicate appearance it should present on the table ; too much stirring also makes it more liable to adhere to the bottom of the vessel. The water should boil when the meal or grain is stirred in, be kept boiling, and the mush stirred frequently for a few minutes, when it will cease sinking ; then cover closely, and cook slowly for an hour or more. Mushes should not be too thick, nor so thin as to spread much on the plate when dished. The tendency of fruit when cooked in mushes, is to settle and adhere to the kettle ; hence, in adding fruit, the better way, as a general rule, is to cook it separately, and mix just before dishing. The fruit for this purpose should always be cooked slowly, and in as little water as possible."

The best dressing for mushes, because the most healthful, is fruit or fruit juice ; though they can be eaten without a dressing. Mushes should invariably be started in *boiling* water ; if started in cold, they are apt to taste raw. Most of the grains, however, as hominy, samp, pearl wheat, etc.,

may be put into hot or cold water ; but they will cook soft in shorter time by beginning with cold. Cracked wheat (wheaten grits) is thought to "jelly" better—and this is one of its delightful characteristics—by being started in cold water. Rice cooked in the same way, is less inclined to be sticky; the flavor too, is better preserved. As a rule, the grains are preferred warm, or lukewarm ; though cracked wheat, cooked to a jelly, is very good cold.

OAT MEAL MUSH.‡

Allow one pint (scant) coarse oat meal (" B. grade, Akron, German Mills," is best), to five pints of water; a little *more* meal, if of the finer grades, and a little less, if it is coarse. When the water boils mix in the grain, and stir frequently the first ten or fifteen minutes, or it will settle to the bottom, and scorch. As the mush begins to thicken, set where it will boil or simmer slowly, and let it cook in all, an hour and a quarter. Stir lightly from the bottom, now and then, to prevent sticking ; but the less the granules are broken in the operation, the better. Have the mush thin enough to pour, but not too readily.

If steamed in a double boiler, a great deal more time is required, and also more water. For coarse oat meal, one part grain to seven parts water would be about the right proportion ; then steam four hours. If a dressing is wanted, stewed fruits or the juices of fruits, are best.

Rolled oats if cooked in a double boiler, takes one part grain to two and a half parts water ; time, two hours—though longer cooking improves the flavor.

CORN MEAL MUSH.‡

Stir into boiling water coarse corn meal—white "flint," if you can get it—putting in very little at first ; stir constantly, and add slowly ; this is done that the mush may have time to cook thoroughly before it gets thick. If the

meal is added fast, the mush thickens in the start; and then it will continue to taste raw, no matter how long you cook it. Repeat the stirring occasionally, to prevent sticking, and cook from an hour and a half to two hours; do not make too stiff. Stewed sweet currants or other sweet fruits, as dried or canned pears, make a good dressing. When mush is left over, cut it in slices the next morning, dip these into corn meal, and lay on a hot griddle, slightly oiled; when evenly browned, turn and brown the other side.

Young ripe corn, just hard enough to grate well on a coarse tin grater, makes an excellent mush; the "golden flint" is the best for this purpose, though the white flint is very good. This grated meal needs no sifting.

GRAHAM MUSH.

Into a pot of boiling water, stir slowly, coarse Graham flour (wheaten meal), to make a tolerably thick mush; less than a pint of flour will thicken two quarts of water. Place over a moderate fire where it will boil without scorching, and cook from ten to fifteen minutes. Stir as little as possible; and before dishing, set the pot from the fire a few minutes; it will be less likely to stick to the vessel. Serve lukewarm, with fruit or fruit juice.

You may stir in fresh dates five minutes before finishing, care being taken not to break the fruit. Prepared in this way, the mush is good warm or cold; if wanted cold, mould it in cups or a shallow dish, and serve with or without a dressing of fruit.

Mush may be made of unbolted rye flour, in the same way as the Graham.

FARINA MUSH.

Take about half a cup of farina, and stir it slowly into a quart of boiling water; cook fifteen minutes, stirring frequently to keep it from sticking. If this mush is considered

“flat” or insipid, stir in a very little cream just before removing it from the fire. Serve the same as the last, with stewed or canned fruits, or their juices.

PASTRIES.

The various kinds of pie-crust described in hygienic cook-books, and shortened with beans, potato, corn meal, etc., have all been tried, and found to be rather unsatisfactory; they require too much tact in their management, for any but the most experienced cook to undertake. The crust when baked, is either hard and tough, or it is soft and moist; which is a great objection, particularly if dyspeptics are to eat it. It is probable that some art, as yet undiscovered, will finally succeed in making good paste out of flour and water only; and “short” enough to be palatable, by the simple process of kneading, or “breaking” it. But as this has not yet been done, we must fall back on what may be considered as the next best thing; viz., cream and flour, using very little of the former. Some hygienists are trying cotton-seed oil for shortening, and for oiling bread-pans, pie-pans, etc. They say it gives good satisfaction, provided the cook does not use more of it than is needed, and does not burn or scorch it.

The secret in mixing pastry, is first, to have both the flour and mixing fluid as *cold* as possible; second, to put it together as lightly as may be; third, to do no kneading—only enough gentle *pressure* to hold the mixture together. When made, it should be rolled out and baked immediately; or if it has to stand, put it in the ice-chest or some other cold place, till wanted. Nearly all Graham flour is ground too coarse for good pastry; and in most of it, the bran is cut in such large flakes that it must be carefully sifted out. A good rule therefore for general use, is to take equal parts of Graham and white flour, both sifted; though if you have “best Akron” Graham (which is made

of white wheat, and the bran well cut), the sifting is unnecessary. The best white flour in the market is prepared from good wheat, is of a pale buff, or cream color, and is not very fine or smooth when rubbed between the fingers; as the cooks say, it has a "round feel." Always keep your flour in a cool dry place, and where the air is *pure*.

CREAM PASTE. †

- 1 (scant) cup sweet cream—very cold.
- $1\frac{1}{2}$ cups sifted Graham flour.
- $1\frac{1}{2}$ " " white "

If your Graham flour is *best* Akron (white wheat with the bran well cut), it need not be sifted; always sift white flour. Keep the cream in the ice-chest (or in ice-water) till the instant you want to use it. Mix the Graham and white flour well together, and wet with the cream; pour the latter in slowly and stir rapidly, either with a spoon or the tips of the fingers; allow no little puddles of cream to form in the flour, but mix as fast and as lightly as possible, getting all nicely together as if by magic. Do not knead, but *gather up* the dough, using barely enough pressure to make the mixture adhere, and touching it with the finger-tips only, as if it were "lace and feathers." Then roll out immediately, and bake—or lay it in the ice-chest till wanted; the dough must be pretty stiff. If you have not a marble slab to work on (this will keep your paste the coolest), a smooth-topped table or moulding-board of walnut or other hard wood, is the next best thing.

LIGHT CREAM PASTE. †

- 1 cup sweet cream—part new milk will do.
- $1\frac{1}{2}$ cups sifted Graham flour.
- $1\frac{1}{2}$ " " white "
- $\frac{2}{3}$ teaspoonful soda, finely pulverized.
- $1\frac{1}{2}$ teaspoonfuls cream-tartar.

Keep the cream in the ice-chest if you have one, and the flour in the coolest place possible, till the moment they are wanted. When ready, mix the Graham and white flour together, and take out a little to use in rolling the paste. Then stir in the soda, well pulverized with a knife, and also the cream of tartar; sift two or three times, to blend thoroughly the powder and the flour. This done, wet with the cold cream, stirring lightly and quickly together, and *without kneading*, as in the last recipe; you may mix with a spoon, if you like, though the fingers are better; have the dough rather stiff. As soon as the paste will hold together, roll it out.

If baking-powder is used, take two heaping teaspoonfuls to the above quantity of flour; Price's (or the Royal) is perhaps as good as any. Or you may mix with sour cream, and leave out the cream of tartar; if you do this, stir in the pulverized soda, and sift several times before mixing.

CREAM BATTER PASTE. †

- 2 cups sweet cream.
- 1½ " sifted Graham flour.
- 1½ " " white "
- $\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.
- 1½ teaspoonfuls cream-tartar, sifted through the flour.

This paste *must not* be mixed till you are ready to use it; then make a batter of the above ingredients, stirring in the dissolved soda the last thing, and beating well. Your dish having been filled (it may be an apple-cobbler, or other "family pie"), spread the batter over the top with a knife, making it as smooth as possible; then bake in a quick oven, and serve while the pie is warm. Batter crust is sure to fall, if it stands long.

If you use baking-powder, sift it twice through the flour before mixing; two heaping teaspoonfuls would be enough.

Or, if you mix with sour cream, leave out the cream of tartar, stir a teaspoonful of soda through the dry flour, and sift two or three times.

CREAM AND POTATO PASTE.

This paste is rarely used except for meat pies, and even for these the light cream paste is generally preferred. There are two ways of making it, both of which are described in Part III., under Meat Pies.

OAT MEAL PASTE.

For pies that require only an under crust, and are tolerably firm in texture, as pumpkin or squash, the following makes a pretty good crust, though it is not to be compared with cream paste. Oil the pie-pans with a little olive oil, butter, or clean beef dripping; then sift over them a layer of fine oat meal ("A" grade), or oat and corn meal mixed. Dip in the filling, and bake.

CRUMB PASTE.

Oil the pans as in the last recipe, and strew or sift finely grated bread-crumbs over them; the crumbs should be dry. This makes a convenient paste for puddings that are baked in a crust.

GRAHAM PIES.

Many persons who can not eat ordinary pastries, or who dislike them because of their greasiness, or their starchy "flatness," have no difficulty whatever in relishing and digesting *Graham* pies made according to the following recipes. Properly made and baked, they are both wholesome and palatable; they may be eaten warm or cold. In winter, when brought cold from the cellar, it is a good plan to set them in the oven a few minutes, until they are heated through; this should be done in time to cool a little, before serving. For

patients (and the rule is a good one for well people), the best time to eat pastries is at the beginning of the meal; they are better digested on an empty stomach, and there is less temptation to overeat.

In making fruit pies, mix the paste *quite stiff*, roll it thin, and bake immediately; the pie-pans, if kept in order, will need little or no oiling; if any is required, use a trifle of olive oil if you have it, or a very little fresh butter, or beef dripping. When you have placed the under crust put in the filling, sprinkling on a trifle of sugar if it is needed, and add a little water in case the fruit is not sufficiently juicy. Dip the fingers into cold water and moisten the rim, then lay on the top crust, press the two edges firmly together, and trim off the surplus paste with a knife; the less crust in the rim of the pie, the better, provided it secures the fruit. When the trimming is done, finish the edge neatly (here is room for æsthetic taste), prick well with a fork for the escape of steam, and if the fruit is very juicy cut a cross-slit in the center, before baking. Or—what is more tasteful—ornament the top crust with a knife before lifting it from the table, by cutting in graceful curves an open work of stems and leaves.

Bake in a quick oven, as hot as you can have it without scorching; if the top blisters, the heat is too great; the pie must brown *evenly*, without so much as scorching the edge; and when taken from the oven, be sure the bottom crust is *thoroughly* done. The paste should be light and flaky, free from grease, and very delicate in flavor.

APPLE PIE. †

Select good sound apples, not too ripe, and with a rich, sub-acid flavor; if necessary, wash and dry them before paring; this is better than to wash the cut apples, which wastes their juices; pare and slice, not too thin. Then mix a cream paste as per recipe already given; the dough must

be quite *stiff*. Roll pretty thin, line the pie-pans, and fill with the apples, taking care that the slices are well placed ; add a little water, if the fruit is not sufficiently juicy. Roll out the upper crusts, also thin, and lay them on ; pinch the edges securely together, prick deeply with a fork, and bake in a quick oven, twenty-five to thirty minutes. The apples should be well done, and the crusts delicately browned, top and bottom. As soon as cooled to lukewarm, the pies are ready to serve ; or they may be eaten several hours after they are baked. If kept till the next day, a good plan, particularly in winter, is to set them in the oven long enough to heat through before sending to the table ; take out a few minutes before serving, if you like them nearly cold.

GREEN APPLE PIE. †

Select very tart apples, full-grown, but not nearly ripe ; pare them, and slice in pretty thick pieces. Mix the paste the same as the last, roll it a little thicker, and put in plenty of apples, adding as little water as will cook them. Bake in a good oven thirty to forty minutes, or till the apples are thoroughly soft ; the crusts must be well browned. When done, split open the pie with a knife, lay the two crusts on separate plates, and cover each with the fruit. Sprinkle lightly with brown maple sugar, and eat warm.

In the early summer when apples are scarce, this pie is decidedly appetizing.

PEACH PIE. †

Pare and slice the fruit, then make and bake the same as apple pie, last recipe but one ; no sugar will be needed, unless the peaches are intensely sour. If this fruit is out of season, canned peaches may be used. Peach and all fruit pies are best served cold, or very nearly so ; or they may be eaten the day after they are baked.

CHERRY PIE. †

Take tart cherries, wash them, pick over carefully, and seed. Then line the pie-pans with a stiff cream paste, rolling the crust pretty thin; over the bottom of each sprinkle a little flour, and also the sugar, if any is needed, mixing them together with a brush of the hand; the flour and sugar in the bottom of the pan, prevent the juices from soaking into the crust. Then put in the fruit, lay on the top crusts thinly rolled, pinch the edges firmly together, and prick well with a fork; it is also safe to cut a good cross-slit in the center of each, for the escape of steam. Bake in a quick oven, and take out as soon as the crusts are thoroughly done; it will require from twenty to twenty-five minutes. Let the pies get entirely cold before serving.

BERRY PIE. †

Blackberries, raspberries, strawberries, huckleberries, or any of the ordinary "berries," may be used. Select fruit not too ripe, look it over carefully, and make the same as cherry pie. Very little sugar will be needed, say half a tablespoonful to a pie, or even less. The crust, it will be remembered, is to be mixed stiff, put together without kneading, and rolled rather thin. If the fruit is quite juicy, as blackberries or strawberries, dust a little flour over the bottom crust, sprinkle on the sugar, brushing them well together, and then put in the fruit. Bake in rather a brisk oven from twenty to thirty minutes, or till the crusts are done. If blackberry or raspberry pie is overdone, the fruit will taste bitter. Serve cold. If gooseberries are used, take them when they are just *beginning* to ripen, and allow at least a good tablespoonful of sugar to a pie.

Canned fruits, as cherries, raspberries, blackberries, gooseberries, etc., make excellent pies. If canned for this purpose they should be cooked as little as possible, and put up

with not too much water ; on opening, if there is more juice than is needed, pour some of it off ; it will make a fine drink, especially for the sick.

GRAPE PIE.

Gather the grapes when they are about half grown, and the seeds soft ; then make the same as gooseberry or cherry pie, and eat cold.

CURRANT PIE. †

Currants that are about half or two-thirds ripe, make the best pies. Mix a stiff cream paste, line the pie-pans and fill them with the fruit, washing in a colander before it is stripped from the stems ; sweeten moderately. Put on the top crusts, pinch the edges well together, prick with a fork, and cut a good cross-slit in the middle. Bake in a quick oven twenty minutes, or till both crusts are done. Serve cold.

RASPBERRY AND CURRANT PIE. †

Mix equal quantities of raspberries and currants (not so many currants if they are scarce), and make the same as the last, using less sugar. Bake in rather a brisk oven, and take out as soon as the crusts are done. Serve cold.

CRANBERRY PIE.

Throw out the imperfect berries, wash well, and stew, allowing about one pint of water to one quart of the uncooked fruit. When soft, rub through a colander, and sweeten ; and unless they are *quite* ripe, you may add nearly a cup of sugar to a quart of picked cranberries. Mix a stiff cream paste, line the pie-pans, and fill with the sauce ; the pans should not be very deep. Then roll out a thin sheet of dough, cut it into narrow strips, and place in two layers over the top, forming diamond squares ; pinch down the

ends, and trim off the surplus paste with a knife. Bake in a quick oven till the crust is done and nicely browned on the bottom. Serve cold the same day.

PLUM PIE.

Damsons are the best plums for pies ; gather them ripe enough not to be "puckery" when cooked ; they should be about right for good sauce. Line a deep dish with a firm cream paste, making the crust a quarter of an inch thick ; then fill with the plums, carefully picked over and washed, and sprinkle in the sugar ; it will take about half a cup to a quart of plums. Lay on a good top crust, and bake in a quick oven forty to fifty minutes, or until the crusts are done and well browned. Prick with a fork before baking, and also cut a cross-slit in the center.

RHUBARB PIE. †

Select rhubarb that is young and tender ; wash well, and trim off the fragments of leaves, taking care that no worms are left imbedded in the stalks. Peel these, split each once or twice, making the slices very thin, and cut into inch lengths. Prepare a stiff cream paste, roll it in a thin sheet, and lay the under crust ; sprinkle in a little flour and a heaping tablespoonful of sugar, brushing the two well together, over the bottom of the pan ; then put in the rhubarb, carefully placed, and not more than two or three slices in depth. Now roll a thin top crust, cover the pie, and pinch the edges firmly together ; finish neatly, prick well with a fork, and cut a good cross-slit in the middle. Bake in a quick oven twenty-five to thirty minutes, or till the crusts are evenly browned, top and bottom. Serve cold.

Rhubarb pie, well made, is very delicate in flavor ; indifferently done, it is one of the poorest.

DRIED PEACH PIE.

Take clean dried peaches, trim off any burnt edges, wash carefully, and stew till soft; drain off and save the juice. Then mash till there are no lumps, either with a potato-masher or with the hand, which is better; add enough of the juice to make the pies sufficiently moist, mixing it well with the fruit. In the meantime, prepare a good cream paste, and roll the crusts rather thin; having lined the pie-pans, spread the fruit sparingly, lay on the top crusts, and press the edges firmly together; after which, trim with a knife, and finish the rims neatly. Prick well, and bake in a quick oven twenty minutes, or till the crusts are done, but not a moment longer; if overdone, the fruit will be bitter.

“Turnovers” are made as follows: Roll the crust pretty thin, and just the size of the pie-pan; after placing it on the latter, spread the fruit not too thick, on one half of the crust, and turn the other half over it; then pinch the edges together. Finish very neatly, prick deeply with a fork, and bake as before. Turnovers, well made, and with good dried peaches, are not to be despised; they are convenient for traveling lunches, and are better relished than plain bread.

DRIED APPLE PIE.

Dried apple pies have come into very bad repute, owing to the “depravity” of their makers, rather than of the pies themselves; these would be better thought of, if made as they ought to be. In the first place, never put *into* a pie fruit that you would not eat out of it; in other words, take good apples, or none. Look them over very carefully, trimming off any burnt edges or defective spots; then wash quickly but thoroughly in cold water, rubbing well with the hands, and lifting the apples out of it to leave any sediment behind; wash in *two* waters, if necessary. Then drop into boiling water (enough to cook them), and stew rather fast

till soft. When done, drain off and save the juice, and mash the apples very fine, leaving no lumps; then stir into them a part of the juice drained off, of which there should be enough to make the fruit rather moist. Line the pie-pans with a cream paste mixed quite stiff, and rolled pretty thin; add the mashed fruit, spreading it less than half an inch thick, and put on the top crusts, also thin. Press the edges well together, trim off closely with a knife, and finish as neatly as possible. Prick deeply with a fork, and bake in a quick oven twenty minutes, or just till the crusts are done, and slightly browned. Serve cold; grape juice is a good accompaniment.

APPLE COBBLER. †

Pare good rich apples, moderately tart, and not too ripe; core and quarter, or cut into eighths, and put them into a dish that is two or three inches deep, and made of stoneware or granitized iron. Add a little water, unless the fruit is very juicy, and cover with the ordinary cream paste, rolling it about twice the usual thickness; prick well with a fork. Then bake in an even oven about an hour and a quarter, moderating the heat toward the last, and taking care not to scorch the crust; you may lay a paper over the top, if it browns too fast. The long, slow cooking gives the fruit a fine, rich taste. This pie makes a very good breakfast dish; it is served in the bake-pan. You may make it in the afternoon for the following morning, or early in the morning for the noonday meal.

Another way, very good, is to bake in a *quick* oven forty to fifty minutes, and serve as soon as cold. Or you may fill the pan with the sliced apples, adding no water, and if the fruit is a mild acid, no sugar; then cover with either a light cream paste, or a cream batter paste; if the latter is used, bake an hour, and serve warm.

PEACH COBBLER. †

Select good peaches, fresh from the orchard, and not over-ripe ; they should be barely mellow ; clingstones are best. Wash them, and rub with a coarse cloth to remove the down. If large, pare them, care being taken to make the parings as thin as possible ; the best of the fruit lies immediately under the skin. If the peaches are small, but reasonably fair and smooth, you need not peel ; simply wash well, and remove the blemished portions. When ready, put them into a deep pan of granitized iron, or in a wide and rather deep basin of stone or earthen ware, adding cold water till it rises pretty well up the sides of the dish. Cover with a stiff cream paste, mixed as for other pies, and rolled about a quarter of an inch thick ; prick well with a fork, cut a good cross-slit in the center, and place in a moderate oven ; bake from an hour and a half to two hours, according to the size of the pie. Reduce the heat as the baking proceeds, and invert a pan over the top if it browns too fast. When done and nearly cold, lift off the crust, and turn half the fruit into a deep earthen bowl ; then lay back part of the crust, and pour over it the rest of the peaches ; cover with the crust that remains, placing it right side up, and set the pie away in a cool place for several hours, or over night, before serving. If the bake-pan is not pretty deep, you had better stew some peaches prepared as for the pie, and pour over as you break it up ; this will make plenty of juice. Stew the sauce slowly, in not too much water, and cool before adding it.

If preferred, leave the pie unbroken, set it away till cold, and serve in the dish, cutting the crust in regular pieces. If freestone peaches are used, peel them, cut in halves, take out the pits, and be careful to remove any bitter portions about the latter. Yellow peaches of good rich flavor, clings or freestones, are excellent.

PEACH COBBLER. †

The pie described in the preceding recipe is a North Carolina dish—or *was*, forty years ago—except that the latter had both an under and upper crust. A cobbler more easily made and more tasteful in appearance, is the following :

Take a pan about two inches deep, made of earthen or granitized iron ware, and fill it with ripe peeled peaches, cling or freestone ; if with clingstones, gash deeply with a knife, leaving the stones in ; then add cold water till it rises half-way up the sides, and cover with a crust of *light* cream paste, rolled to twice the usual thickness. Prick with a fork, cut a cross-slit in the middle, and bake in an even oven forty to fifty minutes, or till the fruit is done. Serve in the dish as soon as cold, cutting the pie in regular pieces. You may make with cut rhubarb in the same way, using sugar to sweeten, and very little water.

BERRY COBBLER. †

Line a granitized iron pan two inches deep with a firm cream paste, rolling it about twice as thick as for ordinary pies ; then fill with ripe blackberries, half-ripe gooseberries, or other small fruit. Sweeten if necessary, lay on a thick crust, prick with a fork, and cut a wide cross-slit in the middle. Bake in rather a quick oven, about forty minutes ; both crusts must be well done, and moderately browned ; the top must neither blister nor scorch. When taken from the oven, carefully remove the pie from the pan, and set it away on a plate or platter large enough to hold it. Serve cold the same day ; and do not cut before it is needed, as the juice will run out.

CHERRY COBBLER.

Make like the preceding, using seeded cherries instead of berries ; the black morello cherries are best, both for pies

and sauce. What is known in the markets as the English morello, which has short stems, thick flesh, and a small seed, is very good. It is *red*, not black.

HUCKLEBERRY COBBLER.

Line a bake-dish with a good cream paste rolled twice as thick as for common pie-crust, and fill it nearly full with huckleberries; the dish should be about two inches in depth. Sprinkle lightly with sugar, and cover with a crust a quarter of an inch thick; when you have pressed together and finished the edges, prick well with a fork, cut a cross-slit in the center, and bake in rather a quick oven from forty to fifty minutes, or till the bottom crust is done. Then slip the pie on a platter, and cool before you serve it.

You may use *light* cream paste for "cobbler" pies; but the ordinary kind is preferable, particularly when there is an under crust; it is not so apt to burst in baking, and it is sweeter.

APPLE DUMPLINGS. †

Pare sound tart apples of medium size, and not over-ripe; cut in halves, take out the cores, and then wash quickly in cold water to remove the knife-rust. Make a light cream paste, as per recipe already given; it must be pretty stiff; pinch off bits of the dough, and roll to the thickness of a quarter of an inch, in a long or oval shape, and just large enough to cover two halves of the apples fitted together. Wet the margin of the crust by dipping the finger in cold water, so that the dough will adhere; then place the fruit within it, bring up the edges, and pinch firmly together. No water is needed, if the apples are juicy and recently washed. Put the dumplings into a bread-pan, slightly oiled, and space them well apart, so they will not touch each other; prick on top with a fork, and bake in a moderate oven nearly an hour, or till the apple is done;

turn once or twice—if they do not stick to the dish—to brown the sides more thoroughly. Take out a few minutes before serving. If sauce is required, use stewed or canned raspberries; or you may make a dressing by stewing tart apples (not too ripe) a long time, until the sauce is smooth; you can flavor the latter by stirring into it a little thick raspberry juice, if you like. These dumplings are very good warmed over the next day, the crust being more crisp and tender than at first.

Baked dumplings are drier than steamed, and the steamed ones better than boiled.

BERRY DUMPLINGS. †

Make a light cream paste, as in the last recipe, mixing it very stiff; then pinch off bits the size wanted, and roll each into a round piece, fully a quarter of an inch thick. Moisten the rim with a little cold water, and put in the berries; bring the two edges together, making a long oval-shaped dumpling, and pinch well to secure the fruit. Space in the pan, so they will not touch each other, and bake from thirty to forty minutes, or till the crust is done; if they brown too fast on top, lay a paper over them. The small fruits require a moderate oven; if baked too much, the berries taste bitter.

A good plan is to set the pan or dish containing the dumplings inside a dripping-pan with a trifle of boiling water in it, and bake till the paste is done; the moisture from the water prevents the crust (and the berries beneath it) from cooking too fast. It would require about an hour, if cooked in this way.

Berry dumplings are good steamed, provided they cook *fast*, and without touching each other; it is best to wrap each in a napkin before putting it into the steamer. They should be served as soon as done, with fruit or fruit juice—or if this is not relished, try cream and sugar.

CHERRY DUMPLINGS.

Seed the cherries, and make as in the preceding recipe.

FRUIT ROLLY-POLY.

Prepare a light cream paste, roll it a quarter of an inch thick, and spread on the fruit; you may use raspberries, blackberries, huckleberries, seeded cherries, sliced peaches, or apples sliced or chopped; any of these are excellent; so are dried cherries, sweet currants, sliced figs, or other sweet fruits. Or in winter, you may take dried apples or peaches, first stewing them, and mashing till smooth. When the fruit is spread, begin at one end of the pastry and roll it up tightly, pinching the ends well together to secure the contents. Lay the roll in a small iron pan, and bake in an even oven about an hour. Serve not too warm. If a dressing is required take stewed or canned fruit, fruit juice, or thin cream.

These roly-polies are very good steamed; make as above, cover with two or three thicknesses of old napkin or table-linen, and lay in a steamer. If the latter has holes in the bottom, put the roll on a pie-pan and set it in, with two or three small bits of wood underneath to let the steam up. Cook two hours without lifting the lid; then send to the table, and serve warm.

Never *boil*, if you can steam; steamed paste is lighter than boiled, and much more wholesome.

VEGETABLES.

The way to make vegetables palatable, is first, to have them fresh; and second, to cook them so as to waste as little of their own savory juices as possible. To do this, boil or stew them *quickly*, and remove from the fire as soon as done. The rule that applies with scarcely an exception, is to drop into boiling water (just enough to cook them), cover

closely, and cook rapidly till done. Another rule, not merely for vegetables, but for grains and fruits as well, is never to fill up with water that is not boiling hot. Most vegetables are excellent steamed; steamers are now made with several chambers, so that three or more kinds of foods can be cooked at once, without the slightest admixture of flavors. In the absence of a steamer, most vegetables should be cooked in vessels that are porcelain-lined, or made of grvanized iron. Beans, beets, peas and potatoes, may be boiled in iron pots; these should always be washed and thoroughly dried immediately after using, and then set away in a dry place to prevent rusting.

Vegetables, as a rule, should be served at dinner; and (by invalids certainly) they should never be eaten at the same meal with fruits.

Those that have been several days in the market, as string beans, peas, beets, etc., are tougher, and require longer to cook than if fresh from the field or garden. On account of the huckster system which prevails in some cities, most vegetables do not reach the markets until some time after they are gathered; then they are too stale to be eaten with safety, much less with a good relish.

In cooking vegetables, the following general rules will be of service; and by a careful observance of them, there will be less need of seasoning, to cover up the insipid taste—or rather, lack of taste—that comes from wasting the fine flavors that belong to them.

1. If possible, have all your vegetables fresh; when stale they lose their natural sweetness, as well as their nutritive qualities. Peas and corn especially, should be cooked the day they are gathered; certainly never *later* than the following morning.

2. Boil in soft, pure water, if you have it; should the water be muddy, either filter it, or boil and settle before using.

3. For most vegetables, boil in no more water than will cook them ; in other words, leave none to *drain off*, or most of the sweetness will be lost.

4. *Boil rapidly*—or steam rapidly ; no slow cooking to soak out the juices.

5. As a rule, do not *soak* the vegetables before cooking, particularly if newly gathered. If actually wilted with the hot sun, some kinds (as cabbage, cauliflower, etc.) may be improved by lying half an hour in very cold water. But ordinarily, that which requires soaking to make it palatable, should be thrown away.

6. Cook till done, and *not a moment longer*.

7. *Do not scorch in finishing* ; the moment a vegetable is scorched, its sweetness is gone forever.

8. Serve nearly all vegetables after they have cooled a little ; habituate yourself to this, and you will find that the flavor is much more delicate than when eaten hot.

9. Look at the *quality* of the article you buy ; there is a great difference in “families,” not only among people and animals, but among plants. It is well, first of all, to look after their pedigree, and then, their “bringing up” ; it takes good stock and good *rearing*, to secure the best results. If you make your own garden, plant only the *best* seed.

10. When you bring the vegetables from market put them in a cool, *clean* place in the cellar, till the cook wants them. This means a *well-kept* cellar, with a cool north room in it, thoroughly ventilated.

11. Charge your grocer, and the market men, not to leave their potatoes and other vegetables standing for hours in the sunshine, or even near a window, as a strong light injures them. Potatoes should always be kept in a dry, *dark* place. (See Hints on Marketing.)

12. Keep one or two porcelain kettles specially for vegetables, as many kinds can hardly be cooked in iron without being discolored. And if you *must* use iron pots, keep

them clean and dry ; never let them stand round with water or slops in them. Beware of earthen or stone vessels ; they are often lined with *lead glaze*, which is very poisonous,

THE POTATO.

When we consider that the potato is perhaps the most valuable of all the vegetables, it is quite remarkable that so few persons know how to cook it properly. And it is equally strange that not one farmer in ten understands how to grow it as it should be.* Many potatoes are badly injured by not being dug as soon as they are ripe ; they lie in the ground till they are injured by rains which start them to "growing," and make them watery. A further damage is done by the grocer or huckster, who exposes them to the light and often to the sunshine, until they are strong to the taste, and almost green in color. So that by the time this vegetable has passed through the hands of the farmer, the market-man, the grocer and the cook, it is no longer the fine mealy potato that we relished in childhood.

POTATOES IN JACKETS. †

Select potatoes of nearly uniform size, and wash quickly, keeping them in the water as short a time as possible. If there are large ones, cut them through the middle. In wet seasons they are often hollow in the center, in which case you must cut them open and trim out the hollow part. After washing, clip off a little at each end (it will make them drier), and remove any blemishes ; and just twenty minutes before the bell rings for dinner, drop the potatoes into boiling water, having about two-thirds enough to cover them, and boil rapidly till done. The very instant a fork will pierce them easily, lift from the fire ; if they boil a

* See Dr. John McLaurin's little work entitled, "The Model Potato." For sale by Fowler & Wells. Price 50 cents.

minute too long they lose their fine flavor, and are more or less watery. In cold weather, set the tureen and its cover where they will get warm; and when the potatoes are done pour off all the water, holding the lid rather loosely over the top of the pot. Then *shut closely* to retain the steam, and set the pot back in a hot place; keep it closed till the potatoes are wanted, which should be immediately. In dishing into the tureen do it quickly (some lay a folded napkin in the bottom of it to absorb the moisture), and put on its lid. Always cover between servings, or those helped last will get cold potatoes.

BOILED POTATOES.—(*Peeled.*)≠

Potatoes, peeled or unpeeled, should never *stand* in water; it gives them a washed-out taste, and makes them wet. It is better therefore in preparing (if they are not actually muddy), to peel before wetting them, and then wash as quickly as possible, trimming off any little defects afterward; the large ones you may cut through the middle. Twenty minutes before sitting down to table, drop the potatoes into boiling water, cover closely, and boil fast; have little more than enough water to cook them. The moment a fork will go through them, take the pot from the fire, and drain as dry as possible; then return it to the stove, tightly closed, and set in a hot place where any remaining moisture will be converted into steam. Having warmed the tureen and its lid, dish quickly, cover at once, and send directly to the table; keep the lid on between servings. When a large quantity is cooked together, the potatoes can be kept fresh for a long time in their own steam, by setting the vessel in a hot place and keeping it tightly covered; the hot steam preserves them dry and mealy. The best place for a potato to “dry out” is not in the pot, but on one’s plate, between serving and eating.

MASHED POTATOES. †

Peel and boil the potatoes, as per recipe just given; and as soon as a fork will go through them, drain off all the water. Set the pot back in a hot place, and mash immediately; the moisture will evaporate while you crush them. When free from lumps, beat with a fork till they are white and flaky. Do all this very quickly; then dish lightly into a hot tureen, cover closely, and send to the table. Avoid filling the dish too full, or pressing down the potatoes with a spoon; but leave them as light and *feathery* as possible. In serving, do not skim over the top, but begin at one side and cut through to the bottom, leaving the mass of the potato undisturbed; then remove the spoon and adjust the cover, to keep in the heat till the next serving.

MODEL-COOKED POTATOES.

This recipe is from the late Dr. Trall's new cook-book. For potatoes that are good cooked with the skins on (not too old or sunburnt), the method here described is no doubt a good one; it requires more time and a steadier heat than the ordinary way :

“Select potatoes of uniform size; wash quickly in cold water, without cutting; put them in a kettle, or tight-lidded sauce-pan, filling the vessel about two-thirds full; cover tightly, and cook them in their own juices. They should be put in an oven, or over a fire sufficiently hot to convert the water they contain into steam. As soon as softened, they can be peeled and placed on the table, or served with their skins on. Cooked in this manner, potatoes have a richness of flavor unknown to any other method.”

STEAMED POTATOES.

Potatoes, peeled or unpeeled, cook very nicely in a steamer. The water should be boiling and the steamer hot,

before they are put in ; and they should cook *rapidly* till done. If they can not be served immediately, leave them in the steamer, keeping it closely covered till they are wanted.

BROWNED MASHED POTATO. †

Take cold mashed potato, and crush a second time till there are no lumps; then fill a pie-pan or other shallow dish (not too full), smooth the top with a knife, place in a hot oven, and brown quickly. Serve as soon as done. Another method is to form into little biscuits hardly an inch thick, and brown as before. The potato sticks together better, if moistened with a little milk.

BROWNED SLICED POTATOES. †

Take cold boiled potatoes, clip off the wet ends, and peel if they are in jackets, throwing out any faulty ones; then slice into a skillet or pie-pan, oiled just enough to keep them from sticking, and set where they will brown quickly without scorching. As soon as a thin crust forms at the bottom, turn them over, and brown again in the same manner; then dish, and serve immediately. Potatoes warmed over in this way, are dry, crisp and flaky; but if allowed to stand before serving, either in the skillet or tureen, they become wet and clammy.

Cold mashed potatoes may be warmed over in the same way.

STEWED POTATOES.

Potatoes can be cooked on short notice, as follows: Wash, peel and slice into a skillet or stew-pan; put in as little boiling water as will cook them, and stew covered, ten to fifteen minutes; when done, the water should all be evaporated. Dish, and serve immediately.

BAKED POTATOES. ‡

Select smooth potatoes of nearly uniform size, and wash thoroughly but quickly, not allowing them to stand in the water. Pare off any defects, and place them in a moderate oven, spacing a little apart. If baked too fast they will blister, and not be good; they may require turning once or twice. The very *moment* they are done, take a clean napkin and crush each one in the hand—not into a shapeless mass, but enough to puncture the skin and let out the steam. Then lay them in an open tureen, and send to the table.

A baked potato, to be first-rate, should be eaten as soon as done. When this is impossible, the next best thing is to crush each as here described, and keep them in a warm place till wanted.

BAKED POTATOES.—(*Peeled.*) ‡

Peel the potatoes, wash *quickly*, lifting them out of the water as soon as possible, and place a little apart on the grate; the oven should be hot enough to brown moderately without scorching. When done, crush each in a napkin, as described in the last recipe; just enough to crack the crust and let out the steam. Put them on a plate, or into an open tureen, and serve.

Old potatoes, if baked, should always be peeled beforehand.

ROASTED POTATOES.

Wash clean, cover with ashes not too hot, and then with coals; these will need renewing occasionally, unless the roasting is done very near the main fire. Potatoes cooked in this way are dry, mealy, and rich in flavor.

SWEET POTATOES. †

In buying, see that they are not covered over with little sprouts; these are caused by heavy rains, which have started the potatoes to "growing"; in this condition they are injured in flavor, and inclined to be watery.

Sweet potatoes are best either boiled or steamed, and then browned in the oven. First, wash and trim them, clipping off black or straggling ends; should any be partly decayed, throw them out. If you boil, use as little water (boiling) as will cook them; this makes them drier and sweeter; then cook rapidly, until a fork will go through them rather easily. When done, strip off the skins; if beneath these, and about the *ends* of the potatoes, you find a dark substance deposited (due to wet weather), remove that also, as it is very indigestible. Place in a hot oven, and brown thoroughly about twenty minutes; or if rather wet, they may remain in half an hour.

If you *steam* before finishing in the oven, cook till the potatoes are tender, and then peel and brown as before. The chief error to guard against in cooking this vegetable, is in boiling or steaming it too much, making it watery; or in taking it out before it is fairly done, which renders it harsh and unpalatable.

BROWNE SWEET POTATOES. †

Take sweet potatoes left from the previous meal, and if they have not been peeled remove the skins; then mash fine, spread on a pie-pan, and brown in a brisk oven from fifteen to twenty minutes; they are quite as good as fresh.

Another way is to slice instead of mashing, and then brown; or you may lay them in the oven whole, after removing the skins.

DRIED SWEET POTATOES.

First steam or boil the potatoes, then peel, cut in slices, and dry. To cook them, soak the dried pieces over night in a closed vessel, having as little water as will cover them; then heat in the same water, mashing and stirring them until it is all evaporated. They should be as dry as possible when done.

BAKED SWEET POTATOES.

Sweet potatoes if smooth, and free from blemishes, may be simply washed, and baked in a hot oven; when they are rather wet, this is a good way, as it makes them drier than if boiled. A better method perhaps, is to put them into a shallow pan, add a trifle of boiling water, and let them *steam* a little, before they bake.

TOMATOES, ETC.

Tomatoes, melons, squashes and pumpkins, dietetically considered, must be classed among vegetables, from the simple fact that they are more easily digested with these than with fruits. Green corn also—which is an immature grain—does, if anything, better with vegetables, though it can be eaten with either.

The tomato is one of the best and most wholesome of the garden products; the Trophy and Livingston are fine varieties.

SLICED TOMATOES. †

Wash good fresh tomatoes, not too ripe, and peel without scalding; then slice very thin, and send to the table. If preferred cold, let them stand in ice-water half an hour, before peeling; or you may set them in the refrigerator after they are sliced. They are good enough without seasoning.

STEWED TOMATOES. †

Pour over the tomatoes boiling water, and as soon as the skins will slip, remove them; slice very thin into a porcelain kettle, and set on the stove; do not add any water. Let them come to a boil, and cook slowly half to three-quarters of an hour; fast cooking destroys their fine flavor. Some prefer them stewed longer, until perfectly smooth.

STEWED TOMATOES. †

Wash, scald, peel and slice, as in the preceding recipe; add no water; crumb stale bread—good home-made Graham loaf—into the cold tomatoes, pour all into a porcelain kettle, and heat to boiling; then set them back a little, where they will stew slowly at least an hour and a half; stir frequently, till done. Instead of ordinary bread-crumbs, you may take bits of brown toast; or in place of either, stir in a little thickening of Graham flour and water, before heating.

A good dish is made by adding one-fourth as much green corn as there are tomatoes; slice the latter very thin, and stew till smooth; then stir in the corn, thinly shaven, and stew or bake half an hour.

TOMATO TOAST.

Stew the tomatoes as in the last recipe but one, cooking till they are fine and smooth. Then take thin slices of loaf bread, and brown evenly till it is quite dry. Pour the hot stewed tomatoes over the toast, and when cooled a little, serve.

BAKED TOMATOES. †

Wash, but do not scald the tomatoes; see that they are fresh. Then peel and slice, and add about half as much broken bread as there are tomatoes; a small portion finely grated, and the rest in large crumbs or crusty pieces; some

add a little chopped onion. Mix thoroughly, pour into a granitized iron pan, and bake in a slow oven two hours; brown well at the last. This dish, prepared with good home-made Graham loaf (stale), is excellent; the long slow baking makes it rich in flavor.

BAKED TOMATOES.

Wash, scald, peel and slice, add crumbs of stale bread, or slices of nicely browned toast, and stew slowly three-quarters of an hour; stir often; then turn into a dish, and bake one hour in a moderate oven.

Another method is to wash and peel the tomatoes, removing the hard portions about the stems; then fill the cavities with fine bread-crumbs, arrange in a pudding-dish, cover, and set in the oven. Bake half an hour, then uncover, and brown ten minutes.

TOMATOES WITH CORN.

Scald, peel and slice, as in the last recipe, and cook in a porcelain kettle half an hour; then add one-third or one-fourth the quantity of green corn finely shaven, as per recipe (Corn and Tomatoes) described farther on; or you may, if preferred, split the grains with a knife, and scrape out the pulp. Put the corn in with the tomatoes, and stew slowly from forty to fifty minutes; do not let the mixture stick to the bottom.

Or, instead of stewing, turn the whole into an oiled pudding-dish; cover, and bake in a moderate oven three-quarters of an hour. Then uncover, and brown ten minutes.

SCRAMBLED TOMATOES. †

Peel without scalding the tomatoes, and cut them in rather large bits; they should not be too ripe. If of medium size you may cut each in two, half way between the stem and blossom; then cut again, once or twice, in the

other direction. Add half or two-thirds the quantity of coarse bread-crumbs, from good home-made Graham loaf ; these should be stale. Then put all into a porcelain kettle, set it over a hot fire, and cook about five minutes, stirring lightly, but almost constantly. Lift into a tureen, and send to the table. An excellent dish.

SCALLOPED TOMATOES.

Prepare and slice the tomatoes, not too thin, and put a layer of them in the bottom of a pudding-dish ; then alternate with a layer of bread-crumbs, or with thin slices of toast ; continue till the dish is filled, letting the topmost layer be tomatoes. Cover with an old plate, and bake in a slow oven about an hour ; then uncover, and brown ten minutes. Some bake an hour and a half, or longer if the scallop is deep.

CANNED TOMATOES.

These may be stewed, baked, scrambled or scalloped, as in the preceding recipes ; or in warm spring days, they may be eaten cold from the can.

If baked, the following is a good method : Drain off the liquor, and pour it over stale bread-crumbs. Then cover the bottom of a wide earthen dish with some dry crumbs, put in a layer of tomatoes, and over this the crumbs wet with the liquor. Cover with a plate, and bake from forty to fifty minutes.

BAKED WINTER SQUASHES. †

Winter squashes may be either stewed, steamed or baked ; the hard-shell varieties are best for baking. Wash them, and break in pieces with a hatchet ; or, if the shell is soft enough, cut in halves and remove the seeds ; cut again into pieces of convenient size, and lay them, shell downward, in a shallow dish or bread-pan ; pour in a little boil-

ing water to start with, place in a pretty hot oven, and bake from one to two hours, or until soft ; the squash should be dry and mealy when done.

STEWED WINTER SQUASHES. ‡

Wash, cut in halves, and remove the seeds ; then slice and pare ; cut into pieces an inch long, and put them in a stew-pan. Add a little boiling water, say nearly a pint to a gallon of the cut squash ; if not very ripe, use less water. Cook fast from forty to sixty minutes, or until tender, not letting the vessel get entirely dry ; should more water be needed, add it boiling hot. As soon as the pieces are soft lift the lid, and let any surplus moisture evaporate ; then mash fine, simmer a few minutes, and dish for the table. Serve warm, not hot.

Steaming is a good way to cook squashes ; if they have hard shells, prepare as follows : Cut into rather large pieces with a hatchet, and steam in the shell till soft ; then scrape out, and send to the table. Or, if the shell will permit, cut in slices, remove the seeds, and peel ; place in a closed steamer over boiling water, and cook till soft ; then turn into a porcelain kettle with any water that remains, and evaporate it by frequent stirring, over a pretty hot fire ; mash fine, dish and serve.

SUMMER SQUASHES. ‡

If necessary, peel the squashes and remove the seeds ; some varieties when very young, scarcely require either ; the kind called the cymling needs paring, unless it is very young and fresh. Wash, cut in small pieces, and steam or stew. For stewing, put them into a porcelain kettle with boiling water enough to cook them, and allow for stewing, half to three-quarters of an hour ; some kinds cook quicker than others. When soft lift the lid, letting the water nearly

all evaporate. A little cream added at the last, makes a good seasoning.

An excellent variety of summer squash is one with a long crooked neck—it is nearly *all* neck—and about the color of a ripe orange ; it has a rough, warty surface, but it is very tender and delicious ; if young, it needs no peeling.

PUMPKIN.

After washing, cut in halves, then slice and peel, removing the seeds ; you may steam, or stew. To steam, put the slices into a closed steamer, and cook from an hour to an hour and a half, or until soft ; then turn into a porcelain kettle, mash smooth, and simmer with the lid off till the water has mostly evaporated.

If to be stewed, cut the slices in small pieces, and cook the same as squash, only a little longer ; say an hour and a quarter to an hour and a half ; never long enough to turn the pumpkin dark in color, as this injures its flavor. If a little unripe it will be more watery, and will need longer cooking. After mashing, stir frequently to prevent burning.

TURNIPS. †

Wash, pare, and cut in slices half an inch thick ; if any of the turnips are coarse, stringy or pithy, throw them out ; then stew or steam. If stewed, put an old saucer or a small pie-pan, inverted, into the bottom of the kettle to keep the turnips from scorching ; add boiling water enough to cook them, and boil fast until quite soft.

Young turnips that have grown quickly, will cook in thirty to forty minutes ; while old tough ones require nearly or quite double the time. The best test, however, is the fork ; as soon as they are thoroughly tender, remove from the fire ; too much cooking not only discolors, but also makes them strong. There must be very little water left in when done ; mash fine, and simmer a few moments, un-

covered, before dishing. Serve lukewarm. Two or three potatoes cooked and mashed with the turnips, give an agreeable flavor. If any seasoning is required, stir in a trifle of cream just as you set them off.

Swedish, or ruta-baga turnips, need a much longer time to cook than the white ones; they should have all of two hours. A little cream added in the finishing, improves their flavor. If you steam, cook till soft, turn into a porcelain kettle, and if too much water remains, evaporate it; then mash as fine as possible.

PARSNIPS. †

Wash well, and scrape with a knife to remove the skins; then cut the parsnips into halves or quarters, and stew till quite soft, in very little more water than will cook them. It will take from forty to fifty minutes, longer if they are old; do not let them get dry; there should be at least a gill of water remaining, when done. Then put them into a pie-pan or shallow earthen dish, and pour over the syrup that is left in the pot; place in a hot oven, baste frequently, and brown well before sending to the table. Another way is to mash fine, return to the pot, and finish with cream.

CARROTS.

Prepare and cook the same as parsnips, only about twice as long. There is a small variety called the "Early Horn," that is ready for use in July; it cooks tender in an hour, and is very sweet. It may be boiled in the same pot with young beets.

ASPARAGUS. †

Be sure the asparagus is fresh. If bought in the city market, lay it in cold water and let it soak a short time, before cooking; then cut off any tough portions, put the

stalks into a porcelain kettle, start in boiling water, and stew till tender. If fresh from the garden, twenty-five to thirty minutes ought to suffice ; but much of it that we buy requires from forty to fifty minutes. Boil in enough water to about cover ; if young, it is good enough without seasoning.

Some hygienists think this vegetable is not very wholesome ; they claim that it, like onions, is so largely thrown off through the excretory organs as to tax them abnormally. Most of the asparagus sold in our city markets, is too old before it is cut ; instead of gathering it every day or two, the custom seems to be to cut the stalks only once or twice a week, and a good distance below the surface of the ground ; this gives five or six inches of hard, woody fiber, and one inch of inferior tops. Those who understand raising asparagus, say it should be cut with a knife as often at least as every other morning, and *barely* below the surface of the ground ; and some recommend snapping or breaking it off. This would remove the tender part only ; but if left too long, *all* the stalk toughens, except the very tip end. When quite young, green and tender, it is sometimes boiled as greens, and served with lemon juice.

ASPARAGUS TOAST. ‡

Cook the asparagus as in the last recipe ; before it is quite done, slice some good Graham bread, rather stale, and toast it evenly. When ready, dip the slices quickly into boiling water, and arrange them on a platter ; then lift out the asparagus and lay it on the toast. Thicken the water in which it boiled with a little cream and flour, heat almost to boiling, and pour it over. Or, if preferred, you may omit the thickening, lay the asparagus on the toast, and moisten with the liquor left in the pot.

STEWED CABBAGE. †

Trim off the outside leaves, see that there are no insects, and wash the head carefully ; if wilted, soak half an hour in very cold water. Then cut it in halves, and with a sharp, thin knife slice it very fine, without chopping, and stew or steam quickly. Slow cooking spoils this vegetable ; so does cooking it too long. If it is to be stewed—and this is the better way—put it in a porcelain kettle, and add just enough boiling water to cook it ; it should be done in half an hour. Boil as fast as possible, keeping the kettle covered ; the moment it is tender lift from the fire, and dish into an open tureen ; the water should be about all evaporated. Let it stand uncovered till lukewarm, and then send to the table. Cooked in this way the cabbage is white, crisp and sweet ; of course it is delicious.

If preferred, you may trim and wash, cut in quarters, and then steam or boil as before.

CAULIFLOWER. †

Remove the green leaves, and clip off the stalks an inch or two below the flowers ; part the latter to see that no insects are hidden among them, wash well, and if not directly from the garden soak in cold water half an hour. Then drop into boiling water, and cook the same as cabbage, taking it from the fire the moment it is thoroughly tender ; it will be done in about thirty minutes. Stew in a porcelain kettle ; there should be very little water left when it is set off.

If you buy in the market, select the heads that are *pure white* ; those that are tinged with yellow or brown, are stale.

SPINACH, ETC. †

Spinach, cabbage sprouts, and mustard leaves, are good for greens ; and turnip tops, young beet tops, dandelions,

leaves of narrow dock, etc., will do to mix with the others. It will take a peck, for a family of five or six persons. Look over every leaf carefully, to avoid worms or insects, and wash very thoroughly in several waters, lifting the leaves out each time with the hands, to get rid of sediment. Boil in plenty of water till quite tender—young spinach will cook in from twenty to thirty minutes—and when done, take out the greens with two forks placed side by side; this leaves any sand or grit behind. Then drain, cool to lukewarm, and cut fine with a knife before sending to the table. Serve with lemon juice—or pass the lemons, cut in quarters.

BOILED BEETS. †

Select beets of nearly uniform size, and twist off the tops; if young, you may leave on an inch or two of the stems; then wash well, taking care not to cut or break the skins or rootlets, lest the juices should escape. Drop into boiling water, and cook till very tender; you may allow from one to two hours, or longer, according to size and age. Prick as little as possible, as it wastes the sweetness; and boil in about as much water as will cook them. When soft, remove the lid, and let the water that remains evaporate; then lift out the beets, and when nearly cold, slip off the skins. Slice thin, and serve with lemon juice; dilute the juice by adding half water, and pour it over after they are sliced and *cold*; do this ten or fifteen minutes before sending to the table. Prepared in this way, they are excellent. If young, sweet and tender, some like them without a dressing.

BAKED BEETS.

Prepare as for boiling, and bake till quite tender. If of good size, it will require three or four hours; when done, drop into cold water, and slip off the skins. Slice after the

beets are cold, and serve with diluted lemon juice, as in the preceding recipe.

STRING BEANS. †

Select only the tender varieties, and see that they are fresh from the garden. If recently gathered, the stems will not be shriveled. String the beans carefully, and snap into short pieces; then wash well, drop into boiling water, and stew till very tender in as little water as will cook them. If bought in the city market, it will take an hour and a half or two hours; and the wax beans need half an hour longer; the water should be about all evaporated, at the last. New potatoes, dropped in half an hour before finishing, improve their flavor; and a little sweet cream thickened with a trifle of flour, and stirred in just before you lift them from the fire, is considered a further improvement. When done, turn into an open tureen, and let them cool a little before serving.

FRESH GARDEN BEANS. †

Shell them from the pods, drop into boiling water, and stew till tender, having them rather juicy when done; they ought to cook in about an hour. If seasoning is required, a little cream thickened with flour may be stirred in; cover, and heat through, then dish, and send to the table.

LIMA BEANS. †

Fresh Lima beans are cooked as in the preceding recipe. Dried Limas should be dropped into boiling water, and parboiled fifteen or twenty minutes; then pour off the water, add more boiling hot, and cook till tender, but not till they fall to pieces; it will require from two to three hours, according to age. A little cream and flour, stirred in a minute before lifting from the fire, is the only dressing admissible; and they are good without any. See that the water is about all evaporated, before adding the thickening.

BOILED DRIED BEANS. †

Look the beans over carefully, throwing out the faulty ones, and wash in two waters, rubbing them well between the fingers ; then start in boiling water, and cook till soft. Allow from two to three hours, or longer, according to age and variety ; they should not be cooked to pieces. If more water is needed, add it boiling hot ; only a little should remain when they are done. Never *soak* beans ; it makes the skins slip off whole, and they are very indigestible.

White beans, unless they are quite old, should not be parboiled ; the speckled cranberry and other colored beans, which are rather strong in flavor, are best parboiled fifteen or twenty minutes—not longer. Then pour the water off, and add more, boiling hot ; cook till perfectly tender, but not till they are broken ; allow water enough to make them a little moist, when done. No seasoning is needed.

BAKED BEANS. †

Prepare as in the preceding recipe, then boil till very soft and half broken to pieces ; for most dried beans, it will require all of three hours. Let them be quite juicy when taken from the fire ; then turn into a deep dish, cover, and bake rather slowly two to three hours, or until they are of a rich brown color. Do not scorch them in finishing.

BAKED BEANS.

Prepare as before, and boil till quite tender, but not till the beans are broken ; the water should be nearly all evaporated. Then mash fine with a potato masher, put into a shallow pan, and smooth off the top with a knife. Set them into a hot oven and bake half an hour, or until nicely browned. Cold beans are good, mashed and baked in the same way.

STEAMED DRIED BEANS.

Beans may be put into a closed steamer, cooked till tender, and then served ; or after steaming you may bake, as in the preceding recipe.

STEWED DRIED BEANS.

Look over and wash white beans, put into *cold* water, and let them come almost to a boil. Then place where they will simmer without boiling, and continue the process till quite tender ; allow just enough water to make them a little juicy when done. They must not bubble *once* while cooking ; it will take from two to three hours, according to age and variety.

GREEN CORN.

Green corn, though usually ranked among vegetables, is, strictly speaking, a *grain* in the immature state ; and like the other grains, it may be eaten with either fruits or vegetables. The only thing about it that interferes with digestion, is the hull, which with a little care may practically be gotten rid of.

BOILED GREEN CORN. †

The best corn for table use, is the evergreen ; that known as "Stowell's," is a good variety. If you can not get the evergreen, the white flint is good. Select ears that are well filled, but young and tender ; if the right age, the milk should spurt out in a jet when the grain is pierced with the finger nail. Green corn should, if possible, be cooked and eaten the day it is gathered, as it loses its sweetness in a few hours. Remove the husks and silk—or a better way is said to be, to tear off all but the *inner* husks, turn these back, and pick off the silk ; then pull them over the ear again, tying with a thread at the top. Start in boiling water—not too much, as it wastes

the sweetness—and boil from twenty to twenty-five minutes. When done, drop the ears into a basin of cold water; this makes the hulls tender and the corn white; in two or three minutes lift them out, lay in a tureen, cover, and send to the table. Before eating, split the rows with a sharp knife, cutting only the *surface* of the grains; this is done by drawing the knife through each row of corn lengthwise, beginning at the larger end of the ear. Splitting the grains, allows the kernels to escape from the hulls, leaving the latter on the cob.

If preferred, you may split the grains and scrape out with a knife, before eating.

STEWED GREEN CORN. ‡

Select corn that is young enough to scrape easily from the cob; after splitting the grains with a sharp knife and scraping out the pulp, put it into a stew-pan or porcelain kettle, add a little boiling water, and set it over the fire where it will cook rapidly. Stir constantly to keep it from sticking, and stew ten minutes or until done. No seasoning is needed.

CANNED CORN.

Select the best brands; the "Oneida Community," Oneida, N. Y., is a good one; and so is the "Loomis, Allen & Co.," Cicero, N. Y. The corn put up by these establishments is best evergreen; it is as fresh, white and luscious, as if just from the field. To prepare it for the table, put it into a clean porcelain kettle, cover closely to prevent its juices from evaporating, and place over a moderate fire until it is thoroughly heated through (it must not boil), then dish, and serve. It is good enough without the addition of milk or cream.

CORN AND TOMATOES. †

Peel and slice the tomatoes, and cook slowly half an hour. Then prepare the corn as follows, having it young and tender : With a thin, sharp knife shave off the tip ends of the grains, and throw them away. Then slice the rest *very* thin, until most of the corn (say three-fourths of it) is removed from the cob, and with a dull knife scrape out the remainder. Put it in with the cooked tomatoes, and stew rather slowly half an hour, stirring occasionally to prevent sticking ; then dish.

Another way is to take equal quantities of sliced tomatoes and corn cut from the cob, and stew them together thirty to forty minutes ; the heat must be moderate.

SUCCOTASH. †

Boil white beans—Limas are best—until they are soft, but not broken ; have water enough when done to make them rather juicy. Select good sweet corn, young and tender, cut it from the cob, not too closely, and scrape out what remains with a dull knife. Add the corn to the beans (two parts of the former to one of the latter), and stew over a moderate fire twenty to thirty minutes. Stir occasionally, and see that the mixture does not scorch.

Another way to prepare this dish, is to boil string beans (the wax beans are best for this purpose) until they are nearly tender ; it will take about an hour and a half. Then add the cut corn, and cook half an hour.

In making succotash, dried beans can be used, but those fresh from the garden are better ; and in the absence of fresh green corn, canned corn may be substituted. Cook this very little, say ten minutes, after adding it to the beans

ROASTED GREEN CORN.

Remove the husks and silk, and lay the ears on the grate in a hot oven ; or you may roast over hot coals, or before the fire.

STEWED DRIED CORN. †

Soak in a closed vessel over night, in water enough to cover the corn. Cook in the same water, simmering slowly fifteen or twenty minutes ; it must not boil ; then dish for the table.

GREEN PEAS. †

Green peas lose their sweetness very soon after they are gathered ; they should if possible, be cooked the same day. When perfectly fresh, the little stems are green and unshriveled. There is a great difference of flavor in the several varieties ; among the early peas, the Champion of England is the very best ; among the later, the Marrowfats are unexcelled.

Having selected the best in the market, shell without washing them, and boil moderately thirty to forty minutes ; if young, thirty minutes is long enough ; have only a little more water than enough to cook them. If a dressing is wanted, evaporate most of the water remaining, and add a spoonful or two of cream ; you may thicken this if you like, with a trifle of flour ; then stir all together, simmer a moment, and take the pot from the fire. The thickened cream and the concentrated juice of the peas, form a rich and excellent gravy. Some, however, prefer them boiled simply in water, and eaten without further dressing than the liquor that remains after cooking. Serve in sauce dishes, passing the teaspoons.

DRIED PEAS.

If peas are gathered while young and tender, and carefully dried, they make a good dish for winter. Boil the

same as green peas, except that they require a much longer time. They may be served plain, or finished with a dressing of cream.

SPLIT PEAS.

Prepare and cook the same as dried beans, either by boiling or steaming; see that they are cooked till tender, but not to pieces. It will take about two hours.

Or you may stew them in this way: Put the peas into cold water, and let them come *almost* to a boil. Then set the pot back, where it will gently simmer without boiling; if it bubbles at all, the fine flavor will escape, and the extra labor be lost. As soon as soft, the peas are done; the flavor is much richer than when cooked in the ordinary way.

ONIONS.

Onions are perhaps questionable, as an article of wholesome food. If eaten, they may be cooked as follows: Cut off the tops and rootlets, remove the outer skins, and put the onions into a porcelain kettle with cold water enough to cover. Set them over the fire, parboil fifteen minutes, and pour off the water; cover again—this time with boiling—and parboil fifteen minutes longer. Then drain off the water, pour in a little more, boiling hot, add the same quantity of milk, and cook slowly till tender, but not till they fall to pieces. When done, pour off the milk and water, and either serve without a dressing, or finish with a little cream thickened with white flour. Some varieties of onions need less parboiling than others.

LETTUCE.

Lettuce, to be good, must be young and tender, and fresh from the garden. Trim off the defective leaves, look it over carefully, wash clean, and let it stand in very cold water fifteen or twenty minutes. Then send to the table

with fresh lemon juice for dressing ; or, cut the lemons in quarters, and pass them.

CELERY.

Select stalks that are young and tender, and newly gathered. Wash well, and let them lie in cold water half an hour ; then trim carefully, leaving on a few green leaves, and send to the table.

CUCUMBERS.

Cucumbers to be fit for eating, must be very young, and fresh from the vines ; the smaller ones are generally the best. If bought in the markets, select those that are green and white in color, with no tinge of yellow, and see that they are firm to the touch ; the others are stale. After peeling, lay in very cold water half an hour, to make them crisp ; then slice as thin as possible, and pour lemon juice over them ; it may be diluted slightly with water, if too acid for the taste.

Served in this way, fresh cucumbers are quite harmless to healthy stomachs.

BOILED CHESTNUTS.

Look them over, one at a time, to see if all are sound ; then drop into boiling water, and cook till done. Fresh chestnuts will boil sufficiently in fifteen or twenty minutes ; if older, they may need a little longer time. Let them remain in the hot water till wanted ; then remove the shells with a sharp knife.

ROASTED CHESTNUTS.

Select carefully, as before, and cut a slit crosswise in the shell of each, to prevent its bursting when hot. Put them into a pan, and place over a charcoal or other fire ; shake or stir them to prevent scorching, and remove as soon as done.

MELONS.

Melons, when eaten, should be *perfectly* fresh. The great mortality resulting from their use in cities, is due, not to the melons *per se*, but to their being eaten stale ; hence, the imported article, as well as those that have been long in the market, should be strictly avoided.

WATERMELONS.

Watermelons, to be fine, must be of good variety and well grown ; they should be neither underripe nor overripe, and should always be fresh.

Put on ice, if you have it, several hours before serving, to make them crisp and cold. They should be eaten before the meal, or at the beginning of it ; and they should never be served at the same meal with fruits.

CANTALoupES.

Like watermelons, muskmelons, and cantaloupes are perfectly wholesome if eaten fresh ; but as found in our city markets they are usually stale, having been pulled several days ; eaten in this condition they are a prolific cause of *cholera morbus*, and other kindred diseases. In selecting, notice whether the stems, if on, look fresh, and can be broken off easily ; if they adhere firmly, the melons are not ripe. See also that they (the cantaloupes) are firm to the touch ; those that yield to pressure, as if half wilted, are stale. They should be served at the first of the meal, and never with fruits.

RHUBARB. †

Rhubarb should always be fresh from the garden ; otherwise, it is indigestible to weak stomachs. After washing, trim carefully, and see that there are no worms left in the stalks. Before stewing, cut the latter into inch lengths, and

allow about one pint of water to two quarts of prepared rhubarb ; stew in a porcelain kettle twenty minutes ; and just before lifting from the fire, add two-thirds of a cup of sugar. Leave the sauce in the kettle till cold, and then pour into a glass dish—never into tin or glazed ware, as this vegetable corrodes it, and is poisoned by it.

This sauce may be canned in glass, for winter use. Or you may stew in a little more water, and strain through a cheese-cloth ; then heat the juice to boiling, and can it for a beverage.

SOUPS.

For remarks on soups, the best methods of making, etc., the reader is referred to Part III. In the recipes there given, the only unhygienic ingredient employed is the diminutive soup-bone, or bit of meat, which can be omitted if desired. Soups are not very well managed by feeble stomachs ; if taken too often, they are apt to cause indigestion.

FRUITS AND FRUIT JUICES.

Nearly all fruits if perfect, and thoroughly ripe, are, in their raw state, sweet enough to satisfy any unperverted taste. They are also more palatable and more healthful, than when cooked and sweetened. The pear, the peach, the cherry, the strawberry, ripe and perfect—each is richest in flavor when unchanged by heat, and sweetened only with the glad rays of the sun. The same is true of most other fruits. But so transient are many kinds, that to have them in abundance and for any great length of time, cooking becomes a necessity. This is particularly true in localities where fruit is scarce, both in variety and quantity. Here, then, in the preparing and cooking of fruits, is rare opportunity for the finer touches of the culinary art ; and that cook is best skilled in her profession, who can best preserve and retain

those delicate flavors with which nature has endowed them. The usual method, however, is to drown everything in sugar and syrups, thus obliterating the *individuality* that belongs to these delicate products of the earth.

In an admirable little work on "Cooking and Castle-Building," written by Emma P. Ewing, the reader will find the following excellent remarks:

"*Never spice fruits, lest you destroy their flavor.* I always detested nutmeg, allspice and cinnamon, in apple pies. I now see the reason. Rich spices and delicate flavored fruits form an unsuitable and unartistic combination." "The fine, delicate flavor of fruits should be preserved as perfect as possible; and for this reason they should never be cooked in tin, or stirred with a metal spoon less pure than silver. A wooden spoon or spatula is the best for the purpose." "If it is desirable to add to the flavor of the fruit you are cooking, add the flavor of another fruit. For instance, flavor apples with either pine-apple, strawberry, quince, lemon or orange. Even the perfume of flowers, like rose-water, may add to the deliciousness of a dish of fruit. But to bury roses in a cake, seems as inappropriate and unnatural as to deaden fruit with spices."

"In cooking fruits of all sorts, whether for present or future use, aim to preserve the flavor of the fruit as far as possible; and to this end, avoid all contact with tin or base metal, and all needless exposure to the air. Cook as soon as possible, after the fruit is in proper condition. Cook in small quantities. Simmer gently, instead of boiling rapidly. The flavor of some fruits is preserved better by canning them without sugar. Peaches and blackberries are finer flavored when canned without sugar. At the time of opening and serving, sugar can be added if desired."

In the selection of fruits, the first thing is to try to secure the best; those that are the nearest perfect, and of the choicest varieties. This done, they should be carefully

sorted, taking out the bruised and imperfect ones for present use; such as are not to be cooked immediately, should be put in the coolest place possible. Fruit of every description should be handled with great care, as any bruise leads to rapid decay.

That intended for cooking, ought not to be overripe; but if it is so already, it should be used as soon as possible, cooking rather quickly and not too long. Unripe fruits, on the contrary, are greatly improved by cooking slowly, and for a longer time; this changes their starchy matter to saccharine, and makes them more palatable by practically *ripening* them.

Care should be taken in cooking fruit not to break up its organic structure, more than is actually unavoidable; it looks better to be whole, and it *is* better; the juices are clearer, and the flavors more fully retained. The same is true of canned fruits; the nearer whole they are, the better.

Dried fruits, having been in reality once cooked already, should pass through the next heating process pretty rapidly. Take, for example, dried apples, or dried peaches; if dropped into boiling water and cooked rather quickly, care being taken to remove them from the fire the moment they are soft, they will be brighter in color and much finer in flavor, than if allowed to simmer slowly, and fall into a dark, shapeless mass; the juice should be mild, but rich in taste, and of a light amber color.

No fruits, whether cooked or raw, should be kept where the air is impure, as they will absorb the surrounding gases, and thus be rendered poisonous. We know how unpleasant water tastes after it is allowed to stand open for hours in the "living room," where by breathing, persons are constantly throwing off carbonic acid from the lungs, and expelling it from their bodies. The cook should therefore be instructed to remove the stewed fruits and any other fluid preparations, from the close kitchen into a cool,

clean place, where they can be covered, if necessary, as soon as cold.

In stewing fruits, do not allow the steam off old tin lids to collect and run down into the kettle, discoloring and poisoning its contents with rust. Lids of granitized iron are light, durable, and free from oxidation. Tin lids, if used, should be kept bright and clean; and when the kettle boils so slowly as to cause the moisture to adhere, the cover should be removed. In cooking fruits that have a decided *color*, as berries, cherries, currants, grapes or plums, observe two rules: first, stew them *slowly*; fast boiling darkens the fruit, and injures the flavor; second, keep them from contact with the baser metals, as tin, iron, brass, lead, copper, etc. Cook in kettles that are porcelain-lined, or made of granitized iron; and use silver spoons or wooden paddles for stirring. If canned for winter use, put these fruits into glass jars; tin not only discolors, it *poisons* them. In straining fruit juices a clean cloth is best, as it does not discolor; though an earthen colander, if you can get it, does very well.

In selecting small fruits, care must be taken that they are newly gathered, else they will lose their fine flavors, and also their healthful qualities. When they are already beginning to decay, there is no alternative but to cook them—or throw them away. If not too far gone, the heat will expel most of the escaping gases, and render the fruit less hurtful, and less objectionable to the palate; but no amount of cooking can make it as good as sound fruit. A great deal of that sold in our city markets, is in this half stale condition—too long off the trees and vines. On the other hand, much of it has been gathered and shipped before it was ripe; and it is so sour and unpalatable when it comes to us, that cooking and even *sweetening* seems a necessity, before it can be brought to our tables. Were there at all times an ample supply of *good* fruits, neither over-

ripe nor underripe, but fine in quality and choice in variety, we might reject the inferior grades, and eat the others without even a "grain" of sugar. Such, however, is not now the case, whatever it may be in the future.

In the following recipes, it will be observed that fruits with mild acids, as apples, peaches, pears and grapes, are cooked with no sugar whatever; and that even the tart varieties are prepared with very little. And yet, so fine and palatable are they, that persons who have eaten them at our table, can scarcely believe that these fruits have little or no sweetening in them, except their own rich juices. One great advantage in dispensing with sugar, is that we are not poisoned with the many deleterious articles now used to adulterate it. Moreover, the liver is not clogged with that constipating, ferment-producing substance (sugar), which at best, is but a proximate principle of food, a disturber of good digestion, and like its twin sisters, oil and starch, incapable of sustaining animal life.

Some hygienists, as elsewhere stated, have tried mixing the sweet and sour fruits together, making the one sweeten the other. It has been objected that this plan, theoretically good, has some drawbacks in practice. In the first place, the sweet fruits (dates, raisins, figs, etc.) are more expensive than sugar. In the next place, it is difficult to get them fresh; and when stale, they are covered over with crystals of *grape* sugar, which is, perhaps, not more wholesome than the common article made from cane. And lastly, it is said that the flavor of fruits prepared with dates, etc., is not as palatable as when sweetened in the usual way. It must be admitted, however, that the method referred to, has, to say the least, fewer adulterations to contend with.

As stated in the introductory chapters in this work, some raw fruits, as apples and grapes, are best eaten at the beginning of the meal, and at breakfast, rather than supper; and that for persons of feeble digestion, and indeed for

every one, it is better, as a rule, not to eat too many varieties of fruit at a given meal, but to make the changes from one meal to another. In this way it digests better, and one is not so likely to tire of it. In cool or wet weather, less fruits and less juicy vegetables are needed, than when it is dry and warm. Something more solid and hearty, as baked beans, parsnips, baked potatoes, sweet potatoes, corn bread, etc., is relished; but when the hot, sultry days return, we call again for the cooling fruits and their juices.

The following Table of Proportions is for stewed or canned fruits, and fruit juices; it gives the proportion of water and sugar by measure, for the different kinds :

<i>Prepared Fruit.</i>	<i>Water.</i>	<i>Sugar.</i>
Strawberries.....	5 qts..	1 qt. . . $\frac{2}{3}$ cup (1 cup $\frac{1}{2}$ pt.)
Red currants.....	5 " . .	.3 qts.. 1 "
Red raspberries.....	5 " . .	.2 " . . $\frac{2}{3}$ "
Black raspberries.....	5 " . .	.5 pts.. $\frac{1}{2}$ "
Raspberries and currants..	5 " . .	.5 " . . $\frac{1}{2}$ "
Blackberries	5 " . .	.3 " . . $\frac{3}{4}$ "
Gooseberries	6 " . .	.2 qts.. 2 cups.
" (for pies).....	6 " . .	.3 pts.. 2 "
May cherries.....	5 " . .	.3 " . . 1 cup.
Black morello cherries	5 " . .	.2 qts.. 1 "
Seeded morello (for pies)....	5 " . .	.2 " . . 2 cups (heaping).
Grapes.....	6 " . .	.2 " . . (no sugar).
Cranberries	2 " . .	.3 pts.. 1 cup.
Peaches	6 " . .	.1 qt .. (no sugar).
Pears	7 " . .	.1 " . . " "
Damson plums.	5 " . .	.5 pts.. 2 cups.
Green or blue gage.....	6 " . .	.3 " . . 1 cup.

Dried Fruit.

Apples (kilm dried)	1 qt . .	.2 qts.. (no sugar).
Peeled peaches (kilm dried) .	1 " . .	.2 " . . " "
Unpeeled " " "	1 " . .	.3 pts.. " "
Cherries (tart).....	1 " . .	.3 " . . " "
Plums (very tart)	1 " . .	.3 " . . $\frac{1}{2}$ cup,

<i>Dried Fruit.</i>	<i>Water.</i>	<i>Sugar.</i>
Prunes (or prunes and plums). 1 qt	.. 3 pts.	(no sugar).
Pears (peeled and cut)..... 1 "	.. 2 qts.	" "
Sweet currants 1 "	.. 5 pts.	" "
Raisins 1 "	.. 5 " "	" "

TIME OF COOKING.

In cooking fruits, no very definite rules can be given as to time; this depends very much on the ripeness, variety, quality, etc. Making allowance for these, the table given below will be found *proximately* correct. The heat must be moderate; hard boiling destroys the fine flavor of *all* fruits, and especially of those known as "small fruits."

All kind of berries (except cranberries).....	5 minutes.
Red or white currants.....	5 "
Grapes and cherries.....	5 "
Plums.....	10 "
Ripe peaches (freestones).....	3 to 5 "
Apples and pears—see recipes.	
Dried apples (kilm dried).....	30 "
" pears " "	30 to 50 "
" peaches " " peeled	30 to 50 "
" " " " unpeeled.....	25 to 30 "
" cherries.....	10 to 15 "
" plums and prunes.....	25 to 30 "
Sweet currants.....	35 "
Raisins.....	40 to 50 "
Dried apricots..... (simmer slowly)	2 hours.

The following recipes are intended as a guide in preparing fruits, either for canning or sauce; though for canning, *special directions* will hereafter be given. Tastes may differ, both as to the amount of water that should be used, and (where it is employed) the quantity of sugar required. The recipes here given are the ones the writer has used for years; and if the testimony of many friends is to be relied on, they have given good satisfaction. In some localities, where there is less heat and sunshine than in other places, the fruits (as raspberries, cherries, etc.) are more juicy,

and would therefore require less water, in stewing or canning.

BAKED APPLES. ‡

Select smooth, fair apples of nearly uniform size, and entirely free from worms; wash carefully, and with a sharp-pointed knife remove the blossom ends, and any little blemishes. If the skins are covered with mouldy, dark-colored patches, rub the apples vigorously with a very rough cloth; then place them, stems downward and one layer deep, in an earthen pie-pan, or in a clean dish of granitized iron. If they are tart, crowd them closely together; if sweet, space a trifle apart. Put a cup of cold water in the pan, set it in an oven hot enough to bake without scorching, and cover, if necessary; if the apples bake slower at the bottom, turn them. Do not let them get dry, as it will burn up the juice. Bake rather slowly, adding a little boiling water as it is needed, until they are fully done to the core; then remove from the oven, and set away in a cool place; there should be a good cupful of juice in the bottom of the pan. When half cold lift into a fruit-dish, pour the juice over, and put on the cover. Rich apples baked in this way, are "fit for a king."

BAKED APPLES. ‡

Prepare as before, and into a deep earthen dish containing a cup of cold water, put two or three layers of rather tart apples, and bake in a moderate oven. Turn them up from the bottom as they cook, and add a little boiling water from time to time; there must be plenty of juice when done. As soon as all are thoroughly soft, remove from the oven and set in a cool place. Serve within a few hours after baking.

BAKED SWEET APPLES. ‡

Select apples that are smooth and sound, and not too large. Wash well, remove the blossom ends, and put them

in an earthen or granitized iron pan; lay them stems downward, one layer deep, and not too close together. Pour in a little boiling water, and bake slowly two or three hours, or until quite soft. Cover the tops if they incline to scorch; add a trifle of boiling water as it is needed, and turn them over once or twice. There should be enough syrup at the last to make them juicy; and the apples should be a rich brown color. If too dry when taken from the oven, pour in half a cup of water, boiling hot; when cold enough lay them in a glass dish, and pour the syrup over.

BAKED APPLES.—(*Pared.*)=

Pare and wash the apples, removing with a pen-knife, the blossom, stem and core; they should be sweet enough to hold together nicely, when cooked. Put them into an earthen pan, one layer deep, and spaced a trifle apart; pour in a little cold water to start with, and bake in an oven hot enough to brown slightly, but not to burn or blister. Turn once if necessary, and add a very little boiling water from time to time; cover, if the apples are inclined to brown too much on top. When thoroughly soft remove from the oven; and when cool lift into a fruit-dish, pouring the juice over them.

STEWED APPLES.=

Select apples not too ripe, and pare them, removing any blemishes; divide each in halves, cutting through the stem and blossom; then cut each half into three pieces; this enables the cook to take out all the core easily, and without waste. When all are prepared wash hastily, to remove the rust which a steel knife always imparts; put them in a porcelain kettle, add cold water to make them moderately juicy, and cook till soft. If they are very tart, stew *quickly*; and the moment they are ready to fall to pieces stir thoroughly, and lift from the fire; or if there are still some

bits not done, cook five minutes longer. But if the apples are sweet, or sub-acid, you must cook slowly, and not stir; then the pieces will hold together, each unbroken, and swimming in the clear juice. Set them away in the kettle, leaving the lid off till cold; then cover, to keep out flies or insects; or put them into the fruit-dish, ready for the table.

Unripe apples if very tart, are best stewed in about water enough to cook them; stir when done; and while they are still hot, sweeten with a little brown sugar—maple, if you have it.

STEWED APPLES.—(*Choice.*)‡

Take apples of a fine sub-acid flavor, and not very ripe; bright, rosy jennetings are excellent; prepare as in the preceding recipe, and start in cold water, allowing enough to make them rather juicy. If necessary, skim when they begin to boil, and set them back where they will *gently simmer*; if the cover is tin, lift it off as soon as the sauce is thoroughly heated through; if of granitized iron, leave it on. Let the apples cook slowly without stirring, from one to two hours; they must not boil; the top pieces may require pushing down once or twice, to make them cook evenly. Set them off when done, and leave in the kettle to cool. The pieces should all be whole, the juice a clear amber color, or a delicate pink (according to the color of the apples), and of very fine flavor. In lifting into the dish, be careful not to break the fruit.

If the apples are fair and rosy, you may prepare as before, except to leave on the skins; then cook in the way just described. The skins impart a rich flavor and color, both to the fruit and juice; you may put in some of the seeds for flavoring, if you like.

STEWED SWEET APPLES. ‡

Select sweet apples, all perfect, and a little underripe; pare them nicely, trimming out the blossom ends, but leaving in the stems. Wash, to remove knife-rust, and put them into a fruit-kettle, adding enough cold water to about half cover them. Set the kettle over a moderate fire, let it come to a boil, and skim; cook slowly for at least an hour, removing the lid, if tin. Do not stir or break the apples. When done take from the fire, and set away till perfectly cold; then lift carefully into the fruit-dish, and serve whole, with their own luscious juices.

STEWED APPLES.—(*Unpared.*)

Pick out smooth apples with clear skins; bright, rosy ones are best. Wipe them well and cut in halves, removing the stems and blossom ends, and taking out the cores, or any imperfect spots. After washing, put them into a fruit-kettle (by a fruit-kettle is meant either the porcelain-lined, or one of granitized iron ware—never brass, copper or tin), about half cover with cold water, put on the lid, and stew slowly without stirring, till the apples are soft. Then take from the fire, uncover, and set away in a cool place; when cold, lift carefully into a dish, keeping the fruit as whole as possible.

STEAMED APPLES.

Prepare as for baking, leaving the skins on, and steam two or three hours, or until soft.

ROASTED APPLES. ‡

Take fine winter apples, tart or sub-acid, wipe each clean, and set them on the sliding grate in a hot oven. As soon as they are soft to the core, take out, cool and eat; they will cook in a few minutes, and you will find them delicious.

Another way is to roast before a hot fire, turning the apples frequently till done.

QUINCES.

Quinces may be pared and stewed the same as apples. They are rather tart unless sweetened, or cooked with fruits of a milder acid.

APPLES AND QUINCES. †

Take sweet apples and quinces in equal quantities—or two parts apples to one of quince; wash and pare them, cut into quarters, sixths or eighths, according to the size of the fruit, and core well; the slices of quince should be pretty thin. Put a layer of the latter in the bottom of the kettle (as they are longer in cooking), and then one of apples; repeat the layers, pour in cold water to about half cover, and when the fruit begins to boil set it where it will stew very slowly. Cook without stirring, and let it simmer about an hour; cover with a lid that will not blacken, or else leave it off altogether. When done remove from the fire, and leave the fruit to cool in the kettle.

Another way is to take finely-flavored russets and quinces, three or four parts of the former to one of the latter; then prepare and stew as before.

CRAB-APPLE SAUCE.

Stew Siberian crab-apples in a little water, until they are reduced to a soft pulp; then rub through a coarse sieve or colander to remove the seeds, cores and skins, and sweeten to taste. This sauce has a peculiar, spicy taste, which is very agreeable.

STEWED PEACHES. †

Select fruit that is not too ripe; if wanted for canning, it should be quite firm, entirely too hard for eating. The more sunny and rosy it is, the better the flavor. Wet the peaches to prevent the down from rubbing off. If they

are freestones cut them in halves, take out the pits, and remove any gum that may adhere, as it is extremely bitter. Then with a sharp thin knife pare off the skins, wasting as little of the fruit as possible ; if free from gum you may pare first, and then take out the pits. Put the peaches into a fruit-kettle, a few at a time, if you want them unbroken, and allow one part cold water to six parts fruit, or enough for the juice required ; too much water will spoil the flavor. Bring slowly to a boil, and skim if necessary. If ripe, the fruit will be cooked sufficiently by the time it is fairly boiling ; if unripe, cook till it softens, which will require only a few minutes. Then take from the fire, and with a spoon lift out each half, being careful not to break it ; place the fruit in a dish and pour the juice over. Or you may leave it in the kettle till cold, before dishing.

Clingstones should be pared and stewed whole ; if rather green, try with a fork when they begin to boil, and cook only till tender ; if very tart, they will be done in nearly no time. Should you remove the pits, stew them in a little water, and take it to cook the peaches.

BAKED PEACHES.

Take good clingstones, wash well, removing any blemishes, but do not peel them. Fill a stone jar or crock nearly full, add a pint or more of cold water, cover, and bake in a very slow oven an hour and a half or two hours. If the peaches are tart and juicy, less cooking and a smaller quantity of water will be needed.

APRICOTS.

Prepare and stew the same as peaches, removing the pits.

STEWED PEARS. †

The fruit must not be too green, and yet hardly beginning to soften ; if too ripe or too green it will be insipid.

Tart pears are always best for cooking, as the sweet varieties are usually tasteless ; the Bartlett is the best. Remove the skins with a sharp thin knife, cut in halves, or if large into quarters, and take out the seeds. Put them into a kettle, and pour in cold water in the proportion of one part water to seven of fruit, or until about half of it is covered ; then place over a slow fire ; it must not be stirred. When it begins to boil, set the kettle back where it will simmer, keeping it closely covered with a clean lid till the top pieces are soft ; cook slowly, from forty to sixty minutes. If the pears are fair and rosy, the sauce will be of a reddish tint, and the flavor fine. When done remove from the fire, and let it remain in the kettle till cold. No sugar is needed if the fruit is of good quality.

BAKED PEARS.

Select pears with a smooth tender skin, not very large and not too green. Fill a stone jar with them, packing them in closely, and then pour in cold or tepid water till the fruit is two-thirds covered. Turn an old plate over, and bake in a slow oven three hours.

Apples (as Spitzenbergs or winesaps), peeled and cored, may be baked in the same way.

PLUMS. †

Plums are of all varieties and flavors ; some are very sweet, others intensely sour ; some are quite insipid when cooked, while others are of fine flavor. The damsons, and the blue and green gages, are best. Pick carefully to avoid worms, and wash. If you have damsons, let them be almost ripe ; a little soft to the touch ; for every five quarts of prepared fruit put in five pints of cold water, stew slowly, and skim when they begin to boil ; then add two cups of sugar, skim again, and cook rather slowly ten minutes.

The blue and green gages are not nearly as acid as the

damsons, and therefore require less sugar by at least one-half ; they also take less water. A good rule for these, is three pints of water to six quarts of picked fruit ; boil and skim, add one cup of sugar, and cook very slowly till soft ; say from three to five minutes after the boiling commences. If wanted for canning, the gages must be gathered before they are quite ripe, as they fall to pieces badly.

STRAWBERRIES. †

Strawberries, in ripe perfection, are not expected to see the fire ; but so transient are they, that we have sometimes to cook in order to keep them. Besides, it is very convenient to can them for temporary or future use, and open as they are wanted ; berries that are ripe and sweet, but thoroughly firm and sound, are best. If fresh from the beds and free from sand or earth, do not wash them, as it injures the flavor. But if washing is necessary, do it *quickly*, in a colander ; then drain well, remove the caps, throw out any refuse berries, and put those that are not perfect by themselves, for separate attention. Allow for every five quarts of prepared fruit one quart of cold water, and two-thirds of a cup of sugar—though if fully ripe, little if any sugar is needed. Put the water into a porcelain kettle, and add the berries ; do not crowd it, as the fruit foams very much. Place over a slow fire, and when it comes to a boil, skim ; then add the sugar, and skim again ; stir down the fruit with a wooden paddle, and cook slowly five to ten minutes ; a little *longer*, if intended for canning.

FRUIT JUICES.

In all the fruit juices, do not sweeten until *after* the straining is done ; otherwise, a part of the sugar will be wasted. If the fruit is very acid, it is best to strain through a cloth—or an *earthen* colander—as tin discolors the liquid ; if through a cloth, use coarse linen or cotton, or old flannel ;

common cheese cloth is first rate. Never strain into earthen or stone ware lined with *lead glaze*; this is very poisonous, and acid corrodes it.

STRAWBERRY JUICE. †

Prepare the fruit as in the recipe for strawberries (omitting the sugar), and cook five minutes; then strain out the juice, add the sugar, and heat to a boil. This is an excellent beverage, or a good sauce for mushes; used as a beverage, it will require diluting with water. If wanted for winter use, put it into cans, boiling hot.

RED CURRANTS. †

Wash in a colander, drain well, and stem without breaking the currants; throw out the faulty or discolored ones. Put the fruit into a porcelain kettle, and allow three quarts of cold water and one cup of sugar, to every five quarts of stemmed currants. Cook slowly, skim when the kettle begins to boil, and as soon as the mass is thoroughly heated, remove from the fire.

CURRANT JUICE. †

Prepare the fruit as in the last recipe, adding the water, but not the sugar, and cook very slowly; then strain through a cloth or an earthen colander, put in the sugar, and heat again to boiling. Currant juice makes a fine beverage, and a delicious sauce for mushes, etc.; it is also good served with currant scone, or fruit roll. If prepared for drinking, allow *four* quarts of water and one cup of sugar, to five quarts of stemmed fruit; strain before sweetening, heat again to a boil, and set away to cool. Or it may be canned for winter use.

RASPBERRIES AND CURRANTS. †

Wash the currants in a colander, drain them well, and strip carefully from the stems; all that are bruised and discolored should be thrown out. Then look over the raspberries, and see that there are no stems or leaves among them; the fruit should not be overripe. Add to four quarts of black raspberries one of red currants (more currants and less berries are better), and allow five pints of cold water to the five quarts of mixed fruit. Put all into a porcelain kettle, heat slowly, and skim as soon as it boils; then stir in half a cup of sugar, and skim again; cook over a slow fire five minutes.

If red raspberries are used (and they are excellent), take two quarts of water and two-thirds of a cup of sugar, to five quarts of mixed fruit.

RASPBERRY AND CURRANT JUICE. †

Prepare the berries and currants as in the preceding recipe, and when they begin to boil stew slowly three to five minutes; then strain through a coarse cloth. Return to the kettle, add the sugar, and heat gradually till the liquid boils; skim if there is need. If not wanted for immediate use, put it into glass cans boiling hot, and set in a dark place. This juice makes a good sauce for grains, mushes, plain puddings, etc.

GOOSEBERRIES. †

Gooseberries, like other fruits, are best ripe, or nearly so; if stewed when beginning to turn red, they are excellent. Remove the stems and blossoms, and wash thoroughly; put them into a fruit-kettle, and allow two quarts of cold water for every six quarts of berries. Heat slowly to boiling, and skim; then add two cups of sugar, cook five minutes, and either put the fruit into cans or set it off to cool. If the berries are sufficiently ripe, the juice will be a delicate pink

color, and very fine in flavor ; if they are rather green, cook a few minutes longer (never too fast), and use a little more sugar.

In eating this sauce, persons of weak digestion should not swallow the skins ; the better way, however, would be to remove them by rubbing the fruit through a colander before sending it to the table.

GOOSEBERRIES FOR PIES. †

Gooseberries canned when they are beginning to ripen, make excellent pies in winter. For this purpose, prepare and stew as in the preceding recipe, except that less water is needed ; three pints of water to six quarts of fruit will be enough ; put into cans, boiling hot. If, on opening, there is more juice than is needed, drain off the top ; it will make a good drink ; or it can be used as a sauce for mushes. When you make into pies, add a little more sugar—say a spoonful to each pie.

GOOSEBERRY JUICE. †

Look over the fruit, but do not stem it ; the stems and blossoms will strain out with the skins. Wash and stew as in the last recipe but one ; then strain through a colander, add the sugar, and heat slowly to a boil. If not wanted for present use, put the juice into cans, and open as it is needed.

A good way for winter use is to cook the fruit, sweeten, and put it into cans without straining ; you can strain through a colander when you open it. There is a double advantage in this method ; it saves all the trouble of straining during the busy season of fruit-canning, and the juice is not so apt to be discolored if put through the colander *cold*. Earthen colanders of fire-proof ware, would be better than tin ; the tin ones, even when new, will discolor most

acid fruits ; and they are still more objectionable after being used a season.

Gooseberry juice is much liked as a beverage for the sick, particularly when something sour is wanted ; it is also used as a dressing for grains and mushes.

BLACK MORELLO CHERRIES. †

The black morello is the richest cherry we have, not only for stewing and canning, but also for pies. Wash the fruit and look it over carefully, throwing out any wormy cherries, and putting those that are knotty into a separate dish to seed. The perfect ones are better with the seeds left in ; the flavor is finer, and if canned for winter use the cherries kept better. Put into a porcelain kettle two quarts of cold water to five quarts of prepared fruit ; skim when it begins to boil, add one cup of sugar, and cook slowly three or four minutes. Too much cooking makes the cherries insipid.

MAY CHERRIES. †

Wash and look over as in the last recipe, leaving the seeds in. Stew in the same way, except that less sugar and water are needed ; to five quarts of picked fruit, three pints of cold water and nearly one cup of sugar will be ample ; and if the cherries are particularly juicy, take less water by at least one pint. If intended for canning the seeds should be removed, as they give an unpleasant flavor to the fruit, after a time. The English morello is fine stewed in the same way. The very *sweet* varieties of cherries are rather tasteless when cooked.

CHERRIES FOR PIES. †

The black morello is the best cherry for pies, as well as for sauce, though the May cherry is very good. Wash, look over carefully, and seed ; to five quarts of seeded cherries, add (if morello) two quarts of cold water and

two full cups of sugar. If May cherries are used, take three pints of water and one heaping cup of sugar. When the fruit is fairly boiling, can it, and set it away for winter use. Cherries grown in some latitudes are more juicy, and therefore require a little less water.

BLACKBERRIES. †

Select fruit not too ripe—it should be a little firm to the touch—and see that it is recently gathered. Stale blackberries turn a dull red color, and are frequently mistaken for underripe fruit; if eaten in this state without cooking, they often cause *cholera morbus*. If bought in the city markets, look them over carefully; then stew in a porcelain kettle, allowing three pints of cold water to every five quarts of fruit. As soon as it begins to boil, skim; then add three-fourths of a cup of sugar, and if necessary skim again; when the kettle is fairly boiling remove from the fire, or put the fruit into cans. If intended for pies, make less juicy; one quart of water to five quarts of berries, would be plenty.

BLACKBERRY JUICE. †

Prepare and cook as in the recipe just given, except that you strain through a cloth before adding the sugar; then heat slowly to a boil, and remove the juice from the fire. If wanted for winter use, put it into cans, boiling hot. This juice makes an excellent dressing for mushes, or plain puddings.

GRAPES. †

Grapes, to be finely flavored when cooked, should be of the very best quality, and fully ripe. Wash in a colander, and then strip from the stems, throwing out all the faulty ones. Put them into a fruit-kettle, with nearly enough water to cover; a good rule, is two quarts of water to six quarts of stripped grapes; if barely ripe, take a little less

water ; no sugar is needed. Skim when they begin to boil, and cook slowly five minutes; then remove from the fire, or put into cans.

For grapes, plums, blackberries, etc., take a *wooden paddle* to stir or push down the fruit when it threatens to boil over ; iron spoons discolor it, and should not be used.

GRAPE JUICE.—‡

Simple grape juice, strange to say, is a thing of comparatively recent manufacture. In St. Louis, where for many years grapes have been grown in great abundance, this excellent beverage was unheard of until about the year 1872, when it was prepared by the hygienists.

When the grapes are at their best for eating, they are just right for juice. Prepare as in the preceding recipe, *heating slowly*, and skimming well ; and when the whole mass is boiling hot, strain through a cloth. If a colander is used an earthen one is best, as tin discolors the liquid ; when no more juice will run through, put the seeds and skins into a coarse linen bag, or one of ordinary cheese-cloth, and express the remainder ; a jelly-squeezer would answer, but it is sure to discolor, more or less. Add no sugar. The less the fruit (or juice) is cooked, the brighter the color and the better the flavor ; like all small or tender fruits, it is injured by long or *rapid* boiling ; the color becomes dark, and the fine fresh flavor is gone. After you have done straining and squeezing, put all the liquid back into the kettle, let it come slowly to a boil, and then remove from the fire or seal in cans.

This juice put into glass cans or bottles, boiling hot, will keep well for a year, *provided* it stays in a cool dark place. With a bit of ice (or better, cooled in the ice-chest) it makes a fine drink in summer ; and in all seasons it is a grateful beverage, for the sick or well. Served with currant scone, fruit roll, or Graham fruit cake, it is excellent, and when of

rather thick consistency, it makes a very good sauce for mushes.

In preparing grape juice for a beverage, it is best to strain it through flannel or cheese-cloth, instead of through a colander. Do not strain into stone or earthen jars which are lined with *lead glaze*; acids, fruit or vegetable, will corrode it.

MIXED JUICES.

Very fine beverages and sauces are made, by mixing two or more varieties of small fruits in any proportion desired, and then cooking and straining as in the preceding recipes. Strawberries and cherries make an excellent combination; so do raspberries and cherries, or raspberries and currants.

HUCKLEBERRIES.

Like most small fruits, huckleberries, if perfect, are best in their natural state. But after being shipped to distant points they are often in such a condition as to require cooking. Stew the same as blackberries, with little or no sugar. They may be put into glass cans (never in tin), and kept for pies or sauce in winter.

CRANBERRIES. †

In buying cranberries see that they are sound; and in looking them over throw out all the very soft ones, and any that are affected with "dry rot," as these are extremely bitter. After washing, put them into a porcelain kettle, and add about three pints of cold water to two quarts of sorted fruit. This rule is subject to slight variations, some varieties being less juicy than others; a berry not so juicy would need more water, almost as much as there is fruit. Skim as soon as the kettle begins to boil, and stir well. Then let it *boil slowly* from twenty to thirty minutes; take from the fire, press the berries through a colander to remove the skins, and add one cup of sugar. Return the sauce to

the kettle, and simmer till hot ; then set it away in a cool place. If the berries are very ripe, more water and less sugar will be needed; say two-thirds of a cup of sugar and three and a half pints of water, to two quarts of sound fruit.

Cranberries may be canned for winter use, the same as other small fruits. Or, they may be kept under water in a cool place ; they are said to keep in this way nearly or quite all winter. The water should be changed occasionally, and the vessel containing it should stand in a clean, cool place, well ventilated.

DRIED APPLES. †

Apples of first-rate quality, properly dried and cooked, are both good tasting and good looking ; the pieces, whole and perfect, are light in color, and the juice that surrounds them is rich and palatable. Unfortunately, the article in our markets is not of the kind here described ; the apples (and peaches for that matter) selected for this purpose, are generally the very poorest the orchard affords ; knotty, gnarled, inferior in flavor, and often grown in the shade ; and not unfrequently they are half rotted in the process of drying. Instead of the beautiful fruit that used to come from the country dry-house, all in large white quarters, we see a dark mass of scrappy-looking apples, full of cores and other imperfections.

The first thing, then, is to pick over the fruit carefully, trimming off any burnt edges or other defective portions ; then wash quickly in cold water, rubbing the pieces well with the fingers, and lifting them into a separate vessel ; if not thoroughly cleansed, wash again in the same way. Then put them into a clean fruit-kettle, nearly cover with *boiling* water, and cook rather fast till tolerably soft. Apples that are recently and *quickly* dried, as with steam, will usually cook in half an hour ; but if old or dried in the sun, it may

take from one to two hours' fast boiling, to make them tender. If cooked too long, however, they will be tasteless. When about half done, more boiling water will probably be needed ; but do not add too much, lest you spoil their flavor. Just before lifting from the fire, put in (if they require it) enough boiling water to make them pretty juicy.

If new, steam-dried, and cut in quarters or eighths, the following rule is a good one : Over two quarts of apples, trimmed and washed, pour three quarts of boiling water ; cook pretty fast twenty minutes ; then add one quart of water, boiling hot, and cook ten to fifteen minutes longer. If managed just right they will be of a bright color, and rich in flavor. Set them away in the kettle to cool, with the lid off ; and in lifting into the fruit-dish for the table, be careful not to break the pieces.

When the apples are of poor quality, a handful of raisins stewed with them is sometimes an improvement.

DRIED PEACHES AND PLUMS. †

These are prepared and stewed the same as dried apples ; if cut thin they may require a little less time to cook, and also less water.

DRIED PEACHES. †

Look the peaches over, one at a time, throwing out any worthless pieces, and trimming the defective ones with a sharp knife. If unpeeled, wash them through two or three waters, and rub well with the fingers to remove the down. Start in boiling water, and stew rather fast till tender ; if steam-dried, they will usually cook in about twenty-five minutes. They swell less than apples in stewing, and therefore require a little less water ; about two measures of uncooked peaches, to three of water. Have them just soft, when done ; too much cooking or too much fluid, gives the fruit a washed-out taste. The juice, of which there must

be plenty, should be of a clear amber color, mild in flavor, but good and rich; it is an excellent dressing for mushes.

For *dried apricots* soak over night, in water enough to cover them well. Simmer slowly (not boil) in the same water for about two hours. Add water as needed, boiling hot, to make the sauce quite juicy.

PRUNES. †

See that there are no wormy or imperfect ones; then wash the prunes through two waters *very thoroughly*, rubbing them well with the fingers. If this is not done carefully, the juice will be dark and muddy-looking; it should be clear in color, not darker than the juice of fine dried peaches. It is often the slovenly preparing that makes dried fruit so unsightly, and so little relished. Stew the same as peaches, allowing three pints of boiling water to a quart of prunes; they will cook in twenty-five to thirty minutes. This fruit is greatly improved in flavor by adding a handful of tart dried plums, before stewing; some use instead, a sliced lemon, first removing the rind and seeds; it should be put in when the prunes are about done.

DRIED PLUMS. †

Dried plums of some varieties, are very good; they are cooked the same as prunes. If quite tart, a little sugar may be added before taking them from the fire. The *very* tart varieties are excellent mixed with prunes, allowing one part plums to three or four parts prunes.

DRIED CHERRIES.

These are prepared and cooked the same as plums, except that they stew in shorter time; start in boiling water, and take from the fire as soon as done, or they will be insipid. They usually cook in ten or fifteen minutes.

Other small fruits (dried), as raspberries, currants, blackberries, etc., are done in the same way. Raspberries and currants are best stewed together; and a few dried blackberries stewed with dried apples, are said to be good.

PRUNES AND PLUMS. †

Take one measure of tart dried plums, and three or four of prunes; then look them over carefully, wash well, and stew together till done; they will cook in half an hour. The sauce made from this combination is rather tart, but very agreeable to the taste. Allow three pints water to a quart of mixed fruit; no sugar is needed.

SWEET CURRANTS. †

Inspect very closely, as there are often small flinty stones packed in with the fruit; break up the lumps that stick together, and throw out what is imperfect. Put the currants into a basin of water, wash with the hands, rubbing well, and lift them out into another vessel; this will allow any sediment or stones to sink to the bottom. Then turn them into a colander, and *wash thoroughly*, till clean; put them into a fruit-kettle, add a moderate quantity of boiling water (too much in the start weakens the flavor), and stew gently, thirty-five minutes. If not juicy enough, put in more boiling water, just before finishing. A good rule is the following: To a quart of currants, picked over and washed, add to start with, two quarts of boiling water, and cook moderately twenty minutes; then add one pint more (boiling), and stew fifteen minutes longer. You may try them once or twice, toward the last; and the moment they are tender, remove from the fire; too much cooking spoils them. Let them stand till perfectly cold before sending to the table. If well managed the juice will be clear, but rich in color and fine in flavor. This is an excellent sauce for mushes, and particularly good for corn mush.

RAISINS.

Pick from the stems, throwing out imperfect raisins; then wash, and stew in a moderate quantity of water, allowing, say, two and a half pints cold water to every pint of picked fruit. Stew from forty to fifty minutes, or till tender, and let there be plenty of juice when done. If this sauce is too sweet, peel and slice in a lemon after taking it from the fire. In the absence of lemons, a handful of dried red currants may be cooked with the raisins.

ORANGES.

Oranges if perfect, are a wholesome and finely flavored fruit; but as a rule, they are not easily digested with other fruits. They are therefore best eaten by themselves; that is, between meals—or they may be served as a dessert, provided no other fruits form a part of the repast.

LEMONS.

Lemons are so extremely acid, that, dietetically speaking, they take the place of a condiment rather than a food. Like oranges, they form a better combination with vegetables than with fruits; and they make a fine dressing, either for vegetables or meats. Lemon juice diluted with water, is often taken on an empty stomach for disordered liver.

BANANAS.

Bananas (for weak stomachs at least) are best not eaten with other fruits. In fact, dietetically considered, they belong, like melons and tomatoes, with vegetables rather than with fruits. They are best eaten at the beginning of the meal, as they are rather hearty.

POMARIUS.

“This is a very delicate jelly, formed from the expressed juice of tart apples, sound and ripe, with no admixture of sugar or gelatine. The fresh juice is filtered through a thick flannel cloth, and quickly evaporated, by gently heating it in porcelain pans to the consistency of a heavy jelly. From ten gallons of juice, one gallon of Pomarius is produced. It is found to keep uninjured through the hot season, without being sealed. It imparts a delicious flavor to all the cereals, and forms a grateful beverage when diluted with water.”

This recipe is taken from Dr. Trall’s “Hygeian Home Cook-Book.”

DRINKS FOR THE SICK.

In preparing fruit drinks, let none but sound fruit be used. Look it over carefully, and if not perfectly clean, wash through a colander—except raspberries and blackberries, which, being too soft to wash, must be “taken on trust.” Cook in a vessel that is porcelain-lined, or made of granitized iron; and if the water used in stewing is not soft, or is saturated with mud, boil thoroughly, and settle till clear. After these drinks are made set them in the refrigerator, or in a vessel of ice-water, and cool to the proper temperature; if they are too concentrated, dilute with a little pure water.

CURRANT JUICE. †

Allow nearly a quart of water and two tablespoonfuls of sugar, to a full quart of currants stripped from the stems; heat slowly to a boil in a porcelain kettle, and skim. Then simmer five minutes, strain through a cloth, and cool. There is no finer drink for the sick than this; it can be

diluted with water if necessary, and a little more or less sugar used, to suit the taste.

STRAWBERRY JUICE. †

Add half a pint of water and a tablespoonful of sugar, to one quart of capped strawberries. Put into a porcelain kettle and heat, skimming when it boils; then stew slowly, five to seven minutes. Strain and cool; if too rich, dilute with water. This is an excellent drink.

GRAPE JUICE. †

Select the best of grapes, not overripe; then prepare and stew in a porcelain kettle, allowing one pint of water to three pints of fruit, picked from the stems. When it comes to a boil, skim it; then simmer slowly five minutes, and strain through a clean flannel cloth or a cotton cheese-cloth. Heat again almost to boiling, remove from the fire, and cool. As a mild sub-acid drink, this is greatly relished.

GOOSEBERRY JUICE. †

Select sound berries, fresh from the garden, and about half or two-thirds ripe—pale red berries, not very soft. To a pint of these, picked and washed, add one pint of water, and two tablespoonfuls of sugar. Then heat to a boil in a porcelain kettle, skim well, cook five minutes, and strain through a cloth; let the juice stand till it is cold, and drain off the clear pink fluid, leaving the more pulpy portion in the bottom of the vessel. If necessary, dilute with water before serving.

RED RASPBERRY JUICE.

To one quart of fruit allow a pint of water, and a tablespoonful of sugar; stew moderately (in a porcelain kettle) five minutes, and strain through a cloth. Dilute with water if necessary, and give to the patient when cold.

BLACK RASPBERRY JUICE.

Make as in the preceding, only leave out the sugar. This is often given to children for looseness of the bowels; though the expressed juice (uncooked) of berries fresh from the garden, is quite as good.

BLACKBERRY JUICE.

To a quart of sound fruit add a pint of water, and stew without sugar; strain and cool. This also is used for laxness or diarrhea—and so is the fresh juice of the berry.

APPLE JUICE. †

Pare, core and quarter rich, juicy apples, as pippins, with a tart or sub-acid flavor, and start to cooking in water enough to make plenty of syrup; a few slices of quince may be added, if the flavor is liked. Then simmer gently one hour, or till the fruit is quite soft; when cold drain off the juice. No sugar will be needed, unless the apples are very sour.

The juices of canned fruits, diluted with water, make good drinks for the sick, *provided* they are put up with little or no sugar.

DRIED APPLE JUICE. †

Prepare and stew good rich apples, rather tart, allowing water enough to make them quite juicy. After the apples are done lift off the lid, and let them stand in the juice till it is cold; then drain it off, diluting with water if necessary. This makes a very agreeable drink. If wanted in haste, pour boiling water on the raw fruit, sliced, and let it stand a few minutes; then drain off, cool, and serve.

DRIED PEACH JUICE.

Select good fruit, free from gum; the peeled peaches are best. Prepare and stew as for sauce, allowing plenty of

water for juice when done; cool, and dilute to suit the taste.

Tart dried plums may be used instead of peaches.

CRANBERRY JUICE.

Take fine ripe berries, perfectly sound, wash them, add as much water as there is fruit, and stew slowly till soft. Then strain, sweeten to taste, and dilute with water if necessary. Cool before serving.

COLD LEMONADE. †

Select lemons that are sound and ripe; the taste of the *green* fruit is intolerable. The Messina lemons are best in flavor, and full of juice. Remove the rind, and either slice them or use the lemon-squeezer; put in very little sugar; for some patients, none. Add pure cold water—ice-water if you have it—diluting to suit the taste. If the flavor of the rind is liked, wash the lemons, clip off the ends, and slice thin, removing the seeds; then add the sugar, and fill up with ice-water. Stir well, and after a few minutes, serve.

HOT LEMONADE. †

Roll the lemon, cut it in halves, and squeeze the juice into a tumbler; or you may remove the rind, and use the lemon-squeezer. Fill up with hot water, and serve without sweetening.

ORANGEADE. †

This is made the same as lemonade, using good tart oranges.

RAW FRUIT DRINKS. †

A very fine drink is made by squeezing the juice from ripe strawberries, and diluting it with cold water; add a trifle of sugar, if desired. Cherries, currants, grapes, and

other small fruits, can be used in the same way; the grapes if ripe, need no sugar.

Or you may peel a pine-apple, slice it very thin, and if desired sprinkle on a little sugar. Add enough ice-water to cover the fruit, and set it in the refrigerator an hour or two; then add more water, diluting to suit the taste. Drain, and serve.

TAMARIND WATER.

Soak tamarinds in cold water an hour; then pour off the water, strain it, and serve. Good dried apples, rather tart, may be steeped in the same way; and so may *prunelles*.

APPLE TEA.

Peel tart apples, as pippins or bellflowers, slice very thin, and pour boiling water over them; when cold, pour off the water. If preferred, stew in considerable water, strain through a cloth, and then cool and settle; a very little sugar may be added, if desired.

CRANBERRY TEA.

Take ripe cranberries, perfectly sound, mash thoroughly, and pour boiling water over them; let the mixture stand a few minutes, or till cold; then strain off the water, and sweeten to taste. Good tart apples, scraped, and treated in the same way, may be used; and so may dried sour currants, or dried red raspberries.

TOAST WATER. †

Take Graham bread that is two or three days old, but perfectly sweet; the unleavened is best; cut it in thin slices, and toast slowly and evenly till thoroughly dry, and well browned; do not on any account scorch it. Then pour over *pure* cold water, let it stand an hour, and drain off the water for a drink. Stale loaf bread, home-made (of Gra-

ham or white flour), may also be used. If this drink is made with hard water, the latter should be first boiled, and then allowed to cool and settle.

Another way to prepare toast water, is to have the toast ready, fill a small pitcher with boiling water, and drop the slices into it; then cool, and set in the refrigerator till wanted.

If liked, you may parch wheat, corn, barley, rice, or any of the grains, pour over boiling water, and let the mixture steep half an hour; the grain should be sound, and well washed and dried before parching. Serve the drink warm or cold, without sweetening.

BARLEY WATER.

Over a third of a teacupful of fresh pearl barley, pour half a pint of boiling water, and let it simmer five minutes; then drain off and throw away this liquid. Now add two quarts of boiling water, and let it boil until it is reduced one-half. Strain, and use without sweetening.

OAT WATER. †

Into two quarts of cold water, stir a single handful of fresh oat meal; let it stand fifteen to twenty minutes, or longer. Pour off the water as it is wanted, and serve.

FOODS FOR THE SICK.

When persons are sick with fever, or other acute disease, there is usually little need of food—the rule being, *the less the better*. In long-running diseases, however, as typhoid or other low fevers, and in all convalescing cases, more or less food should be given. In the hygienic dietary, there is an abundant variety of wholesome articles to select from. Cooked fruits and fruit juices, dry toast, wheat meal crisps, the hard roll, plain boiled rice, oat meal mush, baked po-

tato,—these, and other plain dishes, furnish an ample variety of the more substantial foods. Some of the *raw* fruits, also, as ripe grapes, strawberries, peaches, etc., are very acceptable to the sick. When the patient is too weak for much solid food, and yet feels the need of “a little something,” selections may be made from the following recipes.

OAT MEAL GRUEL. †

Over three tablespoonfuls of fresh oat meal pour half a cup of cold water, and stir it well; add a pint and a half of boiling water, and stir thoroughly. Strain through a tea-strainer, or a coarse cloth; if neither is at hand, let the mixture stand two or three minutes; then drain off all the fluid portion, leaving the coarser part of the meal in the bottom of the vessel. Set that which is drained off, over the fire, and stir till it boils; cook ten minutes, and skim.

OAT MEAL GRUEL. †

Into one quart of boiling water, stir a tablespoonful of oat meal; boil thirty minutes, and strain through a tea-strainer, or a thin cloth. Or, you may omit the straining, and cook fifteen minutes longer. This method of making takes less meal than in the preceding recipe.

CORN MEAL GRUEL. †

Stir a tablespoonful of corn meal into a quart of boiling water, and cook half an hour; stir frequently, and do not scorch the gruel. The meal should be rather fine, and perfectly fresh.

WHEAT MEAL GRUEL. †

Stir two tablespoonfuls of wheat meal into a quart of boiling water, and cook fifteen minutes without scorching; add the meal very slowly, to avoid lumping. When done, strain through a thin cloth, or fine strainer.

RICE GRUEL.

Look over and wash two tablespoonfuls of rice, and put it into a quart of cold water; set where it will cook moderately, and stir or shake at intervals to keep it from sticking. After it begins to boil, cook half an hour; then squeeze through a coarse cloth, or strain through a fine colander, mashing the rice with a spoon to press out the fluid. If wanted on short notice, start the rice in boiling water, and cook till soft; or soak it beforehand, and boil in the water used for soaking; it will cook in twenty minutes.

RICE MUSH. †

Cook the same as for rice gruel (except the straining), and serve without seasoning.

DRY TOAST. †

Take cold-water loaf bread, or leavened Graham bread, two or three days old, and slice it thin; toast slowly *to an even brown*, leaving the bread free from moisture, and with no burnt edges. It should be eaten dry.

POTATO SOUP. †

Wash and pare two or three potatoes of medium size; they must be of good quality, and not the least bit sun-burnt; quarter, or cut in thick pieces, but do not slice them. Drop into a pot containing one quart of boiling water, cover, and cook fast thirty to forty minutes, stirring frequently to break up the lumps. If in that time the water has thickened sufficiently, strain through a fine colander, and serve warm. But if after boiling the soup should be too thin, skim out the lumps, mash fine, and return to the kettle; boil a few minutes longer, and then strain. If wanted on short notice, slice the potatoes as thin as possible, and boil rapidly twenty minutes, with occasional stirring. Then strain, and serve.

DRIED PEACH SOUP.

Look over, trim, and wash carefully a handful or two of good peaches; then put them in a porcelain kettle, add enough boiling water to make them quite juicy, and stew moderately till tender. Remove from the fire as soon as done. If there is not sufficient juice at the last, or if what there is looks dark and tastes strong, add a little boiling water. If the soup is not wanted immediately, set the fruit away till cold. When ready to make, take a cup one-third full of cooked peaches, and fill it with the juice; put this into a small fruit-kettle or tin basin, and set it on the stove. Then add nearly as much boiling water as there is juice; make a little thickening by mixing a teaspoonful of flour with two tablespoonfuls of cold milk or water, and stir it in. After the soup begins to boil, cook five minutes; then cool to about blood heat, and serve.

FOODS FOR INFANTS.

The best food for a babe is its mother's milk, provided she is in good health. When the mother can not nurse her child, the best substitute is a healthy wet-nurse. If the latter is not to be obtained, take the milk of one cow, in healthy condition and properly fed; avoid that of any animal fed on slops or swills, as it is not only injurious to the child, but actually poisonous. For the new-born babe, get if possible the milk of a *fresh* cow; and at all times let the age of the calf correspond very nearly to that of the child. The milk should be given as it comes from the cow (the newer, the better), undiluted with water, and without sweetening; if cold, it must be warmed to blood heat. When cow's milk can not be had, goat's will answer, provided the animal is well fed, and healthy. If the infant takes the bottle, always have *two* on hand, so that one can be cleansed and sweetened, while the other is filled. The

black rubber nipple is said to be better for the child than the white.

If milk of good quality can not be secured, then make a gruel of either oat or wheat meal; the grain should of course be the very best, well cleaned, and properly ground. The meal too must be fresh, and not very coarse; prepare according to the recipes already given, only make the gruel a little thinner, and cook nearly *twice* as long; strain carefully.

Never give to a babe arrow-root, white crackers, or other concentrated foods; these produce constipation, and other derangements of the alimentary canal. Most of the artificial foods that are manufactured especially for infants, tend to constipate. When there is that condition of the bowels, it is often corrected by giving a little of the juice of ripe cooked fruits, as strawberries, apples, peaches, grapes, etc.; the juice of cooked dried fruits, as apples, peaches or prunes, may also be given.

As the child grows, and the bones and teeth develop, it is a good plan, where it is "raised by hand," to give milk and oat meal gruel mixed, half and half. Rice cooked soft and mixed with milk, is also good.

Many young children die annually in our cities from being fed on swill milk, and the milk of slop-fed cows; and many persons of all ages die from eating fruits and vegetables that are stale. Not a few nursing children are killed indirectly, by the same things; the mother eats the stale material, and the child suffers from it. Another cause of sickness among children, is overfeeding. A young infant, whether it nurses or takes the bottle, does not require to be fed oftener than once in two or three hours—some say a longer time; and after it is three months old, once in four or five hours is sufficient. Nursing frequently through the night, is a bad practice, both for mother and child. It is indeed questionable whether a babe that nurses the last

thing at night, really *needs* anything more until morning. The truth is, more children die from overfeeding, than from defective nutrition.

PRESERVING FRUITS AND VEGETABLES.

Fruits and vegetables may be preserved hygienically by drying, by refrigeration, and by canning; and recently, a process which may be called evaporation, has been applied to fruit juice in the making of jelly.

DRYING FRUITS.

In the drying of fruits, much of their fine flavor escapes by evaporation; and that method is of course the best, which, while it most facilitates the drying process, is least wasteful of their natural juices. What is known as "Boswell's Heater and Drier," is constructed with this idea in view; and the fruit dried in it is said to be almost as fine in flavor as when gathered from the tree. The "Alden" process is also recommended; it certainly does its work rapidly, and the apples look well. But it has been questioned whether their flavor is perfectly preserved; whether in slicing them so exceedingly thin, a large per cent. of it may not be lost by evaporation, and the fruit rendered insipid. On the other hand, that dried wholly in the sunshine is cured so slowly, and is so much exposed to currents of air, that it loses by long-continued evaporation, much of its nutritive value. A good plan with soft, juicy fruit, is to set it into a hot oven, and heat through before putting it in the sunshine. This starts the juice, and a film forms on the surface of it, which holds in solution the nutrient particles until they are absorbed in the more solid meshes of the fruit. Peaches dried in this way are very rich, and fine-flavored.

Small fruits, as berries, cherries, etc., are good dried in the following way: Put them on old plates or earthen pie-

pans, sprinkle a little sugar over, and set in the oven till fairly heated through; then finish around the stove, or on shelves above it. As the drying proceeds, stir occasionally, and let the juices that have escaped be reabsorbed. If there is a hot sun, the fruit after it is heated in the oven, may be set outside to dry under fine wire screens, which will keep flies and other insects from it. All fruit that is dried in the open air, should be thoroughly heated before it is packed away; this will prevent it from getting wormy. Apples that are tart enough to cook to pieces and make a smooth sauce, may be stewed in as little water as possible, then spread on plates, and dried in an oven or dry-house. When soaked, make into pies, or use for sauce. Peaches and other pulpy fruits, can be dried in the same way.

None but the best quality of fruit should be reserved for drying, and it should not be overripe.

DRYING VEGETABLES.

Some vegetables are very good gathered while green, and dried for winter use; among these are garden peas, Lima beans, and other shell beans. They must be gathered and dried before they begin to ripen—or when they are just right for the table. Peas especially, if too ripe, lose their sweetness and fine flavor.

Green corn is excellent dried as follows: Take ears that are young and tender, either the evergreen, or the white (or yellow) flint; boil ten minutes, or until the milk sets; then split the grains with a sharp knife, and scrape out the corn, leaving the hulls on the cob. Spread it on plates, and dry, either in an oven or dry-house, or in the hot sun; stir well from time to time. Be sure it does not sour in the process; when dried in the sun, a good plan is to set the corn, already scraped out, into a pretty hot oven, and scald or “cook” it before finishing out of doors. To prevent its getting wormy, heat thoroughly before putting it away; this

will kill the ova, that may have been deposited by flies. Immediately after heating, put it where the flies can not touch it. You can tie it securely in paper bags, and hang in a dry, dark place; or you may put it into stone jars, filling them within an inch of the top, and then tie over each a paper or cloth, free from holes, and tightly stretched.

Corn may also be prepared for drying in this way: With a thin sharp knife shave off the tip ends of the grain, and throw them away; then slice very thin, until three-fourths of the corn is removed from the cob, and scrape out the remainder with a dull knife; this leaves the harsher part of the hull on the cob. Put the corn in pans, and dry as before.

Sweet potatoes are sometimes dried for winter use as follows: First boil them in very little water, or steam until tender; remove the skins with any defects, slice rather thin, and dry in an oven or dry-house.

Pumpkins are dried for pies in winter, in the following manner: Prepare and stew, as in the recipe heretofore given, until a smooth sauce is made; it should be pretty dry when done. Then spread evenly in rather a thin sheet, on a smooth board. Dry before a fire, or in the hot sun. It must be soaked over night in a little water, before using. Pumpkins of fine texture and thoroughly ripe, are sometimes simply cut in slices, and dried the same as apples; when you make into pies, soak the dried pieces over night in just enough water to cover them; then mash fine before mixing the batter.

EVAPORATING FRUIT JUICES.

This is a new process, but one that deserves the attention of hygienists. If by rapidly evaporating the more watery portions, we can preserve the juices of fruits with all their delicate flavors, and make them available at all seasons of the year, it is indeed a most valuable art, and one that

should be better understood. The following extract, clipped from a daily paper and taken from the New York *Journal of Commerce*, is evidently a mere fragment of an article on this subject:

“As the juice ran fresh from the apples, before it could begin to ferment, it was conducted in a pipe to a large open evaporating-pan over a rude brick furnace. The cider flowed steadily in a stream into one end of the pan, which was some ten or twelve feet long, meandering through the compartments; it boiled as it progressed, and foamed up at the further end, where it was drawn off and poured into clean new wooden tubs and pails (made on the spot), and became a clear, solid claret-colored jelly, without addition of sugar or anything else. It is a method of utilizing cider, reducing it to a form which well repays long transportation to market; and it adds to the city table a luxury fully equal to expensive jellies, at a very low price. The jelly is sold at the factory for about a dollar a gallon in the package. This is a simpler, cheaper, and more remunerative, as well as more useful product of apples, than cider brandy; and I marvel now at the orchards loaded with fruit, which I saw two years ago, and this year in New Hampshire, rotting ungathered because it would not pay to pick them. They told me at this cider-mill, that they were paying eight to twelve cents a bushel for apples delivered at the mill. The most accessible railway station is eighteen miles distant, at Shelburne Falls, in Massachusetts. I recommend apple jelly, made without sugar or gelatine, as a capital addition to good mutton.”

A process similar to this, if not identical with it, is that already described in the making of an article called “Pomarius,” under the head of Fruits and Fruit Juices. By this process it would seem that making fruit jellies without the addition of sugar, is not only possible, but (in the near future certainly) *practicable*.

REFRIGERATION.

Fruits and vegetables can be kept for a long time in a room attached to an ice-house, where the temperature will not rise above or fall below forty degrees, Fahrenheit. The passage leading to it should have two or more doors to exclude the external air.

But the method of preserving which is most resorted to, because it is within the reach of all, is that of sealing in air-tight jars or cans. Fruits, vegetables, and even meats, are perfectly kept in this way.

CANNING FRUITS, Etc. †

By this process, fruits of all kinds may be preserved with or without sugar, by simply stewing them, and sealing, boiling hot, in tin or glass cans from which the air has been excluded. They will keep a year in good condition, losing very little of their fine flavor.

GENERAL DIRECTIONS.

A day or two before you commence canning for the season, look over all the jars,* covers, etc., and see that they are clean and in order. If the kettles, colander, funnel and other utensils have given out, they must be replaced with new ones. And if some of the jars require sealing-wax, have that on hand, together with a supply of clean tin covers, and the wires that hold them in place. If bottles are to be used, look to the corks; see that they fit well, and are all clean. Select kettles that are the right size for your stove, and well made; the porcelain-lined are best; those made of granitized iron will answer, though they are so thin that the fruit is apt to scorch in the bottom. Lids made of this material are better than tin, as they do not

* The terms, "can," and "jar," are used interchangeably.

corrode. You will need a funnel and dipper of the same ware; or the latter may be porcelain.

Do not use cans made of tin; acid fruits corrode it, and are poisoned by it. Besides, much of the tin now made contains large quantities of lead; and this being easily corroded is doubly poisonous. Even stone ware is not to be relied on; its surface is usually full of small holes, rendering it porous; and a great deal of this ware is lined with lead-glaze, rendering its use dangerous. Good glass jars are the best, and in the end the cheapest; the "Mason," the "Hero," and the "Gem," have all been used; the Mason especially, has been a great favorite; but some of recent make are not to be compared with the older jars; the glass is thin and poor, and some of the covers fit badly, owing to the defective finish of the cans.

The best material for covers, as well as jars, is glass; if they are made of zinc, they should be porcelain-lined. The jars, to be well made, should be of good glass, uniform in thickness, and of sufficient weight; the covers also should be perfectly fitted. When the fruit is emptied from the cans, the covers and rubbers should be carefully washed, dried, and put away for another season; the rubbers ought not to stand in very hot water, as it spoils them. Zinc covers that have been used, must be rubbed with sapolio and water *till clean and smooth*, and then thoroughly rinsed and dried. Any cans to which covers can not be perfectly fitted, should be set aside; you can sometimes fill them for temporary use, in case you run short of good ones. If tin cans are used, the fruit should all be emptied out, immediately after they are opened; for as soon as the air reaches the inside, the contents will be more or less affected by the metal.

In preparing for canning put the fruit over the fire, and while it is coming to a boil bring the jars, covers, rubbers, dipper, funnel, etc., and lay them on the table; bring also a wooden paddle, silver spoon, small dish for emptyings,

cloths for drying, and a wide tin basin to set the cans in while filling. Place all on a table near the stove, and have plenty of hot water ready.

The following method of filling is a good one, and it has the merit of breaking no jars: When the fruit is sufficiently cooked, take the wide tin basin, set it as near the stove as possible (either on the stove-hearth, or on a table near at hand), and fill it, say one-third full of very hot, but not boiling water; too hot to hold the hand in. Then introduce a can sidewise, roll it over and over quickly in the water, and set it right side up in the basin, with the water in and around it. Introduce another can in the same way, and continue the process till the bottom of the basin is nearly covered; it will hold perhaps four jars. Drop the covers also into a basin of very hot water. Now, the kettle of boiling fruit being at hand, turn down one of the jars in the basin of hot water, roll it over quickly, empty it, and adjust the funnel, which should be small enough to fit into its mouth. Then with a dipper pour in, rather slowly at first, a little of the syrup; follow with the fruit, until you have filled the jar; see if there are any air-bubbles entangled in the meshes of the fruit. If so, dip the silver spoon into the hot mass in the kettle, and then introduce it down the sides of the jar and through its contents, in such a manner as to let out the air; if when the latter escapes the fruit has settled perceptibly, add a little juice, until the jar is almost brimming. This done, wipe the moisture from the top of the can, and place the elastic on smoothly; then lift a cover from the basin of hot water near by, dry it, and screw it on till it clasps the rubber tightly all around. Do all this in less time than it takes to tell it—or at any rate, as quickly as possible. If there are any doubts about the jar being air-tight, turn it upside down, and see if bubbles rise through the fruit. If the rubbers are old and stiff, dip them into hot water and then out, wiping dry before using.

Now set the jar to one side, and proceed to fill another; if you have an assistant, let her adjust the rubber and cover while you fill the next. After the jars are cool enough to handle, screw the tops again; and when fully cold, give them another twist. Indeed, the best plan is to let them stand at least twenty-four hours, and tighten from time to time. Last of all, wipe them clean with a damp cloth, and set away in a dark closet; or if you have no dark place, wrap each can in brown paper, to exclude the light; the cooler the place the better, provided the fruit does not freeze. Examine it carefully, every few days for the first two or three weeks, and occasionally afterward, to see if it is keeping well. If mould appears, the can should be opened and the fruit used, care being taken to remove the mouldy portion.

A plan that is said to be perfect (and it is easier, certainly, than the one just given), is the following: Wring a loose crash towel out of warm or tepid water, leaving it pretty wet; fold it several thicknesses, and either lay it in the bottom of an empty basin, or on the corner of the table, close to the fruit-kettle. Place the jar on the folded towel, adjust the funnel to its mouth, and then put into the can a long silver spoon which has just been dipped into tepid water; proceed to fill with the fruit, pouring it in slowly at first. When the jar is full wipe off the moisture, adjust the rubber, and then put on the cover as before. Some fill without the spoon, relying simply on the wet towel; but it is *safer* to use the former, as it is a good medium for conducting and diffusing the heat. An iron spoon would do just as well, if it did not discolor the fruit; some use a wire or knitting-needle.

A very good plan when one has the proper appliances, is to fill the cans with fruit, adding water to make it sufficiently juicy; then heat with steam to thoroughly expel the air, and seal.

SEALING WITH WAX.

Fruit can be kept perfectly in glass jars, sealed with wax; the latter is usually made by melting rosin with a little bees-wax, and a *very* little beef tallow. The following are said to be good proportions: One pound rosin, two ounces bees-wax, and one and a half ounces tallow, melted together. When the cans are ready to fill, melt the wax, but do not heat it very hot; dip in the fruit, wipe the moisture from the top of each jar, and put on the cover; then slip a wire (bent for the purpose) over the top to keep the cover in place, and pour in enough wax to fill the groove even full.

If bottles are used, or jars with small mouths, put in well-fitting corks softened by dipping into hot water; force them down securely, and cover well with wax; if air-bubbles form in it puncture them, and fill the cavities with more wax. You will need to inspect the tops closely, until the wax is nearly or quite cold.

SPECIAL DIRECTIONS.

Under the head of "Fruits and Fruit Juices," the reader will find details for preparing fruits of all kinds, either for stewing or canning. There is also a table given, showing the relative proportions, by measurement, of sugar (where any is used), cold water, and fruit—the latter as prepared for the kettle. By a "cup" is meant half a pint. The proportions given may not suit all tastes, nor all *latitudes*, as fruits vary with the climate, both in juiciness and sweetness. However, the rules here given will serve at least as a guide; and it will be an easy matter to adjust the quantities after one or two trials. Remember always to heat or stew the fruit *slowly*.

For convenient reference—serviceable to those who already understand the details of putting up fruit—the following bare outline is given:

APPLES.—Take for canning, apples that have a fine sub-acid flavor ; then quarter and core, or cut into eighths, add cold water enough to make them sufficiently juicy, and cook slowly till soft ; the pieces should not be broken. Prepare sweet apples and quinces in the same way, except that you start the quinces *first*, half cooking them before the apples are added. Can in glass.

PEACHES.—Select fine fruit, not too ripe ; it should be firm to the touch. Pare thin, remove the pits provided the peaches are not clingstones, and allow about one quart of cold water (less for very juicy fruit) to six quarts of peaches, prepared and cut ; bring slowly to a boil and can. Rosy “clings” canned with the stones in, make the best sauce.

PEARS.—The Bartlett or other tart variety is best for canning ; remove the paring with a very thin knife, cut in halves, and take out the cores. Then add about one quart cold water to seven quarts of cut fruit, bring slowly to a boil, and set back where the kettle will simmer gently, nearly or quite an hour ; then dip into cans. Keep the pieces as whole as possible.

PLUMS.—For damsons, allow five pints cold water to five quarts of fruit ; cook slowly, and when they come to a boil, skim ; then add two cups of sugar, cook slowly about ten minutes, and put into glass cans.

Green or blue gages require less water and sugar than the damsons, and scarcely any cooking ; three pints water and one cup of sugar for six quarts of fruit, would be enough. The plums must be rather hard ; if beginning to soften, they will fall to pieces.

GRAPES.—Take about one-third as much cold water as there are grapes picked from the stems—or two quarts water to six quarts fruit ; bring slowly to a boil, skim, and cook or simmer five to eight minutes ; then can.

GRAPE JUICE.—Add one-third as much cold water as you

have of stripped grapes ; for an ordinary kettle, take two quarts water and six quarts fruit. Bring slowly to a boil, then skim, and strain through a cheese-cloth ; or an ordinary flour-sack will answer. Or you may rub as much of the pulp as possible through an *earthen* (or granitized iron) colander, if you have one ; then squeeze the remainder through a cloth. Heat again slowly to a boil, and put into glass cans or bottles. Much cooking or a hot fire, darkens the juice.

STRAWBERRIES.—Wash quickly (in a colander), if the berries require it ; remove the caps, and stew slowly, allowing one quart of cold water to five quarts of fruit, ready for the kettle. Take off the scum as it rises, and then add two-thirds of a cup of sugar—less, if the berries are pretty ripe ; and some use none at all. Simmer slowly ten to fifteen minutes ; then put the fruit into glass cans, carefully *remove the air-bubbles* by passing a silver spoon through the heated mass, and seal securely with wax. Further directions for canning this fruit will be given on another page.

STRAWBERRY JUICE.—Prepare the fruit, add the water as above, and heat to a boil ; then skim, and cook slowly five to eight minutes. Strain through a coarse cloth, add the sugar, and heat again to boiling. Put the juice into cans or bottles, and seal.

CURRANTS.—Wash in a colander, strip the currants from the stems, and add three quarts of cold water to five quarts of the prepared fruit. Heat slowly to a boil, skim, and stir in a cup of sugar ; heat again rather slowly, till the mass is boiling hot, and then can in glass.

CURRANT JUICE.—Prepare and stew the same as the last (three quarts water to five quarts stripped currants), and after skimming strain through a cloth ; then add a cup of sugar, heat again to boiling, not too rapidly, and put into glass cans or bottles.

RASPBERRIES.—For black caps, allow five pints of cold

water to five quarts of fruit ; heat to a boil, skim, and add half a cup of sugar. Cook slowly five minutes, and dip into glass cans.

Red raspberries require less water, and a little more sugar ; two quarts of water and two-thirds of a cup of sugar to five quarts of the fruit.

RASPBERRIES AND CURRANTS.—Take one quart of currants stripped from the stems, and four quarts of black caps ; add five pints of cold water, and heat to a boil. Skim, add half a cup of sugar, and cook slowly five minutes ; then can in glass.

RASPBERRY AND CURRANT JUICE.—Prepare as above, except to strain through a cloth before adding the sugar ; then heat to a boil, and seal in glass cans or bottles.

BLACKBERRIES.—To five quarts of berries add three pints cold water, and bring to a boil ; then skim, stir in three-fourths of a cup of sugar, heat again slowly, and put into glass cans.

BLACKBERRY JUICE.—Prepare as in the last, straining through a cloth before the sugar is added ; then heat again to boiling, and seal in glass cans or bottles.

GOOSEBERRIES.—Select berries that are turning red, but not *fully* ripe ; wash well, remove the stems and blossoms, and allow two quarts of cold water to six quarts of fruit. Heat to a boil, skim, and add two cups of sugar ; cook slowly five to eight minutes, then dip into glass cans and seal.

GOOSEBERRY JUICE.—Never mind the stems and blossoms ; wash well, and stew the same as the last, except that you strain through a coarse cloth or colander before the sugar is added ; then heat again to boiling, and fill the jars ; these must be glass. Or—a better way—you may sweeten and can the *berries* if you like, and strain when they are opened ; you can then press them through an ordinary tin colander, as the *cold* fruit does not corrode it.

MAY CHERRIES.—Wash the cherries in a colander, drain well, and stew, rejecting any that are decayed or wormy. If you want the fruit for temporary use, you may leave in the seeds; then, to five quarts of stemmed cherries allow three pints of cold water, and two-thirds of a cup of sugar. If the fruit is very juicy take less water by about one-third. Or if intended for winter use, remove the seeds, and take three pints of water to five quarts of *seeded* cherries; bring slowly to a boil, and skim if necessary. Add one full cup of sugar, and as soon as the mass is thoroughly heated seal in glass cans. Too much cooking destroys the flavor of the cherries.

MORELLO CHERRIES.—Wash, stem, and look over carefully, leaving in the seeds; the *knotty* cherries may be pitted, and either canned separately or stewed for sauce. To five quarts of stemmed fruit allow two quarts of cold water; then bring to a boil, and skim. Stir in one cup of sugar, heat again to boiling, and fill the cans; these must be glass. If put up for pies, allow two quarts of water to five quarts of *seeded* cherries, and add two heaping cups of sugar.

CRANBERRIES.—Pick out the very soft berries, and all that are affected with “dry rot.” After washing, allow three pints of cold water to two quarts of fruit. Stew very slowly fifteen to twenty minutes, skimming well; then add one cup of sugar, cook a moment longer, and put into glass cans. When you open, strain through a colander to remove the skins. You may strain before sealing, if you like; but in this case use an *earthen* colander, or a coarse cloth; the hot juice will corrode tin. If the berries are very ripe, allow a little more water, and less sugar.

STRAWBERRIES.—HOW BEST TO CAN.

Strawberries are thought to be more difficult to keep when canned than almost any other fruit; and it has puzzled many to understand just why they should give so

much trouble. It is believed, however, that the mystery is at last solved ; and that the whole difficulty—after reasonable care in excluding the air-bubbles—comes from the fact that the berries (in the cans that spoil) *rise above* the juice which should cover them, and begin to mould in consequence of the small particles of air confined in their meshes. The proper thing to do in this case is to keep watch of the cans, and as the fruit rises *shake it down* into the liquid contents below ; in other words, saturate the berries with the juice, until they sink to the bottom by their own weight ; then they will be found to keep, without further difficulty. Should any can be neglected too long, and mould begin to form on the surface, it must be opened at once, and the fruit used before it is further affected.

A lady who cans strawberries every year, and whose authority must be heeded, inasmuch as she has *never lost a jar*, gives the following directions, founded on her own experience :

“Have good sound berries, put in water to make them quite juicy, and when they begin to boil skim off the froth. Cook a few minutes over a moderate fire, till the mass is thoroughly heated through ; and keep the fruit pushed down under the hot liquid. Then dip into glass cans (self-sealing) which you have rolled over and over in very hot water ; *let out the air-bubbles* by running a silver spoon through the berries, remove any froth that rises, and fill almost to the brim. Wipe the moisture from the tops of the cans, adjust the rubbers (also dry), and screw on the covers ; these should be kept in a warm place till needed—though a quicker way is to dip them into hot water, take them out, and dry with a cloth before using. I generally leave out the sugar, as I like the berries better unsweetened ; sometimes I sweeten a few cans, ‘just for company.’ As the fruit cools screw the covers again ; and keep up this tightening process for a day or two ; then set the cans

away in a cool, dark place. If after a short time the berries rise to the top—and they frequently do—take each can in your hands and shake it gently, moving it back and forward till all the fruit sinks to the bottom, or low enough to be entirely covered by the juice ; the berries will not rise a second time. I always pursue this plan, and my strawberries never spoil.”

TOMATOES.—HOW TO CAN.

Tomatoes are said by some to be hard to keep. That the fault is in the management and not in the tomatoes, is shown from the fact that some persons have no trouble with them. The whole difficulty is caused by the *retention of air-bubbles* ; these, if present, can be detected by turning the jar upside down after sealing, when the bubbles will rise through the contents up to the surface. If you will carefully *expel* these intruders before screwing on the covers, the tomatoes will keep perfectly. To do this, proceed as follows : If the tomatoes are pretty ripe they will be quite soft when cooked, and the confined bubbles of air will be all through them. As soon as they come to a boil, push down the top ones, so that all may be thoroughly scalded ; then fill the can, pass a silver spoon through the hot mass, moving it in such a way as to let the bubbles *escape to the top* ; these can frequently be seen through the glass, down the sides of the jar. When you feel sure that they are all let out, pour in a little more juice if it is needed (the can should be filled almost to its brim), then wipe off the moisture, put on the dry rubber, and screw down the cover. After the jars have partly cooled, give the covers a second twist, then turn each one upside down, and see if any bubbles ascend ; if so, it must be opened, the tomatoes heated again to boiling, and the can refilled in the same careful manner.

A better way, however, if you can get the tomatoes, is

this: Select those that are not too ripe—a little firm to the touch; smooth, round ones of medium size, are the best. Peel without scalding, as it makes them less soft; the knife must be thin and sharp. Put them into the kettle whole—or if large, cut once through from stem to blossom; then heat rather slowly, until the whole mass is thoroughly hot, and boiling; skim if there is need. The jars being in order proceed to fill, first pouring in a very *little* juice; then lift out the tomatoes, one at a time, and when the can is almost filled dip in the juicy portion, at the same time introducing a large spoon, and firmly pressing down the tomatoes, which will send the air-bubbles to the top. When no more juice can be added, dry the moisture from the can, adjust the rubber, and seal as before. The covers must be tightened two or three times; *once* after the jars are entirely cold. With these precautions the tomatoes ought all to keep; though it is generally safe to apply the *test*, that of inverting the can after it is sealed, and cool enough to handle. The jars must be set in a closet or other dark place, and inspected occasionally the first few weeks, to see that they are all in order; if mould begins to appear the can must be opened, the specks of mould carefully removed, and the tomatoes used.

Glass cans that seal with wax, are thought to keep tomatoes better than those that are self-sealing; owing perhaps to the fact that the latter are not always well made. Tin cans are good to exclude the air, but as already stated, the acid corrodes the metal more or less, and the oxide of tin is formed. For this reason glass is always preferable, even for tomatoes. If tin is used, however, it should be of the very best quality, and the cans opened *before* there is any decided metallic taste imparted to their contents. Very few brands are good after eight or ten months. When the tin is poor, the acid corrodes it in a short time.

TO CAN VEGETABLES.

The writer has had no experience in canning vegetables, except it be the tomato. It is said that the difficulty hitherto experienced in preserving them, is due to not cooking *long* enough to expel the air; that beans, peas, corn, etc., to keep well, should be cooked till ready for the table, before they are put into cans. Good *tin* cans, securely soldered, will no doubt preserve vegetables best; though a lady who has tried glass jars, sealed with wax, has had no trouble with corn and tomatoes. She puts them up as follows:

Peel and slice the tomatoes, put them into a porcelain kettle, and place over a moderate fire. Then prepare an equal quantity of corn; with a sharp knife shave off the tip ends of the grains, and throw them away; then slice thin, cutting off nearly all the corn, and scraping out at the last, leaving the coarser part of the hull on the cob. Put it into a separate kettle and cook twenty minutes, or until done. Then turn the corn and tomatoes together, heat till they are boiling hot, and dip into glass cans; seal securely with wax; and if any little air-bubbles form in it, puncture them, and fill with more wax. When quite cold, wrap each can in brown paper, and set in a cool, dark closet.

MISCELLANY.

STORING FOR WINTER USE.

Fruits and vegetables should be handled with the greatest care, both in gathering and storing, as every little bruise leads to decay. They keep best in an apartment that is dry, and as cool as it can be without freezing. The bin for potatoes should not only be dry and cool, but *dark*, as they, of all vegetables, are most susceptible to light. Potatoes in groceries are usually strong in taste, and some of them green in color, from standing near a door or window;

they should be kept in a dry, dark cellar till sold. Sweet potatoes are very susceptible to the touch; they should be handled "like eggs," as the least bruising causes them to decay. They keep best in dry sand, in a warm, dry place. The store-room should be well ventilated, and the apples, potatoes, etc., thoroughly aired, rendering them free from moisture, before they are put away in bins or barrels for winter.

No decaying vegetables or fruits should be tolerated in cellars or store-rooms; hundreds of cases of typhoid fever, diphtheria, etc., are directly traceable to neglect in this respect.

PACKING GRAPES.

Take the late grapes, pick them carefully, and select bunches that are as perfect as possible, with the fruit unbroken. Put them in a cool room, spreading in layers on shelves; let them remain two weeks; then pack in barrels with dry, hard-wood sawdust; bran will answer. Packed in this manner, the fruit is said to keep well through the winter. Of native grapes, the Delaware is thought to keep the longest; good Catawbas are often well preserved till Christmas. After packing, they should be put in a cool, dry place.

Grapes will keep in good condition for several weeks, by dipping the end of the stem of perfect bunches into melted sealing-wax, then wrapping the bunches in tissue paper, and laying or suspending them in a dry, cool place. The more paper there is placed between them, the longer they will keep.

The directions given above for preserving grapes, are taken nearly verbatim from Dr. Trall's new Cook-Book.

TO KEEP FRUITS AND VEGETABLES.

The following hints on keeping fruits and vegetables, are most of them taken from the *Buckeye Cookery*:

TO KEEP TURNIPS.—When buried deep in the earth, they will keep solid till March or April.

TO KEEP LEMONS.—Cover with cold water, changing it every week. This makes them more juicy.

HERBS FOR FLAVORING.—Gather on a dry day, just before, or while they are in blossom; tie in bundles, blossoms downward. When perfectly dry pick off the leaves, pound, sift them fine, and cork up tight in bottles.

KEEPING CABBAGES.—When the weather becomes frosty, cut them off near the head, and carry with the leaves on, to a dry cellar; then break off the outer ones, pack the cabbages into a tight cask or box, stems upward, and when nearly full cover with the loose leaves; secure the box with a lid, against rats. A better way on the farm, is to dig a shallow trench, long enough to hold the cabbages, placing them *two deep*. Put them in, heads downward, and cover with clean earth till the stalks (which must be upright) are half or two-thirds hidden. The cabbages should be buried as soon as pulled, and they ought to keep nicely till spring.

TO KEEP APPLES.—Apples are usually kept on open shelves, easily accessible, so that the decaying ones may be removed. They are sometimes packed in layers of dry sand, care being taken not to let them touch each other. When they begin to decay pick out those that are specked, and stew; then put into self-sealing fruit cans, and use later in the season. Or you may pack in sawdust, or any grain, as oats, barley, etc., so that they will not touch each other; or if the fruit is fine, wrap each apple in paper, and pack in boxes.

TO KEEP GRAPES.—Suspend from the ceiling by three cords, a strong barrel hoop, from which grape stems are hung by means of wire hooks attached to the *small end*, the other being sealed with hot wax; let each stem be free from contact with its neighbors. The imperfect grapes must be removed, and the room must be free from frost;

not too moist, and yet not dry enough to wither them; a dry cellar will answer. The simplest way to keep grapes is to place them in drawers holding about twenty-five pounds each, piling these one above another; or the drawers may be fitted into racks. The grapes must be mature and perfect. They do not freeze as readily as apples.

PACKING VEGETABLES. — For present use, they should be laid away carefully in a bin with a close lid (hung on hinges), so that the light may be excluded. To keep for a longer time, the best plan is to pull them on a dry day, cut off the tops, and trim and pack in clean barrels or boxes; place in layers, with fine, clean moss between, such as is found in abundance in the woods. The moss keeps them clean and sufficiently moist, preventing shriveling of the roots on the one hand, and absorbing any excess of dampness on the other. When moss can not be conveniently obtained, sand is a good substitute, but is more difficult to handle, and the vegetables do not come out of it so clean and fresh. The varieties which come to maturity late in the season are easiest to keep, and retain their flavor longest.

PURE WATER.

Water, either for cooking or drinking, should be soft and pure. Carbonate of lime, and other inorganic substances often held in solution in it, are prolific causes of chronic affections of the kidneys, and also of acute and chronic diseases in the alimentary canal. If pure water can not be had from wells, running springs, or larger sources, rain water can be caught in cisterns, and rendered pure by means of a good filter. There are many now in the market, these varying in price and quality. The "Pasteur" is very highly recommended; it is likewise quite expensive. There are also other good ones in common use.

River water usually contains not only a considerable per cent. of vegetable and animal matters, but more or less

clay, and other earthy sediment. These substances are always detrimental to health ; and if we value this, it becomes a matter of paramount importance to purify the water from their presence. If river water must be used we can at least get rid of the mud by carefully filtering, or by boiling and settling. Some persons imagine that because these waters, with their loads of impurities, cause laxness of the bowels, they are therefore healthful. On the contrary, they render the liver and skin torpid, causing biliousness, and not unfrequently headaches ; they also irritate the mucous surfaces of the alimentary canal, causing the laxness in question, which often ends in chronic diarrhea.

COOKING UTENSILS.

All fruits and very many vegetables are injured by cooking in iron vessels, particularly if they cook *slowly* in them. Even tin is not suitable for acid fruits. Brass and copper vessels are wholly unfit for culinary purposes. The porcelain-lined kettle, well made, is excellent ; but care must be taken not to let it get dry or stand too near the fire, lest the enamel crack off. The granitized iron ware is good and tolerably durable (though rather thin), but more expensive.

There have of late years been patented a number of tin steamers, each furnished with a set of chambers for cooking several vegetables at the same time. They are said to cook perfectly, without the slightest admixture of flavors. Some of these are coming into general use, and will receive further notice.

Loaf bread, pies, and many other articles are better cooked in an atmosphere that is *confined* as well as heated ; with an ordinary stove, much of the nutritive value of foods is lost through evaporation. In the olden times, our mothers baked bread and pies in a skillet—loaves, in a “Dutch oven” or bake-kettle—which was placed on a bed

of coals near the main fire, and covered with a lid ; the latter had a deep rim which held the coals on top. And *such* bread as came out of those ovens ! so sweet and good ! Then, there were the “ brick ovens,” which are still used by the bakers ; they held fifteen or twenty pies and several loaves of bread, all at the same time. Next to the “ bake-kettles,” these ovens baked the best pies and the sweetest bread that hungry mortal ever ate. But every housewife can not have a brick oven ; and so we are *waiting* for some “ ingenious Yankee ” to invent a baking apparatus that shall give us bread equal to the *best*. Some attempts have been made in this direction ; but as yet, the article invented has been too expensive and too clumsy to be of much value. We need something that we can *look into* and *see* how the baking is progressing, if necessary ; besides, one does not like to lift two or three bulky things, pull them apart, close again, set back in the oven, and then get burned into the bargain.

The following are some of the utensils, large and small, that are convenient to have in the kitchen ; several of them are named and described in the *Buckeye Cookery* :

APPLE-PARER.—A small machine for paring apples ; costs less than a dollar, and rarely gets out of order.

APPLE-CORER.—A tin tube, tapering slightly from one end to the other ; costs only a few cents.

CAN-OPENER.—A stout, short knife, very convenient for opening tin cans ; quite inexpensive.

CREAM-WHIPPER.—A small syringe, having the bottom perforated with holes, through which the cream is forced back and forth until it becomes a froth. Costs twenty-five cents.

GRAVY-STRAINER.—Made of gauze wire, and can be used for other fluids than gravy.

TEA-STRAINER.—A small cup with a finely-perforated bottom ; useful to strain gruels and other liquids.

WIRE BASKET.—A basket of tinned wire, which may be

lowered into a kettle of boiling water. Very convenient for scalding tomatoes.

STEAMING KETTLE.—A small pan with a perforated bottom, lowered its full length into a deep kettle. Used to steam vegetables, puddings, etc.

FISH-KETTLE.—An oblong kettle for boiling fish ; it has a perforated bottom of tin, with handles at either end. The fish is placed on the perforated tin, lowered into the kettle, boiled, and when done lifted out, and gently slipped from the tin to the platter on which it is to be served.

THE BAIN-MARIE.—An open vessel that is filled with hot (not boiling) water, and set on the back of the stove or range. In this there are placed tin stew-pans or cups (with handles and tight covers) containing vegetables, sauces, and other articles that are to be kept warm.

PORCELAIN KETTLE.—This is an iron kettle, porcelain lined ; it is the best fruit-kettle yet invented.

CUSTARD-KETTLE.—The best is an iron vessel with strong handles, having a smaller one (also with a handle) fitted inside of it, leaving a space around the latter for water. The inside vessel is lined with block-tin. The custard-kettle—sometimes called a farina-kettle—is used for boiling milk, cooking grains, or any articles that are easily scorched.

SOUP-KETTLE.—A kettle with a double bottom, convenient for soup, and other things that require long and careful boiling.

TEA-KETTLE BOILER.—A long, tapering tin vessel with a handle, and made to lower into a tea-kettle ; it is large enough at the top to fill the opening, and long enough to reach to the bottom. The cover of the tea-kettle may be used to put over it. It serves for cooking gruels or custards, and as a steamer for puddings, steamed bread, etc., for a small family.

CAKE-PAN.—The bottom and sides are not permanently attached ; by unfastening the hooks that hold them together,

the pan opens, leaving the cake standing on the bottom of it, whence it is easily slipped, right side up to a plate. There is also a movable stem, which can be taken off when the pan is used for bread, puddings, etc.

THE FERRIS COOKER.—This is a round pile of tin pans placed over an iron dish of boiling water, each ready for any food, as meat, poultry, vegetables, pies, puddings, or bread—all cooking at once, and all covered closely so as to retain the steam, by a round top that shuts down over every dish, and fits tightly into the reservoir of water beneath. It makes a tall pile on the stove, but takes up no more room than one kettle, and its height does not interfere with any other pot or sauce-pan that may be near. The “closed steamer” described below is not unlike it.

The Warren Cooker is said to be constructed on a similar plan, and is very highly recommended; it is better known in the Eastern cities than in the West.

CLOSED STEAMER.—A closed steamer—so often referred to in this book—differs from the ordinary one in admitting the steam into *several* chambers at once; this is done, not by holes in the bottom, but through flues in the side. Like the Ferris Cooker, it can be used in cooking two or more different dishes at the same time; the only precautions being, not to let the bottom vessel get dry, and always to keep the water at a *fast boil*; if this is not done the steam will condense, and water collect in the chambers. Of course, the steamer should not be set off the fire unless absolutely necessary, and then only for a moment.

THE GEM ROASTER.—An iron pan, with a closely-fitting cover of the same material. It is used for roasting or broiling meats, fish, etc., and also for baking bread, biscuit, or cake. To roast meat, place it in the pan without water, fit on the cover, and set it into a moderate oven, closing the vent on top. Allow fifteen minutes to the pound, and do not uncover till done; should the meat not be sufficiently

browned, open the vent, and set the pan back in the oven ten minutes. To bake bread, put the dough into the pan, filling it two-thirds full; set it in a warm place till light, then put on the cover, close the vent, and bake fifty minutes. Cake is baked in the same way. For broiling, etc., refer to the directions that are furnished with it.

A **TOASTER**.—The simplest is made of wire which holds the bread in place, and to which is attached a long wooden handle. A better, perhaps, is constructed out of a sheet of tin large enough to contain six slices of bread. The edges are turned up about half an inch, and bound with wire; perforations are cut about two inches apart in the shape of a "V" through the bottom, and the sharp points turned up so as to penetrate and hold the bread in place. A stiff wire handle is fastened firmly to the middle of the back, so that the toaster is kept at the right angle before the fire; and if it toasts too rapidly at top or bottom, it may easily be inverted.

All cooking utensils should be made of materials that will not corrode easily. Granitized ironware is one of the best; though aluminum is said to be good, and also durable.

Some housewives have fallen into the dangerous habit of cooking their fruits and vegetables in glazed earthenware. Most of these vessels are lined with a leaden or other glaze that is highly poisonous. The injury done to the stomach and other organs, is not always felt at the time; though if these vessels are corroded with fruits and fruit juices that are strongly acid, the immediate results may be very serious. Such utensils are wholly unfit for cooking purposes, and they should never be used.

PART III.

THE COMPROMISE.

In the Compromise many dishes will be found, as puddings, custards, meats, etc., that are not so much as hinted at in the Hygienic Dietary, from the fact that they do not belong there. On the other hand, most of those dishes that have already been described, must, in the very nature of things, reappear in this, the "worldly" department. For example, there are some forty kinds of bread in Part II., more than half of which are made without yeast or soda. But since these are not sufficient for the popular demand, it has been thought necessary to introduce here still other varieties of the "staff of life," as steamed breads, corn cakes, Graham and corn muffins, Graham cream cakes, plain rusks, etc., etc. The steamed breads, though not the most wholesome, are, in the way of a change, greatly liked by some persons, particularly those who incline to rather *soft* bread.

In the following recipes, if best Akron flour (made of white wheat) is used, no sifting will be needed. But if, as in ordinary Graham, the bran is cut in large flakes, it may be necessary to put the flour through a very coarse corn-meal sieve, to take out the rougher portions. In all steamed breads (or puddings) use white or golden *flint* corn meal, kiln dried and rather coarsely ground, if you can possibly get it. The sugar or other sweetening in these breads, may

be omitted if desired ; or chopped raisins or other sweet fruits may be substituted. If molasses or syrup is named in the recipe, beware of adulterations. You may perhaps be fortunate enough to have friends in the country who will furnish you the pure article ; good maple or sorghum, free from oil of vitriol, sulphuric acid, and other vile things.

In making steamed breads mix the batter thoroughly, and beat well ; and if soda or baking-powder is used, steam *immediately* after stirring it in. Having poured the batter into a pan, well oiled, cover closely with an inverted plate or pie-pan, leaving plenty of room for the bread to swell, and set it in the steamer. Then cover the latter, place it over a kettle of boiling water, and steam till done ; keep the water at a fast boil, and do not lift the lid till the bread is taken out. The pan in which it is steamed may be tin, earthen, or granitized iron ware ; a wide one, and rather shallow, is best ; it gives more crust, and the bread is lighter. Steamed bread can be warmed over nicely, by dipping the remnant quickly into cold water, and laying it in a hot oven till it is well heated through.

STEAMED BREAD.

WHEATEN AND INDIAN BREAD.‡

2 cups* coarse corn meal—"flint," if you have it.

1 cup Graham flour.

2 cups sour milk—or buttermilk.

1 teaspoonful† soda, dissolved in boiling water.

1 tablespoonful sugar.

Time—two to three hours.

Stir the corn meal and milk together, and add the Graham flour ; then add the sugar and dissolved soda, and beat very

* A cup is half a pint.

† A teaspoonful (of soda) is the spoon scarcely more than level.

thoroughly. Pour the batter into a tin or earthen basin well oiled, cover closely, leaving room to swell, and set it in a steamer over a pot of boiling water. Steam from two to three hours, without lifting the lid; then place in a quick oven, and brown ten minutes.

WHEATEN AND INDIAN BREAD.‡

$2\frac{1}{2}$ cups coarse corn meal—"flint" preferred.

1 cup Graham flour.

$2\frac{1}{2}$ cups sour milk—or buttermilk.

$1\frac{1}{3}$ teaspoonfuls soda—dissolved in boiling water.

Time—two hours and a half.

Form a batter of the meal, flour and milk, then add the dissolved soda, and beat well; pour immediately into a shallow pan previously oiled, cover, and steam two hours and a half; you must not uncover till done. Brown a few minutes in the oven, and send to the table.

This bread is better mixed an hour or two beforehand, and the batter set in a warm place; the soda should be added, with thorough beating, the last thing before placing it in the steamer.

WHEATEN AND INDIAN BREAD.‡

3 cups coarse corn meal—"flint" is best.

$1\frac{1}{2}$ " Graham flour.

1 cup sour milk—or buttermilk.

$\frac{1}{3}$ " pure molasses—or sugar.

1 teaspoonful soda, dissolved in boiling water.

Enough boiling water to scald the corn meal, and form a stiff batter.

Time—three hours.

Scald the corn meal the night before, forming a batter as stiff as can be stirred with a spoon, and set it in a moder-

ately warm place. In the morning stir in the Graham flour and molasses (or sugar), and the cup of milk—or enough to form a batter that will pour. Set where it will not be very warm, lest it should sour. Three hours before dinner add the dissolved soda, and beat hard. Turn the batter into an oiled pan, cover, and set in the steamer. Keep the water at a fast boil, and steam three hours; then brown ten to fifteen minutes in the oven.

RYE, WHEAT AND INDIAN.—(*Excellent.*)‡

1½ cups coarse corn meal—"flint," if you have it.

½ cup rye flour.

½ " cracked wheat.

3 cups sour milk—or buttermilk.

1½ teaspoonfuls soda, dissolved in boiling water.

Time—fully three hours.

Stir the cracked wheat into the sour milk, and let it soak at least an hour; then stir in the corn meal, rye flour and soda, and beat thoroughly. Steam all of three hours—longer would be better—and brown ten minutes in the oven at the last. Send warm to the table.

Another.—Use the unbolted rye if you can get it, instead of rye flour; and Graham flour for cracked wheat; then proceed as before, except that two hours and a half will suffice for the steaming, though three would be better. Brown at the last.

RYE, WHEAT AND INDIAN.‡

1½ cups coarse meal—"flint" is best.

1 cup (unbolted) rye meal.*

½ " Graham flour.

3 cups sour milk—or buttermilk.

* Rye meal is *unbolted* rye flour.

1 tablespoonful sugar.

$1\frac{1}{2}$ teaspoonfuls soda, dissolved in boiling water.

Time—four hours.

Make a batter of the above ingredients, and beat very thoroughly. Then pour it into an oiled pan, tin or earthen, leaving room to swell; cover, and set immediately in the steamer. Keep the water constantly boiling, and steam four hours without uncovering. When done place in the oven, and brown ten minutes before sending to the table.

If preferred, the sugar may be omitted. This bread may be served without browning, as a pudding, with fruit sauce or lemon sauce. If eaten as a pudding, a cup of seeded raisins may be added before steaming.

RYE, WHEAT AND INDIAN.—(*Soft, but excellent.*)#

2 cups coarse corn meal—"flint," if you have it.

$1\frac{1}{2}$ " (unbolted) rye meal.

$\frac{1}{3}$ cup cracked wheat.

2 tablespoonfuls sugar.

2 teaspoonfuls soda, dissolved in boiling water.

1 quart sour milk or buttermilk—or enough for a tolerably soft batter.

Time—four hours.

Stir together the rye and corn meal, add the sugar and soda, and enough sour milk or buttermilk to form a batter soft enough to pour. Beat hard, turn into a pan well oiled, and steam four hours; then brown fifteen minutes in a moderate oven, and turn out on a dish for the table.

If the milk is *very* sour, use a little more soda. The sugar may be omitted if desired, and a cup of raisins substituted; and if rye meal can not be had, take rye flour instead. This bread is good served as a pudding, with mock cream or lemon sauce.

RYE, WHEAT AND INDIAN.—(*Excellent.*)#

- 1½ cups coarse corn meal—"flint" is best.
 1 cup rye flour.
 ⅔ " cracked wheat.
 3 cups sour milk—or buttermilk.
 2 tablespoonfuls sugar.
 1½ teaspoonfuls soda, dissolved in boiling water.
 Time—four hours.

Mix the several grains together, add the milk and sugar, and stir well, removing the lumps. Then add the dissolved soda, and beat very hard. Pour into a pan well oiled, cover, and steam four hours without lifting the lid. When done, brown ten minutes in the oven, and send to the table.

Some like this bread better with the sugar omitted.

RYE, WHEAT AND INDIAN.—(*Excellent.*)#

- 2 cups coarse corn meal—"flint," if you can get it.
 ⅔ cup rye flour.
 1 " Graham flour.
 ⅓ " cracked wheat.
 2 cups sour milk—or buttermilk.
 1 cup tepid water.
 2 tablespoonfuls sugar.
 1 teaspoonful soda, dissolved in boiling water.
 Time—four hours.

Stir the grains together, add the sugar, and wet with the milk and water, forming a batter without lumps; then add the soda, and beat very thoroughly. Pour into a round pan, well oiled, and steam four hours without uncovering. Brown in the oven ten minutes.

The sugar may be omitted if desired; or the same quantity of molasses or syrup may be used, *provided* you can get it pure.

RYE, WHEAT AND INDIAN.—(*Soft, but good.*)#

- 1 cup rye flour—rye meal, if you can get it.
- 1 “ Graham flour.
- $\frac{1}{2}$ “ cracked wheat.
- 2 cups coarse corn meal—“flint,” if you have it.
- 2 “ sour milk—or buttermilk.
- 2 tablespoonfuls sugar—or $\frac{1}{3}$ cup raisins, seeded and chopped.
- $1\frac{1}{2}$ teaspoonfuls soda, dissolved in boiling water.
- Enough boiling water to scald the meal and wheat.
- Time—four hours.

Mix and scald the corn meal and cracked wheat, making a batter as stiff as can be stirred with a spoon, and let this stand over night. Set it in a moderately warm place—in winter, near the stove or fire ; in summer, on the kitchen table. In the morning add the Graham and rye flour (or meal), and the sour milk, or enough to form a batter that will pour. Stir well together, and set in a place not so warm as to sour it. Four hours before dinner add the sugar (or raisins), and the dissolved soda, and beat thoroughly. Pour into an oiled pan, cover, and set in the steamer. Keep the water at a fast boil four hours, and do not uncover the steamer till the bread is done ; then brown fifteen minutes in the oven before sending to the table.

CORN CAKE, MUFFINS, ETC.

BACHELOR'S JOHNNY CAKE.—(*Good.*)#

- 3 cups corn meal.
- 1 cup Graham flour.
- 3 cups new milk.
- 1 tablespoonful sugar.
- 1 teaspoonful soda, dissolved in boiling water.
- Time—20 to 30 minutes.

Mix the meal, flour and milk over night, and set the batter where it will keep moderately warm but will not sour. In the morning add the sugar and the dissolved soda, and beat hard. Pour into two pans, well oiled, and bake for breakfast ; the cakes should not be more than an inch thick when done. It will require a hot oven, and twenty to thirty minutes.

CORN CAKE.—(*Excellent.*)#

2 cups corn meal.

1 cup flour, Graham or white.

1½ cups sweet milk.

½ cup “ cream.

1 teaspoonful soda, dissolved in boiling water.

2 teaspoonfuls cream-tartar.

Time—20 to 30 minutes.

Mix together the meal, flour, milk, cream and soda, and beat well. See that the oven is hot, then add the cream of tartar, and beat very thoroughly. Dip immediately into gem-pans, well oiled, or pour into two small bread-pans, and bake twenty minutes. The batter should be about as stiff as will drop from a spoon, but rather too soft to mould with the hands. If it is too thin, add a little meal ; if too thick, add more milk. The coarser the corn meal, the more milk will be required.

If new milk is used for mixing, no cream will be needed.

KENTUCKY CORN CAKE.#

Take, say two cups of corn meal, and half scald by stirring into it a cup of boiling water ; then add cold water or cold sweet milk, to form a batter as stiff as can be stirred with a spoon ; beat very thoroughly. Spread it two-thirds of an inch thick on an oiled griddle, and bake ten to fifteen minutes, or till the bottom is well browned ; then remove

the griddle from the top of the stove, place it in a moderate oven, on the topmost grate, and let it bake from thirty to forty minutes; longer, if mixed with water. If more convenient, you may dispense with the griddle, pour the batter into a bread-pan, and bake in the oven forty to fifty minutes.

CORN CUSTARD.—(*Excellent.*)#

- 1 pint (heaping) corn meal.
- 2 tablespoonfuls white flour.
- 1 quart sour milk—or buttermilk.
- 3 eggs—yolks and whites separate.
- 2 teaspoonfuls soda, dissolved in boiling water.
- Time—20 minutes.

See that the oven is just right; then stir together the meal, flour, milk, and beaten yolks. When these are well mixed add the dissolved soda, and the whites cut to a stiff froth, and beat hard. Pour into two pans, well oiled, and bake immediately. The bread should not be more than an inch in thickness when done; it should bake in about twenty minutes.

GRAHAM MUFFINS.

Into two cups of sweet milk, stir three cups of sifted Graham flour—or you may take half white—and beat very thoroughly. If the batter is too stiff to drop readily from the spoon, add a little more milk and stir again. Then dip into hot gem-pans, slightly oiled, and bake in a good oven thirty to forty minutes.

GRAHAM AND CORN MUFFINS.—(*Excellent.*)#

- 2 full cups corn meal.
- 1 cup Graham flour.
- 1 “ sweet milk.
- 2 cups boiling water.
- 1 egg.
- Time—20 minutes.

Pour the boiling water into the meal, and stir well ; let the mixture stand till lukewarm. Then add the cup of milk, or enough to form a batter about as stiff as will drop from the spoon, and beat well. Set this in a warm place two hours ; then break in the egg, and beat hard. Dip into hot gem-pans, well oiled, and bake twenty minutes in a brisk oven.

CREAM GEMS.

1 cup sweet cream.

$\frac{1}{2}$ " " milk.

$2\frac{1}{2}$ cups Graham flour—or enough for gem-batter.

Time—30 to 40 minutes.

Stir Graham flour, sifted or unsifted, into the cream and milk, until a batter is formed that will drop readily from the spoon. Beat very thoroughly, dip into hot gem-pans, previously oiled, and bake in a quick oven thirty to forty minutes. Instead of all Graham, half white flour (sifted) may be used. Eat warm, but not hot.

This bread, though rather moist, is well liked by some persons ; and it certainly is more wholesome than the ordinary hot biscuit, made of white flour and lard.

"Middlings," "shorts," or unbolted rye flour, may be mixed in the same way ; and instead of cream, all milk makes very good gems.

CREAM GEMS.—(*With Fruit.*)

Mix as in the preceding recipe, using a little more milk, and then stir in one cup of currants or seedless raisins, well dredged with a portion of the flour ; the currants should be picked, washed and dried, before dredging. Bake in a brisk, but even oven, and be careful not to scorch in finishing.

POTATO AND CORN MUFFINS.—(*Good.*)#

- 1 cup cold mashed potato.
- 1 “ sweet milk.
- 1 egg, well beaten.
- 1 cup corn meal—or enough for gem-batter.
- Time—20 to 30 minutes.

Soften the potato with the milk, working out all the lumps; then stir in corn meal till the batter is just thick enough to drop easily from the spoon; add the whipped egg, and beat hard. Drop into hot gem-pans, oiled, and bake in an even oven twenty to thirty minutes.

POTATO CAKE.

- 2 cups mealy potato, mashed fine.
- $\frac{1}{2}$ cup sweet cream.
- 2 tablespoonfuls flour—Graham or white.
- Time—20 minutes.

Stir into the mashed potato the cream and flour, mixing thoroughly; beat lightly with a fork, and then make with the hand into little flat cakes, half an inch thick. Bake to a good brown, and send to the table as soon as done. The flour can be omitted, if desired.

Another.—Take cold mashed potato, crush till there are no lumps, and stir in a beaten egg; mould into thin flat cakes, pass the rolling-pin lightly over them to make them smooth, and then either bake in the oven, or brown on a griddle, slightly oiled.

RICE AND CORN BREAD.—(*Excellent.*)#

- 1 $\frac{1}{2}$ cups cold boiled rice.
- 2 “ sour milk.
- 1 egg, well beaten.

- 1 teaspoonful soda, dissolved in boiling water.
- 3 cups coarse corn meal—or enough to make a tolerably soft gem-batter.

Time—30 minutes.

Soften the rice with the milk, and mash all the lumps; add the beaten egg, and enough of the corn meal to form a thin batter. Stir well; then add more meal—enough to make a batter just stiff enough to mould with the hands; add also the dissolved soda, and beat hard. Form into small oval cakes, say three inches long and an inch and a half in thickness, and bake in a hot oven, thirty minutes.

MUSH MUFFINS.

Into a quart of boiling water, stir enough corn meal to make an ordinary mush; let it cook ten minutes. When cooled to lukewarm beat in two eggs (some use but one), and then thin the mush by stirring in a little milk or cream, so that it will drop readily from the spoon. Bake in oiled gem-pans, about thirty minutes.

RYE DROP-CAKES.

- 2 cups sour milk.
- 1 egg, well beaten.
- 1 teaspoonful soda, dissolved in boiling water.
- 1 pint rye meal—or enough for gem-batter.

Stir into the milk enough rye meal to form a batter that will drop from the spoon; then add the egg and soda, and beat well. Bake on a hot griddle, or in gem-pans well oiled; if in gem-pans, the oven must have an even heat, and the cakes should bake half an hour.

“Connell,” or “middlings,” mixed in the same way, makes good cakes; and they are far more wholesome and nutritious than the ordinary lard biscuit, or bakers’ bread, used by rich and poor.

A mixture of half Graham and half rye (meal or flour), wet with sweet milk to the consistency of gem-batter, and baked, makes very good cakes.

GRIDDLE-CAKES.

Griddle-cakes are not expected to form any considerable part of the hygienic dietary. If indulged in at all, it should only be occasionally, and then without the ordinary accompaniments of butter and molasses, or syrup. If they can not be relished without condiments, or with the addition of plain fruits, stewed or canned, then they had better be dispensed with, altogether. Eaten in this simple manner, as an occasional breakfast dish on a cold morning, and with a good keen appetite to aid the digestion, they may now and then make their appearance without causing a bad headache, or a dull pain in the stomach.

The best of all the grains for batter cakes, is buckwheat. To be first-class, it must be free from grit, or other impurity or adulteration. Most of the buckwheat flour in our markets is largely mixed with poor white flour, "shorts," etc., and nearly all of it is too finely ground. Cakes made of good buckwheat flour should brown nicely, and they should be light and sweet. The following is a plain but good recipe for making them.

BUCKWHEAT CAKES.‡

1½ pints (nearly) buckwheat flour.

1 quart warm water.

½ cup good hop yeast.

1 tablespoonful Graham flour, or fine corn meal—
or you may take "connell."

Have the water no warmer than blood heat; pour half or two-thirds of it into a large earthen pitcher, and stir the flour in, a handful at a time; beat till there are no lumps.

Then add the rest of the water, the yeast, the Graham flour or corn meal—or “connell,” if you use it—and *beat very thoroughly*. Mix at night (in cold weather), and set the batter in a moderately warm place till morning; it should then be light, but not sour. It will be rather foamy on top, and will require a very little light stirring; if too stiff, stir in a few spoonfuls of tepid water.

The buckwheat flour of thirty or forty years ago, was ground coarser (and it was very much better) than the article now sold under that name; it *felt* like buckwheat, and it tasted like it; it was also free from adulteration. The batter made from it had both a lightness and a “body,” that is not now to be found; and the cakes, which were usually the full size of the griddle, were marvels of excellence. The modern buckwheat flour makes a batter that is too fragile to manage in the same way; hence the rule, to bake three cakes on a griddle of ordinary size, as they are more easily turned without breaking.

The batter should be quite thin; thin enough to spread readily as it is poured on the griddle. Then have a good even fire, the griddle clean and hot, and oiled just enough to keep the cakes from sticking; a convenient arrangement for this latter purpose, is a stick with a rag wrapped around and tied on the end of it, and well saturated with olive oil or good sweet dripping; change frequently, or keep scrupulously clean. Pour on just enough batter to make three thin cakes (you can hardly get them too thin), and the moment they are ready to turn, pop them over; if you let them dry out before turning, they will be spoiled. Regulate the heat of the griddle so that the cakes will brown evenly, but not scorch; this direction applies to *all* griddle-cakes. Nothing is worse than a raw or burnt batter-cake.

Leave a little of the batter in the bottom of the crock, for a sponge the next evening; it will be better than to use fresh yeast every time. You may do this for a week or

two, or as long as the batter rises well, and is sweet ; if you find it sour any morning, the only remedy is to stir in a pinch of soda dissolved in boiling water, and try a little on the griddle ; if more soda is needed, add it cautiously. Once the batter has soured, you must make new the next time.

A mixture half "middlings" and half buckwheat, makes very good cakes.

WHEATEN GRIDDLE-CAKES.

- 2 cups sifted "middlings" or "connell."
- 2½ " warm water.
- 2 tablespoonfuls yeast.
- 1 tablespoonful corn meal.

Mix at night the same as for buckwheat cakes, and bake in the morning on a hot griddle, for breakfast. See that the "middlings" are fresh and clean.

WHEATEN GRIDDLE-CAKES.—(*Good.*)#

- 2 cups sifted "middlings" or "connell."
- 2½ " sour milk or cream.
- 1 teaspoonful soda, dissolved in boiling water.
- 2 eggs, yolks and whites separate.

Make a batter of the milk, eggs and flour, add the dissolved soda, and beat well ; then bake immediately on a hot griddle. The cakes should be light and tender, and nicely browned without scorching ; they are excellent. Graham flour may be used instead of "middlings," but it is not as good.

CRUMB GRIDDLE-CAKES.—(*Excellent.*)#

- 2 cups sour milk—or buttermilk.
- 2 " stale bread-crumbs.
- ½ cup sifted Graham flour.

- 1 egg, well beaten.
- 1 teaspoonful soda, dissolved in boiling water.

Soak the crumbs in the milk till soft ; then work till smooth, and add enough flour to bind the mixture together. Stir in the beaten egg and dissolved soda, beat very hard, and bake to a good brown ; the griddle should be well oiled.

If preferred, use part sour *cream*, and leave out the egg.

GREEN CORN GRIDDLE-CAKES.

- 1 pint grated green corn.
- 2 eggs, yolks and whites separate.
- 2 tablespoonfuls sweet milk or cream.
- 2 " flour—or enough to thicken a little.

Mix together the corn, yolks and milk, and add the flour, Graham or white—just enough to bind all together ; better test a little on the griddle before baking, as too much flour spoils the cakes. Whip and stir in the whites, beating thoroughly ; then bake on a hot griddle, well oiled. Have a good even fire, and bake in small cakes, easily turned.

CORN GRIDDLE-CAKES.—(*Excellent.*)

- 2 cups coarse corn meal.
- 2 " sour milk—or buttermilk.
- 1 egg.
- 1 tablespoonful Graham flour.
- 1 teaspoonful soda, dissolved in boiling water.

Make a batter of the meal, milk, egg and flour ; if it is too thick, add a little milk. Then stir in the dissolved soda, beat well, and bake immediately on a hot griddle ; do not scorch the cakes.

CORN BREAD GRIDDLE-CAKES.

- 1 quart corn bread-crumbs.
- 1 pint sour milk—or buttermilk.
- 1 “ cold water.
- 1 egg, well beaten.
- 1 teaspoonful soda, dissolved in boiling water.
- 1 cup flour—or enough to form a thin batter.

Soak the crumbs in the water over night; in the morning mash fine, add the milk and beaten egg, and mix well. Then stir in enough flour, Graham or white, to bind the mixture together; add the dissolved soda, and beat hard. Bake immediately on a hot griddle, without scorching.

RICE GRIDDLE-CAKES.—(*Good.*)#

- 1 cup cold boiled rice.
- 1 “ sour milk—or buttermilk.
- 1 “ sifted Graham flour.
- 1 egg, well beaten.
- $\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.

Moisten the rice with the milk, and mix them well together; if there are lumps remaining, mash fine with a spoon—or a fork, which is better. Stir in the Graham flour and beaten egg, forming a thin fritter batter; then the dissolved soda, and beat well. Bake in small thin cakes to a good brown; the griddle must be clean, and well oiled.

Cold samp (fine hominy) mixed in the same way, is excellent.

CAKE-MAKING.

As might be anticipated, the varieties of cake in a hygienic cook-book are rather limited; but no matter how few in number, or how plain in the making, the general directions for mixing and baking are essentially the same

as for richer ones. First of all, let there be good materials ; the best of flour (sifted), fresh eggs, and good sweet cream. If fruit is used let it be prepared beforehand ; currants should be looked over carefully, washed till they are free from all sediment, and then *thoroughly* dried in an oven that is not more than blood heat ; they must be well dredged with flour before using, and then stirred into the cake-batter the last thing before it is baked. Raisins, if clean, may be spared the washing and drying ; simply pick from the stems, seed and chop them, and dredge well with flour. Keep the eggs in a cool place (or drop into cold water) till they are wanted ; and if practicable, beat them in a cool room. If more than one egg is needed, separate the yolks and whites as carefully as possible ; then beat the yolks with the sugar, and the whites by themselves ; the latter must be cut to a froth stiff enough to adhere to the plate, turned upside down. Use an earthen or stoneware basin, both for beating the eggs and mixing the cake.

Before you begin with the batter, have all the ingredients at hand, and in order ; the cream of tartar sifted through the flour, the soda dissolved, the sugar (if not the granulated) rolled fine, and the cake-pan clean and well oiled ; do not heat before oiling, as it makes the cake stick ; have the pan cold or lukewarm—never hot. Look to the oven, and see that the fire is just right ; you will need a steady, even heat, one that you can depend upon till the cake is done. Some cooks prefer to use the soda without dissolving it ; in this case you must mash with a knife till it is *perfectly* smooth, and then sift it and the cream of tartar well through the flour, or a part of it. An objection to this method is, that careless cooks do not always pulverize the soda thoroughly before sifting. The safest way, certainly, is to *dissolve it in boiling water*. If instead of soda and cream of tartar, baking-powder is used, mix well with a spoonful or two of the flour, and stir it (with thorough beating) into

plain cake, the last thing before baking ; into *fruit* cake, the last thing before adding the fruit. Buy the kind of baking-powder that is least adulterated, if you know which that is. The "Price" is said by chemists to be nearly or quite free from foreign ingredients—aside from starch, which, to say the least, is not poisonous.

In hygienic cake—if any cake can be so designated—mix as follows : Beat the yolks and sugar together, add a little of the cream, and stir in flour to thicken ; then more cream, then more flour. When all is used, stir in the whipped whites and beat well ; then the dissolved soda, and beat very thoroughly, till the batter is light and smooth ; then pour it into the cake-pan, and bake immediately. Never let the batter stand after it is mixed ; and never *move* the cake while it is baking, if it can be avoided ; test toward the last with a broom-straw, to see if the dough adheres to it ; when done, the straw should come out clean from the thickest portion.

In making cake, and in cooling after it is baked, the *Buckeye Cookery* says : "Do not *stir*, but beat thoroughly, bringing the batter up from the bottom of the dish at every stroke ; in this way the air is driven into the cells of the batter, instead of out of them ; but the cells will be finer if beaten more slowly at the last, remembering that the motion should always be upward." "The oven should be rather hot for small cakes, and moderate for larger ones. Most kinds of loaf cake may be taken from the tins in about fifteen minutes after they come from the oven ; but they should not be turned over on the top to cool." A good way is to turn a common wire sieve upside down, and when the cake is taken out of the pan, place it right side up on the sieve till it is thoroughly cold. If not to be eaten till the next day, wrap it in a clean thick towel or napkin, put it into a tin box or stone jar, and cover closely.

GRAHAM CREAM CAKE.

- 1 cup thick sweet cream.
- $2\frac{1}{2}$ cups sifted Graham flour.
- $\frac{3}{4}$ cup sugar.
- 1 egg.
- $\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.
- 1 " cream-tartar, good measure.

Before mixing, see that the oven is in order ; it must have a good steady heat, but very moderate. Place the above ingredients all on the table, together with the cake-pan ; oil the latter well, having it cold or *barely* warm. Now sift the cream of tartar through the flour very thoroughly, and beat the egg and sugar together—or if more than one cake is wanted, double the above proportions, and carefully separate the yolks and whites. Beat the yolks with the sugar, reserving the whites to be whipped by themselves ; let the beating be done by an assistant, if there is one at hand. Add to the yolks and sugar a part of the cream, and stir in enough of the flour to thicken ; then more cream, then more flour ; if the latter is coarsely ground, a little less will be needed ; the batter must not be very stiff. When this is mixed stir in the well-whipped whites and the dissolved soda, and beat thoroughly ; then pour into the cake-pan (or pans), and place immediately in the oven. Bake rather slowly at first, allowing the cake to rise to its full height before the top is hardened ; and if possible do not move it till done. Finish with an even brown, top and bottom, but not the slightest approach to scorching ; if the top browns a little too fast, cover with a paper ; if the bottom is in danger, lift *carefully*, and slide a bread-pan, bottom upward, under it.

When nearly done, pass a broom-straw through the thickest portion ; if it comes out clean add three minutes to the baking, and remove from the oven. Should the cake

adhere to the pan, leave it in five to ten minutes ; then turn it carefully out, and set right side up on an inverted sieve to cool. If not wanted for the table, wrap when fully cold in a clean coarse towel, or in two or three folds of old table-linen ; then put it into a tin bread-box or stone jar, cover closely, and set it in a cool place.

This cake well made, is light, soft and tender ; it usually bakes in from forty to fifty minutes. Sour cream may be used in mixing, and the cream of tartar omitted ; but good sweet cream is preferable, if you have it.

GRAHAM FRUIT CAKE.##

1 cup thick sweet cream.

2 cups sifted Graham flour

$\frac{1}{2}$ cup currants, picked, washed, and thoroughly dried.

$\frac{2}{3}$ " raisins, seeded and chopped.

1 tablespoonful sugar.

1 egg.

$\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.

1 " cream-tartar, good measure.

The ingredients being all on the table, and the cake-pan well oiled, look to the oven a moment. Then dredge the fruit with a portion of the flour, already sifted and measured ; beat the egg and sugar together, add the cream, and stir in the flour with the cream of tartar well sifted through it, forming rather a thin batter ; then add the dissolved soda, and beat well. Lastly, put in the raisins and currants, and stir them lightly but evenly through the mass. Bake as in the preceding recipe, allowing a little more time on account of the fruit. Test with the straw, and after it comes out clean bake five minutes. When taken from the oven, if the cake sticks to the pan leave it in five to ten minutes ; then remove, cool, and wrap, and put away as before—or it may be sent to the table as soon as cold.

If two cakes are wanted, double the above quantities, beat the yolks and sugar together, and the whites separately; these, cut to a stiff froth, should be whipped into the batter just before adding the dissolved soda. This simple cake is more wholesome and palatable, than many that are "rich" (indigestible) with butter, eggs, sugar, molasses, spices, wines, etc. It is best eaten with tart, juicy fruit, as strawberries, or stewed cherries; it is very good with grape juice. If wanted "for company," remove from the oven the moment the straw comes out clean, place on a platter, and moisten the top of the cake with the white of egg beaten to a froth; then sift over a little white sugar, and return it to the oven three to five minutes. You can beat a little lemon juice with the egg, if you like. When the cake is set on the table, you may garnish it with clusters of cherries with their leaves; or with bunches of ripe currants or other fruit, natural or "frosted."

GRAHAM BREAD CAKE.

- 2 cups light yeast dough.
- 1 cup seedless raisins—or currants.
- $\frac{1}{2}$ " sugar.
- 2 eggs, yolks and whites separate.
- 3 tablespoonfuls thick sweet cream.

The dough should be rather soft, and light enough for baking; it may be all or part Graham. Dredge the sweet fruit well with flour; and if currants are used, pick, wash and dry them before dredging. Beat the yolks and sugar together, add the cream, and with a strong spoon stir all into the dough; when well mixed, add the whites cut to a stiff froth, and beat very thoroughly. Then stir in the fruit lightly, pour into a shallow pan, well oiled, and set in a warm place to rise. When light, place in the oven, and bake from forty to fifty minutes, or until done.

APPLE CAKE. ‡

Make the same as Graham cream cake, using only half a cup of sugar to the other measurements, and bake in two cakes, each an inch in thickness. In the mean time, stew some apples in as little water as will cook them; and when the cakes are done and cooled a little, spread the hot apple between. Serve when nearly cold, with cream, or fruit juice.

Strawberries, or ripe peaches thinly sliced, may be used instead of stewed apples; the berries should be very ripe, and chopped a little before spreading.

HUCKLEBERRY CAKE.

1 cup sour cream.

2 cups sifted Graham flour.

1 cup sugar.

2 eggs, yolks and whites separate.

$1\frac{1}{4}$ teaspoonfuls soda, dissolved in boiling water.

$1\frac{1}{2}$ pints huckleberries, fresh and ripe.

Dredge the berries with a portion of the flour; then beat the yolks and sugar together, add the sour cream and stir in the flour, forming a smooth batter. Whip in the whites cut to a stiff froth, add the dissolved soda, and beat thoroughly. Lastly, stir the berries in carefully, breaking them as little as possible; pour into an oiled cake-pan, not too deep, and bake in a very moderate oven till a broom-straw comes out clean; then add five minutes to the baking, and remove from the oven. In ten minutes more take the cake out of the pan, and set it right side up on a sieve to cool.

If preferred, use sweet cream, and less soda by half a teaspoonful.

GRAHAM SPONGE CAKE.‡

- 1 cup (scant) sifted Graham flour.
 $\frac{1}{2}$ " sugar.
 3 eggs, yolks and whites separate.
 $\frac{1}{4}$ teaspoonful soda, dissolved in boiling water.
 $\frac{1}{2}$ " cream-tartar.
 Juice of one small lemon.

Sift the cream of tartar through the flour, at least twice. In warm weather, the eggs, which must be fresh, should be cooled by dropping them into ice-water. Beat the yolks, lemon juice, and sugar together, and stir in the flour; then add the soda and whipped whites, beating moderately; pour the batter into a cake-pan, and bake in a good oven. The pan, usually of oblong shape and with perpendicular sides, should be lined with white paper, well oiled. Test with a broom-straw, after twenty minutes' baking.

In making sponge cake mix as quickly as possible, beat lightly and not too long, and bake as soon as mixed.

GRAHAM SPONGE CAKE.‡

- $1\frac{1}{2}$ cups sifted Graham flour.
 $\frac{3}{4}$ cup sugar.
 $\frac{1}{3}$ " cold water.
 2 eggs, yolks and whites separate.
 1 teaspoonful soda, dissolved in boiling water.
 2 teaspoonfuls cream-tartar.
 Juice of half a lemon.

Beat the yolks, lemon and sugar together, add the water, and stir in the flour through which the cream of tartar has been well sifted. Then add the dissolved soda and beat lightly. Last of all stir in the well-whipped whites, pour the batter into a shallow pan, lined with white paper well oiled, and bake immediately. Have rather a quick

oven, and test with a straw as in the last recipe; the cake should be hardly an inch in thickness, when done.

LAYER CAKE.

1 cup sweet cream.

1 " sifted Graham flour.

$\frac{3}{4}$ " " white flour.

$\frac{2}{3}$ " sugar.

2 eggs, yolks and whites separate.

$\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.

1 " cream-tartar, sifted through the flour.

Beat the yolks and sugar together, add the cream, and stir in the flour; mix till smooth, add the whites whipped to a stiff froth, and the dissolved soda, and beat well. Then dip into tins well oiled, and bake in rather a quick oven; the batter should be about thick enough for griddle-cakes; it will make five or six layers. When these are nearly cold, spread with tart jelly, or with fruit juice evaporated to the consistency of a jelly.

Or, prepare a "filling," as follows: Beat together one egg (or whites of two), half a cup of sugar, and the juice of half a lemon. Then grate two tart apples, stir these into the egg, lemon and sugar, and heat in a farina-kettle till all are smoking hot. Remove from the fire, cool, and spread between the cakes.

LAYER CAKE.

Make a batter like the preceding, only stiffer; do this by adding to the above measurement, half a cup of sifted flour, Graham or white; and when the batter is mixed, bake quickly, in thin layers. Then make a soft custard, as follows: Heat half a pint of new milk just to a boil, and thicken it with one tablespoonful of corn-starch wet with a little cream or milk; beat together one egg and one-third of

a cup of sugar, add the hot mixture to it, stirring in a little at a time, and return to the fire. Stir constantly till the custard thickens; then set it off. When nearly cold spread it on the layers, place them on top of each other in a plate, and set away in a tin bread-box, or inside a stone jar closely covered. Serve with canned cherries, or other tart fruit.

Another way is to make a batter as for Graham sponge cake (either recipe, doubling the quantities), bake in thin layers, and then prepare the custard as before.

GRAHAM RUSK. ‡

1 pint new milk.

$\frac{1}{2}$ cup sugar, rolled fine.

$\frac{1}{3}$ " good hop yeast.

3 eggs, beaten with the sugar.

Flour for sponge and dough.

Bring the milk to a boil, and cool to blood heat; then thicken with white flour, adding the yeast; the batter should be thin enough to pour from the spoon. Set this sponge to rise over night. In the morning put into the mixing-bowl three cups of sifted Graham, and three and a half cups of white flour, also sifted; stir these together. Make a well in the middle, pour in the sponge, and add the eggs and sugar; then mix to the consistency of ordinary bread or a little softer, and knead very thoroughly. Set in a warm place till light; when ready knead again, and mould into biscuits the size of an egg. Let these rise, then brush the tops with the white of egg beaten with a little sugar, and bake twenty to thirty minutes.

GRAHAM RUSK.

1 cup new milk.

$\frac{1}{2}$ " sugar.

$\frac{1}{3}$ cup good hop yeast.

2 eggs.

Flour for sponge and dough.

Scald the milk, and cool to blood heat ; beat the eggs and sugar together, add the yeast and milk, and thicken with white flour, forming a batter not very stiff. Set this in a warm place to rise ; it will require from three to four hours, according to temperature and strength of yeast. When light, mix with equal parts sifted Graham and white flour, until a tolerably stiff dough is formed ; knead well, and leave in a warm place till risen. Then work into small cakes, let these rise, and bake in a moderate oven twenty to thirty minutes.

A good rusk is made as follows : Take two cups of raised dough, and work into it two eggs and half a cup of sugar, beaten together ; add enough flour, Graham or white, to make the dough stiff enough to mould. Then knead well, set to rise, and as soon as light mould into cakes ; when risen sufficiently, bake.

MUSH RUSK.

1 pint hot corn meal mush.

1 " new milk, scalding hot.

$\frac{1}{2}$ cup sugar.

$\frac{1}{3}$ " good hop yeast.

2 eggs.

Flour for mixing.

Time—20 to 30 minutes.

Sift into the bread-bowl about a quart each, of Graham and white flour ; make a well in the center, add the hot mush, and stir in the scalding milk. Let this mixture cool to blood heat ; then add the yeast, and the sugar and eggs beaten together, and work in sufficient flour to make a dough that will mould. Knead thoroughly, and let it rise

over night; then knead again, and make into small biscuits; when these have risen, bake in an even oven twenty to thirty minutes.

OAT MEAL SNAPS.

1 cup sweet cream.

3 tablespoonfuls crushed sugar.

Fine oat meal, to form a dough that will roll.

Stir the cream and sugar together, till the latter is well dissolved; then mix with a spoon, adding meal to form a dough stiff enough to mould. Knead slightly with the hand, roll to the thickness of an eighth of an inch, and cut into small round cakes. Then place in a moderate oven, and bake to a light brown; they should be crisp and tender when done.

FRUIT CRACKER.—(Graham.)

$\frac{2}{3}$ cup sweet cream.

1 " currants, picked, washed and dried.

$\frac{1}{4}$ teaspoonful soda, dissolved in boiling water.

$\frac{1}{2}$ " cream-tartar.

Flour to make a very stiff dough.

Put into the tray one heaping cup of sifted Graham, and the same of white flour; mix well together. Sift the cream of tartar through it two or three times; then wet with the cream, into which the dissolved soda has been stirred, forming a *very stiff* dough; quite too stiff to adhere to the moulding-board. Knead as little as possible, and roll out a very thin sheet, less than an eighth of an inch in thickness. Spread this with a good layer of the fruit, enough to cover the dough; the currants must be thoroughly dried after washing. When the fruit is spread, roll another thin sheet and lay it on; press well together, and pass the rolling-pin lightly over the whole, to make an even surface. Then cut

into small cakes, round or square, prick deeply with a fork, and bake in a moderate oven till thoroughly done and hard.

FRUIT CRACKER.

Substitute "middlings" or "connell" for the Graham and white flour, and make like the preceding. Or the Lockport flour may be used, instead of middlings.

SALLY LUNN.

- 1 pint sweet cream.
- 3 eggs, yolks and whites separate.
- $\frac{1}{2}$ cup yeast.
- 1 " sifted Graham flour.
- $3\frac{1}{2}$ cups " white " — or enough for a stiff batter.

Warm the cream to blood heat; then beat and add the yolks, and stir in the yeast; and if the weather is cold have the flour slightly warmed. Thicken with the latter, stirring in first the Graham flour and then the white; the batter should be pretty stiff. Then stir in the whites whipped to a good froth, and beat thoroughly; pour the batter into a pan, well oiled, and set it to rise. When light enough, bake from forty to fifty minutes, or until a broom-straw thrust into the thickest portion, comes out clean; you will need a pretty hot oven. The cake should not be more than an inch and a half in thickness, when done. Serve warm (not hot) from the bake-pan.

SALLY LUNN.

- 2 cups sour cream—or enough for thick batter.
- 2 " (scant) sifted Graham flour.
- 2 " sifted white flour.
- 2 eggs, yolks and whites separate.
- 1 teaspoonful soda, dissolved in boiling water.
- 2 teaspoonfuls cream-tartar, sifted through the flour.

Make a batter of the cream, eggs and flour, add the dissolved soda, and beat well ; then pour it into a small pan, well oiled, and bake in a moderate oven till done ; test with a broom-straw, the same as ordinary cake. Serve fifteen minutes after it comes from the oven.

PIES, ETC.

CREAM PASTE. ‡

Take equal parts of Graham and white flour, sifted, and stir the two together ; then wet with cold sweet cream ; the colder the cream and flour, the crisper the paste. Mix as lightly and quickly as possible, forming a stiff dough ; do not *knead*, but gather up the fragments of paste, and begin to roll out immediately ; or set it in the ice-chest till wanted.

This recipe is so often called for, that it is given here as well as in Part II., to which the reader is referred for details.

PIE-CRUST GLAZE.

In making pumpkin or custard pies, or any that are very juicy, as cherry or currant, the crust is apt to become saturated with the soft mixture, unless they are eaten as soon as done. To prevent this, a good plan is said to be to roll out the crust and wet it with the beaten white of an egg, before adding the filling ; the egg hardens in baking, and prevents the moisture from soaking into the crust.

A better way for *fruit* pies requiring sugar, particularly if they are juicy, is to line the pie-pans, and sprinkle first with a little flour, and then with the sugar, brushing the two together with the hand ; during the baking the flour and melted sugar adhere together, and keep the juice from coming in contact with the paste.

FRUIT PIES. ‡

Nearly all fruits, as apples, peaches, plums, cherries, and all the *small* fruits, make excellent pies. Having mixed a firm cream paste, roll it thin, and line the pie-pans; then put in the fruit, and for apples, peaches, raspberries, etc., that are not very juicy, add a little water. Sweeten to taste, if the fruit is tart enough to require sugar; lay on the top crust, secure the edges, and bake in a quick oven twenty to thirty minutes. When done, the upper and under crusts should be thoroughly baked, and moderately browned; too often the top is burnt or blistered, and the bottom scorched or doughy.

Family pies, or "cobblers," are made in deep dishes, or bread-pans, having the crust twice the usual thickness, and the fruit an inch and a half to two inches in depth. If baked without an under crust, use granitized iron ware, as a common iron pan will blacken the fruit. These pies require longer to bake, on account of their size; apple cobblers made with a top crust only, will be done in about forty minutes; with a top and bottom one, an hour to an hour and a quarter is needed. Peach cobblers made of clingstones, the fruit not overripe, take nearly twice as long. The small fruits require less time for baking than the others; as soon as the crusts are done, the pies can be taken out. For *particulars* in making fruit pies, see Part II., Pastries.

PEACH MERINGUE PIE.

Peel peaches of fine rich flavor, remove the stones, and stew moderately in a very little water; then mash fine, adding sugar if desired. Fill a pie-pan lined with ordinary cream paste, and bake from twenty to thirty minutes, or till the crust is well done. Then beat together the whites of two eggs, two tablespoonfuls of sugar, and the juice of

half a lemon; spread this over the pie, return it to the oven, and brown slightly. Serve cold.

Tart sliced apples, stewed in a little water till soft, are made into pies in the same way; and good dried apples or peaches, stewed till tender and mashed fine, may also be used.

CUSTARD PIE.

1 quart sweet milk.

$\frac{1}{2}$ cup sugar.

3 eggs, yolks and whites separate.

2 tablespoonfuls white flour.

In point of healthfulness, custard pies are infinitely inferior to fruit pies; the eggs, milk and sugar (without which a custard can not be made), are all of them heavy and clogging to the liver; and none the less so, from the fact that they are *baked* together.

Many persons object to the "eggy" taste in custard pies, and prefer if they eat them to use less eggs, thicken with a little flour or corn-starch, and then bake in a moderate oven. Others dislike *sweet* custards, and think them not only more wholesome but more delicate, when very little sugar is used. If you have the watered milk of the cities, you can hardly make a custard. First of all, then, take good milk; heat it to boiling, and add the flour wet to a smooth paste with a little cold milk; stir till the mixture comes again to a boil. Then remove from the fire; when nearly cold beat the yolks, whip in the sugar, and stir them in; also the whites cut to a good froth. Line the pie-pans with a *very stiff* cream paste, pour in the custard, and bake in an oven that heats well at the bottom; take out the pies the moment they are firm in the center, and be sure the crust is done.

If flavoring is wanted, beat together the whites of two eggs, a tablespoonful of sugar, and the juice of half a

lemon; spread this over the top, and brown slightly. Serve soon after the pies are baked.

To prevent the custard from soaking into the crust, a good plan is said to be to moisten the latter with the beaten white of an egg, before filling. All custard pies should be removed from the pans and put on plates, as soon as they come from the oven; this allows the moisture to escape from the bottom, and prevents the crust from getting wet and heavy.

APPLE CUSTARD PIE.

- 3 cups sweet milk.
- 3 " apple, grated or stewed.
- 3 tablespoonfuls sugar.
- 2 eggs, yolks and whites separate.
- 1 tablespoonful white flour.

Prepare the apples by stewing in as little water as will cook them; then mash fine and smooth; they must not be very tart. Beat the yolks and sugar together, and whip them into the apple; then stir in the flour, and add the milk. Stir in also the whites, well beaten, and pour the custard into pie-pans lined with a good cream paste; the latter should be mixed quite stiff, and made of equal parts Graham and white flour, sifted. Bake in a moderate oven till the custard is set, but no longer; see that there is sufficient heat at the bottom to brown the crust.

Dried apples, stewed in a little water till they are tender, and then mashed fine, may be used in this pie.

RICE CUSTARD PIE.—(*Excellent.*)‡

- 3 cups sweet milk.
- 2 " boiled rice.
- 3 tablespoonfuls sugar.
- 2 eggs, yolks and whites separate.

The rice should be boiled in water till thoroughly soft, but not broken. Cold rice left over will do, but it is not so good; if this is used put it into the milk, warm to blood heat, and mix thoroughly, crushing the lumps with a fork. Beat the yolks and sugar together, stir them into the milk and rice, and mix well; then stir in the well-whipped whites. Line the pie-pans with a firm cream paste, set them in the oven, and fill with the rice custard. Bake with a slow even heat till it is barely set, and serve as soon as cooled to lukewarm; see that the crust is well done. This is a plain but very delicate pie, and easily made; the above mixture will make three pies of ordinary size.

COCOA-NUT CUSTARD PIE.

- 1 quart new milk.
- $\frac{1}{3}$ cup sugar.
- 3 eggs, yolks and whites separate.
- 1 cocoa-nut, pared and grated.
- 1 tablespoonful corn-starch.

The fiber of the cocoa-nut is apt to give trouble to weak stomachs; for this reason, it is best to dispense with all but its juices. Stir the grated nut into the milk, pour the latter into a farina-kettle, and bring it nearly to a boil, stirring once or twice; then mix in the corn-starch wet in a little cold milk, and cook one minute; remove from the fire, and when cool enough strain through a coarse cloth or fine colander. Beat the yolks, then the sugar with them, and stir them into the strained milk; add also the cocoa-nut milk if it is perfectly sweet, and the whites whipped to a good froth; stir well together, and bake in two pie-pans lined with a very stiff cream paste. Have a moderate oven, and bake only till the custard is set; then slip from the pans to plates, as soon as the pies come from the oven. Serve cold, the day they are baked.

CORN-STARCH CUSTARD PIE.

- 1 quart sweet milk.
- $\frac{2}{3}$ cup sugar.
- 3 eggs, yolks and whites separate.
- 3 tablespoonfuls corn-starch.
- Juice of one lemon.

Heat the milk to a boil, stir in the corn-starch dissolved in a little cold milk, and cook one minute, stirring constantly. Remove from the fire, and while it is cooling prepare a stiff cream paste, half Graham (sifted), and line the pie-pans with it. Set these in the oven to heat through; beat the yolks and one of the whites together, whip in half a cup of the sugar, and stir them into the milk. Then fill the pans with the custard, and bake in an even oven till it is just set; beat the remainder of the whites, the lemon, and the rest of the sugar together, and spread over the tops; close the oven, and heat till the meringue tinges. Take the pies out, slip them on plates, and set in a cool place; serve cold or nearly so, soon after baking.

LEMON PIE. ‡

- 2 cups sweet milk.
- $\frac{2}{3}$ cup sugar.
- 3 eggs, yolks and whites separate.
- 2 tablespoonfuls corn-starch.
- Juice of two lemons.

Heat the milk almost to boiling, and stir in the corn-starch wet with a little cold milk; let the mixture boil five minutes, stirring constantly. Then remove from the fire to cool; beat the yolks, lemon and sugar together, and when the milk is nearly cold stir them into it; then the whites, beaten to a stiff froth. Fill the pie-pans, lined with a firm cream paste (equal parts Graham and white flour, sifted),

and bake in a moderate oven till the custard is barely set ; the crust must be well done. Serve cold the same day ; the above will make one large or two small pies.

LEMON PIE.—(*With Meringue.*)#

2 cups boiling water.

$\frac{2}{3}$ cup sugar.

3 eggs, yolks and whites separate.

2 tablespoonfuls corn-starch.

Juice of two lemons.

Wet the corn-starch with a little cold water, and pour the boiling water over it, stirring well meanwhile ; let this get nearly cold. Then beat the yolks, first by themselves, then with the lemon and two-thirds of the sugar, add the corn-starch water, and stir thoroughly. Then dip the mixture into two pie-pans lined with a stiff cream paste, and bake in an oven not too hot ; brown well at the bottom, and take out the moment the pies are done. Beat the whites to a stiff froth with the rest of the sugar, and spread over the tops ; return to the oven, close the door, and brown slightly. Serve cold, soon after baking.

IRISH POTATO PIE.#

1 quart sweet milk—or part cream.

$1\frac{1}{2}$ cups mashed potato, dry and mealy.

$\frac{1}{2}$ cup (nearly) sugar.

3 eggs, yolks and whites separate.

Juice of one lemon.

Mix the potato well with the milk, and put through a colander to remove lumps. Then beat the yolks, lemon and sugar together, and stir them in ; add the whites cut to a stiff froth, and stir well. Line three pie-pans with a good cream paste mixed stiff, fill with the batter, and bake in an even oven till the pies are done ; see that the crust is well browned. Serve cold the same day.

IRISH POTATO PIE.

- 3 cups new milk.
- 1 cup (heaping) mashed potato, dry and mealy.
- $\frac{1}{2}$ " sugar.
- 3 eggs, yolks and whites separate.
- Juice of one lemon.

Mix the milk and potato thoroughly, and rub through a colander ; then beat together the yolks, one of the whites, half the sugar and half the lemon ; stir these into the milk and potato, and bake in two pans, lined with a stiff cream paste ; the oven must be moderate. As soon as done cover with a meringue made by beating together the two whites, and the rest of the lemon and sugar, heat till it changes color, and take the pies from the oven. Eat cold.

SWEET POTATO PIE.##

- 3 cups sweet milk.
- 1 cup " potato.
- $\frac{1}{3}$ " sugar.
- 2 eggs, yolks and whites separate.
- Juice of half a lemon.

Boil the sweet potatoes, good sound ones, in a little water till tender. Remove the skins, and trim off any defective spots on the surface or ends ; in wet seasons, there is often a dark layer just beneath the skin. Grate the potato or mash fine, till you have a cupful ; mix this well with the milk, leaving no lumps ; or you may put the milk and potato through a colander. Then beat the yolks, lemon and sugar together, and stir in the milk and potato ; add the well-whipped whites, and mix thoroughly. Line two pie-pans with a very firm cream paste, set them in the oven, and fill with the potato batter ; bake rather slowly until the center is thickened, and almost firm. Then remove the pies from the oven, slip from the tins to plates, and set in a cool place. Serve cold the day you make them.

PUMPKIN PIE.

- 1 quart sweet milk.
- 1½ pints stewed pumpkin.
- 2 even tablespoonfuls sugar.
- 3 eggs, yolks and whites separate.

In preparing the pumpkin, which should be ripe and of good quality, peel, slice and cut, removing the seeds; then stew till tender, but not long enough to change its color. Let it get thoroughly soft before you stir it; and start in so little water that it will not be too wet when done; you can, if necessary, add a trifle of boiling water as it stews. After stirring, cook very little; much cooking destroys the fine fresh flavor of the pumpkin, which is its greatest excellence. The best for pies or sauce, is one that is known West as the "Yankee" pumpkin; it is largely cultivated in New England, and is the color of a very ripe orange.

When stewed add a portion of the milk, and rub through a colander or mash fine, to remove the lumps; if it is sweet and ripe, no sugar will be needed. If only of ordinary quality, add the sugar to the yolks, and beat well together; stir these into the pumpkin, add the whites whipped to a stiff froth, and beat thoroughly. Then stir in the rest of the milk, and dip into pie-pans lined with a stiff cream paste; make this of equal parts Graham and white flour, sifted. Have a moderate oven, heating well at the bottom, and bake till the pies are barely firm in the center; then take them out, slip from the tins to plates, and set in a cool place. Serve warm or cold; they are best, eaten an hour after baking.

PUMPKIN PIE.—(*With less Eggs.*) #

When eggs are scarce, a very fair pie may be made by using only one egg to two pies; and a good way is to stir half the milk into the pumpkin, heat the other half to boil.

ing, and stir it into the cold batter the last thing before baking. It is better when few eggs are used, not to mix too thin; you may take nearly as much pumpkin as there is milk; and a little flour stirred into the batter before whipping in the eggs, is an improvement. Bake till the pies are firm in the center, and eat the day you make them.

In the absence of cream paste, you may oil the pie-pans, and sift either fine oat meal ("A" grade), or fine corn meal over them, and then fill with the batter, and bake. Or you may oil the pans, and strew with finely grated bread-crumbs, dry and stale; or rolled crackers, if you have them. Of course, a crust made after either of these methods, will not be equal to good cream paste.

PUMPKIN PIE.—(*Without Eggs.*)

- 3 cups sweet milk.
- 3 " stewed pumpkin.
- 2 tablespoonfuls molasses or syrup.
- 2 (even) tablespoonfuls white flour.

If you have not pure molasses use melted sugar, brown or maple. Mix the flour to a smooth paste, with a little cold milk or water; then stir it into the milk, and bring the latter to a boil. Heat in a farina-kettle, or a tin bucket set in a pot of boiling water, and stir often. Mix the molasses through the cold pumpkin, and beat thoroughly; then stir in the hot milk. The pumpkin should be stewed rather dry. Dip immediately into pie-pans lined with a firm cream paste, and place in a moderate oven; the mixture will make one large, or two small pies. Bake till they are done in the center, but no longer.

If to be eaten the same day, slip them out of the pans into plates. They are good cold or warm—not hot. If intended for the next day, set away in the pans, provided these are free from rust; when wanted for the table, place

on top of the stove where the crust will heat through quickly, without scorching; this makes it crisp and tender, as if fresh from the oven.

SQUASH PIE. ‡

Stew the squash till soft, having it rather moist; then mash fine. For three pies take three eggs, four cups of milk, and two of squash; and if the latter is not pretty sweet, add to it one heaping or two level tablespoonfuls of sugar. In mixing, first add a cup of the milk to the squash, and rub through a colander or fine sieve; then beat the yolks and sugar together, and stir them in; add also the whites whipped to a stiff froth, and beat hard. Stir in the rest of the milk, and fill the pie-pans lined with a stiff cream paste; bake till the batter is thick in the middle, but not a moment longer. When done remove the pies from the pans, put them on plates, and set in a cool place. Eat the day they are baked—or better, half an hour after they leave the oven.

LEMON TART.

- $\frac{2}{3}$ cup sugar.
- $\frac{2}{3}$ " boiling water.
- 2 lemons—juice of.
- 2 even teaspoonfuls corn-starch.

Wet the corn-starch with a little cold water, and pour the boiling water over it, stirring well to prevent lumping; then add the lemon juice and sugar, and stir all together. Bake in a single pie, with upper and under crust of good cream paste. In this, as in other tarts, roll the crusts *thin*, and bake quickly.

GREEN APPLE TART. ‡

Pare, core and slice tart June apples, not quite ripe, and fill two pie-pans lined with a stiff cream paste; make this of equal parts Graham and white flour, sifted. Fill the

pans pretty full; and unless the apples are very juicy, add a trifle of water. Cover with the paste, and bake in a quick oven till the fruit is well done, and the bottom and top crusts nicely browned. Then take out the pies, and slip from the pans to plates; split each one open with a knife, lay the top crusts on separate plates, and spread half the apple on them. While still hot, sprinkle well with good brown sugar, maple if you have it, and send (on the four plates) to the table. Serve with or without a dressing of cream; they are excellent.

CURRENT TART.

Take red currants that are about half or two-thirds ripe, strip them from the stems, and fill your pie-pans lined with a good cream paste; sprinkle with sugar, lay on the top crust, and make the edges secure. Then prick well with a fork, and cut a cross-slit in the center; or, what is prettier, ornament with a knife, making "leafy sprays," for the escape of steam. Bake quickly till the crusts are done, then set away to cool.

RASPBERRY AND CURRENT TART.

Pick the ripe currants from the stems, and mix with them an equal quantity of red or black raspberries; then proceed as in the last recipe.

Strawberries, blackberries, huckleberries, and seeded cherries, are made into pies or tarts, the same as currants; except that the fruits which are not so acid, require less sugar.

CREAM RASPBERRY TART.

Scald a cup of milk or cream, and stir into it half a teaspoonful of corn-starch wet with a little cold milk; boil two minutes, stirring constantly. Then beat a tablespoonful of sugar into the whites of two eggs, and stir them in; cook a minute longer, and remove from the fire to cool.

In the mean time make a stiff cream paste, and line a dish that is two inches deep; fill it two-thirds full of raspberries, sprinkle lightly with sugar, and cover with a crust; do not pinch it down at the edge. Both crusts should be somewhat thicker than for an ordinary pie. Bake in a good even oven till done, top and bottom. When taken out lift off the upper crust, and pour the cold custard over the hot fruit; then replace, and set the pie away till perfectly cold. Serve in the bake-pan.

If preferred, make the top crust of *light* cream paste, instead of in the ordinary way.

STRAWBERRY TART.

Make the same as the last, and serve cold.

GOOSEBERRY TART.

Select fine, fresh berries that are beginning to ripen; remove the stems and blossoms, and wash in a colander. Then line the pie-pans with a firm cream paste, fill with the fruit, and add sugar to taste; cover with a crust, prick well, and bake quickly till the pastry is done. Eat cold.

DAMSON TART.

Look over and wash the plums, and fill the pie-pans, lined with the ordinary cream paste. Add sugar to sweeten, lay on the top crust, and pinch the edges securely together; then either prick with a fork, finishing with a cross-slit in the center of the crust, or ornament with a knife in such a way as to let the steam out in baking. Have a good oven, and bake till well done, top and bottom. Serve cold.

CRANBERRY TART.

Pick over the berries, rejecting all that are not sound; then wash, and stew in a porcelain kettle, allowing, say two

parts water to three of fruit, by measure. Stew very slowly twenty to thirty minutes, and strain through a coarse colander, pressing through all but the skins. Then return to the kettle, and add sugar, allowing half or two-thirds of a cup to a quart of the picked berries. Heat the sauce to a boil, stir well, and set it off to cool. Put into pie-pans under crusts of stiff cream paste, and fill with the cranberry; roll a bit of dough very thin, cut it into strips less than a quarter of an inch wide, and lay in cross-bars three-quarters of an inch apart over each pie, leaving the spaces diamond-shaped. Pinch down the ends, trim off the dough, cutting it close to the rim of the pan, and finish the edges neatly. Bake till the pastry is well done; then slip from the tins, place on plates, and set away to cool.

RHUBARB TART.

Wash and skin the stalks, split them once or twice (the thin way of the stalk), and cut in inch lengths. Then add a little water, and stew in a porcelain kettle till tender; sweeten to taste, just before lifting from the fire; it will require nearly half a cup of sugar to a quart of cut rhubarb. Line the pans with the usual cream paste, mixed stiff, and fill with the sauce; then cover with cross-bars of thin paste, and bake till the crust is done.

An excellent tart is made as follows: Take a granitized iron pan two inches deep, fill it with cut rhubarb, sweeten to taste, and cover with a *light* cream paste; prick well, cut a slit in the center, and bake. Serve cold.

THE GRAINS.

Minute directions have been given in Part II. for steaming the grains. It is needless to say that they are very good and very wholesome—*provided* you do not spoil them by serving with cream and sugar. “How shall we eat them?” is the question often asked. With the rare fruit

juices, of course; *try them*. Prepare these in summer when fruits are plenty, and seal in cans for winter use. (You will find special directions for making them in Part II.) The juices of strawberries, raspberries, currants, or raspberries and currants mixed, are truly delightful; so are those of cherries, blackberries, grapes and gooseberries. Or the fruits, either stewed or canned, make a good dressing.

To the unperverted palate, the grains and mushes are very good eaten simply with the hard Graham roll, or with dry toast. A little mashed potato, dry and mealy, just enough to "feather" the bit of mush or grain on the end of the fork, is not a bad accompaniment. If you do not like this combination, and have not the fruits, then the next best plan is to stir into the dish of grain, just as you take it from the steamer, a very little cream; not more than a third of a teacupful to all the family will eat. If they can not relish the grains in any of these ways, let them try the "fruit and bread" diet for a few days, which will be all the better for the stomach. Should so plain a regimen fail to satisfy, *fasting* is the proper remedy.

MUSHES.

These are served the same as the grains; the methods of preparing mushes are fully described in Part II.

PUDDINGS.

Puddings, at best, are scarcely considered hygienic; as usually made and served, they are decidedly objectionable; but as they might be made, they are perhaps as healthful as half or two-thirds of the other dishes that will be found in Part III. In other words, they are "at home" with cakes, custards, custard pies, fancy desserts, eggs, omelets, fish, poultry, game, and an endless variety of meats and meat preparations—to say nothing of worse things not

herein mentioned, and that have long since been banished entirely from tables making any pretensions to hygiene.

Those who really desire to live hygienically—and therefore healthfully—will find it to their advantage to select in the main from Part II., leaving Part III. for only occasional reference.

Many of the puddings described in the following recipes, are made chiefly of fruits and cereals, and contain *as little as possible* of that very unhygienic combination, “milk, eggs and sugar,” which is so bad for the liver. And the dressings, when any are used, are most of them as plain as the puddings themselves; they contain no brandies, sherries, or other wines; no spices, no butter, and not a large amount of sugar.

A number of the *very* plain puddings, are little else than simple fruit preparations, to be eaten cold; they are convenient to have in summer, when meals are prepared with as little fire as possible. And many of the puddings that are to be eaten “lukewarm,” may be served cold, if desired.

When bread-crumbs are used in the making, have them dry, and rather stale; and *part* at least, of good home-made Graham loaf, unsweetened. If sweet fruits, as currants or raisins, are among the ingredients required, look them over carefully, wash in a colander till they are free from sediment, and then dry thoroughly before dredging with flour. Use no spices or pungent flavorings, and of course no wines or brandies, either in the puddings or sauces. Butter, too, had better be omitted from both; when it is cooked or heated, it is particularly indigestible. If eggs enter into the combination, see that they are fresh; and separate the yolks and whites carefully before beating. In oiling the dishes have them *cold*, to prevent sticking; take for this purpose the fat from clean dripping, or a little pure olive oil.

If the ordinary Graham flour is used, you may have to put it through a coarse sieve. Endeavor to get *pure* soda

and cream of tartar, and take these instead of baking-powder, unless you know the latter to be free from adulterations. The "Price," or the "Royal," is thought to be as good as any; these powders are said to contain no foreign ingredient, except starch—of which there is about 33 per cent. ; so that in measuring, it is necessary to *heap* the spoon; whereas, a "teaspoonful" of soda or cream of tartar, is the spoon filled not above the level.

In making with Indian meal, particularly if the pudding is to be steamed, get the yellow flint (golden), if possible, though the white flint is good. And in steaming, endeavor, first, to keep the water *constantly* at a fast boil; second, if any has to be added, to put it in boiling hot; third, not to open the steamer till the pudding is done; fourth, to send to the table as soon as it is taken out. In either steaming or boiling, allow plenty of room for the pudding to swell; if you boil, wring the bag out of hot water, and flour it well inside before filling. Allow for swelling a space equal to at least one-third the volume of the pudding; then tie securely and boil, keeping plenty of water in the pot, and the latter closely covered; turn the bag over from time to time. In boiling a roly-poly, a good plan is simply to *baste* a cloth loosely around it, flouring well inside, and allowing room to swell.

Puddings that in baking incline to stick to the bottom or sides of the pan, as batter puddings, green corn puddings, etc., should be poured into a dish (the latter well oiled), and then set in the oven within a shallow pan of boiling water. Custards, and all puddings that contain milk and eggs, should be managed in the same way, baked *very slowly*, and only till the custard is set. If the milk is to be heated, do it in a farina-kettle, or a tin bucket set in a pot of boiling water; then there is no danger of scorching. When it begins to boil, lift from the fire; and either cool to lukewarm before stirring it into the beaten eggs, or add it a little at a time, to prevent curdling.

SELECTION OF PUDDINGS.

BIRD'S-NEST PUDDING. †

- 1 quart sweet milk.
- 12 apples, rather tart, medium size.
- $\frac{2}{3}$ cup raisins, seeded and chopped.
- $\frac{2}{3}$ " currants, picked and washed.
- $\frac{1}{2}$ " sugar.
- 3 eggs, yolks and whites separate.
- 2 tablespoonfuls flour.

Time—for custard, 20 to 30 minutes, slow oven.

Pare and core the apples, place them closely together in a shallow pudding-dish (earthen or granitized iron), and fill the centers with the raisins and currants. Then add a little water, just enough to cook them, and bake till the apples are soft, but not broken to pieces. When done remove from the oven, and while the fruit is cooling beat the yolks, whip in the sugar, add the milk, and stir in the flour. Then beat the whites to a stiff froth, add them, and stir again; pour the raw custard over the apples, and set the dish into the oven, inside a dripping-pan containing a little boiling water. Bake slowly till the custard is set, but not till it separates; it will take from twenty to thirty minutes. Serve lukewarm, without a dressing; this pudding is excellent. If you have not the sweet fruit, use a little sugar instead.

BREAD AND FRUIT PUDDING.

- 3 cups sweet milk.
 - 2 " (scant) fine bread-crumbs, stale.
 - 2 " finely chopped apples, rather tart.
 - 1 cup raisins, seeded and chopped, and dredged with flour.
 - 2 tablespoonfuls sugar.
 - 2 eggs, yolks and whites separate.
- Time—an hour and a quarter, slow oven.

Prepare the crumbs, or part of them, from good home-made Graham loaf if you have it ; scald the milk, pour it over them, and mix lightly. Then stir the sugar into the beaten yolks, and add the bread and milk, a little at a time; or you may wait till the latter is cool enough not to curdle the eggs. Then stir in the well-whipped whites, and also the fruit ; pour the batter into a pudding-dish, and set it, covered, in the oven, inside a shallow pan with boiling water in it. Bake in a moderate oven, allowing an hour and a quarter to cook the fruit. Serve nearly cold, without a dressing.

Huckleberries may be substituted for the raisins, using two cups instead of one, and adding to the milk a pinch of soda, dissolved in a very little boiling water ; the soda must be stirred in before the fruit is added.

GRATED APPLE PUDDING.

- 2 cups sour cream—or part sour milk.
- 3 “ grated (or scraped) apples, rather tart.
- 2 “ sifted white flour.
- 1 tablespoonful fine corn meal.
- 2 tablespoonfuls sugar.
- 1 teaspoonful soda, dissolved in boiling water.
- 3 eggs, yolks and whites separate.
- Time—40 to 50 minutes, slow oven.

Beat the yolks, whip the sugar into them, add the cream, apples, meal and flour, and stir well ; then add the whites cut to a stiff froth, and also the dissolved soda, and beat thoroughly. Pour into a shallow pan, well oiled, and place immediately in a very moderate oven ; or a better way is to set the dish in a dripping-pan, containing boiling water. Bake from forty to fifty minutes. The pudding should not be more than an inch and a half or two inches thick when done ; and it should be delicately browned, top and bottom. You may send it to the table in the bake-dish ; or it

can, with care, be turned out on a plate, and cut in pieces as you serve it. It is best eaten warm (not hot), and is good enough without sauce—though the little woman who used to make this pudding “to perfection,” passed it to her guests with genuine maple molasses.

Sweet cream or milk may be used for mixing, instead of sour; in this case add two teaspoonfuls of cream of tartar, sifting it through the flour. If preferred, use only two eggs.

RHUBARB CHARLOTTE.

- 3 pints cut rhubarb.
- 3 cups fine bread-crumbs, stale.
- $\frac{1}{2}$ cup cold water.
- 3 tablespoonfuls sugar.
- Time—40 to 50 minutes.

Wash, trim and peel the stalks of rhubarb, taking care that there are no worms hidden away in the body of them. Split each stalk once or twice, and cut into very short bits. Prepare the bread-crumbs from good home-made Graham loaf, rather stale; then fill a pudding-dish with alternate layers of the crumbs and chopped rhubarb, beginning with the latter, and ending with the former. Make each layer of rhubarb twice as thick as the crumbs, and sprinkle the sugar over as you put it in. When the dish is full pour the water over the whole, and set it, covered, in the oven, inside a shallow pan of boiling water, and bake slowly half an hour; then uncover, and brown quickly. Serve nearly or quite cold, with or without a dressing; it is very good with mock cream, or lemon sauce.

Gooseberries, just beginning to ripen, may be used instead of rhubarb.

SWEET-APPLE PUDDING.—(*Excellent.*)

- 3 quarts new milk.
- 1 quart sweet apples, finely chopped.

$\frac{2}{3}$ cup sugar.

1 pint (nearly) coarse corn meal.

Single handful white flour.

Time—three to four hours, slow oven.

Pare, core and slice the sweet apples, and chop them fine, having a full quart in all. Then put into a stone or earthen crock, or a farina-kettle, two quarts of the milk; if new milk can not be had, add a cup of cream to the skimmed. Set it on the stove, and bring just to a boil; if heated in a crock, see that the milk does not scorch in the least. Then stir in the corn meal, and beat very thoroughly to remove lumps. The batter, when the meal has had time to swell, should be almost too thick to pour, or about the consistency of good corn mush. Let the mixture again come to a boil, and cook, stirring five to seven minutes; then remove from the fire, and add the quart of cold milk; this will make the batter thin enough to pour readily. Now stir in the apples, sugar and flour, and beat well. If the mixing has been done in a crock, set it directly into the oven; if in a farina-kettle, pour the batter into a deep pudding-dish, and set it in the oven, within a dripping-pan containing a pint or more of boiling water. Bake slowly, stirring several times the first hour; the pudding should cook from three to four hours in all, and be moderately browned on top when done.

This excellent dessert is served cold or warm (not hot), and without a dressing; though the juices of certain fruits, as raspberries, cherries, etc., make a very good sauce for it. In the mixing, molasses or syrup may be used instead of sugar; but the pudding is less delicate to the taste. And when sweet apples are not to be had, those of a mild but rich sub-acid flavor, can be substituted.

This has been called, "The sweet-apple pudding of the olden times." And one who remembers, says of it: "More than fifty years ago, when the woods covered the hills and valleys of Otsego County, N. Y., my mother used to make

this pudding, and bake it slowly in an old-fashioned bake-kettle, which stood on legs two inches in length, and had an iron cover on which we put coals and hot embers when we wanted to brown the top. We hung the kettle on the crane in the capacious fire-place, and let it cook slowly all the forenoon, or afternoon, according as it was wanted for dinner or supper. Or if there was a stone or brick oven, it was put in a little before the bread, unless that happened, as it often did, to be all rye and Indian, when it was put in at the same time, and baked from three to four hours, according to size."

LEMON PUDDING.—(*Choice.*)#

3 cups sweet milk—new is best.

$\frac{1}{2}$ cup sugar.

3 eggs, yolks and whites separate.

2 tablespoonfuls corn-starch.

Juice of two lemons.

Time—20 to 30 minutes, slow oven.

Pour the milk into a farina-kettle, and bring it to a boil ; then stir in the corn-starch, wet with a little cold milk or water. Boil five minutes, stirring constantly to prevent lumping, and remove from the fire. Whip into the beaten yolks the sugar and lemon, and when the mixture is almost cold, stir them into it ; then the whites, cut to a stiff froth. Pour the custard into a dish, set it inside a shallow pan of boiling water, and bake slowly twenty to thirty minutes, or until barely set. Serve warm or cold. For a larger pudding, double the quantity of ingredients ; though less eggs will do.

This pudding is very delicate in flavor.

LEMON MERINGUE PUDDING.—(*Good.*)#

3 cups sweet milk.

1 cup " cream.

2 cups dry bread-crumbs—home-made Graham loaf.

$\frac{2}{3}$ cup sugar.

3 eggs, yolks and whites separate.

Juice of two lemons.

Time—30 to 40 minutes, slow oven.

Turn the milk and cream together, and soak the crumbs in it half an hour ; if you have new milk, take a quart of it and leave out the cream. Stir into the beaten yolks half the sugar, and half the lemon ; then add the bread and milk, pour all into a pudding-dish, and place in a dripping-pan with boiling water in it. Bake slowly thirty to forty minutes, or until the custard is set. When firm, cover with a meringue made by beating together the whites, and the rest of the sugar and lemon ; close the oven, and brown moderately. Serve lukewarm ; no dressing.

An orange pudding is made in the same way ; the oranges should be fresh, rich in flavor, and tart or sub-acid.

BREAD PUDDING.‡

1 quart sweet milk.

1 pint broken bread, stale.

$\frac{1}{3}$ cup sugar.

3 eggs, yolks and whites separate.

Time—20 to 30 minutes, slow oven.

In all bread puddings, use good home-made loaf, stale and dry, but perfectly sweet ; Graham or part Graham (always unsweetened), is best. Soak the bread in the milk till soft, but do not stir ; then beat the yolks, stir into these the sugar, and then the bread, milk, and the well-whipped whites. Stir all lightly together, pour into a pudding-dish, and set in the oven, within a shallow pan of boiling water. Bake slowly twenty to thirty minutes, or till the pudding is barely firm in the center ; if a little creamy, it is all the better ; and on no account let it cook till watery or wheyey.

If wanted on short notice, scald the milk, pour it over

the bread, and add these, little by little, to the sugar and yolks beaten together; then stir in the whites whipped to a good froth, and bake as before. Serve nearly cold, without a dressing.

BREAD PUDDING.—(*With Meringue.*)#

3 pints sweet milk.

1 pint dry bread-crumbs.

1 cup currants—or seedless raisins.

$\frac{1}{2}$ “ sugar.

3 eggs, yolks and whites separate.

Time—an hour and ten minutes, slow oven.

Heat the milk, and pour it over the bread without stirring; beat the yolks, and add to these the bread and milk, mixing in a little at a time; then stir in the sweet fruit, dredged with flour. Pour the batter into a pudding-dish and place in the oven, inside a shallow pan of boiling water, and bake covered, very slowly, an hour and ten minutes, or till the raisins are tender. When done, cover with a meringue made by beating together the whites and sugar, and brown slightly. Serve lukewarm, without a dressing.

Another pudding with the same ingredients, is made as follows: Slice the bread instead of crumbing, and cover the bottom of a pudding-dish with part of it; strew on a portion of the raisins, and moisten well with a raw custard, made of the milk, eggs and sugar. Repeat the process until the dish is nearly full, having the last layer of bread, well soaked; then pour the remainder of the custard over the pudding, cover, and bake as before.

QUEEN OF PUDDINGS.—(*Good.*)#

1 quart new milk—if skimmed, part cream.

2 cups (heaping) dry bread-crumbs, finely grated.

1 pint strawberries, raspberries, blackberries, huckleberries, or sliced peaches.

$\frac{2}{3}$ cup sugar.

3 eggs, yolks and whites separate.

Juice of one lemon.

Time—30 to 40 minutes, slow oven.

Soak the crumbs (good home-made Graham loaf) in the milk, without stirring; then beat the yolks, whip into these half the sugar, and add the bread and milk, stirring as little as possible. Pour all into a dish, filling it not quite full, place within a pan of boiling water, and bake very slowly thirty to forty minutes—or till the custard is firm in the middle, but not till it separates. Then spread with a layer (not too thick) of ripe fruit, as strawberries, blackberries, raspberries, huckleberries, or ripe peaches, the latter peeled, stoned, and thinly sliced. Cover immediately with a meringue, made by beating together the whites, the rest of the sugar, and the juice of the lemon. Return to the oven, and brown slightly. Serve nearly cold without a dressing, or with a little cream.

In winter, spread this pudding lightly with raspberry jam, thick cranberry sauce, or smooth apple sauce prepared with very little water; then cover with the meringue as before, and heat till it tinges.

COCOA-NUT PUDDING.

1 quart new milk.

2 cups fine bread-crumbs, dry and stale.

$\frac{2}{3}$ cup sugar.

3 eggs, yolks and whites separate.

1 cocoa-nut, pared and grated.

Juice of one small lemon.

Time—to bake, 30 to 40 minutes, slow oven.

If the milk of the cocoa-nut is perfectly sweet, save it in a separate vessel. Having pared off the brown or outer portion of the nut, and grated the rest into the milk, put

the latter into a farina-kettle, and place on the back of the stove, where it will keep warm but not cook; stir occasionally. After an hour or more, heat the mixture slowly, but do not let it boil; then remove from the fire, let it stand till nearly cold, and strain through a coarse cloth, removing the grated nut; squeeze well, to get out all the essence. Then pour it over the crumbs, and when they have soaked a little stir the sugar into the beaten yolks, and add them; put in also the milk of the cocoa-nut, and mix thoroughly. Pour the custard into a pudding-dish, well oiled, set the latter inside a dripping-pan with boiling water in it, and bake in a slow oven thirty to forty minutes, or till the custard is just set. Then beat together the whites, the lemon, and the rest of the sugar, spread the froth on top, and heat till it colors a little. Serve cold or nearly cold; no dressing.

Many persons with weak stomachs can not digest the cocoa-nut fiber, no matter how long it is cooked; hence the precaution to strain it out, altogether.

PEACH BATTER PUDDING.

2 cups sweet cream.

3 cups sifted flour—half Graham.

$\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.

$1\frac{1}{2}$ teaspoonfuls cream-tartar, sifted through the flour.

2 quarts peeled peaches.

Time—at least an hour; good oven.

Rather tart clingstone peaches are best for this pudding; peel and wash them, leaving in the stones if you take clings; and if not pretty ripe, slash deeply with a knife in several places, so that they will cook faster. Then lay them in a pudding-dish, and if not very juicy add a tablespoonful of water; cover with a batter made by mixing together the cream, flour, and dissolved soda, and bake in an even oven one hour, or till the fruit is done; if the crust browns too fast, cover with a paper. If freestone peaches are used,

select those that are rather firm, peel them, cut in halves, and then make like the preceding; if the fruit is quite tart, add a little sugar before putting on the crust. Serve warm, with or without a dressing of cream. This pudding must not stand after baking, or the crust will be heavy.

Canned peaches (whole ones if you have them) may be substituted for fresh ones; drain off nearly all the syrup; and if you like, save it to serve with the pudding, instead of cream. If you use baking-powder, rather than soda and cream of tartar, take two heaping teaspoonfuls to a pint of cream. Or you may mix with sour cream and soda, using a teaspoonful of the latter to a pint (two cups) of the former.

APPLE BATTER PUDDING.

2 cups sweet cream.

1½ " sifted Graham flour.

1½ " " white "

$\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.

1½ teaspoonfuls cream-tartar, sifted through the flour.

3 quarts apples, peeled, quartered and cored.

Time—one hour.

Select apples of a rich, sub-acid flavor; and if they are average size, or larger, cut the quarters once through before baking. Wash these quickly in clean water, and lay evenly over the bottom of a pudding-dish; this should be about ten inches square; or it may be eight inches wide, and twelve long; if larger, the crust made from the above proportions of flour, etc., will not be thick enough. The water adhering to the apples in washing, will make the pie sufficiently juicy. Form a batter of the other ingredients, beat till smooth, and pour it over the fruit; bake in a moderate oven, one hour. This is a plain but excellent pudding, particularly if the apples are fine; rosy jennetings, not too ripe, are very good; so are Bald-

wins, or winesaps. Send it to the table as soon as done, and serve warm from the bake-dish, with or without a dressing of thin cream ; it is very good without sauce.

BERRY PUDDING.—(*Light and Good.*)#

- 2 cups sweet milk—new, if you have it.
 - 2 “ sifted Graham flour.
 - 2 “ “ white “
 - 2 eggs, yolks and whites separate.
 - 1 teaspoonful soda, dissolved in boiling water.
 - 2 teaspoonfuls cream of tartar sifted through the flour.
 - 1 quart blackberries, raspberries, or huckleberries.
- Time—two hours.

Dredge the fruit with a portion of the flour, and sift the cream of tartar through the remainder. Whip the yolks and whites separately, make a batter of the milk, eggs and flour, stir in the dissolved soda, and beat thoroughly. Then add the dredged fruit, stirring it in lightly, so as not to break it. Pour the batter into a well-oiled pudding-dish, cover the latter closely, leaving plenty of room to swell, and set in the steamer, over a pot of boiling water. Cook two hours, keeping the steamer tightly closed (it should not be opened once), and the water at a fast boil. When done, send immediately to the table, and serve warm with fruit sauce, mock cream, or cream and sugar.

HUCKLEBERRY PUDDING.

- 1 pint new milk.
- 1 “ sifted Graham flour.
- 1 “ (nearly) sifted white flour.
- $\frac{1}{2}$ cup good hop yeast.
- 2 eggs, well beaten.
- $\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.

1 quart berries, well dredged with flour.
Time—two hours.

If the milk is not new it must be boiled, and cooled to blood heat; stir in the flour, yeast, beaten eggs, and dissolved soda, forming a smooth batter, and set it where it will keep warm; it should be light in from two to three hours, if the yeast is good. When risen, stir in the fruit lightly, pour the batter into a round pudding-dish, well oiled, and steam as in the last recipe; it will require about two hours. Serve as soon as done, with cream and sugar, mock cream, or other plain sauce.

Blackberries, or other small fruits, may be used instead of huckleberries.

BAKED BLACKBERRY PUDDING.

Make the same as the last, using either blackberries or huckleberries, and then bake instead of steaming; it will require about an hour, in an even oven. Serve the same as the last.

STEAMED ROLLY-POLY.—(*Excellent.*)#

1 cup sweet cream—or enough for rather a firm dough.

1½ cups sifted Graham flour.

1½ “ “ white “

1 teaspoonful soda.

2 teaspoonfuls cream-tartar.

1 quart (nearly) of berries, seeded cherries, chopped apples, or sliced peaches.

Time—two hours.

Mix the Graham and white flour together, then pulverize the soda finely with a knife, and add it to the cream of tartar; stir these well through the flour, and sift two or three times. Wet with the cream, forming a tolerably stiff dough, and handling as little as possible; roll into an oblong sheet

a quarter of an inch thick, and cover with the fruit, leaving a little margin at the edge ; sprinkle lightly with sugar, if the fruit is tart. Then begin at one end and roll up tightly, leaving the fruit inside ; pinch the edges firmly together. Wrap a clean dry napkin around the roll, allowing plenty of room to swell, put it into a tin basin, and cover closely ; then place in a steamer over a pot of boiling water, and steam two hours without uncovering. If you have to use a steamer with holes in the bottom, put two small sticks or bits of wood in it, and set the basin on top of these, leaving room for the steam to enter beneath ; keep the water at a fast boil. When done remove the cloth, and send directly to the table. Cut across the roll, in slices half to three-quarters of an inch thick, and serve with mock cream, fruit sauce, or cream and sugar.

This pudding may be boiled, but steaming is better. If you boil, wring the pudding-bag out of hot water, flour it well inside, and put in the roll, leaving ample room to swell ; the space allowed after the bag is tied, should be equal to at least one-third the size of the roll. If the bag is too wide for it, baste to the required size but not too snugly, as the pudding will swell sidewise as well as lengthwise. Drop it into a pot of boiling water, and boil without stopping, for an hour and a half ; turn frequently, and keep the pot well filled up, adding water boiling hot. When done plunge quickly into cold water, take it out, and then remove the bag ; lay the pudding on a hot plate, and send immediately to the table.

These fruit rolls are drier and more wholesome baked, than boiled or steamed ; but they require a little care in the oven, else the top will brown too much before the dough is done inside. In mixing the batter, *sour* cream may be used, and the cream of tartar omitted.

BAKED FRUIT ROLL. ‡

Make the same as the last, rolling the dough in one wide sheet ; when the fruit is secured inside, lay the roll in an earthen or granitized iron pan, slightly oiled. Place this in a dripping-pan containing a little boiling water, and bake in a steady oven ; turn another pan over the top, if it browns too fast. At the end of half an hour remove the dish from the pan of water, and bake, covered, three-quarters of an hour longer ; this will brown the bottom as well as the top ; and the half hour's baking in the steam of the boiling water, will make the crust softer, and less liable to crack open and let out the fruit juice. Take the roll from the oven some minutes before sending to the table, as it should be partly cooled before cutting. Serve with fruit sauce, or cream and sugar ; or it may be eaten without a dressing. If properly made and baked, this is a most excellent dessert, and as wholesome as it is good.

CHERRY ROLL.

Wash, stem and seed the cherries, having a quart of them after the pits are removed. Then make a light cream paste, the same as for Steamed Rolly-Poly (last recipe but one), and roll in an oblong sheet. Cover with the cherries, leaving a good margin at the edge, and if the fruit is sour sprinkle with sugar ; then roll up snugly, and pinch well at the ends ; you may bake, steam, or boil. If you bake, manage the same as in the last recipe, except that you make two rolls instead of one ; lay them a little apart in the pudding-dish, and bake the first half hour in a pan containing boiling water ; then bake, covered, three-quarters of an hour in the dry oven.

If the pudding is to be steamed, roll a clean napkin around it, leaving plenty of room to swell ; put it into a covered tin basin, and place in a steamer over a pot of

boiling water. Cook two hours without lifting the lid of the steamer, and keep the water constantly boiling. If you prefer to boil, rather than steam or bake, put the roll inside a bag wrung out of hot water, and well floured inside; tie it securely, allowing ample room to swell, and boil without stopping, an hour and a half. Have plenty of water, keep the pot covered, and turn the bag over frequently. When the pudding is done plunge quickly into cold water, lift it out, and remove the bag.

If steamed or boiled, send to the table as soon as done. Serve with mock cream, fruit sauce, or cream and sugar.

BAKED BATTER PUDDING.‡

2 cups sweet milk—part cream, if you have it.

1 cup sifted Graham flour.

1 “ “ white “

3 eggs, yolks and whites separate.

$\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.

1 “ cream-tartar.

Time—fully an hour.

Mix the Graham and white flour together, and sift the cream of tartar through it; beat the yolks, add the milk, and then the flour, stirring to a smooth batter; add also the whites whipped to a stiff froth, and beat well; then stir in the dissolved soda, and beat very thoroughly. Pour the batter into a pudding-dish, well oiled, place in a moderate oven within a shallow pan of boiling water, and bake half an hour; then remove from the pan of water, and bake in the dry oven another half hour. It is a good plan in batter puddings to test with a broom-straw, by passing it through the thickest portion; when it comes out clean, bake three to five minutes longer; then take from the oven, send directly to the table, and serve with fruit sauce, sweet fruit, or cream and sugar. Some prefer simply cream;

others like a spoonful of fruit, as stewed raspberries, with a little cream over the whole.

This, like all batter puddings, is excellent warmed over ; dip the piece left into cold water, lay it on a pie-pan, cover with another, and then place in a hot oven till thoroughly heated through. Stewed or canned fruit, as raspberries, strawberries, etc., make a good dressing for it.

STEAMED BATTER PUDDING.‡

- 1 quart sweet milk.
- $\frac{1}{2}$ cup sifted Graham flour.
- $\frac{2}{3}$ " " white "
- $\frac{1}{2}$ " sugar.
- 3 eggs, yolks and whites separate.
- Time—an hour and a half.

Beat the yolks and sugar together, add the milk, and stir in the flour ; then add the whites whipped to a stiff froth, and beat hard. Pour the batter into an oiled pan, filling it not quite full ; this will give room to swell ; then cover, place in the steamer, and steam an hour and a half without lifting the lid ; keep the water at a fast boil. Send to the table as soon as done, and serve with cream, fruit, or fruit juice.

STEAMED BATTER PUDDING.

- 2 cups sour milk—or sour cream.
- 1 cup Graham flour.
- 1 " white "
- 2 eggs, yolks and whites separate.
- 1 teaspoonful soda, dissolved in boiling water.
- Time—two hours.

Make a batter of the flour and milk, add the whipped yolks and whites, and the dissolved soda, and beat thoroughly. Steam the same as the last, only half an hour longer ; and when done, serve with mock cream, fruit sauce, or cream and sugar.

STEAMED BATTER PUDDING.—(*Richer.*)#

- 1 cup sour milk—or buttermilk.
1½ cups sifted Graham flour.
2 “ “ white “
 $\frac{2}{3}$ cup finely powdered beef suet.
 $\frac{1}{3}$ “ pure molasses—or pure syrup.
1 “ currants—or seedless raisins.
 $\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.
Time—two hours and a half.

Dredge the sweet fruit with a portion of the flour, and through the remainder of it rub the finely powdered suet; if currants are used, they must be carefully picked over, and washed and dried before dredging. Mix the molasses and milk together, and stir in the flour to form a batter; then add the dissolved soda, and beat hard. Stir in the dredged fruit, and pour the batter into a basin well oiled, filling it, not quite full; cover with an inverted pie-pan, or other closely fitting lid, set it in a steamer, and steam two hours and a half. Do not uncover till the pudding is done; and keep the water at a fast boil.

If you have not a steamer, pour the batter into a tin bucket, well oiled, spread over the top a clean napkin or cloth wrung out of hot water, and floured well on the under side; press the lid in tightly, turn the ends of the cloth back over it, and pin them together; then set the bucket inside a pot of boiling water, and cook two hours and a half, as before. The water must not come up to the top of the bucket; and if it has to be renewed, add it boiling hot.

This pudding may be put into a bag and boiled, instead of steamed; if boiled allow two hours, turning the bag frequently, and keeping the pot well filled with boiling water. Serve as soon as done, with lemon sauce, fruit, or fruit juice; or it may be eaten without a dressing.

CHRISTMAS PLUM PUDDING.—(*Excellent.*)#

- 2 cups sour milk—or buttermilk.
 1 cup sifted Graham flour.
 1 “ “ white “
 1 “ stale bread-crumbs, finely grated.
 $\frac{1}{2}$ “ finely powdered beef suet.
 $\frac{1}{2}$ “ chopped apples.
 $\frac{1}{3}$ “ currants, picked, washed and dried.
 $\frac{1}{2}$ “ raisins, seeded and chopped.
 $\frac{1}{4}$ “ citron, finely shredded.
 $\frac{1}{2}$ “ sugar.
 1 teaspoonful soda, dissolved in boiling water.
 Time—two hours and a half.

First, dredge the sweet fruit with a portion of the flour ; then make a batter by stirring together the crumbs and milk, the rest of the flour, the suet, sugar, and dissolved soda ; beat very thoroughly. Then stir in the dredged fruit, the chopped apple and citron, and mix all lightly together ; pour the pudding into a round tin basin, previously oiled, cover with an inverted plate or pie-pan, and place in a steamer. Keep the water constantly boiling, and do not lift the lid till done ; it will require two hours and a half. When taken out send directly to the table, and serve with tart fruit (as canned egg-plums), or with lemon sauce ; the latter is best.

This pudding is plainer than most plum puddings, there being so little sweet fruit or sugar in proportion to the milk, flour and bread-crumbs. The spices also are omitted, together with the “brown sherries” and brandies, these being an abomination to all hygienists.

GRAHAM PUDDING.—(*With Fruit.*)#

- 1 cup sour milk or cream.
 2 cups sifted Graham flour.

- 1 cup raisins, seeded and chopped.
- $\frac{1}{2}$ " currants, picked, washed and dried.
- $\frac{1}{3}$ " pure molasses—or pure syrup.
- 1 egg, well beaten.
- $\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.
- Time—two hours and a half.

After dredging the fruit with a little of the flour, stir together the milk, flour and molasses, add the whipped egg and dissolved soda, and beat hard ; then stir the fruit in lightly. Pour the batter into a pan well oiled, cover, and set in the steamer ; keep the latter tightly closed, and steam two hours and a half. Serve as soon as done, with fruit, fruit sauce, or lemon sauce.

If pure molasses can not be had, melt a third of a cup of sugar in a little boiling water.

GRAHAM PUDDING.—(*With Fruit.*)#

- 1 cup sweet cream or milk.
- 2 cups sifted Graham flour.
- 1 cup raisins, seeded and chopped.
- $\frac{1}{3}$ " sugar.
- 1 egg, well beaten.
- 1 teaspoonful soda, dissolved in boiling water.
- 2 teaspoonfuls cream-tartar.
- Time—two hours and a half.

Dredge the raisins with a portion of the flour, and sift the cream of tartar through the remainder. Beat the egg and sugar together, add the milk, and stir in the flour, forming a smooth batter ; then add the dissolved soda, and beat well. Stir the fruit in last, mixing it evenly through the batter, and steam as in the preceding recipe. A third of a cup of citron, finely shredded, may be added with the raisins, if desired. Serve with lemon sauce, fruit, or fruit juice.

BAKED INDIAN PUDDING. †

2 quarts sweet milk.

1 pint cold water.

2 even cups coarse corn meal—golden “flint” is best.

$\frac{1}{2}$ cup Graham flour.

$\frac{1}{2}$ “ sugar.

Time—an hour and a half, slow oven.

Scald the milk, pour it over the meal, and mash with a spoon till there are no lumps; let the mixture stand five minutes. Then stir in the sugar, pour the batter into a farina-kettle, or tin bucket set in a pot of boiling water, and heat to scalding. Stir into this a batter made of the Graham flour, and the pint of cold water; mix all well together. Then pour the pudding into a dish slightly oiled, and set it in the oven, inside a dripping-pan with boiling water in it; cover and bake, stirring frequently the first half hour. Have a very moderate heat, and bake in all an hour and a half, or until the pudding thickens sufficiently. Serve warm (not hot), with mock cream or lemon sauce; the latter is preferable.

BAKED INDIAN PUDDING.—(*Excellent.*) †

1 quart sweet milk.

$\frac{2}{3}$ cup corn meal—“flint,” if you have it.

2 tablespoonfuls sugar.

2 eggs, yolks and whites separate.

Time—one hour, slow oven.

Heat the milk to a boil, and stir in the corn meal; if coarse “flint” is used, make the measure scant. Let the batter stand till cold, then beat the yolks and sugar together, and stir them into it; add also the whites whipped to a stiff froth, and beat hard. Pour it into a pudding-dish, set this inside a shallow pan of boiling water, and bake, covered, one hour, or until the pudding has the proper consistency. Serve warm or cold, with cream, fruit, or

lemon sauce ; or it is good without a dressing. Some make with less eggs—three eggs to two quarts of milk.

BAKED INDIAN PUDDING.—(*Good.*)#

- 1 quart sweet milk, boiling hot.
- 1 cup cold “
- 1 “ coarse corn meal—“flint” preferred.
- $\frac{1}{2}$ “ pure molasses—or pure syrup.
- Time—an hour and a half, slow oven.

Pour the hot milk over the meal, and stir till there are no lumps. Then add the molasses (or syrup) with thorough beating, pour the batter into a small but deep dish, and place in the oven within a dripping-pan containing boiling water. Cover and bake, stirring the pudding from the bottom several times the first half hour ; at the end of that time stir in the cup of cold milk—some use cold water—and bake in a slow oven an hour longer. Serve warm or cold, with or without a dressing of fruit juice, or lemon sauce ; the latter is best.

If pure molasses or syrup is not to be had, try melted sugar ; or you may get good maple molasses or sorghum, from an honest farmer.

INDIAN PUDDING WITH FRUIT.—(*Choice.*)#

- 3 pints sweet milk.
- 1 cup rather coarse corn meal—golden “flint” is best.
- 1 “ sifted Graham flour.
- $1\frac{1}{2}$ cups raisins, seeded and finely chopped.
- 2 tablespoonfuls sugar.
- 3 eggs, yolks and whites separate.
- 1 teaspoonful soda, dissolved in boiling water.
- 2 teaspoonfuls cream-tartar, sifted through the flour.
- Time—one hour, moderate oven.

Scald a pint of the milk, and wet the meal with it ; stir

well, to prevent lumping. Let the mixture stand till lukewarm ; while it is cooling, make a batter with the flour and another pint of the cold milk, and when the scalded meal is cool enough stir the two batters together. Then heat the remaining pint to a boil, beat the yolks, whip in the sugar, and stir into these, little by little, the hot milk ; pour this custard into the mixed batter, add the whites whipped to a stiff froth, and beat very hard. Lastly, put in the fruit, previously dredged with a portion of the flour, and mix thoroughly. Pour all into a pudding-dish, set this in a shallow pan of boiling water, and bake, covered, in a moderate oven. Stir once from the bottom, as the pudding begins to thicken ; and continue the cooking about an hour. Serve with cream, fruit, or lemon sauce. Stewed or canned raspberries, mixed with currants, make a plain but good dressing.

Seedless raisins, or currants, may be substituted for the sweet fruit in this pudding ; they cook sooner, and are very good.

STEAMED INDIAN PUDDING.##

2 cups sour milk.

1 cup " cream.

2 cups coarse corn meal—golden "flint," if you have it.

1 cup Graham flour, unsifted.

$\frac{1}{2}$ " sugar.

$1\frac{1}{2}$ teaspoonfuls soda, dissolved in boiling water.

Time—two hours.

Meal that is made from white or yellow "flint" corn, and rather coarsely ground, is best in all steamed breads, or steamed Indian puddings. Mix together the meal, flour, milk, cream and sugar, stirring all to a smooth batter ; then add the dissolved soda, and beat thoroughly. These corn meal puddings are always better for being well beaten. Pour immediately into an oiled pan or mould, filling it not

quite full ; then cover, and steam two hours, keeping the water at a fast boil ; the steamer should not be opened till the pudding is done. Serve with mock cream, fruit sauce, stewed plums, or lemon sauce ; or a soft custard may be used as a dressing.

STEAMED INDIAN PUDDING.—(*Excellent.*)#

- 3 cups sour milk—or buttermilk.
 - 2 “ coarse corn meal—“flint,” if you can get it.
 - 1 cup Graham flour, unsifted.
 - 1 “ currants—or raisins seeded and chopped.
 - $\frac{1}{2}$ “ finely powdered beef suet.
 - 3 tablespoonfuls pure molasses—or pure syrup.
 - $1\frac{1}{2}$ teaspoonfuls soda, dissolved in boiling water.
- Time—two hours and a half.

Dredge the sweet fruit with a little of the flour ; if currants are used, pick them carefully over, and then wash and dry before dredging. Stir together the meal, flour, suet, milk and molasses (you may take maple or sorghum), and beat well ; then add the dissolved soda, and beat very thoroughly. Stir in lastly the fruit, mixing it evenly through the batter, and pour all into a round pan, well oiled ; you must not fill it quite full. Set this in a steamer, cover with an inverted pie-pan, and steam two hours and a half. Serve warm with fruit sauce, tart fruit, or lemon sauce ; the latter makes an excellent dressing.

This, and all steamed Indian puddings, may be warmed over, and served at the next meal, or the next day ; dip the remnant quickly into cold water, lay it in a pie-pan with another turned over it, and then place in the oven long enough to get thoroughly hot, all through. It will be quite as good as at first.

RICE PUDDING.‡

- 3 pints sweet milk.
- 1 pint water.
- 1 scant cup rice, picked over carefully and washed.
- 2 tablespoonfuls sugar—omit, if preferred.
- Time—two hours, very slow oven.

Put into a pudding-dish the rice, milk, water and sugar, stir all together, and bake, covered, in a slow oven, two hours. Stir from the bottom several times until the pudding begins to thicken, and do not fail to keep the oven at a slow heat. It is better to set the dish inside a shallow pan with boiling water in it, while baking; the pudding should be of a creamy consistency when done, and delicately browned on top. Serve lukewarm, with or without a dressing of fruit.

This plain but excellent pudding is very good eaten cold; you may make it on Saturday, and have it cold for Sunday dinner. Served in this way, it must be quite milky when taken from the oven. If preferred, you can add a handful of raisins to the rice.

RICE PUDDING.‡

- 1 quart sweet milk.
- 1 pint water.
- $\frac{1}{2}$ cup rice, picked over carefully, and washed.
- 2 even tablespoonfuls sugar.
- 1 egg.
- Time—one hour, slow oven.

Soak the rice in the water one hour; then set it on the stove with the water in which it soaked, and let it come slowly to a boil. Cook ten minutes, stirring once or twice, and remove from the fire. When nearly cold, beat the egg and sugar together, add the rice with the water in which it boiled, and also the quart of milk. Having stirred all together, pour the batter into an oiled pan, cover, and place

in a moderate oven within a dripping-pan of boiling water; bake very slowly one hour, or till the pudding is thick and creamy in the center. Serve not too warm, without a dressing.

If preferred, omit the sugar, and add a cup of sweet fruit, as seedless raisins or currants (the latter picked over and washed carefully), and bake as before; the fruit must be soaked and heated with the rice, before baking. Or you may leave out the egg, and use more rice; say two-thirds of a cup.

PUDDING OF COLD RICE.

3 cups sweet milk.

2 " cold boiled rice.

2 tablespoonfuls sugar.

2 eggs.

Time—one hour, slow oven.

Mix the rice and milk, working out all the lumps; beat the yolks and sugar together, and stir them in; then add the whipped whites, and beat thoroughly. Pour the batter into a pudding-dish, set it in the oven, inside a pan of boiling water, and bake slowly one hour, or till the pudding is barely set; it must not begin to separate. Serve lukewarm, without a dressing.

Cold samp (fine hominy), cracked wheat, or barley, may be used instead of rice.

MANIOCA PUDDING.‡

3 pints sweet milk.

$\frac{1}{2}$ cup manioca.

$\frac{1}{3}$ " sugar.

2 eggs, yolks and whites separate.

Time—40 minutes, moderate oven.

Manioca is much finer for puddings than tapioca; it is also more expensive, and consequently is in slight demand;

only the larger grocers keep it. In making this pudding, mix the manioca in one quart of the milk, heat it in a farina-kettle, and stir almost constantly till it comes to a boil. Then lift from the fire, and stir in the rest of the milk; when the mixture is about cold, stir the sugar into the beaten yolks, and add them; add also the whipped whites, and beat well. Pour the custard into a pudding-dish, and set this inside a dripping-pan with boiling water in it; then cover, and bake in a moderate oven forty minutes, or until the pudding is of a creamy consistency. Serve warm or cold, with or without a dressing of fruit, or fruit juice.

This pudding is very good with the eggs omitted.

TAPIOCA PUDDING.‡

- 1 quart sweet milk.
- 1 cup tapioca, washed and drained.
- $\frac{1}{2}$ " sugar.
- 3 eggs, yolks and whites separate.
- Time—45 minutes, moderate oven.

Get, if you can, tapioca that is not too coarse; you will need to begin the soaking soon after breakfast; cover with cold water, and soak two hours—longer, if it is in large lumps. Then drain thoroughly, pour on the cold milk, and set the vessel containing it on the back of the stove, where its contents will warm slowly to blood heat; stir occasionally. An hour and a half before dinner beat the yolks and sugar together, and the whites by themselves; stir all into the milk and tapioca, and bake, covered, inside a shallow pan of boiling water. Stir well from the bottom ten minutes after the pudding goes into the oven, and bake rather slowly, until it is of a creamy consistency; it will require about forty-five minutes. Uncover toward the last, if the pudding is not sufficiently browned. Cool to lukewarm, and serve without a dressing. A plainer pudding is made by

taking equal parts milk and water, and using only one or two eggs.

Much of the tapioca sold in the groceries, is in such great lumps that it is difficult to soak soft. Why it is manufactured in this way, is a question of interest, at least to the cook. Manioca, which is essentially the same thing as tapioca, is without a fault in this respect; it is in fine grains, easily dissolved, and is truly delightful for puddings; but for some cause or other, its high price places it beyond the reach of most people, as an article of frequent use. There is a preparation of tapioca called the *granulated*, which is in little round lumps not much larger than grains of barley; it dissolves rather easily, but it is said to be badly adulterated, and therefore inferior to the ordinary article.

APPLE TAPIOCA PUDDING.##

8 tart juicy apples, pared and cored.

$\frac{3}{4}$ cup tapioca, washed and drained.

$\frac{1}{2}$ " sugar.

1 quart cold water.

Juice of one lemon—if desired.

Time—for baking, one hour; good oven.

Pour the cold water over the tapioca, and set it back on the stove to warm a little; stir once in a while. Do this soon after breakfast, if the tapioca is in large lumps. Two hours before dinner, place where it will get thoroughly hot; stir often, and continue to heat and stir till the tapioca is soft, and almost clear. In the mean time have ready the apples, and arrange them, not too closely, in the bottom of a pudding-dish; fill their centers with the sugar, squeeze into the latter the lemon juice, and then pour over the tapioca. Set the dish in a good oven, inside a dripping-pan with a little boiling water in it, and bake, covered, one hour, or until the apples are done. Serve nearly cold, with

cream, fruit, or fruit juice ; stewed or canned raspberries, blackberries, cherries, etc., make a good dressing ; and so does the *mixed* sauce.

This pudding may if desired be made without the lemon, and less sugar used. Or you may use manioca instead of tapioca, which needs no soaking ; pour *boiling* water over to dissolve it, and bake one hour.

LEMON TAPIOCA CUSTARD.—(*Excellent.*)#

- 1 pint sweet milk.
- 1 quart cold water.
- $\frac{2}{3}$ cup tapioca, washed and drained.
- $\frac{2}{3}$ " sugar.
- 3 eggs, yolks and whites separate.
- Juice of two lemons.

Soak the tapioca in the quart of cold water, keeping the vessel covered ; if the tapioca is pretty fine, three hours will suffice ; but if you have the common coarse kind, it will need five hours to soak. An hour and a half before dinner, heat the milk to a boil in a farina-kettle, or a tin bucket set in a pot of boiling water ; add to this the tapioca, and the water in which it soaked. Stir till the mixture boils ; then cook ten minutes, or until the tapioca is well dissolved, using the spoon constantly. Set back the kettle while you beat together the yolks, half the sugar, and the juice of one lemon ; stir into these a little of the hot mixture, then more, and finally turn all together. Heat again to a boil, stirring meanwhile, and cook five minutes, or till the custard thickens ; then pour it into a dish, cover with a meringue made by beating together the whites, and the rest of the sugar and lemon, and brown slightly. Serve cold or lukewarm, without a dressing.

LEMON TAPIOCA PUDDING.—(*Good.*)#

1 cup (scant) tapioca, washed and drained.

$\frac{2}{3}$ “ sugar.

1 quart cold water—for soaking.

2 eggs—whites of.

Juice of two lemons.

Time—for cooking and browning, an hour and three-quarters.

Put the tapioca to soak early in the morning ; before breakfast, if it is in large lumps ; set the pan containing it on the stove, where it will warm to blood heat but will not cook ; stir now and then. Two hours before dinner pour it into a farina-kettle, add half the lemon and half the sugar, mixing well, and set it where it will get thoroughly hot ; stir frequently. Cook an hour and a half, or till the tapioca is clear ; then pour it into a pudding-dish, beat together the whites, and the rest of the lemon and sugar, and spread over the top. Place in the oven ten minutes, and brown slightly. Serve cold or nearly cold (the pudding will keep till the next day), with cream, fruit, or fruit juice ; or it is very good without a dressing.

Sago may be used, instead of tapioca ; it need not be soaked beforehand.

TAPIOCA PUDDING WITH FRUIT.—(*Choice.*)#

1 cup tapioca, washed and drained.

$\frac{1}{2}$ “ sugar.

1 pint strawberries, raspberries, currants, or seeded cherries.

1 quart cold water.

Time—an hour and a half.

Soak the tapioca in the water, as in the last recipe ; two hours before dinner stir in the sugar, and set it on the stove where it will heat thoroughly. Cook till clear ; then

stir in the fruit, and continue the cooking five to eight minutes longer. Serve cold or nearly so, with cream or fruit; or it may be eaten without a dressing. This and the preceding pudding make convenient dishes for warm weather, as they can be eaten several hours after they are made.

Instead of the fruit, a cup of fruit juice may be substituted; this makes a truly delightful dessert; stir in the juice ten to fifteen minutes before the kettle is taken from the fire. The pudding may be eaten lukewarm, or it can be poured into cups wet with cold water, and moulded; you can serve it for supper if you like, or the following day, with mock cream, fruit sauce, or cream and sugar.

Another excellent method is to cook the tapioca till clear, sweetening as before; when done, serve with fresh raspberries, adding cream and sugar.

SAGO PUDDING.

1 quart sweet milk.

$\frac{3}{4}$ cup sago.

$\frac{1}{2}$ " sugar.

3 eggs, yolks and whites separate.

Time—45 minutes for baking.

Pour the milk into a farina-kettle, or a tin bucket set in a pot of boiling water; wash the sago in cold water, and drain well; then stir it into the milk and heat half an hour, or till it has had time to swell; use the spoon frequently. Remove from the fire, and when the mixture is half cold add the yolks and sugar, beaten together; also the well-whipped whites, and stir thoroughly. Pour the pudding into a dish, set it inside a shallow pan of boiling water, and bake about three-quarters of an hour, or till of a creamy consistency. Stir from the bottom, five minutes after placing it in the oven. Serve nearly cold without dressing, or with a little juicy fruit.

SAGO PUDDING WITH FRUIT.

1 quart boiling water.

$\frac{2}{3}$ cup sago, washed and drained.

$\frac{1}{2}$ " sugar.

1 pint strawberries, raspberries, or seeded cherries.

Time—30 minutes.

After washing, pour enough cold water over the sago to cover it, and let it soak an hour ; drain well. Then add the sugar and pour over the boiling water, stirring all the while to prevent lumping. Put the pudding into a farina-kettle and cook half an hour, stirring frequently. Then mix in the fruit, and cook three to five minutes ; strawberries need very little heating. Serve cold or lukewarm, with cream, fruit, or cream and sugar.

FARINA PUDDING.—(*Excellent.*)#

3 pints sweet milk.

3 tablespoonfuls (scant) farina.

$\frac{1}{3}$ cup sugar.

2 eggs, yolks and whites separate.

Time—50 minutes, slow oven.

Heat the milk in a farina-kettle, and when ready to boil stir in the grain rather slowly, to avoid lumping. Continue the stirring and cook ten minutes, or till the mixture thickens. Then set it off to cool ; beat the yolks and sugar together, and when the mush is nearly cold stir them in ; add also the whites whipped to a stiff froth, and beat thoroughly. Pour the batter into a dish, set it in a dripping-pan of boiling water, and bake in a slow oven fifty minutes, or till the custard is set. Cool to lukewarm, and serve without a dressing.

GREEN CORN PUDDING.#

1 quart sweet milk—new, if you have it.

2 eggs, yolks and whites separate.

12 ears of corn well filled, or three pints pulp.

Time—an hour and a half, slow oven.

Select perfect ears, well filled, but young and tender ; the “evergreen” is best ; if field corn is used, the white or yellow “flint” is excellent. Split the grains half their depth by drawing a sharp knife down the rows of corn, beginning at the larger end of the ear. Then with a dull knife scrape out the pulp ; this is done by scraping from the large to the small end of the cob ; if you draw the knife in the other direction, it tears out the grains, hulls and all. Beat the yolks and whites separately, the latter to a stiff froth ; stir these with the corn, and beat hard ; then add the milk, a little at a time, beating as you add it. When all is in, pour the batter into a well-oiled pudding-dish, and place in a dripping-pan of boiling water. Have a slow oven, and bake covered, an hour and a half ; stir once from the bottom, ten minutes after the dish is set in the oven. The pudding should be an inch and a half to two inches thick ; you must not hurry the baking ; it should be moderately browned on top, when done. Serve warm from the dish ; it is good enough eaten without butter, or other dressing.

GREEN CORN PUDDING.##

1 quart sweet milk.

1 “ grated corn.

2 eggs, yolks and whites separate.

Time—an hour and a quarter, moderate oven.

Stir into the grated corn the whipped yolks, and beat well ; add a little of the milk, and the whites cut to a stiff froth, and beat again ; then stir in the rest of the milk, mixing thoroughly. Pour the batter into a pan, well oiled, set this within a shallow pan of boiling water, and bake in a moderate oven an hour and a quarter, or till the pudding thickens in the center. Serve without a dressing.

A very good pudding may be made with half the milk, and the eggs omitted.

OTHER PUDDINGS.

APPLE PUDDING.—(*Without Eggs.*)#

- 1 quart sweet milk.
- 8 apples pared and cored, and not too tart.
- 2 cups stale bread-crumbs.
- $\frac{1}{3}$ cup sugar.
- Time—an hour and a quarter, slow oven.

Soak the crumbs in the milk till soft ; then stir in the sugar, and pour the batter over and around the apples, which you have placed in the bottom of a pudding-dish, not too closely together. Set the dish in a dripping-pan of boiling water, and bake an hour and a quarter in a slow oven ; cover till nearly done. If preferred, take sweet apples pared and cored, and cut each two-thirds through, but do not separate ; then arrange and bake as before, allowing a little longer time if the apples are not done. Serve with cold cream, or stewed raspberries ; or you may eat without sauce.

GRAHAM APPLE PUDDING.#

- 3 pints sweet milk.
- $1\frac{1}{2}$ “ sifted Graham flour.
- 1 quart finely chopped apples.
- 2 eggs, yolks and whites separate.
- Time—one hour, rather slow oven.

Mix the milk and flour to form a batter, and then stir in the beaten yolks, chopped apples, and whites cut to a stiff froth. Beat thoroughly, pour into a pudding-dish well oiled, and bake one hour, or until the apples are done. Serve cold or lukewarm, with fruit sauce, or cream and sugar.

BERRY AND BREAD PUDDING.

- 1 quart sweet milk—new, if you have it.
 1 “ berries, seeded cherries, or other small fruits.
 1 pint stale bread-crumbs—home-made Graham is best.
 $\frac{1}{2}$ cup sugar.
 3 eggs, yolks and whites separate.
 Pinch of finely pulverized soda in the milk.
 Time—40 to 50 minutes, slow oven.

Pour the milk into a farina-kettle, and bring it to a boil ; when you have beaten the yolks and sugar together, add the hot milk, a little at a time, stirring as you pour. Whip the whites to a stiff froth, and add a portion of the hot mixture to them, in the same cautious way ; then stir well together ; if properly managed, the eggs should not curdle. This done, fill a pudding-dish not quite full, with alternate layers of the bread-crumbs and ripe fruit, beginning and ending with the bread. When all is in, pour the hot custard over the layers, saturating the whole, and let this stand fifteen to twenty minutes, or till the bread is thoroughly soaked. Set the dish, covered, in the oven, inside a dripping-pan containing boiling water, and bake very slowly forty to fifty minutes. Uncover and brown quickly at the end. Serve warm or cold, with thin cream.

Blackberries, raspberries, huckleberries, seeded cherries, or sliced peaches, may be used in making this pudding ; and if preferred, you may take less eggs.

HUCKLEBERRY AND BREAD PUDDING.

- 1 quart sweet milk.
 1 pint dry bread-crumbs—good Graham loaf.
 1 “ huckleberries.
 3 tablespoonfuls sugar.
 2 eggs, yolks and whites separate.
 Time—40 to 50 minutes, moderate oven.

Heat the milk, and pour it over the bread; cool, and add the beaten yolks, the sugar, and the well-whipped whites. Then stir in the berries dredged with flour, pour the batter into a pudding-dish, and bake in a moderate oven within a pan of boiling water, forty to fifty minutes. Serve nearly or quite cold, with or without a dressing of cream.

STEAMED APPLE PUDDING.

Take good tart apples, rich in flavor, pare, core and quarter them, or better, cut in eighths; then place about three layers deep, in a bake-dish. Add a spoonful of water, and cover with a light cream paste rolled a third of an inch thick, and made as per recipe already given; the pudding should not quite reach the top of the dish. Then turn over the latter an inverted plate or pie-pan, to keep the water out, and steam an hour and a half without uncovering the steamer. The water must be kept at a fast boil. Send to the table as soon as done, or the crust will become heavy; serve with mock cream, fruit sauce, or cream and sugar.

DAMSON PLUM PUDDING.

Line a deep pan well oiled, with a light cream paste, fill with damson plums picked over and washed, and cover with a good crust, pinching the edges securely together. The dough should be rolled to the thickness of nearly half an inch; and the top crust must not be pricked. After putting on the latter tie a thick cloth over (the corners turned back and pinned), leaving it loose enough to allow room to swell; then set in a pot of boiling water, and cook two hours. Keep the pot closely covered, and the water at a fast boil; it must not reach the top of the pan. Or, if you have a steamer, you can make the pie in a round basin of granitized iron, lay a folded towel or napkin over it, and steam two hours without lifting the lid. Take out as soon as done, and serve with mock cream, or cream and sugar.

Blackberries, raspberries, huckleberries, gooseberries (just beginning to ripen), or sliced apples or peaches, may be substituted for plums. With apples or peaches, the under crust may be omitted if desired.

APPLE BATTER PUDDING.—(*Good.*)#

Pare and core the apples (eight or ten will be enough), put them in a pan with a trifle of water, and bake, covered, till they are nearly soft, but not broken; the apples should be rich in flavor, but not very tart. Then make a cream batter paste, as per recipe already given, pour it over them, and bake in a brisk oven about an hour. Send to the table as soon as done, and serve with or without a dressing of cream, or cream and sugar.

CHILDREN'S ROLLY-POLY.

Take a bit of light yeast dough, and knead it very thoroughly; that made with a third or fourth part Graham flour is best. Then roll out a thin sheet, and cover with raspberries, blackberries, or other small fruit; sprinkle lightly with sugar, roll up closely, and pinch the ends securely together. Wrap in a clean napkin, leaving plenty of room to swell, place in a covered tin basin, set the latter in the steamer, and steam two hours. Keep the water at a fast boil, and do not uncover till done. Serve with mock cream, or cream and sugar.

BAKED BATTER PUDDING.#

- 1 cup sweet milk.
- $\frac{1}{2}$ " " cream.
- 1 " sifted Graham flour.
- 2 cups " white "
- 1 tablespoonful sugar.
- 2 eggs, yolks and whites separate.

$\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.

1 " cream-tartar.

Time—one hour.

Stir together the Graham and white flour, and the cream of tartar; then put all through the sieve, two or three times. Beat the yolks and sugar together, add the cream and milk, and stir in the flour; then add the dissolved soda, and the whites cut to a froth, and beat thoroughly. Pour the batter into a dish well oiled, and place inside a dripping-pan with a trifle of boiling water in it; bake half an hour; then remove from the pan, and bake another half hour in the dry oven. Better test with a straw, and bake five minutes after it comes out clean; it will take about an hour in all. Serve as soon as done, with cream, fruit, or fruit juice.

This pudding may be steamed, as follows: Pour the batter into a tin basin well oiled, cover, and set in a steamer over a pot of boiling water. Steam an hour and a half without lifting the lid, then take out, and send straight to the table.

PUFF PUDDING.

2 cups sweet milk.

1 cup " cream.

1 " sifted Graham flour.

2 cups " white "

3 eggs, yolks and whites separate.

Time—25 to 30 minutes, quick oven.

Beat the yolks, add the milk and cream, and stir in the flour, Graham and white; when a smooth batter is formed, whip and add the whites, and beat hard. Then dip into cups, or hot gem-pans slightly oiled, and bake in a quick oven twenty-five to thirty minutes; brown nicely without scorching. Serve warm, with fruit, fruit sauce, or cream and sugar.

BOILED BATTER PUDDING.

- 2 cups sour milk—or sour cream.
 1½ “ sifted Graham flour.
 2 “ “ white “
 1 cup seedless raisins.
 2 eggs, yolks and whites separate.
 1 teaspoonful soda, dissolved in boiling water.
 Time—an hour and a half.

Dredge the fruit with a little of the flour, and beat the yolks and whites separately; then stir together the yolks, the milk, and the rest of the flour, to form a batter. Add the whipped whites and dissolved soda, and beat very thoroughly. Last of all put in the fruit, stirring lightly, but mixing it in evenly. Wring the pudding-bag out of hot water, flour it well inside, and pour in the batter; then tie securely, leaving plenty of room to swell, drop into a pot of boiling water, and boil constantly an hour and a half. Add more water—always boiling hot—as it is needed; turn over now and then, and keep the pot closely covered between times. When done, plunge the bag into a basin of cold water, and remove instantly; then turn the pudding out on a plate, and send directly to the table. Serve with cream, fruit, or fruit juice.

This pudding may be steamed by pouring the batter into a basin well oiled, and placing it, covered, inside a steamer, over a pot of boiling water; steam two hours without uncovering. Do not fill too full, as the pudding must have room to swell.

CORN CUSTARD PUDDING.‡

- 1 quart sweet milk.
 1 cup fine corn meal.
 ½ cup sifted Graham flour.
 ⅓ “ sugar.

2 eggs, yolks and whites separate.

$\frac{1}{2}$ teaspoonful soda, dissolved in boiling water.

1 " cream-tartar.

Time—20 to 30 minutes, moderate oven.

Heat the milk to a boil in a farina-kettle, if you have one. While doing this, sift the cream of tartar through the flour; as soon as the milk is hot stir the corn meal into it, and cook ten to fifteen minutes, stirring well from the bottom. Then pour the batter into a bowl to cool; when cold, add the yolks and sugar beaten together, and stir in the Graham flour; then add the whipped whites and dissolved soda, and beat hard. Bake in deep gem-pans, well oiled; or you may pour the batter into a pudding-dish, place in a pan of boiling water, and bake twenty to thirty minutes, or until the custard is set. Serve warm or cold, with cream, fruit, or lemon sauce; or eat without a dressing.

BOILED INDIAN PUDDING.

2 cups sour milk—or buttermilk.

1 cup boiling water.

$2\frac{1}{2}$ cups coarse corn meal—"flint" preferred.

1 cup Graham flour, unsifted.

$\frac{2}{3}$ " pure molasses—or pure syrup.

$\frac{2}{3}$ " finely powdered beef suet.

$1\frac{1}{3}$ teaspoonfuls soda, dissolved in boiling water.

Time—two to three hours.

Scald the meal with the cup of boiling water, and let it stand till you have powdered the suet, and worked it into the flour. Then add to the first mixture the milk and molasses, beating them well together; stir in the flour, add the dissolved soda, and beat very thoroughly. Wring the pudding-bag out of hot water, flour it well inside, and pour in the batter; tie securely, leaving plenty of room to swell, and boil without stopping, from two to three hours—all of *three*,

if there is time. Keep plenty of water in the pot (always adding it boiling), and turn the bag over frequently; the pot must be kept closely covered. If preferred you can boil in a covered mould, well oiled; the water must not reach the top of it. Send the pudding to the table as soon as done; cut it in slices, and serve with lemon sauce, fruit, or fruit sauce. A fine dressing is a spoonful of stewed or canned raspberries to each slice, and then a mock cream or soft custard poured over.

If pure molasses or syrup can not be had, and your "country cousins" have failed to bring in the genuine maple, or sorghum, then try melting some granulated sugar in a little water. You may steam this pudding if preferred, instead of boiling.

STEAMED INDIAN PUDDING.

3 cups sour milk—or buttermilk.

1½ " coarse corn meal—golden "flint" is best.

1 cup Graham flour, unsifted.

1 " currants, seedless raisins, chopped apples, dried cherries, or huckleberries.

3 tablespoonfuls sugar.

1½ teaspoonfuls soda, dissolved in boiling water.

Time—two hours.

The fruit must be carefully picked over, washed and dried, and then dredged with a little of the Graham flour. Mix together the grains and milk, forming a smooth batter, then add the sugar and dissolved soda, and beat hard. Stir in the fruit lightly, pour the batter into a pan or mould well oiled, cover the latter, leaving room to swell, and steam two hours; keep the water at a fast boil, and do not lift the lid till the pudding is done. Serve warm, with cream, fruit, or lemon sauce; the latter is best.

In making this pudding, almost any of the dried fruits may be used; even dried apples, carefully picked over and

washed, cut in small bits, and stirred into the batter before steaming, make a fair substitute for other and more expensive fruits.

STEAMED INDIAN PUDDING.‡

2 cups sweet milk—or enough for soft batter.

1½ “ boiling water.

1½ “ coarse corn meal—“flint” is best.

$\frac{2}{3}$ cup (unbolted) rye meal.

1 “ Graham flour, unsifted.

$\frac{1}{3}$ “ sugar—or pure molasses.

1½ cups raisins, seeded and chopped.

1 teaspoonful soda, dissolved in boiling water.

2 teaspoonfuls cream-tartar.

Time—three to four hours.

Dredge the fruit with a portion of the flour; then scald the corn meal with the boiling water, and let it stand till nearly cold. Mix the cream of tartar through the Graham flour, add this and the rye to the scalded corn meal, and then wet with the milk, stirring till a batter is formed that will pour readily. Add the sugar (or molasses) and dissolved soda, and beat till light; then stir in the dredged fruit. Pour the batter into an oiled pan or mould, leaving room to swell, cover, and set it in the steamer; steam three to four hours, and do not open till the pudding is done. Serve with stewed or canned fruit, fruit sauce, or lemon sauce; or it may be eaten with a soft custard.

STRAWBERRY INDIAN PUDDING.

1 cup sour milk.

3 cups boiling water.

2 “ coarse corn meal—yellow “flint” preferred.

1 cup Graham flour, unsifted.

1 quart strawberries.

2 tablespoonfuls sugar.

1 egg, well beaten.

1 teaspoonful soda, dissolved in boiling water.

Time—two hours.

Scald the meal with the boiling water, and mash with a spoon till there are no lumps; then add the sour milk, Graham flour, egg and sugar, and stir well; stir in also the dissolved soda, and beat thoroughly. Add lastly the fruit, mixing it lightly through the batter; pour into a well-oiled pan, filling it not nearly full, cover securely to keep out the moisture, and place in a steamer over a pot of boiling water. Steam two hours without uncovering, and keep the water at a fast boil. The pudding must not stand after it is mixed. Serve warm or cold, with mock cream, or cream and sugar. If a piece is left over, it may be dipped into cold water, and laid, covered, in a hot oven till it is well heated through.

Raspberries, seeded cherries, or chopped apples may be used instead of strawberries.

HUCKLEBERRY INDIAN PUDDING.

3 cups sweet milk—or enough for a soft batter.

2 “ coarse corn meal—golden “flint” is best.

1 cup “middlings.”

1 quart huckleberries.

2 tablespoonfuls sugar.

Time—two hours and a half.

Mix the above, stirring the fruit in lightly at the last, and forming a batter that will pour readily; the berries should be well dredged with flour. Oil a round pudding-dish, pour in the batter, cover, and steam two hours and a half without lifting the lid of the steamer. Serve with whipped cream, or cream and sugar.

RICE AND RAISIN PUDDING.

3 pints sweet milk.

1 quart water.

1 cup rice, picked over carefully, and washed.

1 " raisins, " " " " "

Time—two hours, slow oven.

Put the rice and raisins into the water, add half the milk, and set the dish on the back of the stove where it will heat slowly to a boil; cook ten minutes, and take from the fire. Add the rest of the milk, pour the pudding into a dish, and place it inside a shallow pan of boiling water; bake, covered, in a slow oven two hours, or till the pudding thickens. Stir from the bottom once or twice, the first half hour; when done it should be thick and creamy, rather than firm. Serve cold or lukewarm without a dressing, or with juicy fruit, stewed or canned.

If you have not the raisins, you may take currants instead; or you can leave out the fruit, and add a third of a cup of sugar.

RICE AND BERRY PUDDING.

2 cups sweet milk.

2 " cold rice, samp or barley.

2 " raspberries, blackberries, seeded cherries, or chopped apples.

$\frac{1}{3}$ cup sugar.

2 eggs, yolks and whites separate.

Time—one hour, slow oven.

Soften the cold rice (or other grain) with the milk, working out all the lumps; then stir in the yolks and sugar beaten together, and also the well-whipped whites. Add the fruit, mixing it in lightly; pour the batter into a dish, set in a dripping-pan of boiling water, and bake slowly one hour. Serve cold or lukewarm, with or without a dressing of cream.

RICE AND APPLE PUDDING. ‡

- 3 quarts sliced apples, rather tart.
 1 cup rice, picked over carefully, and washed.
 1 " cold water.
 2 cups boiling water.
 Time—two hours, slow oven.

Cover the bottom of a pudding-dish with a layer of the sliced apples, and sprinkle over them a portion of the rice ; then more apples, then rice. Continue till they are all used, making the last layer apples. Some like the addition of a cup of currants, or seedless raisins, sprinkled between the layers. Pour over the whole a cup of cold water, and set the dish, covered, in the oven, within a dripping-pan containing boiling water ; bake slowly, one hour. At the end of that time, pour over it a cup of *boiling* water, and bake half an hour ; then add another cup of water, boiling hot, and bake another half hour. Serve lukewarm, with cream, fruit, or fruit sauce.

MANIOCA PUDDING.—(*With Fruit.*)

- $\frac{1}{2}$ cup manioca.
 $\frac{1}{3}$ " sugar.
 1 $\frac{1}{2}$ pints strawberries, raspberries, huckleberries, sliced peaches, or sliced apples.
 1 quart boiling water.
 Time—one hour, moderate oven.

Pour the boiling water over the manioca, stirring meanwhile to prevent lumping ; then stir in the fruit and sugar, and bake in an even oven one hour, or until clear. If small fruits are used in the making, serve the pudding with cream and sugar ; if sliced apples or peaches, serve with fruit (stewed or canned), or fruit juice—or, you may take cream and sugar. It may be eaten cold or warm.

In making this pudding, fruit juice is better than the berries ; a cupful would be enough.

TAPIOCA PUDDING.—(*With Raisins.*)#

- 3 pints sweet milk.
- 1 cup tapioca, washed and drained.
- 1 “ raisins, seeded and chopped.
- 2 tablespoonfuls sugar.
- 3 eggs, yolks and whites separate.

Time—an hour and ten minutes, moderate oven.

Soak the tapioca in the cold milk one to two hours ; then turn it into a farina-kettle and bring to a boil, stirring frequently. As soon as it is soft throughout, set it off to cool ; beat the yolks and sugar together, and when the tapioca-milk is nearly cold stir them in. Then add the well-whipped whites, and the raisins dredged with a little flour, and beat thoroughly. Pour the batter into a pudding-dish, set this in a dripping-pan with boiling water in it, and bake, covered, an hour and ten minutes. The oven should be moderate ; and if the pudding is not already browned, uncover ten minutes at the last. Serve nearly cold, with or without a dressing of fruit, or fruit juice.

APPLE TAPIOCA PUDDING.#

- 12 apples pared and cored, and not very tart.
- 1 cup tapioca.
- $\frac{1}{4}$ “ raisins, seeded and chopped.
- $\frac{1}{4}$ “ currants, picked over carefully, and washed.
- $\frac{1}{3}$ “ sugar.
- 3 pints cold water.

Juice of one lemon, or half a cup of currant juice.

Time—an hour and a quarter, good oven.

Wash the tapioca, and after draining pour the cold water over it ; warm gradually to blood heat, stirring now and then. Continue the soaking and warming three hours, or until the tapioca is soft ; then increase the heat and cook till clear, or nearly so. Arrange the apples, pared and cored,

in a pudding-dish, without crowding them ; fill their centers with the sweet fruit, and saturate the latter with the lemon (or currant) juice. Then pour over the tapioca, and bake, covered, an hour and a quarter in a pretty hot oven ; the dish should be set in a shallow pan with boiling water in it. Serve cold or lukewarm, with cream, fruit, or fruit juice—
 or with a mixed sauce of raspberries and cream ; the raspberries may be fresh, stewed or canned.

APPLE TAPIOCA PUDDING. ‡

- 3 quarts sliced apples, tart.
 2 “ cold water—for soaking.
 2 cups tapioca, washed and drained.
 Time—three hours, slow oven.

Pour the water over the tapioca, and set it where it will get slightly warm ; let it soak three to four hours, and then drain off all the water. Wash the sliced apples, and while they are still wet put a layer of them into the pudding-dish ; then sprinkle over these a portion of the tapioca, and repeat the process till the dish is full, making the last layer apples. Cover closely, and bake in rather a slow oven about three hours ; when done, the whole mass should be in a jelly. Serve cold or lukewarm, with fruit juice, fruit sauce, or cream and sugar.

Sliced or canned peaches may be used instead of apples ; and they make a pudding equally good.

SAGO AND APPLE PUDDING.

- 3 pints boiling water.
 12 tart apples, pared and cored.
 1 cup sago.
 $\frac{1}{2}$ “ raisins, seeded and chopped.
 $\frac{1}{4}$ “ currants, picked over carefully, and washed.
 $\frac{1}{2}$ “ sugar.
 Juice of one lemon.
 Time—an hour and a half.

Wash the sago, cover with cold water, and soak one hour; then drain well. Fill the centers of the apples with the sweet fruit, and place them in the bottom of a pudding-dish. Then dissolve the sago by pouring the boiling water over it, and stirring constantly to prevent lumping; stir in the lemon and sugar, and pour it over the apples. Set the dish in a moderate oven, within a dripping-pan of boiling water, and bake, covered, an hour and a half. Serve nearly cold with cream and sugar, fruit, or fruit juice.

GRANULA PUDDING.

3 pints sweet milk.

1 cup granula.

3 tablespoonfuls sugar.

2 eggs, yolks and whites separate.

Time—one hour, slow oven.

Granula is made by heating bits of Graham bread in the oven till brittle, then pounding or breaking them in small pieces, and grinding in a hand-mill. These are more properly, hygienic "rusk crumbs"; they may be soaked in milk half an hour, and then eaten. Sometimes they are used for puddings; a very good one is made with the above ingredients, as follows:

Pour the milk into a farina-kettle, and bring to a boil; then take it from the fire, stir in the granula, and soak till the mixture is nearly cold. Beat the yolks and sugar together, and stir them in; then the well-whipped whites; set the dish in a slow oven, and bake one hour, or till the pudding is firm in the center; cover the top while baking. Serve lukewarm, without sauce.

CRACKED WHEAT PUDDING.

2 cups sweet milk.

2 " cold cracked wheat.

1 cup seeded cherries—or red or black raspberries.

$\frac{1}{3}$ “ sugar.

2 eggs, yolks and whites separate.

Time—one hour, slow oven.

Mix together the milk, fruit and wheat, add the yolks and sugar beaten together, and also the whipped whites ; stir thoroughly, pour into a dish, and place covered, inside a dripping-pan with boiling water in it. Have rather a slow oven, and bake about an hour. Serve cold or lukewarm, with mock cream or fruit sauce; or the pudding may be eaten without a dressing.

Canned cherries with the juice drained off, may be used instead of raw fruit; and cold rice, samp or barley, may take the place of cracked wheat.

IRISH POTATO PUDDING. ††

3 cups sweet milk—new is best.

$\frac{1}{2}$ cup sugar.

3 eggs, yolks and whites separate.

8 potatoes, medium size.

Juice of one lemon.

Time—40 minutes, slow oven.

Wash, peel and boil the potatoes, taking from the fire the moment a fork will go through them easily ; drain off all the water, and mash fine. Then add the milk, stir the potato well into it, and rub through a colander. Beat the yolks, lemon and sugar together, and stir them in : add also the whites whipped to a stiff froth, and stir thoroughly. Pour the batter into a pudding-dish, well oiled, set it within a shallow pan of boiling water, and bake in a slow oven forty minutes. Serve nearly cold, without a dressing.

SWEET POTATO PUDDING.

3 cups sweet milk—new, if you have it.

3 “ “ potato, finely mashed.

$\frac{1}{3}$ cup sugar.

3 eggs, yolks and whites separate.

Juice of one lemon.

Time—40 minutes, slow oven.

Select good dry sweet potatoes, and steam or boil till a fork will go through them easily. Then remove the skins, and trim off any defective spots, or stringy ends. Mash fine, mix with the milk, and put through a colander to remove any lumps, or fibrous portions. Then beat the yolks, lemon and sugar together, and stir them in; add the whites cut to a stiff froth, and beat thoroughly. Pour into a pudding-dish, slightly oiled, place in a shallow pan of boiling water, and bake slowly forty minutes. Serve cold, or lukewarm, without a dressing.

PLAIN DESSERTS.

The following plain desserts are most of them mushes, or simple fruit preparations, that may be served with a dressing of stewed fruit, fruit juice, or cream and sugar; or instead of the latter, whipped cream flavored with fruit may be used. They will be found convenient, both on account of their simplicity, and the readiness with which they can be prepared; and most of them can be served cold, as well as warm.

DRIED FRUIT PUDDING.

2 cups sweet milk.

2 " cold water.

2 " stale bread-crumbs, finely grated.

2 " dried fruit—cherries, peaches, apples, etc.

2 tablespoonfuls sugar.

Time—an hour and a half, slow oven.

Cook the fruit in very little water till nearly done, but not broken to pieces; then set it off to cool. In the mean

time, soak the crumbs in the milk and water; when the bread is soft turn all together, add the sugar, and stir lightly. Pour the batter into a deep dish, cover, set within a shallow pan of boiling water, and bake in a very slow oven an hour and a half. For double the quantity, bake twenty to thirty minutes longer. Serve with juicy fruit, or with cream; the pudding may be eaten cold or warm.

BROWN BETTY. ‡

3 pints tart, juicy apples, chopped.

3 cups grated bread-crumbs, stale.

1 cup seedless raisins—if desired.

2 tablespoonfuls sugar.

Juice of one lemon.

Time—one hour, rather slow oven.

Oil the pudding-dish, and put into it a layer of the apples, about an inch thick; then add a light sprinkle of sugar, a portion of the raisins, and some of the lemon juice. Follow with a layer of crumbs—good home-made Graham loaf, if you have it—half an inch thick; then another of apples, twice the thickness. Continue in the same order until the dish is full, ending with a very thin layer of fine crumbs. If the apples are not pretty juicy, pour a third of a cup of water over the pudding before baking. Cover the dish, place inside a dripping-pan with boiling water in it, and bake slowly, at least an hour; with the raisins, a little longer would be better. Uncover at the end, and brown quickly. Serve lukewarm, with or without a dressing of cream, or cream and sugar. Strawberries, raspberries, seeded cherries, or other small fruits, may be used instead of apples. The lemon can be omitted, if desired.

CHILD'S FRUIT PUDDING.

1 quart sweet milk—new, if you have it.

1 “ fine bread-crumbs, stale.

2 quarts berries, cherries, or other ripe fruit.

1 to 3 tablespoonfuls of sugar, according to tartness of fruit.

Pinch of soda, finely pulverized, in the milk.

Time—50 minutes, slow oven.

Bring the milk to a boil ; then fill a pudding-dish with alternate layers of crumbs and fruit, beginning and ending with the crumbs. Sprinkle each layer of fruit lightly with the sugar ; or if fully ripe and not very tart, the sugar may be left out. The dish must not be too full ; pour the hot milk over the pudding, cover closely, and bake in a slow oven within a shallow pan of boiling water ; it will require about fifty minutes. Serve warm or lukewarm, with mock cream, fruit sauce, or cream and sugar.

Instead of small fruits, tart apples finely sliced or chopped may be used, and the pudding baked all of an hour.

BREAD AND FRUIT DESSERT.

Fill a pudding-dish with alternate layers of thinly sliced bread and stewed fruit, as raspberries or blackberries ; the fruit should be boiling hot. If the bread is slightly toasted, it is an improvement ; home-made Graham loaf is best. Before putting in the fruit, drain off most of the juice into a separate bowl ; then place the layers of bread in the dish, spreading each with the fruit, and when all is in pour the hot juice over. Cover with a plate, and set in a cool place till time to serve ; in cold weather, it is best to warm the dessert through in the oven, before sending to the table. It may be eaten with or without a dressing of mock cream, stewed fruit, or cream and sugar.

This is a convenient dish in hot weather, for dinner or lunch, as it requires little or no cooking in preparing it.

BOILED SUET PUDDING.

1½ cups sour milk—or buttermilk.

1½ “ sifted Graham flour.

2 “ “ white “

½ cup beef suet, finely powdered.

1 (scant) teaspoonful soda, dissolved in boiling water.

Time—an hour and a half.

Make a batter of the milk and flour, stir in the suet, add the dissolved soda, and beat well. Then pour it into a floured bag, or an oiled mould with closely fitting cover, leave plenty of room to swell, and boil an hour and a half without stopping. Or you may pour the batter into a basin well oiled, cover with an inverted pie-pan, and set in a steamer; steam two hours, keeping the water at a fast boil, and the steamer tightly closed. Serve as soon as done, with lemon sauce, or cream and sugar.

SUET DUMPLINGS.

1 cup sweet milk.

1 “ sifted Graham flour.

2 cups “ white “

½ cup beef suet, finely powdered.

⅔ teaspoonful soda.

1½ teaspoonfuls cream-tartar.

Time—15 minutes.

Turn the Graham and white flour together, and sift the soda and cream of tartar through it several times; these must be finely pulverized. Then rub the powdered suet through the flour very thoroughly, and wet with the milk to form a moderately stiff paste; knead as little as possible. Pinch off the dough in small bits, drop these into a pot of boiling water, and boil rapidly fifteen minutes; keep the pot closely covered. Serve immediately, with lemon sauce, or cream and sugar.

RICE AND APPLE PUDDING.

Take cold boiled rice, well moulded, and cut it in slices half an inch thick; put into a pudding-dish a layer of the rice, and one of equal thickness of grated or stewed apples. Repeat these until the dish is full, ending with a thin layer of the apples; then set the dish into another containing boiling water, and bake covered, in a moderate oven, one hour. Serve warm with cream and sugar, stewed fruit, or fruit sauce. The layers may be made with rice and raspberries, seeded cherries, or other small fruits, which if tart, may be lightly sprinkled with sugar.

FRUMENTY.

This harvest dish, sometimes called "furmity," is made by taking the whole wheat newly cut, and rubbed or threshed out, and boiling it in water till soft. The recipe, which is an "old country" one, taken from a British journal on Dietetics, is as follows: "To cook it (the wheat) put it on in cold water, let it come to a boil, and then stew gently till every grain bursts open like a little mealy potato."

It will require several hours' steaming or boiling; and the wheat should be as new and tender as possible. The best plan is to start it in plenty of cold water—say one part wheat and four or five parts water—and cook in a farina-kettle; this saves the trouble of stirring, and prevents sticking. When done, you can stir in a little cream or milk, if you like, and simmer five minutes; some add sugar and a beaten egg, along with the milk,—though that is a departure from the original method. This dish is said by those who have eaten it, to be delicious.

FARINA MUSH.‡

To a quart of boiling water allow half a cup of farina; add it very slowly, and stir well to prevent lumping. Cook

ten to fifteen minutes, or till the mush thickens, stirring constantly; then pour in a third of a cup of cream, and cook two minutes longer, using the spoon till done. Serve warm with cream, fruit, or fruit juice; stewed raspberries (or raspberries and currants mixed), make a good dressing; so do stewed cherries.

FARINA MUSH.‡

Heat a quart of water to a boil in a farina-kettle, and stir in two-thirds of a cup of farina; cook fifteen minutes, stirring almost constantly. Then add a pint of milk (new, if you have it), and cook five minutes longer, stirring once or twice. Serve the same as the last.

GRAHAM PUDDING.—(*With Fruit.*)

Make a mush with Graham flour, cooking over a moderate fire twenty minutes; then stir in fresh clean dates—being careful not to break the fruit—let the mixture heat two minutes, and pour it into cups or moulds dipped in cold water; if into cups, fill half or two-thirds full. When moulded turn out on a plate, and serve with cold cream, or stewed fruit.

MINUTE PUDDING.

1 quart sweet milk.
 1 “ water.
 1 cup sifted Graham flour.
 $\frac{3}{4}$ “ “ white “
 Time—15 to 20 minutes.

The “minute” pudding, so called, is a misnomer, as it can not be cooked in sixty seconds. Turn the milk and water into a farina-kettle, and heat to a boil; then stir in first (very slowly), the Graham flour, as it is less liable to lump. Follow with the white flour, a little at a time, and cook fifteen to twenty minutes, stirring as little and as

lightly as possible; keep the kettle covered between times. As soon as done lift from the fire, but leave the pudding three to five minutes with the hot water around it, before taking it up. If you have no farina-kettle, you may make in a stone or earthen crock set on top of the stove, and cook ten minutes, stirring lightly two or three times. Take from the fire a few moments before dishing for the table. Serve lukewarm, with cream, fruit, or fruit juice—or if you have it, with strawberry cream.

If you make of “best Akron” flour, use all Graham to thicken.

BLACKBERRY MUSH. ‡

2 quarts blackberries.

1½ pints water.

1 cup sifted Graham flour.

1 “ “ white “

Time—about 20 minutes.

Put the berries and water into a porcelain kettle, and bring to a boil; heat slowly five minutes. Then thicken with the Graham flour, taking care that there are no lumps; stir in also the white flour, cover the kettle closely, and set it where the mush will continue to cook, but will not scorch. Let it remain about ten minutes, stirring once or twice; then set it back on the stove, and in a few minutes pour into a mould to cool; dip the latter into cold water before filling it. Serve with mock cream, or cream and sugar.

If preferred, thicken with farina or corn-starch (using nearly a cupful), and cook as before.

DUMPLINGS. ‡

For fruit dumplings, see Part II., under Pastries. They may be served with or without a dressing of cream, or cream and sugar.

PUDDING SAUCES, CREAMS, ETC.

The pudding sauces that are here given, are all of the *plain* kind, properly so called; no wines, no brandies, no spices, no "flavoring extracts," no butter, and only a minimum quantity of sugar. After rejecting all these, we still have left every variety of choice fruit, with the addition of sweet cream; add to these a little sugar and lemon, a trifle of corn-starch or flour, and an egg or two, and there is no end to the dressings that can be made. Really, a pudding that needs pungent spices, salty grease (butter), "quantities of sugar," and alcoholic spirits to make it palatable, had better be let alone.

The raspberry and other creams that follow these sauces, may if preferred, be used as a dressing for puddings, mushes, moulded grains, etc., instead of plain cream and sugar.

SWEET CREAM.

The sauce needing least preparation, though by no means the least palatable, is good sweet cream, with or without the addition of sugar; in cities, however, this is not always easy to get. If sweetened, two tablespoonfuls of sugar to a pint of cream, is sufficient; a better way, however, is to serve the sugar separately, and then pass the cold cream, unsweetened.

MOCK CREAM. †

- 1 pint good sweet milk—new, if you have it.
- 2 tablespoonfuls sugar.
- 2 even tablespoonfuls corn-starch.
- 2 eggs—whites of.

Heat the milk to scalding, in a farina-kettle; stir in the sugar, and the corn-starch wet with a little cold milk; bring just to a boil, stirring constantly; then set the kettle up where the mixture will keep hot without boiling. Have

ready the whipped whites, add a little of the hot milk, and beat well as you pour it in; then add more in the same way, and finally turn all together. Pour the whole back into the farina-kettle, return to the fire, and stir till it thickens to the consistency of cream. Serve cold or lukewarm.

If preferred, you may use one egg, yolk and white, instead of the whites of two.

SOFT CUSTARD. ‡

- 3 cups good rich milk.
- 3 tablespoonfuls sugar.
- 2 teaspoonfuls white flour.
- 1 egg.
- Juice of half a lemon.

Wet the flour to a smooth paste with a little of the cold milk; then thin it by stirring in more milk, say one cup; put this into a farina-kettle and heat almost to boiling, using the spoon every moment. Add the rest of the milk, and heat again till *ready* to boil, but no more; stir well, and set it off. Then beat the egg, lemon and sugar together, and pour over these the hot milk, a little at a time, mixing well. Return the custard to the kettle, and boil till it thickens, stirring constantly; then remove from the fire. Let it cool to lukewarm before using.

If a thicker dressing is wanted, take two eggs instead of one; and when you have stirred the flour into the milk and heated it to boiling, lift off the kettle; then beat together the yolks, lemon and sugar, and proceed as before. Stir in the whites as soon as you take the custard from the fire.

LEMON SAUCE. ‡

- 1 pint boiling water.
- 1 dessert spoonful corn-starch.
- $\frac{2}{3}$ cup sugar.
- Juice of two lemons.

Pour the boiling water into a small porcelain kettle, and set it over the fire; wet the corn-starch to a smooth paste with a little cold water, and stir it in; cook five minutes, or till the mixture thickens. Then squeeze the lemon juice into the sugar, and stir it in also; boil one minute, stirring constantly, and take from the fire. Leave the sauce with the hot water around it, ten minutes; then cool to blood heat before sending to the table. This plain but excellent sauce is quickly and easily made, and may be used cold or warm. It should be about as thick as cream.

In making lemon sauce, use always a porcelain or granitized iron kettle; by no means brass, tin, or glazed ware, as lemon corrodes it.

FRUIT SAUCE.

- 1 quart fruit juice—unsweetened.
- 2 tablespoonfuls corn-starch.
- 3 to 4 tablespoonfuls sugar, according to acidity of fruit.

Prepare the fruit juice as per recipes given in Part II., Fruits and Fruit Juices, leaving out the sugar; then put it into a porcelain kettle, sweeten, and heat to a boil. Stir in the corn-starch wet with a little cold water, boil gently, stirring constantly, and cook ten minutes, or till the mixture thickens; it must not taste raw. Send to the table cold or lukewarm.

Another way, hardly as good, is the following: Take one pint of milk and one of fruit juice; sweeten the latter while hot (two tablespoonfuls of sugar to a pint of the juice is ample), then heat and thicken the milk, stir in the juice, and cook as before.

The juices used in this sauce may be prepared in summer, and put into glass cans for winter; the best fruits for this purpose, are raspberries, strawberries, and currants. In stewing the fruit preparatory to straining and canning,

cook just long enough to heat the mass thoroughly. Then put it through an earthen colander (a tin one discolors the liquid), or squeeze through a cloth—a coarse linen, or cheese-cloth, if you have it. Heat again to a boil, and put the juice into the cans.

MIXED SAUCE.

Many plain puddings are excellent served with a mixed dressing, as follows: Over the slice of pudding served to each person, put a spoonful of stewed (or canned) raspberries, strawberries, or other fruit, and then add to it a little cold cream, mock cream, or soft custard. This makes a more wholesome dressing than the custard alone, and the fruit imparts an agreeable flavor.

DRESSING OF FRUIT.

A very good dressing, and one that is well suited to some of the plainer puddings, is simple stewed or canned fruit, or fruit juice, sweetened if tart, with a little sugar. Strawberries, raspberries, blackberries, cherries, plums, peaches, or apricots, are excellent used in this way; and they are far more wholesome than even the "plain sauces," made with milk, eggs, sugar, corn-starch, etc., to say nothing of the wine, brandy, butter, bitter almonds, etc., etc., that so often find their way into these dressings.

WHIPPED CREAM.

- 1 pint thick sweet cream.
- 2 tablespoonfuls sugar.
- 2 eggs—whites of; some use but one.

Set the cream on ice (or in the refrigerator) until it is thoroughly chilled; you may put the eggs also in the ice-chest till cold. Then beat the whites, add the cream with the sugar stirred into it, and whip with an egg-beater, or

whip-churn, until a froth forms on top. If you can spare the time, lay the latter on a sieve as it rises, and return to the bowl or churn the cream that drips through. When no more will rise, put the cream in a glass dish, and pile the froth on top. Some think it best to sweeten and whip the cream by itself, adding the beaten whites at the last, or after the cream is partly whipped; you can try it.

This is a fine dressing, either for puddings or fruit; place the pudding, berries or other fruit in the center of a glass dish, and surround with the cream. Or if preferred, serve the fruit separately, and pass the cream afterward.

SNOW CREAM.

Prepare and whip the cream as directed in the last recipe—not in July, but during the “cold and stormy months”; then stir in newly fallen snow that is light and feathery, and you have “ice-cream,” or rather, *snow-cream*, ready-made.

STRAWBERRY CREAM.—(*Choice.*)#

- 1 pint sweet cream.
- 1 “ ripe strawberries—caps removed.
- $\frac{2}{3}$ cup sugar.
- 2 eggs—whites of.

Sprinkle over the berries about half the sugar, and then chop moderately with a silver knife—or you may partly crush them with a spoon. Set them in a cool place for an hour, then strain through a clean linen cloth, expressing all the juice, and stir in the rest of the sugar. If you have not a whip-churn, put the cream into a small pitcher (one that holds two or three pints), as that is most convenient to whip in. Then put the eggs, cream, and fruit juice all in the ice-chest, and let them remain till chilled. When the cream is thoroughly cold, set the pitcher into a basin of ice-water, and whip with an egg-beater till the froth begins to rise;

then add the cold juice, and whip again. Let an assistant beat the whites of the eggs to a stiff froth; this should be done in a cold room; add these to the strawberry cream, and continue the whipping till no more froth will rise. It should be served as soon as possible, after it is prepared.

In winter, when strawberries are out of the question, use strawberry or other fruit syrup, and omit the sugar. To a pint of whipped cream, add two or three tablespoonfuls of the syrup, and whip again; then beat in the whites cut to a stiff froth, and serve.

CURRANT CREAM.‡

Wash the currants, drain well, and strip from the stems. Then make the same as the last, only use a trifle more sugar; and when you have partly whipped the cream, stir in the currant juice, a little at a time, for fear of curdling. Have all the ingredients very cold, and serve as soon as possible after the cream is made.

RASPBERRY CREAM.‡

- 1 pint sweet cream.
- 1 " raspberries, red or black.
- $\frac{1}{2}$ cup sugar.
- 2 eggs—whites of.

Put half the sugar over the berries, partly crush them, and after they have stood an hour strain through a clean thin cloth. Add the rest of the sugar, and set the juice in the ice-chest, along with the cream and eggs; when they are all thoroughly chilled, beat the whites, add them to the cream, and whip (in a small pitcher) with an egg-beater. You may add the fruit juice in the start, or after you have partly whipped the cream. When no more froth will rise, send it to the table.

If red raspberries are used, take a little more sugar; two-thirds of a cup will be enough.

RASPBERRY AND CURRANT CREAM.

- 1 pint sweet cream.
- 1 cup currants, stripped from the stem.
- 3 cups raspberries, red or black.
- $\frac{2}{3}$ cup sugar.
- 2 eggs—whites of.

Mix the raspberries and currants together, and make the same as the last ; let the cream, eggs, and juice, all be as cold as possible ; and use a whip-churn, if you have one.

BLACKBERRY AND OTHER CREAMS.

Blackberry cream is made like raspberry ; and huckleberry cream the same. Cherries, if carefully picked over and seeded, may also be used, the very acid varieties requiring more sugar—say three-fourths of a cup to a pint of seeded fruit.

LEMON CREAM.

- 1 pint sweet cream.
- $\frac{3}{4}$ cup sugar.
- Juice of one lemon.
- 2 eggs—whites of.

Put the cream, lemon and eggs into the ice-chest till they are very cold ; then beat the whites, add them to the cream, and whip well together. When about half done whipping, beat in the lemon juice (sweetened with the sugar), a little at a time, for fear of curdling the milk ; and when done, serve immediately. In this and other prepared creams, condensed milk diluted with two or three times as much water, is often used instead of ordinary cream:

ORANGE CREAM.

Select oranges of fine flavor, and not too ripe ; then make the same as lemon cream, using less sugar by about one-third. Take two oranges to a pint of cream.

PINE-APPLE CREAM.

- 1 pint sweet cream.
- 1 ripe pine-apple.
- $\frac{2}{3}$ cup sugar.
- 2 eggs—whites of.

Peel the pine-apple, cut it in very thin slices, and sprinkle the sugar between them. Set these, covered, in a cool place; after two or three hours, chop the fruit up in the syrup with a silver knife, and strain through a coarse cloth. Put the juice in the ice-chest, together with the cream and eggs; when all are very cold, beat the juice gradually into the cream, keeping the latter in a vessel of ice-water; then stir in the whites of the eggs, well whipped, and beat all to a good froth. A small pitcher is the best to beat in, if you have not a whip-churn.

QUINCE AND OTHER CREAMS.

Peel and slice the quinces, and stew in enough water to make them tolerably juicy; then take the stewed fruit, strain through a coarse cloth or sieve, and make the same as pine-apple, using a little more sugar, and having the ingredients very cold. Serve this, and *all* the creams, as soon as possible after they are made.

Apples and pears may be used instead of quinces; make in the same way, sweetening according to the acidity of the fruit. The latter must be of fine rich flavor.

Peach cream is made with good ripe fruit, uncooked. Peel and slice the peaches, sprinkle on the sugar, and after the juice starts strain through a colander, or coarse cloth; then finish the same as pine-apple. Do not make too sweet; half a cup of sugar to a pint of sliced fruit, would be enough. Put all in the ice-chest to get as cold as possible, before making the cream.

CUSTARDS, BLANC-MANGES, Etc.

For several reasons, custards, like cakes, jellies, preserves and pickles, can not be considered as any part of a strictly hygienic dietary. In the first place they consist essentially of milk, eggs and sugar, mixed together, and either baked or boiled. The tendency of these articles, particularly when they are cooked together, is to congest the liver and lead to biliousness; and the more eggs and sugar the custard contains, the more unwholesome it is. Add to the ingredients named, the various spices, extracts, essences, etc., that are put in as flavoring, and we have a compound that deserves to be consigned to that department of modern cookery, known as the "Devil's Corner," *with no index*. In this "corner" there would be ample room for the "just splendid" cakes, the "choice" pickles, the "elegant" preserves, jellies, jams, etc., etc., found in the ordinary cook-book; to say nothing of the tea, coffee, ale, beer, wine, egg-nog, claret punch, cherry bounce, and other inventions of his Satanic Majesty.

Returning to the custards—if they *must* be eaten, it might be well to suggest that they make their appearance only *semi-occasionally*, and in weather that is cool and bracing, rather than warm and debilitating. It might be further recommended that the *worst* things in them be left out; and the next to the worst used in limited quantities. In fact, those who habituate themselves to very plain and simple habits of eating, with few condiments, are on the whole, better pleased with less sugar and eggs, and fewer flavoring extracts, than the average appetite demands. In the recipes here given, the only flavoring recommended, is lemon juice, or fruit jellies; the latter being used for ornament and sweetening, as well as flavoring.

In making custards, then, observe as nearly as possible, the following rules:

1. Make them only in cool or cold weather, and not too often.

2. Use as few eggs as are *necessary*, and as little sugar as the palate will tolerate. This latter (the palate), it must be remembered, is susceptible of education or training, either in right or wrong directions.

3. Have milk that is free from *water*, and otherwise of good quality ; without good milk you can not have good custard.

4. See that the eggs are *absolutely fresh* ; the worst of dishes is a custard made with stale eggs.

5. Have the eggs *cold*, separate the yolks and whites with the greatest care, and beat by themselves—the whites to a stiff froth.

6. Whip with an egg-beater, in an earthen or stoneware dish, never in tin ; and if possible, beat the whites in a cold room. Do not let the eggs *stand* after they are beaten.

7. For a plain custard, never take *more* than four eggs to a quart of milk—less will do, if a little flour or corn-starch is used to thicken. You can *strain* the yolks if you like, through a fine wire strainer kept for the purpose.

8. If flavoring is desired, use lemon juice or fruit jellies, whipped into the whites, and spread on top.

9. For boiled custards, heat the milk till it *rises*, either in a farina-kettle, or a tin bucket set in a pot of boiling water ; then stir in the corn-starch, heat again, and lift from the fire. Whip the sugar into the beaten yolks, and add to them the hot milk, a little at a time, stirring meanwhile to prevent curdling. When all is in, return it to the kettle, and heat till the custard begins to thicken, using the spoon constantly ; then lift from the fire, beat in the whipped whites, and pour into cups. Or if preferred, leave out the whites till the custard is cold, and either stir them through it, or pile the froth on top.

10. If the custard is to be baked, heat the milk nearly to boiling, and add it to the beaten yolks and sugar in the

manner just described. Then stir in the well-whipped whites, and *bake very slowly*. This last is imperative ; you can hardly have the oven too moderate, if it bakes at all.

BAKED CUSTARD.

This is about the poorest of all the custard preparations ; it has in it neither “ fruit nor farinacea ” ; and the method of cooking is not particularly in its favor. *Boiled* custards, properly made, are certainly more wholesome, and in flavor they are far more delicate. The baked ones, however, are greatly improved by heating the milk almost to a boil before the eggs are added, by using these and the sugar in moderation, and by *extremely* slow cooking in the oven. See that the milk is free from admixture with water, and otherwise of good quality ; if not new, a little cream added would be an improvement.

To one quart of good rich milk, allow from three to four tablespoonfuls of sugar, and three large, or four small eggs. Heat the milk not quite to boiling, and lift from the fire ; beat the yolks moderately, whip in the sugar till light, and add to these the hot milk, a little at a time, stirring constantly. Then stir in the whipped whites, pour into stoneware cups, place these inside a dripping-pan with boiling water in it, and bake in a very slow oven. As soon as the custard sets, it is done ; indeed, there is only one correct way in this process, and that is to *bake slowly*, and not a moment too long ; if cooked till it separates, the custard is spoiled. Serve nearly or quite cold, from the cups.

If desired, cover with a meringue made by beating together a tablespoonful of sugar, the whites of two eggs, and the juice of half a lemon ; spread it over the top the moment the custard is set, and close the oven door till it tinges a little.

BOILED CUSTARD.‡

- 1 quart new milk.
- $\frac{1}{2}$ cup sugar.
- 1 teaspoonful corn-starch, wet in cold milk.
- 3 eggs, yolks and whites separate.

Heat in a farina-kettle, or a tin bucket placed in a pot of boiling water ; when the milk rises stir in the corn-starch, cook five minutes, and set it off. Having whipped the sugar into the beaten yolks, stir into them a little of the hot milk, then more, then turn all together ; heat again, using the spoon, till the custard begins to thicken. Then remove from the fire, stir in the whites cut to a stiff froth, and when cool enough, pour either into a deep glass dish, or into glass or china cups. Serve nearly or quite cold. If you like, beat the whites of two eggs with a little sugar and lemon juice, and drop a spoonful of the froth on the top of each cup, before sending to the table.

Another way—and it is a good one—is to use only the yolks in making, and then stir in the whipped whites the last thing before the custard is served.

BOILED CUSTARD.‡

- 1 quart new milk.
- $\frac{2}{3}$ cup sugar.
- 2 teaspoonfuls corn-starch.
- 2 eggs, yolks and whites separate.
- Juice of half a lemon.

Heat the milk nearly to boiling, wet the corn-starch with a little cold milk, and stir it in ; use the spoon constantly, till the mixture rises in a foam. Then set up the kettle, where it will keep hot till you can beat together the yolks (previously whipped a little) and half the sugar ; stir into these a few spoonfuls of the hot milk, then more, then all.

Return to the kettle, and cook till the custard begins to thicken ; then take from the fire, whip the whites, lemon, and the rest of the sugar together, stir them in, and beat till the custard is nearly cold. The lemon can be omitted, if desired, and the beating dispensed with.

FLOATING ISLANDS.

- 1 quart sweet milk.
- $\frac{2}{3}$ cup sugar.
- 4 eggs, yolks and whites separate.
- Juice of half a lemon.

Pour the milk into a farina-kettle, and heat till it rises ; then beat the yolks a little, whip in half the sugar, and stir into these the hot milk, a little at a time. When all is added, return the custard to the fire and boil till it begins to thicken, stirring constantly. When cold, pour it into a wide glass dish, and drop on in little "islands," the froth made by beating together the whites, lemon, and the rest of the sugar.

A more ornamental dish is made by substituting for the sugar and lemon juice, half a cup of cranberry or other bright jelly; beat this into the whites, a teaspoonful at a time, and then drop on the froth as before. The islands may be further ornamented by placing upon each, bits of the jelly, laid on in a pattern.

FLOATING ISLAND.

- 1 quart new milk.
- $\frac{1}{2}$ cup sugar.
- $\frac{1}{2}$ " cranberry or other bright jelly.
- $\frac{1}{2}$ " strawberries, ripe but firm.
- 4 eggs, yolks and whites separate.

Make the custard the same as the last, using all the sugar; and when cold, pour into a glass dish. Then whip the jelly, a little at a time, into the whites, spread it evenly over the

top, and ornament as follows: Cut the strawberries horizontally into little "wheels," and arrange them (the cut sides always uppermost) in double rows on the meringue, either in the form of a cross, or some other handsome pattern. Or if it is not the strawberry season, use bright jellies, cut these in diamonds or straight strips, and lay on in a similar way.

ROCK-WORK.

1 quart sweet milk.

$\frac{2}{3}$ cup sugar.

5 eggs, yolks and whites separate.

Make a soft custard according to either of the preceding recipes, using the yolks, milk, and half the sugar; the moment it thickens lift from the fire, and when cold pour into a glass dish. Beat the whites and the rest of the sugar together, till a stiff froth is formed. Then take it up, a spoonful at a time, lay it upon boiling milk, and carefully withdraw the spoon; as soon as the underside is cooked, slip the spoon beneath, and turn the froth over; when done lift carefully, and lay it on the custard. Continue the process, heaping the masses irregularly over the surface, to form the rock-work. Set the dish in a cold place.

TRIFLE.

Slice a stale cream cake, fruit cake, or sponge cake, and lay in a glass dish; then prepare a strawberry cream, as per recipe already given, and pour it over. Or you may whip the cream by itself, pour it over the slices, and lay on some bits of bright jelly.

STRAWBERRY TRIFLE.

Put into the bottom of a glass dish a layer of sliced sponge cake, moistened with cream; then cover with ripe strawberries, sprinkled with sugar; red raspberries, or ripe

peaches peeled and sliced, are equally good. Repeat the layers till the dish is two-thirds full. Then prepare a boiled custard, as follows: Beat together the yolks of three or four eggs, and whip in a third of a cup of sugar; stir gradually into these a quart of milk brought just to a boil, and then heat till the custard thickens, stirring constantly. When this is cold pour it over the cake, cover with the whipped whites beaten to a stiff froth with a little sugar, and ornamented with red berries, or bits of bright jelly, tastefully arranged.

CHARLOTTE RUSSE.

1 pint rich sweet cream.

$\frac{1}{2}$ cup sugar.

2 eggs—whites of.

One large Graham sponge cake, or two small ones.

Cut the cake into half-inch slices, and line a quart mould with them; have the bottom lining all in one piece, if convenient. Put the cream in the ice-chest till very cold; then whip in a small pitcher, or beat in a whip-churn till no more froth will rise; keep the cream in ice-water while the whipping is done. When this is finished stir in the sugar, and the whites cut to a stiff froth; then pour all into the lined mould, filling it nearly full, and set on ice till wanted.

Another way is to put half an ounce of gelatine into a gill of cold milk, set it in boiling water, and heat (stirring) till dissolved. When cold, beat it into the whipped cream after the eggs and sugar are added, fill the mould, and set on ice as before.

CHARLOTTE RUSSE.

Make like the preceding, only prepare a strawberry or other fruit cream, instead of the plain.

TAPIOCA CUSTARD.

- 1 quart sweet milk.
- 3 tablespoonfuls tapioca, washed and drained.
- $\frac{1}{2}$ cup sugar.
- 3 eggs, yolks and whites separate.

Soak the tapioca in a pint of water several hours, or over night; heat the milk nearly to boiling in a farina-kettle, and put in the tapioca with the water in which it soaked; stir constantly, till the mixture is ready to boil. Then set it off, beat the yolks moderately, whip in the sugar, and stir the hot milk and tapioca into them, a little at a time; return to the kettle and cook five minutes, or till the custard thickens, still using the spoon. Then remove from the fire, beat the whites to a stiff froth, and stir them in; pour the custard into a bowl, and set it away to cool. Tapioca *cream* is made the same as the custard, except that the beaten whites are not stirred into it, but spread on top after the cream is cold. Both the cream and custard should be served cold.

Manioca makes a better cream or custard than tapioca; the method of making is nearly the same as for tapioca, except that the manioca requires no soaking. Put it into the cold milk, bring to a boil, and cool to blood heat; then stir in the yolks and sugar beaten together, and bring again to boiling; cook till the custard thickens, and stir in the beaten whites. Cool before serving.

SAGO CUSTARD.

Soak the sago in a pint of water one hour, and then make the same as tapioca.

MOUNTAIN CUSTARD.—(*Junket*.)

- 1 quart sweet milk—new, if you have it.
- 1 tablespoonful sugar.
- 1 “ liquid rennet.

Warm the milk to blood heat, then stir in the sugar and rennet; you will get the latter at the drug store, possibly of your grocer. After you have put in the rennet pour the milk into a glass dish, and set where it will keep a little warm. If at the end of an hour it has not commenced to coagulate, stir in more rennet; it should be firm, in one to two hours. Set on ice to cool, and serve with cream, or cream and sugar.

This is what the Scotch people call "curds and cream"; they omit the sugar in the making. It should be eaten within an hour after it has formed; if it stands too long, it will become wheyey.

COLD FRUIT CUSTARD.

Throw sugar upon strawberries, raspberries, sliced pineapple, or other fruit; take, say a gill of the syrup which forms in the bottom of the dish, to flavor and sweeten a quart of new milk. Then add to the latter a cup of sweet cream (though this can be omitted), and also a tablespoonful of liquid rennet. Stir well together, and pour into the dish from which the custard is to be served; then set it in a warm place till the milk is coagulated, which should be in from one to two hours. If the rennet is not of usual strength, you may have to stir in more at the end of the first hour; but if the milk has begun to coagulate, do not disturb it. When firm set on ice, and serve as soon as cold, with cream and sugar. This is said to be a delicious dessert.

COTTAGE CHEESE.

Take milk that has soured till thick enough to form a clabber, but not any older; it should be as fresh as possible, but fully coagulated. Set it on the stove and heat gradually, till the whey rises to the top; then pour off the latter, and put the curd into a clean linen bag to drip. Let it

hang five or six hours, or over night; turn it into a bowl, chop moderately with a knife or wooden spoon, and add a little sage if it is liked. Then pour in part of a cup of sweet cream, stir it lightly through the curd, and set in a cold place. Serve while it is fresh.

IRISH MOSS BLANC-MANGE.

- 2 quarts sweet milk.
- 2 even tablespoonfuls sugar.
- 1 scant cup Irish moss.

Pour the milk into a farina-kettle, or tin bucket set in a pot of boiling water, and warm to blood heat; then pick over the moss, wash thoroughly, and stir it well through the milk. Keep the mixture warm, and let it stand undisturbed till it thickens; then strain through a thin cloth, fine sieve, or strainer, and stir in the sugar. Pour it into a mould or cups wet with cold water, and set on ice, or in a cool place. When the blanc-mange is quite cold and firm, turn it out on a glass plate, and eat with cream. Or you may omit the sugar in making, and serve with cream and sugar.

MANIOCA BLANC-MANGE.

- 1 quart sweet milk—new preferred.
- 3 tablespoonfuls sugar.
- 3 “ manioca.

Soak the manioca in the milk one hour, then stir in the sugar, and heat to a boil; stir constantly, and cook ten to fifteen minutes, or till the mixture thickens. Then remove from the fire, and pour into a mould dipped in cold water. Serve with cream, fruit, or fruit sauce.

If preferred, omit the sugar in the making, and add it with the dressing.

TAPIOCA BLANC-MANGE.

- 3 cups sweet milk.
- 3 " cold water.
- 3 tablespoonfuls sugar.
- 1 cup tapioca.

Wash the tapioca, and soak it several hours or over night in the cold water; heat the milk almost to a boil in a farina-kettle, put in the tapioca with any water that may remain, and cook fifteen minutes, stirring constantly. Then lift from the fire, pour into a mould or cups wet with cold water, and set away till cold. If put into cups, fill them about half full. Serve with cream, fruit, or fruit juice; stewed cherries, damson plums, raspberries, or raspberries and currants mixed, make a good dressing; and a spoonful of the latter with a little cream added, is excellent.

Tapioca jelly is made as follows: Soak, say one cup of tapioca in a quart of cold water, several hours; then put it into a farina-kettle with the water in which it stood, and cook till clear; stir in the juice of one lemon, and take the jelly from the fire. Pour it into cups wet with cold water, and set in a cool place. Serve the same as the blanc-mange.

SAGO BLANC-MANGE.

Make the same as the preceding, only use less sago than tapioca, and soak it a shorter time; three-fourths of a cup is sufficient, and an hour is long enough for soaking.

CORN-STARCH BLANC-MANGE.

- 1 pint sweet milk.
- 1 " cold water.
- $\frac{1}{3}$ cup sugar.
- 4 tablespoonfuls corn-starch.

Pour the milk and water together (some use all milk),

and heat just to a boil; then wet the corn-starch with a little cold water, and stir it in; add also the sugar, and cook seven to ten minutes. Then take from the fire, and pour into a mould or cups wet with cold water; if into cups, fill them about half full. When cold, carefully turn the blanc-mange out on a glass dish or plate, and serve with cream, fruit, or fruit juice; whipped cream flavored with fruit, is a fine dressing.

These blanc-manges may be prettily ornamented with strips of jelly, laid on in a pattern; or with raspberries or strawberries, arranged in the form of a cross, or other figure. Thirty-two berries (red or black raspberries) arranged in a double row, make a cross of good proportions. The safest way is first to place them on a clean white platter, and see that the proportions are correct; for after the fruit is laid on the blanc-mange, you can not move it without leaving a stain.

Instead of using a *pint* of water in the making, you may, if you choose, take half a cup of strawberry or currant juice, expressed from the fruit, and only a cup and a half of water. Mix the milk and water together, add the sugar, and stir in the corn-starch; let this cook a little before adding the juice, and then proceed as before.

FARINA BLANC-MANGE.

- 1 pint sweet milk.
- 1 " cold water.
- 2 tablespoonfuls sugar.
- 4 " farina.

Mix the milk and water, and heat to boiling; stir in the farina and sugar, and cook fifteen minutes, using the spoon constantly; make in a farina-kettle. Then remove from the fire, and pour into a dish or mould wet with cold water; or if preferred, use wet cups, filling them half or two-thirds full. Serve with stewed or canned fruits, or their juices;

cherries and blackberries are excellent; so are raspberries and currants mixed. Or you may use as a dressing, whipped cream, fruit sauce, or cold cream.

STRAWBERRY BLANC-MANGE.

1 quart fruit juice.

$\frac{1}{2}$ cup sugar.

4 tablespoonfuls corn-starch.

First prepare the juice by stewing the fruit, allowing one pint of water to five pints of capped strawberries; stew till soft, and strain through a cloth. Then put the juice (one quart) into a porcelain kettle, add the sugar, and bring to a boil; wet the corn-starch with a little cold water, stir it in, and cook ten to fifteen minutes, or till the mixture thickens and ceases to taste raw; stir constantly. As soon as done lift from the fire, and pour into moulds or cups wet with cold water; the cups should not be filled more than half or two-thirds full. When cold, turn carefully out on a wide plate or dish, and serve with cold cream, rich fruit, or a soft custard.

If preferred, make this and the two following blanc-manges without sugar, and eat them with whipped cream, sweet fruit, or cream and sugar.

RASPBERRY BLANC-MANGE.

Stew the raspberries, allowing one quart of water to two quarts of black caps; if red raspberries are used, take five pints of fruit. Then strain out the juice, put a quart of it into a porcelain kettle, add two tablespoonfuls of sugar, and bring to a boil; stir in four tablespoonfuls of corn-starch wet with a little cold water, and cook and mould, the same as the last. Serve with fruit sauce, sweet fruit, or cream and sugar—or any of the whipped creams.

Currants, cherries (especially the morello), blackberries and huckleberries, make good blanc-manges. In making

these with fruit, some take equal parts of fruit juice and sweet milk; the color is not so dark, but the flavor is less delicate than where no milk is used. Another way is to leave out the sugar in the making, and add it simply in the dressing.

FARINA BLANC-MANGE.—(*With Fruit.*)

- 1 quart fruit juice.
- 4 tablespoonfuls farina.
- 2 to 3 “ sugar, according to acidity of fruit.

First prepare the juice; do this by stewing the fruit in a porcelain kettle, allowing water (no sugar) in the proportions given in the table, under Fruits and Fruit Juices, Part II. Bring the fruit to a boil, skim, cook three to five minutes, or until soft, and then strain through a cloth. Raspberries, currants (or the two mixed), strawberries, blackberries, or cherries, may be used for this purpose. Put the juice back in the kettle, add the sugar, and bring to a boil; stir in the dry farina, being careful to have no lumps, and cook fifteen minutes, stirring constantly. Then lift off, pour into moulds or cups wet with cold water, and set in a cool place. Serve the same as the last.

Corn-starch (wet with a little cold water) may be used instead of farina; it will cook in half the time.

VARIEGATED BLANC-MANGE.

Make a plain farina or corn-starch blanc-mange, according to the recipes heretofore given; and at the same time make a fruit blanc-mange, as in the last. When they are cold and a little stiff, pour into deep moulds or cups wet with cold water, a layer of the white; as soon as this is firm enough to bear the weight of the second layer without mixing, pour in an equal quantity of the dark. Let this stiffen a little, and put in another of the white; and so on, alter-

nately, till the mould is filled. Let it stand in a cold place several hours, or till well formed ; then turn out on a glass or china plate, and serve with whipped cream, fruit sauce, or cream and sugar. If the blanc-mange adheres to the mould, loosen it carefully around the edges with the fingers.

MOULDED FARINACEA.

The following dishes are all very plain, but very convenient for warm weather ; and they are far more wholesome than rich puddings, cakes, etc. Nicely moulded in cups, scalloped dishes, or plain oval ones, and carefully turned out on a pretty plate of glass or china, they are handsome as well as palatable. And if you care to take the trouble, these and the blanc-manges are susceptible of further ornamentation, by a tasteful arrangement of ripe fruits (as strawberries, raspberries, or currants), or bits of bright jelly, laid on in a pattern. The dark fruit blanc-manges look well with bunches of "frosted" currants laid over them ; but they must be served soon after, or the "frost" will melt by coming in contact with the moist surface.

MOULDED FARINA. ‡

1 quart (nearly) boiling water.

$\frac{1}{3}$ cup sweet cream.

$\frac{1}{2}$ " farina.

Stir the farina into the boiling water, and cook fifteen minutes ; using the spoon almost constantly. Then add the cream, and cook two minutes longer, stirring meanwhile. Pour into cups wet with cold water, filling them half or two-thirds full, and set them in a cold place several hours, or till the next day. Before serving, invert the cones on a broad glass dish, taking care not to break them.

If you choose, you can ornament these with strawberries or red raspberries, by making a slight cavity on top with

the point of a spoon, and inserting the berries; they can be arranged (five small ones) in the form of a cross. Or bits of cranberry or currant jelly, cut in strips or dice, may be laid on in a neat pattern. If berries are used, have also a separate dish of the fruit, and serve as follows: Place in a wide saucer the cone of moulded farina, with a spoonful or two of berries about its base; when all are helped, pass the sugar; and then the cream.

Fruit, or fruit juice, makes a plain but good dressing for moulded farina.

MOULDED CORN-STARCH.

Make like the preceding, with or without the addition of sugar, and cook about half as long; boil five minutes before adding the cream, and two minutes afterward. Mould and serve the same as the last; or eat with mock cream, or a soft custard.

MOULDED GRAHAM.

Make a mush by stirring Graham flour slowly into boiling water; it must not be too thick; cook ten minutes, using the mush-stick as little as possible. Then stir in a few spoonfuls of milk or cream, and also a cup of fresh dates; cook two minutes longer, taking care not to scorch in the bottom. Pour into a mould or cups wet with cold water, and set it away till cold. Serve with cream, fruit, or fruit sauce.

The milk (or cream) may be omitted in the making, if desired; in warm weather there would be less danger of souring.

MOULDED WHEAT.

Take pearl or cracked wheat, and steam it four hours; then mould the same as the last. Serve with cream or fruit.

MOULDED RICE. †

- 3 cups cold water.
- $\frac{1}{2}$ cup sweet milk or cream.
- 1 " rice, picked over and washed.

Start the rice in the cold water, and cook forty to fifty minutes, or until tender ; stir once or twice the first five minutes, lest it stick to the bottom of the vessel. Or you may cook on top of the stove in a covered tin basin or kettle, shaking it from time to time ; this is better than stirring, which breaks the grains, and makes the rice sticky. When about done heat the milk almost to boiling, and stir it in gently, breaking the grains as little as possible. Cook a few minutes longer, and then put the rice into moulds or cups, and set it away to cool. Serve the next day—or it may be prepared in the morning for supper—with a dressing of rich fruit (as stewed or canned plums), fruit sauce, or cream and sugar. Fresh dates, stirred in five minutes before the rice is taken from the fire, make a good addition ; and they look well in the moulded mass.

RICE AND RAISINS. †

- 3 cups boiling water.
- 1 cup sweet milk.
- 1 " rice, picked over carefully and washed.
- $\frac{1}{2}$ " raisins, picked from the stems.

Mix all well together, and steam an hour in a closed steamer ; or you may cook in a farina-kettle, or in a tin bucket set in a pot of boiling water. When done, pour the rice and raisins into a dish or mould wet with cold water ; or you may put it into cups, and set in a cool place. When cold turn out on a plate, and serve with cream or fruit, or with mixed sauce.

RICE SNOW-BALLS.

- 2 quarts boiling water.
- 1 pint sweet milk.
- $\frac{1}{3}$ cup " cream.
- 2 cups rice, picked over carefully and washed.
- 2 eggs, yolks and whites separate.
- 2 tablespoonfuls sugar.
- 1 teaspoonful corn-starch.

Boil the rice forty to fifty minutes, or until perfectly soft; stir as little as possible, so as not to break the grains. If you have a closed steamer, or farina-kettle, you can cook without disturbing it. A good way is to cook in a tin basin or granitized iron pan, covered, and set on top of the stove; shake it from time to time, instead of stirring. When the rice is tender mix in the cream, and heat five minutes longer. Then pour into small cups wet with cold water, and set away to mould; when ready turn out the "snow-balls," and place them in a glass dish. Make a boiled custard of the eggs, milk, corn-starch and sugar, and as soon as cold pour it over the moulded rice; do this half an hour before serving.

If preferred, omit the boiled custard and serve with cream and sugar, or with stewed or canned fruit.

RICE SNOW.

- 1 quart sweet milk.
- 5 tablespoonfuls rice-flour—or corn-starch.
- $\frac{1}{2}$ cup sugar.
- 4 eggs—whites of.

Heat the milk to boiling, in a farina-kettle; mix in the rice-flour (or corn-starch) wet with a little cold milk, and cook till it thickens; stir all the while. Then add the sugar, heat and stir three minutes, and remove from the fire. When cold beat the whites to a stiff froth, and whip into

them the thickened milk, a little at a time, until all is well mixed. Pour this into small cups, or a mould, wet in cold water; the next day turn out the rice "snow" on a plate, and serve with cream, fruit, or fruit juice.

OTHER DISHES.

RICE APPLES.

- 1 quart sweet milk—half water, if preferred.
- 1 cup rice, picked over carefully and washed.
- $\frac{1}{2}$ " currants—or seedless raisins.
- 8 or 9 apples, rather tart.
- 2 eggs—whites of.
- 1 tablespoonful sugar.
- Juice of one lemon.

Put the milk and rice into a farina-kettle (or tin bucket set in a pot of boiling water), and cook forty minutes or until tender. In the mean time pare and core the apples, fill their centers with the currants or raisins, and place them in the bottom of a pudding-dish. Then squeeze the lemon juice into the sweet fruit, put a trifle of water in the dish, and set it in the oven, closely covered; bake till the apples are tender, but not broken. When the rice is ready put it neatly around the apples, leaving their tops uncovered; return to the oven, cover the pan to keep in the steam, and bake twenty minutes.

Then uncover, spread with the whites and sugar beaten together, and brown slightly. Serve in the bake-dish with cream and sugar, fruit, or fruit juice; stewed or canned raspberries, blackberries, or cherries, make a good dressing.

BAKED APPLES. ‡

Pare and core apples that are not very tart, but of fine rich flavor; they should be sweet enough not to fall to

pieces when cooked. Wash quickly, to remove knife-rust, put into earthen pie-pans placing them not too closely together, and add a little cold water. Set in an even oven, and bake without scorching till thoroughly tender; they may require turning, once or twice; though they look better not to be disturbed till done. If they brown too fast on top, cover with an old plate, or a pie-pan of granitized iron; and if necessary, add a trifle of hot water once or twice, while they are baking; it may be well to pour in a little, boiling hot, just before you take them from the oven; there should be considerable juice when the apples are done. Set them away in the pans till nearly cold, then lift carefully into a glass dish, and pour the juice over. This dessert, properly prepared, is both attractive and palatable; the apples, smooth and unbroken, should be of a light buff color, with the thick amber juice at the base. They may be served with cream, though they are good enough without.

If fair and rosy, and pretty sweet, they are very good baked without paring; simply wash them, remove the blossom ends with a pen-knife, leave in the stems, and bake as before; or you may place two or more layers in a deep dish, add a cupful of water, and bake uncovered in a moderate oven; they will need to be turned as they cook, and the bottom ones brought to the top. When done put the apples in a dish, and drain the juice over them.

STEWED APPLES.‡

Pare and core good rich apples, not too ripe, and sweet enough not to break in stewing; wash quickly, and lay whole in a porcelain kettle, adding enough cold water to about one-third cover them; then place over a slow fire. Cover with a plate, if you have not a granitized iron lid; tin ones, unless bright and new, darken the fruit by the steam that collects on them. Stew gently, or rather simmer, one hour, or till the apples are not only tender, but

rich in color and flavor ; there should be a good cupful of juice in the bottom, when done. Set the kettle away with the fruit in it, till cold or nearly so ; then put the apples in a glass dish, pour the juice over them, and when ready, serve, with or without cream.

BAKED PEARS.

The fruit if unpeeled, should be of fair quality, and barely ripe. Wash the pears, trim off any defects, and pack closely into a stone jar or crock till full ; sprinkle the layers lightly with sugar, and pour in enough water to about cover the fruit ; then bake three hours in a very moderate oven, keeping the jar closely covered. When done and nearly cold, put the pears into a glass dish, pour the juice over them, and set in a cool place. Serve with or without a dressing of cream.

If the pears are large and not nearly ripe, or the skins tough, peel them, remove the blossom ends, and bake as before.

STEWED PEARS.‡

If wanted choice, select good fruit with a fine sub-acid flavor ; the Bartlett, Seckel and White Doyenne, are choice varieties. The pears must not be too ripe ; they should be "turning," but not mellow. Some varieties have a very tough skin, and need peeling ; the ones named, if smooth and fair, do not require it. Simply wash them, remove the blossom ends with a pen-knife, put into a porcelain kettle, and pour in water till the fruit is about one-third covered ; if not rich in flavor, add a little sugar. Then cover with a clean lid or plate, bring slowly to a boil, and simmer nearly or quite an hour. As soon as done, set the kettle off, and leave the pears in it to cool ; there should be plenty of juice in the bottom. When cold lift out the fruit, put it into a glass dish, and pour the juice over.

APPLE CREAM.

Select fine apples, fair and smooth, and rather tart; wash well, trim out the blossom ends, and either bake or stew in a little water, till quite soft. Remove the skins, cores and seeds, mash till smooth or rub through a hair sieve, and sweeten while hot; when cold, stir into a pint of the sauce half a cup of good cream; beat till light, and serve.

APPLE ICE.

Take apples of a good rich flavor (as the Spitzenberg, or bellflower), grate them fine, sweeten to taste, and freeze. The ice is said to be delicious.

Pears, peaches, or quinces, may be prepared in the same way; or you may mix apple and quince together, and then sweeten and freeze. These frozen mixtures can not be recommended as particularly good for weak stomachs.

APPLE SNOW.

- 6 tart apples—pippins or bellflowers.
- 2 cups sweet milk.
- $\frac{2}{3}$ cup white sugar.
- 3 eggs, yolks and whites separate.

Make a boiled custard of the yolks, milk, and half the sugar, and cook till it thickens; when cold, pour into a glass dish. Beat the whites and the rest of the sugar to a stiff froth; then peel the apples, grate fine, and stir them immediately into it, to prevent their changing color; beat till very light, and heap the "snow" upon the custard. Serve as soon as possible, after making.

APPLE FLOAT.

- 1 pint tart apple sauce.
- 1 " sweet milk.
- $\frac{1}{2}$ cup white sugar.
- 3 eggs, yolks and whites separate.

Prepare the sauce by stewing the apples in very little water; they should be rich in flavor, fine in texture, and rather tart; a few slices of quince stewed with them is an improvement, for those who like the flavor of that fruit. Stew quickly, in a porcelain kettle. In the mean time, make a soft custard by heating the milk to a boil, adding the yolks and half the sugar beaten together, and cooking till it begins to thicken; then set it off to cool. Mash the apple sauce till fine and smooth; you may rub it through a hair sieve, if you have one. When perfectly cold, whip the whites and the rest of the sugar into it, and beat till the mixture will stand alone; then pour the cold custard into a glass dish, and pile the float on top. Or if you prefer, omit the custard, heap the whipped sauce in the dish, and pour the cold cream around it. Serve immediately.

APPLE PUFFS.

Stew the apples as in the last recipe, and sweeten to taste while hot; add a little lemon juice, if desired. When cold, whip the whites of two eggs into a pint of the sauce, and bake in open crusts; make the latter of ordinary cream paste, and roll it rather thin. You may ornament the top with strips of thin paste laid on in a pattern; finish the edge neatly, and bake in a quick oven till the pastry is done.

JELLIES, JAMS AND SYRUPS.

Jellies, jams and syrups, as ordinarily made, are in no sense hygienic, owing to the amount of sugar they contain. There is a process of converting fruit juices into jellies by evaporation, which, if successfully applied, would make them both wholesome and delicious. But as yet, the art is so little understood, that generally speaking it is of no practical value. No doubt the time *will come*, when the juices of fruits can be preserved in this form without impairing

or destroying their exquisite delicacy of flavor, with that intense, *sugary* taste which comes from adding pound for pound.

For the present, we must be content to use the jellies, if at all, as we do sugar; simply for sweetening (or flavoring), as in puddings, creams, etc.; or for decorating those dishes (custards, cakes, etc.) that are intended to be ornamental, rather than useful or wholesome.

MAKING FRUIT JELLIES.

The general directions for making ordinary fruit jellies, are as follows: Cook the fruit *slowly* till soft, strain out the juice, and boil the latter over a very moderate fire, twenty minutes; then add dry sugar, allowing a pound to every pint of juice; heat again, stirring constantly till the sugar is all melted; then lift from the fire, and pour into glasses.

The three following paragraphs, more in detail, are from the *Buckeye Cookery*:

“Always make jellies in a porcelain kettle, if possible; but brass may be used if scoured very bright, and the fruit removed immediately on taking from the fire. Use the best refined or granulated sugar, and do not have the fruit, especially currants and grapes, overripe.

“To extract the juice, place the fruit in the kettle with just enough water to keep it from burning; stir often, and let it remain on the fire until thoroughly scalded. Or a better but rather slower method, is to place it in a stone jar set within a kettle of tepid water, boil until the fruit is well softened, stirring frequently, and then strain a small quantity at a time through a strong coarse flannel or cotton bag, wrung out of hot water; after which let it drain, and squeeze with the hands as it cools, emptying the bag and rinsing it off, each time it is used. The larger fruits, such as apples and quinces, should be cut in pieces, the cores removed if at all defective, and water added to just cover

them; then boil gently till tender, turn into a bag and place to drain for three or four hours, or over night. Make no more than two or three pints of jelly at a time, as large quantities require longer boiling. As a general rule, allow equal measures of juice and sugar. Boil the juice rapidly, ten minutes from the first moment it bubbles; skim, add the sugar, and boil ten minutes longer. Or, spread the sugar in a large dripping-pan set in the oven, and stir often to prevent burning; boil the juice just twenty minutes, add the hot sugar, boil up once, and pour into jelly-glasses.

“To test the jelly, drop a little in a glass of very cold water, and if it immediately falls to the bottom it is done; or drop into a saucer and set on ice, or in a cool place; if it does not spread, but remains rounded, it is finished. Some strain through the bag into the glasses, but this involves waste; and if the skimming is carefully done, it is not necessary. If the jelly is not very firm, let it stand in the sun, covered with bits of window glass, or pieces of mosquito netting, for a few days. Never attempt to make jellies in damp or cloudy weather, if firmness and clearness are desired. Currants and berries should be made up as soon as picked; never let them stand over night. When ready to put away, cover with pieces of tissue or writing paper cut to fit, and pressed closely upon the jelly; then put on the lid, or cover with thick paper, brushed over on the inside with the white of an egg, and turned down on the outside of the glass.”

Equally to the point are the suggestions given below, from Marion Harland :

CURRENT, BLACKBERRY, STRAWBERRY, ETC.

“Put the fruit into a stone jar, set this in a kettle of tepid water, and put it upon the fire. Let it boil, closely covered, until the fruit is broken to pieces; strain, pressing

the bag (a stout coarse one) hard, putting in but a few handfuls at a time, and between each squeezing turning it inside out to scald off the pulp and skins. To each pint of juice allow a pound of sugar. Set the juice on alone to boil, and while it is warming divide the sugar into several different portions, and put into shallow pie-dishes or pans that will fit in your ovens; heat in these, opening the ovens now and then to stir it and prevent burning. Boil the juice just *twenty minutes* from the moment it begins fairly to bubble. By this time the sugar should be so hot you can not bear your hand in it. Should it melt around the edges, do not be alarmed. The burned parts will only form into lumps in the syrup, and can easily be taken out. Throw the sugar into the boiling juice, stirring rapidly all the while. It will 'hiss' as it falls in, and melt very quickly. Withdraw your spoon when you are sure it is dissolved. Let the jelly just come to a boil to make all certain, and take the kettle instantly from the fire. Roll your glasses or cups in hot water, and fill with the scalding liquid. If these directions be strictly followed, and the fruit is at the proper state of ripeness, there need be no dread of failure. I have often had the jelly 'form' before I filled the last glass."

"If jellies are not so firm after six or eight hours as you would have them, set them in the sun, with bits of window glass over them to keep out the dust and insects. Remove these at night, and wipe off the moisture collected on the under side. Repeat this every day until the jelly shrinks into firmness, filling up one cup from another as need requires. This method is far preferable to boiling down, which both injures the flavor and darkens the jelly."

RASPBERRY AND CURRANT JELLY.

"To two parts red raspberries, or 'black caps,' put one of red currants, and proceed as with other berry jellies.

“The flavor is exquisite. This jelly is especially nice for cake.”

QUINCE JELLY.

“Pare and slice the quinces, and add for every five pounds of fruit a cup of water. Put peelings, cores, and all into a stone jar; set this in a pot of boiling water, and when the fruit is soft and broken, proceed as with other jellies.”

CRAB-APPLE JELLY.

“Cut Siberian crab-apples to pieces, but do not pare, or remove the seeds. The latter impart a peculiarly pleasant flavor to the fruit. Put into a stone jar, set in a pot of hot water, and let it boil eight or nine hours. Leave in the jar all night, covered closely. Next morning squeeze out the juice, allow pound for pint, and manage as you do currant jelly.

“Should the apples be very dry, add a cup of water for every six pounds of fruit.”

APPLE JELLY.

Make the same as crab-apple.—A good jelly is said to be made without sugar, from *sweet* apples; express the juice as for cider, and boil till the liquid is reduced one-eighth, or a pint to the gallon. Mould the same as other jellies.

CRANBERRY JELLY.

Make like currant or any “berry” jelly, skimming if there is need when it comes to a boil.

OTHER FRUIT JELLIES.

Nearly all fruits can be made into jellies, but some are better for this purpose than others; usually those fruits are selected that are choicest in flavor, and that make the handsomest jellies. Of these, the ones already given are the best, or among the best.

For all *small* fruits, as berries and currants, a lady who has had much experience in jelly-making, recommends the following method: Crush the fruit, put it into a stone jar, set this in a vessel of boiling water, and heat over a slow fire till you can express the juice; after squeezing out the latter, add by measure an equal quantity of water, and boil twenty minutes. Then put in a pound of sugar (dried in the oven) for every pint of the *mixed* fluid, heat till the sugar is melted, and put into glasses. Jelly made in this way is said to keep perfectly, and to be very delicate in flavor.

JAMS.

Jams are too sweet and too concentrated, to be used in any other way than simply as a condiment; and then, *the less the better*. They give a rich flavoring to puddings and cakes, which like themselves, are, to say the most, very *distantly* related to hygiene. The process of making them here given, and taken from the *Buckeye Cookery*, is briefly stated, and accurate:

“In making jams, the fruit should be carefully cleaned and *thoroughly* bruised, as mashing it before cooking prevents it from becoming hard. Boil fifteen or twenty minutes before adding the sugar, as the flavor of the fruit is better preserved in this way; allow three-quarters of a pound of sugar to a pound of fruit, and then boil half an hour longer. Jams require almost constant stirring, and every housekeeper should be provided with a small paddle with its handle at right angles to the blade (similar to an apple-butter “stirrer,” only smaller), to be used in making jams and marmalades.

“To tell when any jam or marmalade is sufficiently cooked, take out some of it on a plate and let it cool. If no juice or moisture gathers about it, and it looks dry and glistening, it is done thoroughly. Put up in glass or small

stone jars, and seal or secure like jellies. Keep jellies and jams in a cool, dry and dark place."

CURRENT JAM.

"Pick from the stems and wash thoroughly with the hands; put into a preserving kettle, and boil fifteen or twenty minutes, stirring often, and removing any scum that rises. Then add sugar in the proportion of three-fourths of a pound of sugar to one pound fruit; or by measure, one coffee-cup of sugar to one pint mashed fruit; boil thirty minutes longer, stirring almost constantly. When done, pour in small jars or glasses, and either seal or secure like jelly, by first pressing down, close on the fruit, paper cut to fit the glasses, and then covering with larger papers, brushed on the inside with white of egg, and the edges turned down over the outside of the glass."

GOOSEBERRY JAM.

"Stew the berries in a little water, press through a coarse sieve, and return to the kettle, adding three-fourths of a pound of sugar to each pound of the pulped gooseberry. Boil three-quarters of an hour, stirring constantly; pour in jars or bowls, and cover, as directed for currant jam."

GRAPE OR PLUM JAM.

"Stew in a little water, and press the fruit through a colander or coarse sieve, adding a little more water to the plums to get all the pulp through; then add the sugar, and finish as in other jams."

RASPBERRY JAM.

"Make by itself, or better, combined with currants, in the proportion of one-third currants to two-thirds raspberries; mash the fruit well, and proceed as in currant jam."

STRAWBERRY AND BLACKBERRY JAMS.

Mash the fruit, and make the same as currant jam.

FRUIT SYRUPS.

Fruit syrups may often be used instead of sugar, in the making of puddings, creams, cakes, etc.; in some of these dishes they are better than sugar; they not only sweeten, they flavor, as well. You may seal in small jars or bottles when you make them, and open as they are wanted.

LEMON SYRUP.

Squeeze the juice of sound lemons into a porcelain kettle, and add a pound and a half of sugar to a pint of juice. Bring the syrup to a boil over a moderate fire, simmer ten minutes, and then put into small cans or bottles, and seal.

The juice of oranges, with a little lemon juice added, may be made into syrup in the same way, except that less sugar is required; a pound of sugar to a pint of juice is enough.

STRAWBERRY SYRUP.

Heat till the berries are soft, the same as for jelly; then strain out the juice through a clean cloth. Put this into a porcelain kettle, allow a pound of sugar to a pint of juice, and bring to a boil; skim if necessary, boil moderately ten minutes, and seal in small cans or bottles.

Other berries are made into syrup in the same way; so are currants, seeded cherries, and other small fruits.

QUINCE AND OTHER SYRUPS.

Make the same as jelly, only boil the syrup ten minutes instead of twenty; then seal. Quinces, apples, peaches, etc., may be used.

MIXED SYRUPS.

Syrups of excellent flavor are made by mixing two different fruits together, as raspberries (red or black) and cur-

rants, or raspberries and cherries. Or lemon juice may be added to apple or other fruit juice. Pine-apple is a fine addition to many of the fruits; but it is rather expensive for general use.

RIPE FRUITS FOR DESSERTS.

There is nothing in all the food products that can begin to compare, either in beauty of form or color, or in richness of flavor, with those rare gifts of the earth which we call, "Fruits." So exquisite are they in rounded outlines and tinted hues, to say nothing of their fineness of texture, that no artist can truly represent them; they are indeed "painted by the sun." And the delicate aroma of some of them, is scarcely more than equaled by the perfume of the choicest flowers. They appeal to our æsthetic nature, and at the same time gratify the appetite, with a fine delicacy of flavor that does not belong to the strictly vegetable products. When perfect in growth and fully ripe, they are indeed luscious.

By all means, let us have the choice fruits on our tables. What is more inviting, or more ornamental on the well-spread board, than fruits and flowers tastefully arranged with green leaves? And what more healthful than ripe fruits, each in its season, eaten with good bread, and the well-cooked grains? These alone (the fruits and grains), once they find their proper place at our tables, will send into hopeless obscurity the venders of "anti-bilious pills."

The following slip from the *Buckeye Cookery*, may be appropriately cited here :

"The arrangement of fresh fruits for the table affords play for the most cultivated taste, and not a little real inventive genius. Melons, oranges, and indeed all kinds of fruits, are appropriate breakfast dishes; and a raised center-piece of mixed fruits, furnishes a delicious dessert,

and is an indispensable ornament to an elegant dinner-table."

Fruits, as a rule (as elsewhere explained), should never be eaten at the same meal with vegetables; in weak stomachs especially, these are inclined to quarrel with each other. It is better therefore to banish fruit entirely from all "vegetable dinners"—though for invalids it is sometimes preferable to banish the vegetables, and retain the fruits. In other words, a dinner simply of fruits and grains, or grain preparations, is often better for dyspeptic stomachs, than one in which vegetables proper form part of the repast.

But for further hints on this subject, the reader is referred to the chapter on Food Combinations.

APPLES.

Apples, in our northern climates, stand at the head of all the fruits; they are grown in abundance, in many of the States; and with proper care, they will remain good and sound for more than half the year. Some varieties will keep till June, or even later; and with a sufficiently low temperature, as in an ice-house, they have been preserved much longer. The flavor of the apple is much improved by keeping the tree in good condition; judicious pruning is needed, to let in the sunlight, and to prevent over-bearing. Ripe apples are wholesome, nutritious, and to the normal appetite, palatable. Children are always fond of them—as they are indeed of all the fruits; and it seems a pity that they can not have them in abundance. And if children of a larger growth, would in the morning on sitting down to table, "break the fast" by eating a good fine apple, there would be fewer liver complaints, and headaches.—But, says one, "Fruits do not agree with me, and especially apples; they make me sick." A frank confession, this, that there is so much bile in the liver that the presence of acid fruits at once starts it to flowing, and causes nausea, or other un-

pleasant feelings. Or perhaps you are a drinker of tea and coffee; and these, as is their wont, are "quarreling" with the apples. Or the greasy foods, it may be, do not go well with the acids. There is a great deal in the sort of *company* in which these foods are found; one worthless companion will often demoralize the whole lot.

Apples do their best work, eaten at or before breakfast; or they may form a part of the mid-day meal, provided the latter consists of bread and other cereals, to be eaten with fruits. If of good variety and in fair condition, they need no further preparation than wiping with a damp cloth, to remove any dust that may have lodged on them. Do not rub them till they shine, as this not only detracts from their appearance, but it arouses an unpleasant suspicion that you may have bought them of the man at the corner, who is in the habit of "polishing up" his apples by rubbing them on the knee of his breeches. Place them in an open fruit basket or other receiver, taking care to display their bright rosy cheeks, with stems and blossom ends not altogether out of sight.

Oranges and apples mixed (the latter of handsome hue), make a fine combination of color; a few sprigs of green leaves, tucked in here and there, will heighten the effect.

PEACHES.

There is every variety of peach in our markets, from the little green snarl, bitter as quinine, to the great lucious fruit, ripe and rosy, but too often kept in the stalls or *in transitu*, until its natural flavor is gone, and a sharp, disagreeable acid has taken its place. Peaches, of all fruits, lose their exquisitely fine flavor by becoming stale. If fresh and ripe, and otherwise of good quality, they require nothing to make them palatable except paring; hardly that, as the best of the fruit lies directly under the skin. Arrange them tastefully in your basket or fruit dish, showing

to advantage the pink and cream tints, or the mottled hues where a leaf has fallen, and intercepted the rays of that "royal arch" painter, the sun. Add a few bunches of glossy leaves from the tree, if they are at your command, and place the fruit on the table.

If "peaches and cream" are the order of the evening, begin the work of paring as late as practicable, before the time of serving, as the fruit will discolor if it has to stand. *Peel as thin as possible.* And whatever you do, keep the sugar off it, for two good reasons; in the first place it will start the juices, discolor the fruit, and destroy the fine peach flavor; and instead of "fresh peaches and cream," you will have a bowl of brown, sloppy material, as unsightly as it is insipid. In the next place, if the fruit is rich and good, some will prefer it either without a dressing, or with cream only. Then see to it that the peaches are pared, stoned, and cut in eighths, not *longer* than half an hour before supper; set them on ice till they are wanted for the table; and after serving, pass round the cream and sugar, so that the guests can suit themselves. Served in this way, the color and flavor of the peaches are well preserved.

PEARS AND PLUMS.

Pears are at once the poorest and the best of fruits; a few choice varieties, as the Seckel, Bartlett, and White Doyenne, are perfectly delicious; they are fine in texture, rich in flavor, and very juicy. There are others that compare favorably with these, and still others that are coarse, tough in the skin, and insipid. Ripe pears need no preparation for the table, except care in the selection. They look well in the basket with peaches, and if you are fortunate enough to get hold of a few leaves, either from the pear or peach tree, they will set off the fruit to advantage.

Plums of good flavor, if they are clean, ripe, and free from worms, are ready to be served.

ORANGES AND BANANAS.

Oranges are best eaten *by themselves*, as they seem not to do well mixed with other fruit acids. Or they may be used as a dessert, at vegetable dinners. The banana is a very hearty fruit, and is better digested at the beginning of the meal; or at least on an empty stomach. If eaten at the end of a full meal, it often does not "set well."

In winter or spring, when fruit is scarce, you can make up a very acceptable basket of fruit with oranges and bananas. Or if your purse will afford it, you may substitute for either, some California pears; or a few fine bunches of grapes, directly from the "Golden Gate"; they look well, laid over other fruit.

STRAWBERRIES.

The writer once ate strawberries in Aberdeen, Scotland, in the middle of September; and the market-women said they had had them steadily, since July. The berries were fully twice as large as any that come to our own markets—not quite as bright in color, or so highly flavored, but very good.

The strawberries in our large cities, are often carted through the streets in open fruit boxes till they are pretty well sprinkled with dust, or fine sand; you may not see it on them, but you will find the grit between your teeth, when you eat them; and the only alternative is to remove it by careful washing. If you live in the country, or a country village, you may be spared this trouble; and the berries will lose nothing in flavor. In that case, all that is needed, provided they are fully ripe, is to cap them, put in a fruit dish, and send to the table; if a little firm however, remove the caps half an hour before serving, and sprinkle a trifle of sugar over them; just enough to start the juice.

But in the city, where you get the dust-covered berries

of the market, you had better set them in a cool clean place, until about an hour before they are wanted; then turn the fruit into a colander, run the water rapidly over it, and drain thoroughly before removing the caps. Put it into a glass dish, sprinkle lightly with sugar, and set in the refrigerator till called for. If not sweet enough to suit every one, the sugar can be passed with the berries.

The above directions presuppose that the fruit is to be served in its own rich juice; that is, without cream. Cream is rather a bad dressing for strawberries, any way you take it; in the first place, it curdles the moment it touches them, rendering the dish unsightly. In the next place, it destroys their fine flavor, by forming with them a mixture somewhat akin to sour milk, in taste. And lastly, it is apt to cause disturbance, in stomachs not proof against the combined effects of milk, acid and sugar. If, however, nothing will *do* but "strawberries and cream," keep the sugar off till the berries are served; then pass it, along with the cream—trusting that the eater will see the necessity of "promptness and dispatch," before the fruit is converted into a shapeless mass of curds and whey.

RASPBERRIES, BLACKBERRIES AND DEWBERRIES.

These fruits, gathered fresh from the vines, need little preparation except to pick out an occasional stem, or over-ripe berry. Put them into a glass dish and serve, sending the sugar, the whipped cream, or cream and sugar. When fully ripened, the fruit is good enough by itself.

CURRENTS.

Currents turn red long before they are ripe; in this condition, they are good only for cooking. To be fit for table use, they should have the benefit of many days' ripening in the warm sunshine; then they are delicious, eaten from the stems. And as if to invite us to "pluck and eat," they hang

long on the bushes, refusing to fall, or go to waste; the very end of the season, when they are red, ripe and luscious, gives us the best. Unfortunately, the "heathen round about" find them, long before they reach this period of perfect ripeness, strip them from the stems, and make them into jelly. Indeed, the bushes are usually bare, very soon after the fruit reddens.

If served at table in the raw state, the usual method is to gather the currants as ripe as possible (or get them from the markets), wash well in a colander, and pick carefully from the stems; then put them into a glass dish, and sprinkle fairly with sugar. It is well to do this half an hour before you eat them; when the sugar is added, stir it well through the fruit; and if the currants are partly crushed, it will make them all the more juicy. Set them in the ice-chest or other cool place, till wanted. Cream is sometimes served with them; but if the fruit is at all broken, it makes a curdled mixture.

RASPBERRIES AND CURRANTS.

Raspberries and currants are excellent mixed—either half and half, or two to three parts raspberries, to one of currants picked from the stems. The only dressing they need, is a little sugar; though cream would suit them very much better than it does strawberries. A good way is to take equal parts currants and raspberries, half crushing the latter; then sweeten to taste, stir well together, and serve.

GOOSEBERRIES.

Gooseberries, properly cultivated, are really a very fine fruit. In Scotland and England, where they are grown to perfection, and where the soil and climate are adapted to their highest culture, they are of numerous varieties, and are very large and luscious. If fresh and ripe, they are hardly surpassed by the choicest of the small fruits. In

this country they do not grow to half the size, and the flavor is very different. The quality of the fruit here could be greatly improved, by keeping the bushes well trimmed; this would give fewer berries, but much larger; and it would let in the sunshine, without which no fruit is perfect. Gooseberries are finest in flavor when not overripe; drop them into cold water fifteen minutes, then drain, and send to the table in a glass dish. They are eaten from the stems, rejecting the skins.

HUCKLEBERRIES.

Huckleberries rarely appear in our western markets; and still more rarely in good condition. Those who have eaten them on their native hills, in the Eastern and Middle States, say that they are excellent served without a condiment, and very good with cream and sugar.

CHERRIES.

Cherries are a beautiful fruit; and nicely arranged, they make a fine ornament for the table. Pick them in bunches, a few leaves with them, if possible, and arrange with flowers, in a basket. Pass the latter to the guests, and let them pick out the cherries; or if you like, fill the basket with button-hole bouquets, and bunches of cherries; the latter heaped in the center, and the flowers arranged around the border.

Sweet cherries, which are usually white or cream-colored, with a little blush, are generally favorites; though there are other varieties with a rich, sub-acid flavor, that are fine when fully ripe. In preparing them for the table, see that there are no wormy ones.

GRAPES.

Grapes, fully ripe, and fresh from the vines, are ready for eating; but by the time they reach the city markets, they are covered with well-trodden plebeian dust. This

must of course be washed off, even though we detract from the exquisite beauty of the fruit, by destroying in a measure that indescribable covering, the "bloom," which no artist can ever hope to paint.

The best thing to do with them, when the bunches come heated, and laden with dust, is to drop them into cold water—ice-water, if you have it—and let them stand ten to fifteen minutes, before serving. Then lay the bunches loosely, on a wide but shallow glass dish; or, arrange them with other fruit, as pears or peaches, by filling a dish with the latter, and laying the grapes on top. They are fine, eaten the first thing at the breakfast table, particularly on a warm morning.

FRESH FIGS.

Fresh figs and fresh dates, are said to be very good, eaten either without a dressing, or with milk or cream; but since we rarely see them in this climate, there is little opportunity to know much about them, either as to quality, flavor, or modes of serving.

FROSTED FRUIT.

Take fine bunches of currants, and dip them, one at a time, into the beaten white of an egg, moistening the entire surface of the fruit. Then roll each bunch in powdered sugar, and lay them a little apart, on an inverted sieve, on which has been placed a clean white paper. Put them into an oven, slightly warm, or on top of the stove, to dry. Cherries on their stems, and in clusters if you can get them, are beautiful, prepared in the same way. Or you may take plums, grapes or apricots, dip each into the egg, and lay a little apart on the paper; then sift the sugar over them, and dry as before.

Fruits frosted in this manner, are used for garnishing cakes, and other dessert dishes; or they may be tastefully arranged in a dish by themselves, or with other fruit.

VEGETABLES.

Full directions have already been given in Part II., for cooking vegetables in the hygienic way; if seasonings are wanted, as salt, sugar, etc., the cook will have no trouble in adding them to suit the taste; though in a sanitary point of view, the foods would be better without these condiments.

All then that is needed in Part III., on cooking vegetables, is to give in general terms the best methods of boiling, baking, stewing, etc., along with the little "finishing" with either milk or cream, that makes the hygienic dishes more acceptable to the ordinary palate. As elsewhere stated, the flavors natural to these products should neither be soaked out, nor burnt out; nor should the vegetables be half cooked, nor yet "cooked to death"; but each should have its own intrinsic goodness carefully preserved, and individualized. What is known as modern cookery, might very properly be styled, "The art of spoiling foods"; their essence is wasted in preparing and cooking them, after which a feeble atonement is attempted, by adding pungent and stimulating condiments, the effect of which is to cover up the otherwise obvious "flatness," and to tickle and deceive the palate.

It will be observed, that about the only dressing named in the following recipes for vegetables, is *a little* cream—to which it may be objected, that this article is not always to be had; and rarely in abundance. The objection is not well taken, as the lawyers say; in the first place, it is only "a little" that is wanted; and in the next place, the disuse of butter—were it general—would afford all the cream that is required; for the latter is necessarily consumed in making the former. However, if the people *must have* butter, and can not afford to provide the cream, then they will simply have to substitute the one for the other, in the recipes here given; that is, for "cream," read, "fresh butter," using it sparingly.

Most vegetables can either be cooked in a closed steamer (one with flues in the sides, instead of holes in the bottom), or boiled in a kettle; if a steamer is used, the water in the pot below must be kept at a fast boil. Some vegetables, as turnips or tomatoes, should never be put into an iron vessel; it is well to keep a porcelain-lined kettle for these.

POTATOES.

The potato may be called the king of vegetables, as wheat is chief among grains. It perhaps more nearly supplies all the wants of the body, giving the fluids and solids in the right proportions, than almost any other of the vegetables proper. It is a great misfortune that this tuber is handled in such a reckless manner, both before and after it comes into the hands of the cook; the individual just named, soaks out its nutritive substance before it goes into the pot; then she boils it in a large quantity of water, and wastes another portion; lastly, she saturates it most thoroughly with salt and other condiments, to disguise the insipid taste that necessarily follows such wasteful management.

Potatoes, unless they are very muddy, should be peeled before washing, and the latter process should be gone through with very quickly; if washed first, you have either to dry them with a cloth before peeling, or else wash again, afterward.

There are almost endless ways of cooking potatoes, the principal of which are to bake, boil, or stew; and though these and other methods have already been pointed out in Part II., it has been thought best to go over the ground again, in Part III.

BOILED POTATOES.‡

Peel, wash quickly, lifting the potatoes immediately out of the water, and then drop them into the pot; have the water

boiling, and not much more than will cook them. Cover, and boil fast; and the very moment you can run a fork through the largest, drain as dry as possible, keeping the lid on to hold in the steam; this must not escape. Set the pot back on the stove, where it will keep hot without scorching in the bottom; and do not uncover till you dish the potatoes for the table; always keep them in their own hot steam till wanted; they will evaporate sufficiently on your plate. When cooked in a light stew-pan, with a handle, and a closely-fitting lid, it is a good plan to shake them (covered) after draining. If the cook has learned how to "time" her vegetables, she will put the potatoes in the pot just twenty minutes before she rings the bell for dinner; then they will not have to stand, after they are done. When all is ready, dish them into a hot tureen, cover quickly, and send to the table; and in helping your guests, always close it between servings, removing the spoon; this keeps the potatoes hot to the end.

If they are sunburnt, and therefore strong in flavor, you will have to take off rather a thick paring, and boil in more water.

MASHED POTATOES. ‡

Peel, wash, and boil the potatoes, the same as in the preceding, taking care to drain off all the water, the moment that the fork enters them easily. Then mash till there are no lumps, and stir with a fork till the potato is light and flaky; do this quickly, with the pot over the fire. Then dish lightly into a hot tureen, filling it not too full, cover, and send directly to the table. In serving begin at one side, and cut with the spoon to the bottom, each time; this leaves the rest of the potato undisturbed, and therefore hot. Cover between servings, always *taking the spoon out* before you lay on the lid.

POTATOES IN JACKETS.

Potatoes cooked in their skins must not be sunburnt. Wash them quickly but carefully, trimming off any gashed or imperfect spots on the surface, and clipping a small bit from each end. At the proper moment drop into boiling water, and the instant the fork goes rather easily through them, drain closely, keeping the lid on; then set the pot back in a hot place, tightly closed. If the skins have not already cracked in boiling, you may half crush each potato in a napkin, as you lay it into the hot tureen. Put on the cover, which should also be heated, and send to the table.

BAKED POTATOES.

Wash the potatoes thoroughly but quickly, so as not to water-soak them; trim off any defects, and bake in a good steady oven till you can crush them, *but not a moment longer*. It will require usually thirty to fifty minutes, according to size, variety, and heat of oven. Baked potatoes should be sent to the table as soon as done; if that is impracticable, crush each one in the hand (holding it in a clean napkin) till you break the skin, and permit the steam within it to escape. Then put them into a hot dish, uncovered, and set in a warm place till wanted.

BAKED POTATOES.—(*Peeled.*) #

Peel, and then wash, doing the latter very quickly; trim off imperfect spots, and pare out the “eyes,” if they are deep. Lay the potatoes on a clean grate in the oven, and bake, browning a little (but not burning or blistering), till you can crush each in the hand, holding it in a clean napkin. They are extra good, baked in this way; and old potatoes are usually too strong to bake in any other.

STEWED POTATOES.

Pare and quarter, or cut into thick slices; or if the potatoes are small, into halves. Drop into boiling water, having scarcely more than will cook them, and boil rapidly till a fork will pierce them easily; do not cook too long. If there is more than a spoonful of water remaining, lift the lid, and let it evaporate; then add half a cup of new milk (cream, if you have it), thickened with a little flour; some add a trifle of chopped parsley with the milk. Stir once, and after two or three minutes dish into a hot tureen.

Old potatoes, a little strong, are good cooked in this way.

NEW POTATOES.

If the potatoes are newly dug, wash quickly in cold water and slip off the skins. If they have been out of the ground some days, you will need to scrape them with a knife; and if your market-man has kept them in the light till they are no longer milk-white, but a little greenish under the skin, you may have to peel them in the regular way. Then drop into boiling water, just enough to cook them, provided they are fresh from the field; a little more water, if they are slightly sunburnt; boil fast. When a fork will go through them, drain thoroughly, and add half a cup of milk (cream is better) thickened with a trifle of flour; cover, bring to a boil, and dish.

CREAMED POTATO.

Peel, wash quickly, drop into boiling water, and cook only till a fork will go through the largest. Then drain off every particle of water, and set the pot back on a hot part of the stove. Mash rapidly and very thoroughly, leaving no lumps; then stir with a fork. Have ready and hot a part of a cup of cream, or good new milk; pour this into the potato, and whip again with the fork, making the mass

light and flaky. Dish immediately, and as lightly as possible, into a hot tureen, not filling it so full as to jam the potato; then put on the cover, and send to the table.

Another way is, after adding the cream, to beat in the white of an egg whipped to a good froth, then heap the potato lightly on a dish, and set it in the oven long enough to crust a little on the surface.

POTATO SNOW.

Peel potatoes that are very dry and mealy, and drop into boiling water, having not much more than will cook them. Boil pretty fast; and as soon as a fork will go through them drain off all the water, and mash over the fire till there are no lumps. Then rub the potato through a coarse wire sieve, or a colander with large holes, letting it fall into a hot dish in light spiral threads; do this as quickly as possible. When all is through, set the feathery mass into a quick oven two or three minutes, or just long enough to renew the heat without crusting.

POTATO PUFF.

Take one egg, one cup of cream or milk, and two cups of cold or hot potato; this must be mashed till there are no lumps. Beat the egg—some take only the white—stir the milk or cream into it, and then add the potato; beat all well together, pour into an oiled pudding-dish, and bake in a quick oven till the top is nicely browned.

BROWNEE POTATO. ‡

Oil the bottom of a skillet with a bit of fresh butter, or with a little fat from clean beef dripping; a piece twice the size of a hazel nut is enough. Slice cold potatoes pretty thin, and when the skillet is hot put them into it. Cover, and cook fast, but do not scorch them; no stirring is needed. As soon as they have browned on the bottom, turn them

over with a knife, cover, and brown again; then dish, and serve immediately; they must not stand after they are crusted. Properly done, the potatoes are light and flaky with crisp brown edges, and free from grease; you can warm a dishful in ten minutes, if the fire is just right.

Cold mashed potato can be warmed over in the same way.

HASHED POTATO.

Put a skillet or stew-pan where it will get warm; oil the bottom of it slightly with fresh dripping or butter, hash the cold potatoes into it, and then put in half a cup (more or less) of milk or thin cream. Cover closely, heat rather slowly, and stir once or twice. In ten to fifteen minutes the milk will have disappeared, and the potato will be heated all through, and ready for serving.

SWEET POTATOES.

Sweet and Irish potatoes are often injured by wet weather, before they are dug. When you see the little sprouts coming out all over them, you will take note; the potatoes will be either watery, or sticky; if you snap off the ends, you will find them slightly discolored inside; and often there is a dark deposit all over the tubers, lying just under the skin. This substance is very indigestible, and unwholesome; it is most conspicuous after the potatoes are boiled; if you find it, remove, by peeling carefully after boiling, before you brown them in the oven.

BOILED SWEET POTATOES.##

Select potatoes of nearly uniform size; wash well, drop into boiling water, and cook till a fork will go through them rather easily; if boiled too long, they will be wet; if too short a time, they will be harsh and tasteless. Have very little water in the pot when done; none at all is better. If the potatoes are the least damaged by rains, peel after boil-

ing; you will see and remove the dark layer on the surface, as you turn back the skins; then brown in a hot oven, ten to fifteen minutes. Do this very faithfully, and you will be amply rewarded by the rich fine flavor of the potatoes.

If you have more than will be eaten, do not peel or brown them; next day remove the skins, and lay in a hot oven; they will be quite as good as at first. Cold sweet potatoes are excellent peeled, mashed, and then browned.

BAKED SWEET POTATOES.

If you bake, the potatoes must be free from that dark bitter deposit, which comes from soaking rains. Wash well, and trim if necessary; then bake in a good oven, till you can crush them by pressing between the thumb and fingers.

ROASTED SWEET POTATOES.

Wash, cover with ashes, and then with coals, and roast till done. Eat at picnic parties.

TOMATOES.

The tomato can be cooked in a great variety of ways, nearly all of which are palatable; and most persons are very fond of it without cooking. Dietetically, it belongs with vegetables, rather than with fruits. It is one of the most healthful of the garden products; like the acid fruits, it is a better "anti-bilious remedy" than all the "chologogues" in the drug shops. The only harmful ingredients about it (not in it) are the seasonings, as salt, pepper and sugar, that are too often added in the preparing.

SLICED TOMATOES.

Never buy an *imported* tomato, or melon; have them fresh, or do without them. Wash, peel without scalding, and slice thin into the dish from which you serve; the

knife should have a thin blade, and a keen edge. Set in the ice-chest half an hour, if you want the tomatoes cold.

STEWED TOMATOES.##

Pour boiling water over the tomatoes, and the moment the skins will slip, remove them; they must not remain in the water till soft. Then slice very thin into a porcelain kettle, and stir in a few bread-crumbs, fine and dry; these must be put in while the tomatoes are cold, else the bread will become clammy; there should be enough to thicken a little—say a cup of crumbs to a quart of tomatoes. If you have no bread, use rolled crackers, or a little thickening made of Graham or white flour, and milk or water. Stew moderately (fast cooking ruins the sauce) for an hour and a half, or until perfectly smooth; stir often. If any seasoning is wanted, add before dishing, a spoonful of thick cream to a quart of sauce, or a bit of fresh butter the size of a walnut.

Canned tomatoes may be used instead of fresh; and the thickening can be omitted, if desired. Or you may mix together one part *coarse* crumbs from Graham loaf, and three or four parts tomatoes, and stew as before.

TOMATO TOAST.

Stew the tomatoes till smooth, and then pour them over nicely toasted slices of good home-made Graham bread, unsweetened.

SCRAMBLED TOMATOES.##

Select tomatoes not overripe, peel without scalding, and cut into rather coarse bits. Add about two-thirds the quantity of bread-crumbs, good home-made Graham loaf; have the bread stale, and the crumbs not very fine. Put all into a porcelain kettle, add a bit of fresh butter or a spoonful of cold gravy, and cover till the tomatoes are hot; then stir

lightly every half minute till finished ; it will take five to eight minutes, according to quantity. Lift from the fire as soon as done. This is a good dish, easily and quickly made.

SCALLOPED TOMATOES. ‡

Scald, peel and slice, and if not very ripe, chop them. Then fill an earthen dish, well oiled, with alternate layers of tomatoes and bread-crumbs, beginning and ending with the tomatoes ; use good Graham loaf, stale and home-made. Moisten each layer of crumbs with a spoonful of cream, or meat gravy ; or if you have not these, dot the tomatoes with little bits of fresh butter. Cover, and bake in a moderate oven an hour and a half ; longer, if the scallop is large. Brown at the end.

Another.—Fill the dish with successive layers of tomatoes, crumbs, and cold beef or mutton, the latter finely hashed, and moistened with a little cold gravy or meat juice, if you have it. Begin and end with the tomatoes ; make the scallop pretty thick, and bake in a moderate oven all of two hours. Canned tomatoes may be substituted for fresh ; if canned ones are used, drain off the liquor before arranging the layers, and take it to moisten the crumbs.

BAKED TOMATOES.

Mix together one part bread-crumbs, not too fine, and three or four parts sliced tomatoes ; stew in a porcelain kettle half to three-quarters of an hour, cooking moderately, and stirring very little. Then add a trifle of cream or fresh butter, or a spoonful or two of cold meat gravy (sweet) from the bottom of your dripping-bowl ; pour into an earthen or granitized iron pan, well oiled, and bake, covered, one hour ; longer, if you like the dish rather dry, making it a sort of tomato bread.

Another way is to mix as before, and bake without stew-

ing; cover the pan, and bake in a good oven from one to two hours.

BROILED TOMATOES.

Tomatoes are sometimes broiled, by holding the slices between the wires of an oyster-broiler until the surface is slightly browned. Or you may lay them into a skillet, well oiled, and smoking hot; when one side is seared, turn and brown the other.

STUFFED TOMATOES.

Scald the tomatoes (not too long), and remove the skins; then slice off the blossom ends, and take out the inside; chop this fine, and add grated bread-crumbs, moistened with milk or cream; some use butter, or cold beef gravy. Or you may omit the milk or cream, and add to the crumbs and tomato, half or two-thirds the quantity of finely hashed beef or mutton; moisten the meat with a spoonful of cold gravy, if you have it. Fill the hollow tomatoes with this dressing, and replace the top slices; then arrange in an earthen or granitized iron pan, pack the dressing that remains between them, and bake, covered, forty to fifty minutes.

Another way is to fill the tomatoes with a force-meat made of crumbs, tomatoes, and grated green corn, in about equal quantities; stir in a little cream, butter or dripping before filling, and bake as before.

Still another method, is to take chopped cabbage instead of corn, and a chopped onion (parboiled) if you like it. Mix with the tomato, and moisten with cold gravy or sweet cream; then fill and bake.

POTATOES AND TOMATOES.

Peel some potatoes, slice them into a porcelain kettle, and stew in a very little water, ten minutes; then add one-third as many peeled and sliced tomatoes; these should be peeled

without scalding, and should not be more than half ripe. Stir together, and cook ten to fifteen minutes longer, adding a spoonful of cream, cold gravy, or a small bit of fresh butter, three minutes before taking the kettle from the fire.

BOILED GREEN CORN.

The evergreen corn, of which Stowell's is a variety, is the best; and by means of successive plantings, one can have it almost continuously from July to the coming of frost. To be sweet and luscious, the ears must be newly gathered from the field; like green peas, much of their sweetness is gone in a single night. After the evergreen, the next best is the white or yellow "flint." The ears should be so young and tender, that the milk will spurt from the grains, when they are pressed on and broken.

Having removed the husks and silks, drop the ears into boiling water, not more than will cover them, and boil twenty to twenty-five minutes, or until the milk is fully set. Then lift out with a fork, and drop into a basin of cold water, letting them remain in it a minute or two; this will make the hulls more tender. Then lay the corn into a tureen, cover, and send to the table. If before eating, you split the grains half their depth by drawing a sharp knife down the rows, the kernels will slip out (provided the corn is not too old), leaving the hulls on the cob.

STEWED GREEN CORN.

Select ears that are young enough for the milk to escape in a jet, when the grain is pierced; always get the evergreen, if you can. Remove the husks and silks, and split the rows half the depth of the grain, with a thin sharp knife. Then scrape out the pulp, beginning at the large and scraping to the small end of the ear; this leaves nearly or quite all the hulls on the cob. Put the scraped-out corn into a tin or porcelain kettle, add a very little water, and set it over the

fire; cook rapidly, stirring all the time; it will be done in ten minutes. Just at the last, stir in a trifle of cream, or good sweet milk—say half a cup to a pint of pulp—heat a moment and turn into the tureen. This is an excellent dish, and very good without any seasoning, even the milk. Try it.

CORN CUT FROM THE COB.‡

When you have husked and silked the ears, take a sharp thin knife and shave off the tip ends of the grains, throwing them away. Then cut the corn, slicing (or rather shaving) as thin as you can, till you come near the cob; then with a dull knife scrape out the rest; it must not be too old; simply the grains well filled. Put it into a tin or porcelain kettle, add about a cup of boiling water to a quart of cut corn, and stew, covered, fifteen to twenty minutes; stir frequently; then add half a cup of cream, and let it come just to a boil, stirring once from the bottom. Dish, and serve.

If you have no cream, add a little new milk, or sweet butter.

CORN AND TOMATOES.‡

Peel and slice the tomatoes, and stew moderately half an hour, in a porcelain or granitized iron kettle. Then add an equal quantity of green corn, cut from the cob as in the last recipe. Stew another half hour, stirring frequently, and cover the kettle between times. When done, stir in a little cream or milk; or if you have neither, add a small bit of fresh butter, and heat a moment; then dish into the tureen. Do not serve too hot.

BAKED SWEET CORN.

Split the grains with a sharp knife, and scrape out the pulp; always scrape from the large to the small end of the ear. The corn must be young and tender, or the hulls will

come off. Pour it into an oiled pudding-dish, cover, and set in the oven; cook ten to fifteen minutes, stirring once or twice. Then stir in half a cup of cream or milk (more or less, according to quantity of corn), and send to the table. A good dish, quickly made.

CABBAGE.‡

Remove the outer leaves, and lay the cabbage into cold water half an hour; if the head is not compact, shake and rinse it well, and be sure there are no insects between the leaves. Cut it in halves, and with a sharp thin knife shave it in slices as thin and flaky as possible; slice from the center of the head (beginning with the stalk) to the surface. Do not chop. You can steam or boil, as is most convenient.

If you boil, put the cabbage into a porcelain kettle, or very clean pot (never in a tin or copper-bottomed vessel), and add only enough boiling water to cook it; cover closely, boil fast till tender, and not a moment longer. Cabbage overdone, is insipid; and if cooked slowly, it is stringy and watery. Watch that it does not scorch; if water has to be added, put it in boiling hot. A head of medium size (sliced), will cook in thirty minutes. When done lift the lid, stir from the bottom to let the water all evaporate, and then add a very little thick sweet cream; stir again, moistening the cabbage all through, and lift quickly from the fire; there must be no puddles of cream and water in the bottom. Dish immediately, and leave the tureen uncovered five to ten minutes (cabbage is better not too hot), and you will have something good, and digestible—provided you have a good cabbage to begin with; those grown on some soils are strong to the taste, no matter how you cook them.

CABBAGE AND TOMATOES.

Cook as in the last, and at the same time stew in a separate kettle some tomatoes, peeled and sliced. When the

cabbage is just done, turn the tomatoes in with them, and stir all together; have about half as much tomato as cabbage. Then stir in a little cream if you have it, and dish immediately; or you may add half a spoonful of fresh butter, when you put in the tomatoes; though the vegetables are good enough without seasoning.

CAULIFLOWER. ‡

Be sure you do not buy the stale article; if fresh, the flowers will be a clear white. See that there are no insects; after soaking in cold water fifteen to twenty minutes, put the asparagus into a porcelain kettle, add a little boiling water, and stew till tender. If the water gets too low, add a little more, boiling hot; this vegetable will require from thirty to forty minutes to cook, according to size and age. When done, drain off the water, if more than a spoonful remains; then add a little thick sweet cream—or such as you have—stir well from the bottom, and dish into the tureen. Leave the cover off a few minutes before sending to the table; these tender vegetables are more delicate in flavor, if served not too warm.

The French people cook cauliflower as follows: Boil it till tender in clear water, enough to cook it; then drain. In another vessel stew two or three tomatoes, till quite soft; strain these through a sieve or colander, return to the fire, and thicken with a very little flour wet with milk or water; add a small bit of fresh butter, and after cooking a few minutes, pour the sauce over the vegetable. This is a very good dish.

ASPARAGUS. ‡

If you raise your own asparagus, cut it (or snap it off just below the ground) every other morning. Then all you have to do is to wash it, put it into a porcelain kettle, and about cover with boiling water; stew twenty-five to thirty

minutes, and it is ready to dish; the stalks will be tender throughout.

If you buy in the city market, wash well, cut off the hard woody fiber, or part of it, scrape the rest, and soak it some minutes in very cold water. Then lay the stalks into a porcelain kettle, cover with boiling water, and cook forty minutes, or until tender. When done, have ready some slices of good hot toast, made of stale home-made Graham loaf; dip these quickly into boiling water, and spread them on a platter; then lift out the asparagus, and lay it on. Now stir into the asparagus liquor two or three table-spoonfuls of cream, thickened a little with flour; let this just *begin* to boil, pour it over the toast, and send to the table. Cold biscuits, split open and toasted, may be used instead of loaf bread.

Many like young asparagus simply boiled, and served without a dressing.

GREEN PEAS. ‡

The time of cooking these will vary, and so will the sweetness, according to age and variety; twenty-five to thirty minutes is usually long enough for young peas, just from the garden; if older, it may take from forty to forty-five minutes. They should be pulled as soon as (almost before) they are of full size; and if not cooked the same day, much of their sweetness will be lost. When newly gathered, the little stems are green and fresh.

Shell the peas, and either cook without washing, blowing out the shriveled blossoms, or wash as quickly as possible, in cold water. Then put them into a porcelain kettle, add half or two-thirds of a pint of boiling water to a quart of shelled peas, and stew *slowly* till tender. There should be a few spoonfuls of water left, when done; then pour all out together, and serve without a dressing. Or if preferred, stir in a very little cream, thickened a trifle with flour; boil

up just a moment, and take from the fire. Serve in sauce dishes, and pass the teaspoons.

If the pods are fresh and young, you may simmer them (or part of them) in a little water fifteen minutes, then drain it off, and use it for boiling the peas. Or you may drop a few of the tenderest pods in with them, and remove before serving.

CANNED PEAS.

The best canned peas are the marrowfats; though a brand called the "Extra Early," is fine. Drain off the liquor, and throw it away; then put the peas into a porcelain kettle, stir in a little thickening of cream and flour, heat barely to boiling, and dish.

Canned string beans are served in the same way.

OKRAS.

Pick the fresh, young okras, wash them, drop into boiling water, and cook until tender—in a porcelain kettle, as iron discolors; do not boil in too much water. When done drain off the little that remains, add part of a cup of fresh cream, or a bit of butter, stir once or twice, and lift from the fire. This is a plain but good dish, easily prepared

STRING BEANS.‡

If you buy in the markets, beware of stale beans; examine the little stems, and see that they are green and fresh; not dry and half shriveled. String beans, to be good, must be cooked till thoroughly tender; most varieties require an hour and a half to two hours, particularly if they have been gathered two or three days, or longer.

String them carefully, rejecting any imperfect ones, or blemished portions; then snap into inch lengths, and wash well in cold water. Put them in a porcelain kettle, cover with boiling water, and cook steadily; test now and then,

after an hour's time, to see if they are done ; too much cooking is as bad as too little. By all means do not let the pot go dry ; if you do, the beans will be worthless. If water is needed, have it boiling hot ; and add so sparingly that when done, there shall be scarcely more than a spoonful left in the bottom. If by chance too much has been put in, lift the lid a few minutes before finishing, stir occasionally, and let it evaporate. When the water is nearly all out, add, say a third of a cup of cream thickened with a little flour ; let this barely come to the boil, and then dish into the tureen. If you have no cream, a bit of fresh butter will answer ; but do not *drown* the beans in grease. After dishing let them stand with the cover off, for at least ten minutes, before you send to the table ; they are best not too warm. If there are some left over, never warm them, but serve cold.

WAX BEANS. ††

This bean has a cream-colored pod ; it is very tender and good, if cooked sufficiently. It has but little string, and that little can not be removed except with a knife ; you can either go to this trouble to get rid of it, or leave it on. Break off the ends, and snap into bits an inch long ; then wash, drop into boiling water, and cook till done ; these beans bought in the market, often require two hours or two and a half, to boil tender ; early in the season, if newly gathered, they will cook in less time. Finish with cream or butter, the same as the last, and serve warm, not hot.

SHELLED BEANS. ††

The time required to cook fresh shelled beans, will depend upon their age and variety ; you may allow from forty to sixty minutes ; and if they stand a few moments at the last, it will not injure them. Having finished the shelling, cover with boiling water, and cook moderately ; if they threaten to go dry, add a little more, boiling hot. When

done the beans should be soft and juicy, but not broken. If any dressing is wanted, add a spoonful or two of cream, one minute before lifting from the fire.

LIMA AND BUTTER BEANS.

Fresh Lima, or butter beans, are not good till they are full-grown, and white in color. Shell them, cover with boiling water, and cook till tender, but not till they are broken to pieces; they will require from forty to sixty minutes. If they need more water, add it boiling; there should be only two or three spoonfuls in the kettle, when done; if too much, lift the lid at the last, stir a little, and let it about all evaporate. Then thicken, say a third of a cup of thin cream with a trifle of flour, stir it in, and boil up a moment before dishing into the tureen. There is no better way to cook Lima beans than this.

SUCCOTASH.

Succotash is best made of one part Lima beans, and two parts corn. Boil the beans over a moderate fire, as in the last recipe; cook nearly an hour or until tender, but not till they are broken. There must be only a moderate supply of water in the pot when done. While these are cooking, cut from the cob double the quantity of fresh evergreen corn; have a sharp knife, shave off the very tip ends of the grains, and throw them away—or, to your chickens. And in cutting off the grains, do not shave quite down to the cob; leave a little, to scrape out at the last. By these precautions, you will get rid of most of the hulls, and the rougher part of them. When the beans are done enough put in the corn, and simmer slowly half an hour, stirring frequently. If any dressing is required, add a little cream or fresh butter, just as you take the pot from the fire.

Butter beans, or common shell beans, may be used for succotash, instead of Limas.

BOILED DRIED BEANS.

Look them over carefully, throwing out all discolored ones; then wash in several waters, rubbing well with the hands. Never soak; it toughens the hulls, and makes them slip off whole; it also injures the flavor of the beans. If they are a year old, and therefore a little strong in taste, cover with boiling water, and parboil ten minutes; then drain it all off, and add more, boiling hot. But if reasonably fresh, simply wash them, drop into boiling water (never into cold), and boil rather briskly the first half hour; this makes the hulls more tender. Then stew very moderately, adding more boiling water if necessary; cook till done, but not till they have fallen to pieces. It will take, usually, from two to three hours; though a good deal depends upon the age and variety; the white marrowfats will cook in less time, unless they are very old. The beans should be moderately juicy, when finished; if a dressing is wanted, a trifle of cream is the best; add it one minute before dishing. Some like a soup-bone, or a bit of beef or mutton rib, boiled with this vegetable; the meat should be brought to a boil and skimmed, before putting in the beans.

The speckled cranberry, or other beans that are of a dark color, are milder in flavor if parboiled, as follows: after washing thoroughly, cover them with boiling water, and cook rapidly fifteen minutes; then drain, cover again with water, boiling hot, and cook as before. Some add a little milk or cream, just at the last; and some use a lump of fresh butter.

STEWED BEANS.

Another way of cooking beans that is very good, is to cover them with cold water, and set the pot back where it will simmer, but not boil; it *must not bubble once*; keep the lid on, and cook till done. For dried beans it will require

about three hours to make them tender. Finish with a little milk or cream, if you want a dressing.

BAKED BEANS. ‡

Stew the little soup bean, white kidney, or white marrow-fat, as in the last recipe but one. Cook rapidly two hours, or until the beans are not only soft, but beginning to fall to pieces; have plenty of juice in them. If you want them extra good, stir in half a cup of milk or cream, then pour into a deep dish, smooth the top with a knife, and bake in a slow oven two to three hours, or until the beans are a rich red color throughout.

If a nearer approach to "pork and beans" is desirable, omit the milk, or cream, and put in a bit of fresh beef rib, rather lean, and previously stewed in a little water till tender; place the meat in the dish, pour the stewed beans around and over it, and bake as before. A little fresh beef gravy, stirred in before baking, is not a bad substitute for the meat.

PARSNIPS. ‡

Wash and scrape the parsnips, and if large, split in halves or quarters; cover them with boiling water, and stew moderately three-quarters of an hour, or till thoroughly tender; if they are old, it may take an hour, or longer. There should be nearly a cup of liquor in the pot, at the end. Put them into a bake-pan, pour all the liquor over, and place in the oven to brown. Bake twenty to thirty minutes, basting frequently; the liquor should all be evaporated when done. No seasoning is required.

Another way, much liked, is this: After cutting in halves or quarters, remove the hard or stringy portion in the center of the parsnip; then boil till quite tender, having the water all evaporated at the last. Mash till perfectly smooth, stir in a little cream or fresh butter, and heat a moment; then dish. They are excellent.

TURNIPS. ‡

These vary so much in size, age and variety, that it is hard to give a rule as to time of cooking. The common white kind cooks in less than half the time that is required for Swedish, or ruta-baga turnips; the latter need all of two hours' boiling or steaming. White turnips, if very young, will sometimes cook in thirty minutes; but if old, an hour or longer is generally necessary. A safe way, however, is to start them in good season, and test with a fork toward the last; they are better cooled to lukewarm, before serving.

Wash and peel them, rejecting all that are pithy, or coarse and stringy; a single bitter one will sometimes spoil the whole mess. Cut them into slices of half an inch; then place in the bottom of the pot an old saucer, inverted, or a small pie-pan, put in the turnips, and cover with boiling water; have about enough to cook them, leaving very little to drain off. Boil rapidly, and watch that the pot does not go dry; if this happens, you will lose the sweetness of the turnips; and if cooked too long, they will turn red and taste strong.

You may cook in a closed steamer, if you like; in which case, steam rapidly till tender. As soon as a fork will pierce the slices easily, set up the steamer, turn them into a porcelain kettle or other flat-bottomed vessel, and drain in all the liquor. Place over the fire, and when the water is about all evaporated mash with a potato-masher, stir in a few spoonfuls of cream, and dish for the table.

The Swedish turnip must not be cooked too dry; it is better left pretty moist, before you stir in the cream.

BOILED CARROTS.

There is a little carrot called the "Early Horn," that matures in July, and boils tender in an hour. Winter carrots grow larger, and take longer to cook; they are used

chiefly for soups. If boiled by themselves, wash and scrape them, and leave in cold water awhile before cooking; if large, cut them lengthwise, in slices not too thin, and boil the same as turnips, only longer; they usually require an hour and a half, or two hours. When done, the water should be about all evaporated.—You may add in starting, a pint of vegetable soup, or the boilings of beef or mutton, if you have fears that they will taste “flat.” Some season with cream or butter, putting it in at the last; and some mash fine before adding the seasoning, then heat a moment, and dish.

STEWED CARROTS.

Take four or five large-sized carrots, wash and scrape them, and cut lengthwise into thin strips; take three or four of these at a time, and cut into short lengths, in a slanting direction. Put them in a pot, just cover with water, and boil one or two hours, or until perfectly tender. When about done, prepare a sauce by taking a lump of butter half the size of an egg, one even tablespoonful of flour, and one teaspoonful of chopped parsley; put these in a pan, and simmer a few minutes over the fire, until well incorporated; do not brown. Then drain from the carrots the water left from boiling, and turn it into the sauce; pour all over the carrots in the pot, shake, so as to mix well with the gravy, and dish for the table.

BOILED BEETS.##

Twist off the tops, not too close to the beet; if young, you may leave two inches of the stems, and when done serve these with the sliced beets. Wash well, but do not break the little rootlets, else the sweet juices will escape. Put the beets into a pot, barely cover them with boiling water, and cook from one to two hours or longer, according to size and age. You may have to add boiling water, once or twice; but let it be nearly all evaporated when done; if the pot is entirely

dry at the last, the beets will be all the better. Test as little as possible with the fork, as much pricking "bleeds" them; be sure they cook till tender. Then remove from the fire, and when cool enough to handle drop the beets into a pan of cold water, slip off the skins, and lay in a dish to cool. Fifteen minutes before serving, slice thin, squeeze out the juice of one or two lemons, according to the quantity of the beets you have, add as much cold water as there is juice, and pour this dressing over them; they must be entirely cold before you add the lemon. Serve in saucedishes, with plenty of the juice.

SPINACH. ‡

You will need a good peck of spinach, for a family of five or six persons. Look it all over very carefully, cutting off or throwing out any imperfect portions; then wash thoroughly two or three times, in plenty of cold water. Start to cooking in boiling water, and if young and tender allow twenty minutes; in winter it will require about twice as long. When done, lift it out with a couple of forks placed side by side, and held in one hand, laying it on a plate; this will leave any sand or sediment in the liquor. Cover the plate with another, and drain well; then chop the spinach fine, put it into a tureen, and send to the table. After serving, pass the lemons, cut in quarters. Spinach is best served nearly cold; it is well therefore to commence boiling an hour before dinner.

SALSIFY, OR VEGETABLE OYSTER.

This vegetable is rather insipid without more or less seasoning. One of the most approved methods of cooking it, is stewing. Wash and scrape well, dropping each plant into cold water as soon as cleaned, to prevent its being discolored. When all are prepared put them into a porcelain kettle, just cover with boiling water, lay on the lid, and cook

till tender. Then drain off most of the liquor that remains, and add a cup of good milk; boil or simmer ten minutes, and either put in a bit of butter with flour rubbed into it, or make a little thickening of cream and flour, and stir it in. Boil up once, and pour it over slices of dry toast. Or you may add more milk, heat a moment, and serve with oyster-crackers.

If preferred, you may stew the plants in a little water till tender, drain off what remains, then mash well, and moisten with milk or cream; some add a beaten egg, or a bit of butter; make into thin cakes, dip these in cracker-dust or fine bread-crumbs, and brown each side on a hot griddle, well oiled.

EGG PLANT. ‡

This if too old, will be strong and bitter. Peel, cut in slices, and if the plant is not very young and fresh, let these lie in cold water half an hour. Then steam twenty to thirty minutes; or you may put them into a porcelain kettle, just cover with boiling water, and stew till tender. Drain off the little water that is left, and mash fine or put through a colander.

Have ready some slices of toast (good Graham bread two days old is best), and either crumb very fine or grind it. Add to the prepared egg-plant an equal quantity of the crumbs, and moisten well with a cup of cream; if this is not rich, add a piece of butter. For two egg-plants of average size, about half a pint of cream is necessary; stir into the latter two eggs well beaten, yolks and whites separate. Then turn into an oiled pudding dish, and bake three-quarters of an hour; though less time will be required for a smaller quantity.

Some boil whole ten minutes, cut off the end, and take out the seedy part; add this to a dressing of crumbs, and fill the cavity. Replace the end, tie with a string, and either bake or stew.

SUMMER SQUASHES.‡

Summer squashes are of numerous varieties, and the time of cooking varies accordingly. One of the best but not the most common, is known as the "Summer Crook-Neck"; it is a long slim squash, mostly "neck," and often very crooked; it is orange-colored, and rough or warty on the surface. Fresh from the garden, these little squashes stew tender in half an hour, or less time. When very young they need no peeling, or removing of seeds. Wash, cut in thick slices, and start in not too much boiling water; cover, cook rapidly, and have them almost dry when done. Finish with cream or butter.

The little scalloped squash, so common in the markets, should be well peeled; and if not very young, the seeds must be taken out. Then slice it, and lay in a closed steamer—not one with holes in the bottom; or you may put it in a porcelain kettle, with just enough boiling water to cook it; if young and tender, forty minutes is about the time required. The squash should be pretty dry at the last; if too much water remains lift the lid, and let it nearly all evaporate. When done remove from the fire, mash fine, and add a little cream, or a lump of fresh butter. Set the kettle back on the stove, heat a moment, stirring once or twice, and then lift to the tureen; do not send to the table too hot. Properly managed, this dish is excellent; indifferently done, it is almost worthless.

WINTER SQUASHES.

Winter squashes ripen in the fall, but may be kept in a cool dry place, nearly or quite till spring. They are of various colors, shapes, sizes, and qualities; some have hard shells, and some soft. One of the finest varieties raised, is the Buttman; it is something like the Hubbard, only much milder and finer in flavor; it keeps well all winter. The

common green and white striped-neck squash, which ripens early in the fall, is fine for stewing, and also for pies; and if thoroughly ripe, it bakes well.

STEWED WINTER SQUASHES.

If the squash has a very hard shell (as the Buttman or Hubbard), do not try to slice or peel, but break it in pieces with a hatchet, and remove the seeds. Then wash, and either lay in a closed steamer, or stew in a kettle with enough boiling water to cook soft; it will require all of an hour; if the water gets too low, add a little, always boiling hot. When done scrape from the shells, and mash till smooth.

The varieties that have soft shells, you may slice and peel, removing the seeds; then cut in small bits, wash quickly, and put into a stew-pan; add a little boiling water, and stew till thoroughly tender. Or you may cook in a closed steamer till the pieces are soft, and then turn them into a porcelain kettle. Evaporate all or nearly all the water, by lifting the lid a few moments; then remove from the fire and mash fine; if liked, stir in a little cream or new milk before dishing.

If any is left over, you can make it into pies the next day.

BAKED WINTER SQUASHES.

Wash, cut into pieces of convenient size, and take out the seeds; then place in a dripping-pan, shell downward, add half a cup of boiling water, and bake in a hot oven till done. Serve in the shells.

PUMPKIN SAUCE.

Select good ripe pumpkins; the "Yankee pumpkin," which is of a bright orange color, is the best. Peel, slice, remove the seeds, and cut into inch bits; then wash, and either steam or stew. If intended for pies, cook only till

tender, and not too dry. If wanted for sauce, stew till pretty well done, but not till it changes color; dry out the water at the last. Then add a good cup of cream or rich milk, stir well, and dish. Not a bad sauce, in winter.

RHUBARB.‡

Trim off the leaves or their fragments, and see that there are no worms imbedded in the stalks; skin the latter, and cut into short bits. Then wash in cold water, put into a porcelain or granitized iron kettle, and for every two quarts of cut rhubarb allow one pint of cold water, and two-thirds of a cup of sugar. Stew moderately twenty minutes, and take from the fire; let the sauce stand in the kettle till quite cold.

Never stew rhubarb in tin, as it corrodes the metal; and never pour it into a glazed earthen vessel.

CELERY.

Wash and trim the stalks, and let them lie in cold water some time, before sending to the table. Arrange in a celery-glass, and serve with meats, fish, or any hearty dish of meat or vegetable preparation. Celery has a flavor very much like that of nuts.

YOUNG ONIONS.

Onions if eaten, are best parboiled, and then finished in milk and water. Young onions will boil tender in thirty minutes, or less time. Cut off the rootlets and part of the tops, wash well, and lay in cold water half an hour; then put them into a small tin or porcelain stew-pan, cover with boiling water, and cook ten minutes; drain this about all off, add a cup of milk, and boil fifteen minutes or until tender. If a dressing is wanted, drain nearly or quite dry, add a little cream thickened with flour, heat almost to boiling, and take from the fire.

OLD ONIONS.‡

These require fully twice as long to cook, as young onions; it will take an hour or longer, if they are of good size.

Cut off both ends close; then peel, drop into cold water, and soak half an hour. Put them in a porcelain kettle (never into iron, as it blackens them), and cover with boiling water; cook fifteen minutes, and drain. Then add half milk and half boiling water, and simmer till the onions are tender, but not too soft; drain again, add part of a cup of cream thickened with white flour, stir all together, and bring almost to a boil. If you have no cream use milk, and a bit of fresh butter rolled in flour.

LETTUCE.‡

Select good fine heads of lettuce, young and tender. Wash well, and lay in cold water twenty minutes, before sending it to the table. Serve on small plates, with lemons cut in halves or quarters. Some sprinkle it with sugar, but the lettuce is more wholesome with simply the lemon juice.

CUCUMBERS.‡

It is hard to say whether this much-abused vegetable has suffered more from the market-men, or in the hands of the cook. For every fresh cucumber in the stalls, there are usually fifty stale ones; these, eaten with salt, pepper and vinegar, or perhaps fried, are *enough* to give one *cholera morbus*. But gathered fresh from the garden, and served with nothing more hurtful than diluted lemon juice, they are as harmless as a beet.

Select only those that are green and *white* (not green and yellow), and *firm to the touch*; the others are stale. Or if you live on a farm, gather the cucumbers early in the morning, and lay them in a cool place till wanted. Then peel them, removing all the "green," and drop into ice-water

half an hour; this makes them crisp, as well as cold. Put into the ice-water a lemon or two, also; when all are thoroughly chilled, slice the cucumbers as thin as possible, into a cold dish, squeeze the lemons over them, and add nearly or quite as much ice-water as there is lemon juice. Stir all together, and send directly to the table.

MELONS.

Watermelons, muskmelons and cantaloupes, are all in bad repute; not because they are harmful in themselves, but owing to the fact that they are carted and shipped from place to place, and then eaten stale. And if you want to "*die certain*"—not composedly, like old Mr. Jones, who lived to "eighty-eight and upward," but at thirty-five or younger, and in the writhing torments of *cholera morbus*—*eat stale melons!*

Ordinarily, melons should not be pulled more than a day before they are to be served; and the same day would be better, particularly if the weather is warm. If you have your own patch, take the melon from the vines in the cool of the morning, and put it in the coldest place possible; on ice, in ice-water, or on the bottom of a cold cellar. If eaten at meal-time, serve it *before* the rest of the repast, not after; or it may be eaten an hour before dinner, on an empty stomach.

SOUPS.

In making soups observe the following rules :

1. Start the meat in cold water; let it heat slowly, and remove the scum as it rises. It should boil long enough to extract all its juices; and where there are bones or joints, they should be broken or crushed before boiling. In soup that is not strained, the meat must not be boiled to rags; if there is danger of this, lift it out before the soup is done.

2. Slice or chop the vegetables, put them on in time to

cook thoroughly, and keep the pot closely covered. Stew very slowly, and on no account let the soup scorch; continue the cooking until the flavors are all well blended together; and if any filling up has to be done, add the water boiling hot, and at least an hour before the soup is finished. When cabbage, turnips, or parsnips are used, a good plan is to soak them in cold water, half an hour beforehand.

3. If there are fragments of meat, bone, or vegetables in the soup, strain it through a colander when done (unless preferred as it is), and heat again to boiling before dishing into the tureen. Keep the latter covered till the time of serving, and have the soup-plates warm.

4. Good soups can be made without meat. Add to the cooked vegetables a cup of milk or cream, and heat again before serving.

In cold weather, a very good way when meat is used, is to boil it the day before, cooking slowly, and till the meat is ready to fall to pieces. Then strain through a colander to get rid of the bits of meat and bones, and set the liquor away in a cold place; next morning remove the fat, and add the remainder to the contents of the soup-kettle.

POTATO SOUP.

4 quarts cold water.

2 " boiling water.

5 pints quartered or cut potato—not sliced.

2 onions—if liked.

3 stalks celery, chopped fine.

Ten cent soup-bone—fresh joint of beef.

Time—four hours.

Crack the knuckle or joint, drop it into the pot, and cover with the cold water; then put on a clean, closely-fitting lid, and heat slowly. As soon as the scum rises, remove it carefully; and when the water begins to bubble, set the pot where it will simmer gently, as hard boiling destroys the

flavors of the meat. Prepare the potatoes by paring, washing and quartering them; or if large, cut into smaller pieces, say an inch thick. If the onions are used, slice them thin, and chop fine. At the end of two hours add the potatoes, onions and celery, and the two quarts of boiling water, and cook slowly an hour and a half, keeping the pot closely covered; then take out the larger bits of bones with any meat adhering, and put the remaining contents of the kettle through a colander. Return the soup to the fire, and cook half an hour longer; stir frequently, if there is the least danger of scorching. When done stir well from the bottom, dip the soup into a hot tureen, cover, and send to the table.

Or, leave out the meat, use less water, and cook in two hours. Finish with a cup of good milk, heating ten minutes.

Another.—Prepare a quart of potatoes, cutting them in small bits—not slices; drop these into two quarts of boiling water, and cook pretty fast, keeping the pot covered. Boil nearly or quite an hour, stirring occasionally to break up the lumps; then add a pint of milk or cup of cream, thickened with a heaping tablespoonful of flour, and boil a few minutes longer. Serve with dry toast, or crackers; this is rather a good dish, quickly prepared.

TOMATO SOUP.—(*Good.*)#

Put one pound of beef or mutton (or a ten cent soup-bone) into three quarts of cold water, bring it to a boil, and skim well. Add a sliced onion if liked, and a pint of cut potatoes, and stew slowly two hours and a half; then put the meat and liquor into a porcelain kettle, and skim off any grease that rises; add a quart of canned or chopped tomatoes, a spoonful of chopped parsley, if you have it, and cook again, three-quarters of an hour. Then lift out the meat, strain the soup through a colander, return it to the fire till steaming hot, and dish for the table. Or you can

leave out the beef or mutton; add a cup of hot milk or cream at the end, then heat to the boil.

POTATO AND TOMATO SOUP.

- 6 quarts cold water.
- 5 pints cut potato.
- 1 can tomatoes.
- 2 stalks celery, cut fine.
- 1 onion thinly sliced.
- Ten cent soup-bone, cracked.
- Time—three hours and a half.

Set the kettle on the fire with the meat and water in it, heat slowly to a boil, and skim; simmer gently one hour, then add the celery and onion, and the potatoes peeled and quartered, and cook an hour and a half, stirring occasionally; put in the tomatoes, stew an hour longer, and strain the soup through a colander; skim off any grease that rises; return to the kettle, heat again till hot, and dish into the tureen. Serve with bits of dry toast, or hard Graham rolls.

If preferred, make without the soup-bone, and add a cup of grated green corn and one of cream before finishing.

BARLEY BROTH.

- 1 gallon cold water.
- $\frac{1}{2}$ cup barley.
- 1 turnip, peeled and cut into dice.
- 1 onion, finely minced—this can be omitted.
- 1 spoonful chopped parsley, if liked.
- 1 lb. lean mutton—the neck.
- Time—three hours and a half.

Use a soup-kettle, if you have one. Drop the meat into the cold water, heat slowly, and skim well; then put in the onion and barley, and cook two hours and a half; then the turnip and chopped parsley, and cook an hour longer. The

kettle must not boil fast at any time; and if there is danger of scorching, stir once in a while. Take out the meat before it is in rags; and when the broth is done, dish for the table; you may send the meat also. Serve with dry toast, or with thin cakes of plain corn bread, baked with a good crust.

Barley broth, as the Scotch people know it, is usually made for the sick, and contains only the meat and barley, with perhaps a little parsley, or other sweet herb.

BARLEY AND TOMATO SOUP.—(*Excellent.*)#

- 6 quarts cold water.
- $\frac{1}{2}$ pint pearl barley.
- 1 quart canned tomatoes.
- 4 potatoes, medium size.
- 2 onions, thinly sliced, and chopped.
- 3 tablespoonfuls chopped parsley.
- Ten cent soup-bone.
- Time—four hours.

Crack the soup-bone, but do not crush it; start it in the cold water, heat gradually, and skim when it boils. Then add the barley and chopped onions, and stew gently two hours and a half. At the end of that time skim off any grease that rises, and put in the canned tomatoes, first pressing them through a coarse sieve or colander. Then peel the potatoes, boil them in a little water till soft, and mash till perfectly smooth; add them and the parsley, and continue the cooking an hour longer. When done take out the meat, and dish the soup into a tureen. Serve with hard Graham rolls, or dry toast.

This soup can be made without meat. Add, before finishing, a cup of milk or cream, and heat from ten to fifteen minutes.

OKRA AND TOMATO SOUP.‡

- 1 gallon cold water.
- 1 quart okras, thinly sliced.
- 2 quarts tomatoes, peeled and sliced.
- 1 lb. lean beef—or a cup of cream.
- Bunch of sweet herbs.
- Time—three hours.

Make this soup in a porcelain kettle, as iron blackens and ruins it. Cover the meat with the cold water, bring it to a boil, and skim well; put in the sweet herbs, and cook slowly one hour. Then add the sliced okras, and stew or simmer an hour; skim as often as necessary, using a wooden or silver spoon; now put in the tomatoes, and cook another hour. Or leave out the meat, take three quarts of water, and cook two hours; then add a cup of cream. Strain through a colander, heat again to boiling, and lift from the fire. Serve with dry toast, or hard Graham rolls.

CORN AND TOMATO SOUP.‡

- 1 gallon cold water.
- 1 quart sliced or canned tomatoes.
- 1 pint grated green corn.
- Ten cent soup-bone—or a cup of cream.
- Time—three hours and a half.

Drop the soup-bone (crushed) into a gallon of cold water, skim when it boils, and cook slowly. In the mean time prepare the tomatoes; wash and peel good ripe ones, and fresh from the garden; the "Trophies" are fine. Slice as thin as possible, put them into a porcelain kettle, cover with a clean lid, and stew moderately half an hour, or until the lumps disappear; stir often to break up the tomatoes, and reduce to a smooth mass. While these are cooking, take good ever-green corn, the ears well-filled but not over-ripe, split the grains half their depth by running a sharp knife down the

rows, and then scrape out the pulp, leaving all the hulls on the cob; draw the knife from the large to the small end of the ear. If the corn scrapes out easily, it is not too old. As soon as the tomatoes are done enough add the corn, and lift from the fire; there should be one pint of pulp, or half as much as you had of the sliced tomatoes. When the meat has cooked two hours put in two or three small potatoes, peeled and quartered; and after another hour's boiling lift out the soup-bone, skim off the grease that floats on top, pour the liquor in with the corn and tomatoes, and stew or simmer half an hour longer, stirring often. Then strain through a colander, heat again to boiling, and serve with dry toast, Graham crackers, or hard Graham rolls.

In this soup you may use canned tomatoes or canned corn, cooking a little shorter time. You can also make it without the soup-bone, putting in a cup of milk or cream at the last. Heat all well together.

SPLIT PEA SOUP.

5 quarts cold water.

1 quart split peas, picked over carefully and washed.

3 stalks celery, cut fine.

1 onion (if desired), sliced very thin.

Ten cent soup-bone, cracked—or cup of milk.

Time—four hours.

Start the meat in half the cold water, and the peas in the other half; heat slowly to boiling, skim the meat, and then turn the two together; add the other vegetables, and simmer gently four hours. If you have not a kettle with a double bottom, you had better set the one you have on the top of the stove; and unless you have a very slow fire, it may be necessary to slide something under it, for fear of scorching. Stir now and then, oftener toward the last; the least approach to burning will utterly ruin the soup; and *hard* boiling is almost as bad, since it destroys the fine

flavor of the vegetables. The practice of adding water (even boiling), is injurious to all soups, and especially to this; if water has to be added, it must be put in boiling hot, and at least an hour before the soup is done. Ten minutes before serving, remove the pot from the fire, lift out the bones, skim off all the grease, and put the soup through a colander. Then return it to the pot, and heat to the point of boiling; stir well from the bottom as you dish into the tureen, and also in serving. Omit the soup-bone if you like, and finish with a cup of rich milk, the same as in the last recipe.

TOMATO AND PEA SOUP.‡

Make like the preceding, except that you add a pint of raw sliced tomatoes, or the same measure of canned ones, an hour before the soup is done; strain through a colander, if not perfectly smooth.

PEA SOUP WITHOUT MEAT.

- 5 quarts cold water.
- 1 quart split peas, picked over carefully and washed.
- 1 carrot.
- 1 turnip.
- 1 onion, if desired.
- 2 tomatoes.
- 2 stalks celery—or one cup of cream.
- Time—three hours and a half.

Prepare the vegetables by washing, peeling, etc., cut the carrot, turnip, and celery into small bits, and slice the tomatoes and onion very thin. Put all into the pot, with the peas and water added, and bring to a boil; stew slowly, or rather simmer, three hours and a half, stirring now and then. Be sure the vegetables do not stick to the bottom, or scorch. Then add the cup of cream (milk will do), and

heat to the boil before serving. Vegetable soups made without meat and finished with a little milk or cream are more delicate in flavor than when made in the usual way. Serve with dry toast, or hard Graham rolls.

BEAN SOUP.‡

- 1 gallon cold water.
- 2 quarts boiling water.
- 1 quart dried (or fresh) beans.
- 2 stalks celery—or one onion.
- Ten cent soup-bone—or a cup of milk.
- Time—four hours.

If the soup is made of dry beans, the little mock-turtle "soup-bean" is best; though the common "navy" is very good. Crush the bone, or rather, have the butcher do it, and start in half the cold water; as soon as this comes to a boil, skim. Then, having picked out all the faulty or discolored beans, wash thoroughly in two or three waters, rubbing well with the hands, and put them into a separate pot, with the other half of the cold water; when they have reached the boiling point, turn them in with the meat, add the celery (or onion) cut fine, and stew or simmer slowly, two hours and a half. Stir frequently, covering the pot closely between times, and see that there is no settling or sticking to the bottom. By this time the beans will be soft; now add the two quarts of boiling water, cook half an hour longer, and rub through the colander, being careful that you get all out except the dry skins—particularly if the soup is not quite as thick as you would like it. Return it to the kettle, skim if there is any grease on top, and cook slowly another hour, stirring often. When done dip out, stirring well from the bottom, cover the tureen, and send to the table. The juice of a lemon, squeezed in ten minutes before dishing, is said to improve the flavor.

This soup may be made without meat; add a cup of milk or cream at the last, and heat again to boiling. Beans fresh from the garden (white) make a soup that is milder in flavor than that made from the dried ones, and the skins, if left in, are less objectionable. This rather hearty soup is better liked in cold weather.

BEAN AND TOMATO SOUP.—(*Good.*)

Make the same as the last, only add a pint of sliced tomatoes, or an equal quantity of canned ones, an hour before finishing. When done, strain through a colander, heat again to boiling, and pour into the tureen.

TURNIP SOUP.

5 quarts cold water—or *three*, if bones are used.

8 turnips, medium size.

$\frac{1}{3}$ cup rice, picked over carefully and washed.

Scrag of mutton, one pound—or bones of cold quarter of mutton.

Time—an hour and a half.

If you take fresh meat, cook it the day before. Cut it in small pieces, cover with the five quarts of cold water, bring slowly to a boil, and skim well. Stew slowly three hours, or until the meat is boiled to pieces; then strain through a colander, and set the liquor away in a cool place. Next morning remove the fat, before putting in the turnips and rice.

If bones are used, they must be fresh and sweet; put them into the soup-kettle, and add only *three* quarts of cold water. Then wash and peel the turnips, and cut in thick slices; put these in with the bones (or liquor, if that is used), add the rice, and stew gently an hour and a half, or till the bits of turnip are soft; they should not be much broken. You will need a double boiler for this soup; for if it scorches in finishing, it will be spoiled. When done lift out the

bones, and dish the soup into a tureen. Serve on a cold day, with baked potatoes and warm corn bread, the latter with a good crust.

If preferred, make without meat, and just before finishing add a cup of cream, heating all well together.

VEGETABLE SOUP.‡

- 1 gallon cold water.
- 2 quarts boiling water.
- 1 pint chopped potato.
- 1 " " cabbage.
- 2 carrots, sliced and chopped.
- 2 turnips, " " "
- 2 onions, " " "
- 2 stalks celery, cut fine.
- $\frac{2}{3}$ cup pearl barley.
- Ten cent soup-bone—or cup of cream.
- Time—four hours.

When you buy the soup-bone have it cracked or partly broken, but not crushed to pieces. Four hours before dinner put the meat into the cold water, heat slowly, and skim as soon as ready. Then put in the barley, keep the pot closely covered, and stew gently one hour; then add two quarts of boiling water, cook another hour, and put in the vegetables; they must all be sliced very thin, and chopped fine; it will take some time to prepare them. When you add these put in the other two quarts of boiling water, cover, and cook slowly two hours longer, taking care that the soup does not scorch. Then lift out the bone, and skim off any grease there is on top. Or you may leave out the meat, and add a cup of milk ten minutes before serving. You may do the same in the next recipe.

VEGETABLE SOUP.—(*Good.*)#

- 5 quarts cold water.
 1 cup green peas—or one pint canned ones.
 2 carrots, washed and sliced.
 2 onions, if desired.
 6 potatoes, medium size.
 2 turnips, “ “
 Sprig of parsley—or other sweet herb.
 Ten cent soup-bone—or bones and trimmings of a
 sirloin steak.
 Time—three hours and a half.

Put the bone—or meat with the fat removed—into a pot or soup-kettle, add the cold water, and place over a slow fire; then prepare the carrots, onions, potatoes and turnips, slicing them thin, and chopping fine. As soon as the meat comes to a boil, skim it, add the prepared vegetables, and also the sweet herbs, cut fine; if parsley is used, put it in ten minutes before finishing. Cook three hours, stirring occasionally; then add the quart of boiling water, and also the peas, and cook half an hour. When done strain the soup through a coarse colander, return it to the fire, bring almost to a boil, and dish for the table. If there is grease on top, remove it before serving.

VEGETABLE SOUP.

- 5 quarts cold water.
 2 stalks celery.
 3 carrots, medium size.
 4 potatoes, “ “
 4 turnips, “ “
 1 parsnip, if you have it.
 Scrag of mutton—or cup of cream.
 Time—four hours.

Cover the meat with the cold water, and place over a slow

fire; then prepare the vegetables, slicing and chopping them all fine. Skim when the meat boils, add the vegetables, and stew slowly three hours; take out the meat before it falls to pieces; if you do not wish to serve it, you can make it into a hash or stew the next morning. When the soup is done skim off the grease, strain through a coarse colander, return it to the fire till hot, and then dish. You can make without the meat, and finish with a cup of milk or cream.

FRENCH VEGETABLE SOUP.

- 1 gallon cold water.
- 1 cup grated potatoes.
- 1 " " carrots.
- 1 " turnips, sliced and chopped.
- 1 " chopped cabbage.
- 1 " " tomatoes.
- 1 tablespoonful chopped parsley.
- 1 large onion, sliced and chopped.
- Ten cent soup-bone—or cup of milk or cream.
- Time—three hours.

Trim the meat of all its fat, put it in the soup-kettle, and add the cold water; bring it slowly to a boil, and skim well. Then add the vegetables, except the tomatoes and parsley, and simmer slowly two hours and a half; stir now and then. At the end of that time put in the tomatoes, and cook another hour; add the parsley ten minutes before the soup is done. If the meat is likely to boil to pieces, take it out before it is in rags, and finish the soup afterward. Serve without straining.

This soup inclines to scorch, any time after the grated vegetables are added; it is best therefore to make it in a soup-kettle, with a double bottom. If you have not this, use an ordinary iron pot, and *chop* the carrots and potatoes, instead of grating them.

“ALL THE GARDEN” SOUP.—(*Excellent.*)#

- 6 quarts cold water.
- 4 potatoes, medium size.
- 4 tomatoes, “ “
- 2 onions, “ “
- 2 carrots, “ “
- 2 turnips, “ “
- 2 tablespoonfuls chopped parsley.
- 2 stalks celery, if you have it.
- 1 cup green peas, shelled—if you have them.
- 1 “ chopped cabbage.
- 1 small parsnip.
- Ten cent soup-bone—or cup of milk or cream.
- Time—three hours and a half.

Crack the soup-bone without completely crushing it, cover with the cold water, and when it comes to a boil, skim. Then prepare the vegetables, slicing and chopping all—save the peas—till they are fine; and as soon as the meat is skimmed add them (except the peas and parsley), and stew moderately two hours and a half. Then strain the soup through a coarse colander, and skim off any fat that rises; return it to the kettle, put in the cup of green peas, and cook another hour before dishing into the tureen. Add the parsley, finely chopped, ten minutes before finishing.

Later in the season you may substitute for green peas a pint of canned ones, adding them half an hour before the soup is done. You may also leave out the soup-bone, if you like, and finish with a cup of milk or cream. Heat to boiling after this is added.

MEATS, ETC.

If meat forms any part of the dietary, special attention should be paid, first, to its selection, second, to the best method of cooking it, and third, to the manner of eating it. In

other words, to get the most nutriment out of meat, it must be fresh and otherwise of good quality; it must be cooked in such a way that its nutritive properties will not be lost, or seriously impaired; and it should not be partaken of too frequently or in large quantities. If it were eaten not oftener than once a day in cold weather, and rarely if ever in warm weather, and the table supplied with an abundance of good home-made Graham bread, with fresh fruits and vegetables—these taken with few seasonings or condiments, and without the addition of rich pastries or desserts—we should witness less breaking down in health at thirty-five, fewer cases of confirmed dyspepsia, and not so many calls for tonics, ‘strengthening bitters,’ mineral waters, and other “aids” to the digestive organs. There is no doubt that the free use of animal foods and especially meats, taxes the vital machinery unnecessarily, and wears it out prematurely.

To aid in the selection of foods in general and meats in particular, read the “Hints on Marketing,” in the latter part of this book.

The fact that the larval form of the tape-worm is found in both beef and mutton (and also in swine), is sufficient hint to avoid the use of *rare* meats; for aside from the habit of totally abstaining from animal foods, the next best safeguard against these parasites, is *thorough cooking*. Even the hateful trichinæ, according to some authorities, is not confined to swine’s flesh.

In cooking meats, never wash them, unless it is absolutely necessary; if your mutton, fish and fowl require rinsing, do it thoroughly but *quickly*, in cold water, as all soaking abstracts the juices of the meat. Cook immediately after purchasing, or keep in an ice-chest, or other very cold place.

Roast, broil or stew, in the way that will involve the least waste, and that will render the meat the most nutritious with the least purely stimulating effect. This latter suggests the leaving out of seasonings, *in toto*. Salt and pepper, so freely

used by most cooks, not only impair the quality of meat by hardening the fibrin, and rendering it difficult of digestion, but they also inflame the stomach itself, and waste the digestive fluids, by stimulating unduly the organs that secrete them.

For a fuller elucidation of this whole theme, the reader is referred to the articles on "Salt," "Meat as an Article of Diet," etc., in Part I. Suffice to say, in this short paragraph, that meats if eaten, should be taken without seasonings, and not oftener than once a day; in warm weather (and warm climates), once a week would be better. And on no account should they form any part of the evening meal; at mid-day, that is, at dinner, when the digestive organs are usually at their maximum of strength, is the better time for both meats and vegetables.

Fresh meats are infinitely better than salted—for reasons that have elsewhere been given. If salted meats are used, let the salt be soaked out as thoroughly as possible, before cooking; and in boiling, start in plenty of cold water, skim when the pot begins to boil, and cook slowly till done. Fresh meats should be dropped into *boiling* water (the scum removed as it rises), and cooked rather slowly till tender. If filling up is needed, add the water boiling hot; the amount necessary to start with, depends very much upon the size and shape of the vessel; a deep, narrow one with little evaporating surface, will require less water than one that is wide and shallow; and when the meat almost touches the sides of the pot, it will take very little water to cover it.

For boiled or stewed meats (fresh), the general directions are, to drop into boiling water, not more than is needed to cook them, skim at the proper moment, cover closely, and stew or simmer slowly until a fork will readily pierce the thickest portion. This will require fifteen to twenty-five minutes to the pound, or longer, according to the toughness of the meat and the palate of the eater. Some like their

meats rare; some want them well done; and some *very* well done. Mutton usually requires less time than beef. There should be little or no water in the pot, when finished.

To roast meats, allow about the same time as for boiling or stewing; fifteen to twenty minutes to the pound, if liked rare; longer, for well done. In starting, a good plan is to lay the roast in a hot skillet, and sear the sides of it before putting it into the oven. Or if this is not convenient, you may dash a pint of boiling water over it, before placing in the pan. Start without water, in a brisk oven, and roast moderately till a fork will go through the thickest portion easily. You can cover, if the top browns too fast; no basting is needed. If you use the "Gem Roaster," place the meat in it without water, close the vent, and roast in a very moderate oven, allowing fifteen minutes to the pound. Do not open till the time has expired; then, if the meat is not sufficiently browned, open the vent, replace the cover, and leave it in the oven ten minutes.

In broiling, use no butter or grease, except it be a little suet to oil the gridiron; meat is best cooked and eaten in its own juices; not soaked in butter, or other oils. If you broil in a skillet have it hot, and use no grease; turn frequently, searing both surfaces in the very beginning, and then finish in ten minutes; cover closely between turnings. The art of broiling, is to heat quickly, imprisoning the juices in the outset, and to cook *without scorching*. If perfectly managed, there will be very little grease in the bottom of the skillet, when done; only a spoonful or two of gravy, which should be poured over the meat.

Roasted or boiled meats, if of good quality, are generally better sliced cold than warmed over; but if the latter plan is decided on, do it as *quickly* as possible; as soon as the meat is thoroughly heated through, remove it from the fire.

Never use the liver or kidney of an animal; both are *depurating* organs, strictly speaking, and are therefore filthy.

BEEF, MUTTON AND LAMB.

BROILED BEEF-STEAK.‡

In selecting a beef-steak, the preference is usually given to the porter-house or sirloin steaks. The "round" or flank is tougher, and may require pounding, or hacking; if so, take a dull carving-knife, too blunt to cut, and hack the meat closely from end to end, first one side and then the other. Or if you have a steak-mallet, or heavy hammer, you may pound it hard, breaking and separating the tough fibers.

When ready, lay the steak on a clean gridiron—a steel one with slender bars is best—and place it *over* (not on) a bed of live coals, free from smoke. Or a better plan is said to be, to have the gridiron fitted *under* the grate; this prevents the dripping of grease on the coals, with the unpleasant odor and smoke. Turn, every two or three minutes, not allowing the juices to drop, or to collect on the upper surface of the meat. A steak of usual thickness, say half to three-quarters of an inch, should cook in ten to twelve minutes. If properly done it will be free from burnt edges, or the flavor of coal smoke, or burnt drippings. When sufficiently cooked lift it to a hot platter, cover with another, and send to the table.

In the absence of the necessary apparatus for broiling, try the following excellent substitute: Set a clean skillet on the stove, heat it hot, and lay in the steak, pressing it smoothly down; no water, grease or butter, but simply the steak. Cover two or three minutes, or until the meat is well seared (not scorched) on one side; it will stick fast at first, but when lightly browned it can be loosened with a knife. Then turn it over, press it down smooth, and brown the other side in the same way; keep the skillet or broiling-pan hot, but do not scorch. Turn frequently, not allowing the juices to escape, and cover closely between turnings. About

ten minutes is the time required for this method of broiling; when done lay the steak on a hot platter, and if a trifle of gravy remains in the skillet, pour it over the meat; cover with another platter, also hot, and send to the table. If well managed, the steak will be fully equal to one carefully broiled on the gridiron.

TOUGH ROUND STEAK.

The method of preparing and cooking given in the last recipe, ought to be sufficient for ordinary steak; if very tough, the following is said to be a good plan:

Put on the stove a deep skillet, or a pot with a wide bottom, and let it get hot enough to sear the meat without scorching it. Lay in the steak, spreading it as smooth as possible, and brown on one side; then turn, and do the other, covering between times. Turn frequently, until the surface is all well browned; then add warm water enough to keep the pot from going dry, and stew or simmer, tightly covered, half an hour, or until the meat is tender. Slice in an onion if you like, at the same time that you add the water. When done lay the steak upon a hot platter, thicken the gravy in the pot with a little browned flour, and pour it over.

Or if preferred, you may chop the steak fine after stewing it tender, then thicken the gravy, and put back the meat; stir all together, let it boil up a moment, and pour it over nicely browned slices of dry toast. A little cream added to the flour, wetting it to a smooth paste, and stirred in just a minute before lifting the pot from the fire, is an improvement.

BROILED MUTTON CHOPS.‡

Trim away the unnecessary fat, lay the chops upon a gridiron, and place the latter over (or under) a bed of bright coals, free from smoke; then broil, turning every minute or two, till they are done; five to eight minutes will cook

them. Or you may lay them in a clean hot skillet, cover and sear, or slightly brown, then turn and sear the other side. In short, cook just as you would a beef-steak, only not so long ; they should be done in about eight minutes.

Lamb chops are cooked in the same way, and are considered extra good. For mutton or lamb a wire gridiron is best, as it holds the meat better.

STEWED MUTTON CHOPS.

Trim most of the fat from two or three pounds of chops, and remove the bones ; put them into a stew-pan, barely cover with boiling water, and take off the scum as it rises. Then slice in one onion, one carrot, and two small turnips, cover closely, and stew very slowly one hour ; add five or six potatoes, cut in small pieces or sliced rather thick, and one or two sliced tomatoes, if they are liked ; put in also a stalk of celery (minced), or a spoonful of sweet herbs finely chopped, and cook half an hour, keeping the pot well covered. Then dish all together, and serve with dry toast. A beef-steak, cut in small bits, may be stewed the same way, only longer ; cook till thoroughly tender.

The chops are very good stewed with only an onion, and the gravy thickened at the last with a little browned flour wet with cream ; set off the pot and remove the grease, before thickening.

BAKED BEEF-STEAK.

Take one or two large sirloin steaks, or one large round steak—though it is not so good—and flatten it well with a rolling-pin, or the side of a hatchet. If sirloin steaks are used, remove the bones before beating, and make a separate roll for each steak. When ready, cover with a plain dressing, made as follows : Add to stale bread-crumbs, finely grated, a little chopped parsley, or a pinch of sage if liked ; some add half an onion, or a shallot minced fine ; then

moisten with a little milk or water, and a beaten egg, if you have it. Make the dressing not too wet, and work it half smooth, though very lightly, before spreading. Cover the meat well with it, forming a layer nearly half an inch thick; let the dressing come well out to the edge of the steak. Then roll up tightly, and tie with soft twine or wrapping-thread; put an oiled paper (white foolscap) around the meat roll, tie again at each end, and lay it in a small iron pan. Pour over a cup of boiling water, cover closely with another pan, and bake in a good oven till done; it will require at least an hour, if the steak is large.

See that the pan does not get dry, and if necessary, add a few spoonfuls of boiling water; baste frequently, and turn occasionally; uncover and brown a little, before taking the roll from the oven. When done lay it on a plate, thicken the gravy in the pan with a trifle of browned flour, and let it boil up a moment; then cut the outer strings, remove the paper, and pour it over. Clip the remaining strings in several places, take them off carefully, and send the steak to the table.

BAKED BEEF-STEAK.

Prepare the steak or steaks as in the last recipe, only leave off the oiled paper; tie securely at each end, to hold in the dressing. If you have a little dripping, heat it hot in a frying-pan or skillet, lay the roll into it, and brown well on all sides by frequent turnings. Then put it in an iron pan, add a cup of boiling water to the dripping, and pour it over the meat. Cover closely and bake as before, basting often; turn several times, and bake an hour, or until tender. As soon as done clip and remove the strings, and lay the rolled steak on a plate; when you have thickened the gravy in the pan with a little browned flour, and boiled it up a moment, pour it over.

If you have no drippings, omit the browning process in

the beginning ; uncover at the end and brown moderately, basting two or three times ; then remove the roll from the pan, and thicken the gravy as before.

BAKED MUTTON CHOPS. —

Dip the cutlets or chops, neatly trimmed, into a beaten egg, and then in cracker-dust ; lay them in a hot skillet, and when one side is browned, turn and brown the other. Then have ready a small dripping-pan, slightly oiled, and heated in a hot oven ; lay the chops into it, and bake quickly, having the oven very hot ; they should be done in fifteen minutes. When taken out, add to the gravy in the dish a little boiling water, thicken a trifle with browned flour, heat a moment, and pour it over the meat.

BAKED MUTTON CHOPS. ‡

Take three pounds of mutton or lamb chops, and trim off nearly all the fat ; then peel six or eight potatoes of medium size, and slice them thin. Mix with these one onion thinly sliced, unless this is objected to ; a stalk of chopped celery may take its place, and a little parsley finely chopped may be added if desired. Put a layer of the meat into a dish, and cover with one of potatoes ; repeat the layers in the same order, two or three of each. Pour over the whole a pint of boiling water, cover closely, and bake in a very moderate oven, two hours and a half.

STEWED BEEF-STEAK.

It is not always convenient to have a hot oven, for baking or roasting. When stewing is preferable, you may prepare a rolled steak as in the last recipe but two ; and instead of baking, put it into a pot, add a pint or more of boiling water, and cook one hour, or until tender. Then remove from the kettle, lay it into a dripping-pan, and add the water or gravy in which it boiled ; set the pan in the oven

if you have a hot one, and baste a few times until the steak is nicely browned ; thicken the gravy with a little browned flour, and pour it over before serving. Or if the "hot oven" is out of the question, you may simply stew the meat till done, thicken the gravy at the last, and pour it over.

ROAST BEEF.

The sirloin and rib pieces are the best for a roast ; have the butcher remove most of the bone, and roll up the meat in the form of a "round," fastening it well together with skewers. Begin by putting a clean skillet or pan on the stove, heat it till hot, and place the roast in it ; when the under side is well seared and moderately browned, turn and brown the other in the same way ; two or three minutes will suffice. Then lay it in a dripping-pan without water, place in the oven, and heat rapidly till a crust is formed over the meat, which will imprison its juices ; now lower the temperature, and keep at a steady, moderate heat till it is thoroughly tender ; this you will ascertain by using the fork. No basting will be needed, and very little turning if the oven is an even one, and properly managed ; if the top heats too fast, cover it. It will require twenty minutes to the pound, more or less, according to the quality of the meat and the way in which it is to be served ; whether pretty rare, or well done.

When finished, lift the roast from the pan, and remove the skewers by grasping the large end of each with a pair of pincers, giving it a sudden twist, and then pulling it out. If gravy is wanted, pour off the fat from the dripping, and drain the red juices into the gravy-boat ; or if too strong, dilute by pouring into the pan a little boiling water after removing the grease. Some thicken with a trifle of browned flour, and boil up a moment.

Many prefer roast beef sliced cold, rather than served warm.

ROAST MUTTON.

The shoulder and chine are generally used for roasting, the leg being better boiled. Unless you know your butcher to be particularly neat—and even then perhaps—it is best to wash the mutton in cold or lukewarm water, and dry it well with a clean cloth. Put the meat into a dripping-pan without water, and place in a hot oven; hot enough to sear the surface, top and bottom, in a few minutes. Then moderate the heat to a steady glow, and cook without basting, allowing twelve to fifteen minutes to the pound; cover the top, if it browns too fast. Should the roast be a leg, it will require more time in proportion to its weight; say two hours and a half to an eight-pound piece, if wanted well done; the fork, however, is the best test. When sufficiently roasted remove from the pan, and drain off all the grease; if gravy is wanted add a little boiling water, thicken with a trifle of browned flour, and boil up once. Serve with baked or mashed potatoes, and stewed turnips if you like them.

Should part be left over, it is good sliced cold, the following day.

ROAST LAMB.

The fore and hind quarters are used for roasting. Wash in cold or tepid water, and dry well with a cloth. Put the meat into a dripping-pan without water, and roast the same as the last, only not quite so long. It is excellent sliced cold.

STUFFED SHOULDER OF MUTTON.

Remove the bone from the shoulder (you can use it for soup if you like), and fill the cavity with a dressing of stale bread-crumbs, made as follows: Add to the crumbs a pinch of dry sage, rubbed fine, or a little sweet herbs; stir well together. Then put in a spoonful or two of meat juice, or a bit of fresh butter melted in warm water, and mix well.

Moisten the dressing with water that is cold or lukewarm, making it not very wet, stir lightly, and fill the cavity about two-thirds full; this will leave plenty of room to swell. Then sew up the skin to retain the dressing, put the meat into a dripping-pan, pour over a pint of boiling water, and place in a brisk oven; after ten minutes, moderate the heat and roast evenly, allowing about fifteen minutes to the pound. Baste now and then, and cover if the top browns too fast; test with a fork at the end. When done take the meat from the pan, drain off the grease from the gravy, and thicken a little with browned flour; then boil up a moment, and pour it into the gravy-boat.

BOILED MEATS.

Time was, in the Carolinas and elsewhere, when a boiled dinner of "meat and cabbage," or meat and some other vegetable, constituted the one main dish at the dinner table in the farm-house. Very little culinary art was needed; if the pot did not go dry, and the victuals were done, that was sufficient. The meat, usually a bit of salt pork, sometimes a piece of beef, was well washed, dropped into a pot of cold water, and the latter hung over the fire, on a crane or tram-mel. When about to boil it was carefully skimmed; by and by the cabbage went in, washed, trimmed and quartered, or the turnips or other vegetable. When done, the meat was lifted out with a fork and laid on a plate, and the vegetable dished separately; or if the piece boiled chanced to be rather small, it might occupy a central place in the dish that held the vegetable. In the summer season, string beans, peas, early cabbage, "greens," shelled beans, or other field or garden product, kept the meat company. This simple "boiled dinner," with plenty of corn bread and butter, and perhaps a glass of milk, made up the noon-day meal. It tasted good, for two reasons; in the first place, plenty of hard work made every one hungry—hunger is the best of

condiments—and in the next place, the pot, however full (and it was often a big one), rarely held too much for all the chits that sat or stood around the family board. Or if any remained undished, it was served at the “second table,” for the four or five youngsters that had to wait.

But the times have changed; other methods of cooking, some of them not so simple or so healthful, have taken the place of those primitive dishes of the olden time. A fine thing for the doctors, may be, but not so good for the stomach. In these “progressive” days, the meats and vegetables are prepared in various fancy ways, to suit the tastes—the “educated” tastes, if you please—of fashionable people. Nearly everything in the way of meats, or meat preparations, not roasted or boiled, is now “braised,” or “larded,” or “fricaseed,” or fried, or spiced, or made into “collops,” or “croquettes,” or “pates,” or salads, or done according to some other fashionable or *foreign* method. These dishes are a mixture of animal foods, hard-boiled eggs, vinegar, salt, catsup, mustard, black pepper, cayenne, almonds, nutmegs, mace, allspice, cloves, capers, anchovies, pungent sauces, jellies, brown sherry, wine sauces, etc., etc. What wonder that the wild man of the woods, whose stomach is not yet deadened with these vile compounds, no sooner receives the proffered morsel into his hungry mouth, than with frightful gesticulations he curses the hand that gave it, and declares that a huge practical joke has been played upon him.

Even the plain, old-fashioned beef roast yields to these modern innovations; it finds itself slashed into with long-bladed knives, and completely riddled and plugged with strips of fat pork, the latter disguised, however, with a concoction of onions, mustard, nutmeg, cloves, allspice, black pepper, sage, vinegar, sugar—and some innocent bread-crumbs. (What company they do keep!) After several hours of roasting or stewing, this fine dish is garnished with

parsley and nasturtium blossoms, and appears not only at Sunday dinners (after divine service), but as a stand-by at supper and breakfast, for all the rest of the week. This, friends, is beef *à la mode*.

But to return from this digression, out into the "ways of the world."—It is a comfort to know that there are still some people of plain tastes, who show a decided leaning towards the more simple, common-sense methods of preparing foods. They relish, for example, the pearly grains, whole, cut, crushed or rolled, prepared by steaming or boiling, and served with few condiments; and they eat the garden vegetables, as peas, beans, cabbage, turnips, etc., stewed in water enough to cook them (the usual pinch of salt added), and finished with nothing more than a little cream or fresh butter. This is much better than to cook them swimming in fat pork, as some do, and then further impair their own natural flavors, by making everything hot with seasonings.

Meats, simply boiled, as in the following recipes, are plainer and less greasy than roasts.

BOILED BEEF OR MUTTON.

For those who still adhere to the plain boiled meats, *à la fifty years ago*, the way is, to drop the piece of fresh beef or mutton into water, hot or boiling, remove the scum, and cook till tender. You may allow twelve to fifteen minutes to the pound for mutton, and five minutes longer for beef; the mutton must be well washed, and dried with a clean cloth before cooking. There should be water enough (more can be added if necessary) to cook the meat till a fork will easily enter its thickest portion; usually there is a trifle of liquor left in the pot. This method of cooking gives you simply the plain meat, free from all the strong flavors of the overheated and highly concentrated meat juices, which are usually so pronounced in roasted, fried, or even stewed

meats. Cooked in this way, it is nutritious rather than stimulating; and to the less perverted palate, it "wears" better than the more savory dishes. Many prefer it sliced cold, rather than warm.

CORNED BEEF.

Corned beef is not as digestible or nutritious, as good fresh beef; before boiling, it should be soaked several hours or over night, to take out the salt. Then cover it with cold water, set the pot over a very moderate fire, and simmer slowly, allowing all of twenty minutes to the pound; a large piece will require four to six hours, to make it tender; skim well, as it comes to a boil, and turn the meat two or three times while it is cooking. If liked, add some carrots and turnips when it is half or two-thirds done; skim off all the grease before putting them in. Fill up with boiling water as it is needed, and have a moderate supply of liquor in the pot when finished.

A good way is to cook till soft, remove the bones, then press in a mould, and after it is cold, slice.

BOILED MEAT WITH VEGETABLES.

If you wish the meat flavor in your cabbage, turnips, etc., proceed as follows: Lay into the pot a piece of good beef or mutton, pour over boiling water, and cook till time to put on the vegetables. Then skim off the grease, take out part of the liquor, and pour it into a separate pot; add to it more water (boiling) if necessary, and put in the vegetable (or vegetables) you want; there should be just enough to cook them tender. The meat, if started in time, should be done as soon as the other things; you may have to add to it a little boiling water, after taking out part of the liquor, though the pot should be nearly dry when done. Serve the meat on a plate by itself, and the vegetables in their own separate dishes. Or if the family is small, and the meat in

proportion, you may put it in the center of the dish, and lay the vegetables around it.

STEWED BEEF OR MUTTON.—(*Pot Roast.*)#

If the meat is beef, and a rib or sirloin piece, prepare as for a roast, rolling it up securely, and fastening with skewers; if mutton, wash well in cold or tepid water, and dry with a clean cloth before cooking. Put it into a pot not too large for the piece—it should fit rather snugly to the sides of the vessel—and pour boiling water over it, enough to half or two-thirds cover; this will partially sear the surface, and prevent the juices from escaping. Cover with a closely-fitting lid, heat quickly to the boiling point, and as soon as the scum rises remove it. Then boil rapidly five to ten minutes, after which cook very slowly, *stewing* rather than boiling, and opening the pot as little as possible. When half or two-thirds done, turn the meat the other side up, and stew as before; you may have to turn again, once or twice; if beef, it will require twenty to twenty-five minutes to the pound, to cook it; the time may vary a little, according to its quality, and the slowness with which it boils. Mutton will usually stew tender in less time; say eighteen to twenty minutes to the pound, slow boiling; the pot must not get dry before finishing. When done, the water should be about all boiled away; if a little remains, you may lift the lid and let it evaporate faster.

If you wish the meat browned, like a roast, set the pot where the gravy in the bottom will get quite hot without burning; and when the under side is browned sufficiently, turn it over and brown the other; this is what is called, a “pot roast.” Always start it to cooking in good season; for if done a little early, it will not matter; the meat will keep hot in its own steam, provided the pot is set in a warm place, and closely covered. When you take it up drain all the gravy into an old bowl or cup, and set it away; when

cold remove the grease for oiling your bake-pans, and save the gravy in the bottom to put into a hash or stew, another day.

The above method of cooking meats is liked by many better than roasting ; they are less greasy done in this way, and the flavor is milder. But one thing you must observe, and that is—to *stew slowly*.

COLD SLICED BEEF OR MUTTON.

Cook the same as the last, and slice the following day, by cutting the meat smoothly across the grain or fiber. Or if you serve it warm, cut no more than will be eaten ; then take any considerable portion that is left over, press it well together, and either wrap a cloth closely around it, or pack snugly into a dish, and set it away, covered, in a cold place. The next day you can slice it for dinner ; and many prefer it to the warm meat. A dish of turnips, with warm corn bread and baked potatoes, is a good accompaniment.

A BROWN STEW.

What is known as a “brown stew,” is about the same as “Stewed Beef or Mutton,” in the last recipe but one, except that it requires rather longer cooking, and the meat is *always* browned at the end. The poorer parts of beef or mutton will answer ; and a piece weighing six or eight pounds would take from three to four hours’ stewing. Some like an onion or carrot sliced in, after the meat is half cooked ; always start it in boiling water, cover closely, and stew slowly till done. If necessary, add now and then a little water, boiling hot ; it must all be out of the pot at the last ; then brown the meat in its own hot gravy. You may skim off the grease from the latter, and thicken with a little browned flour ; then serve it and the meat with plain vegetables, as mashed potato, and stewed turnips or cab-

bage; if the weather is cold, add a dish of plain corn bread.

A breast of lamb, or two or three smaller bits, may be cooked in the same way, but for a shorter time. A good dessert after a brown stew, is fresh oranges.

STEWED LAMB. †

Stew the same as beef or mutton, in the last recipe but two, except that less time will suffice. About fifteen minutes to the pound ought to be long enough, even if cooked very slowly. A shoulder cooks sooner than a leg; and either should be done, in an hour and a half to two hours.

Lamb cooked by this method and sliced cold, is pronounced fine by competent judges.

MOULDED LAMB.

Wash the meat well, and dry it with a clean cloth; a shoulder or rib piece is best for moulding. Put it into boiling water, skim at the proper moment, and cook slowly till it is ready to fall from the bones; it will take perhaps two hours. Have very little liquor in the pot when done, say a cup full; then take out the meat, remove the bones, and cut into bits about two inches long; pour over the liquor, saturating it all through. Then place it compactly in a deep oval dish, turn a plate over, put on a weight, and set it in a cool place. Slice cold the next day.

Calf's head may be boiled and moulded in the same way; it will keep several days in cold weather.

POTTED BEEF.

Take good beef, or a poorer part—something with bones in it—start it in hot or boiling water, removing any scum that rises, and stew slowly till the meat will slip from the bones; there should be enough liquor left to moisten it when done. Then take it out of the pot, remove the bones

carefully, put the meat into a wooden bowl, and chop fine ; pour in the liquor, stir well together, pack into a deep dish, and set away till cold. It is then ready to slice. Mutton can be used instead of beef, taking a shoulder, or any part with bones.

PRESSED BEEF.

Take three and a half pounds of good lean beef (a sirloin steak is best), and chop it *very fine* ; the butcher will do it for you, or you can manage it yourself. Have ready a cup and a half of dry bread-crumbs, finely grated; moisten these with three eggs well beaten, and two-thirds of a cup of sweet milk or cream ; some add a teaspoonful of dry sage, or sweet herbs. You may use a weak gravy if you prefer, instead of cream or milk—or you may take two eggs instead of three. When the crumbs are prepared work them into the meat, and mix all well together; then make into a firm loaf and bake an hour and a half, covering it on top. Have the loaf long and slim; and when cold, slice as thin as possible, the same as tongue.

This meat preparation is sometimes called, "loaf beef." It is very convenient for lunches, picnics, etc.

BEEF OMELET.

This dish is quite similar to the last. To three pounds of beef chopped fine, add three eggs well beaten, six large crackers rolled fine, and a tablespoonful of dry sage; or you may use some other dry or sweet herb, if preferred. Work all well together, knead into a loaf or cake, and lay in a small pan; turn another over it, after adding a pint of water or diluted gravy to baste with, and bake an hour and a quarter. Slice it very thin when cold, or the next day; the meat will keep some time, if the weather is cool.

BOILED BEEF'S TONGUE.

Wash, trim and scrape the tongue; it must be fresh; then soak in cold water half an hour. To cook it, cover with hot or boiling water, skim if there is need, and boil very slowly till a fork will go through the thickest portion easily. This will require two hours or longer, according to size. Add more water, if it boils down too low; the tongue should be pretty well covered, while it is cooking. When done take it out, remove the skin, and set away in a cool place. Slice thin. Cold tongue is much liked for sandwiches; these latter are best made with good home-made Graham loaf.

BEEF'S TONGUE WITH TOMATOES.

Boil the tongue as in the last recipe. While it is cooking peel some ripe tomatoes, and slice very thin into a porcelain kettle; before you heat them stir in either a little rolled cracker, or some fine dry bread-crumbs; just enough to thicken the tomatoes when done, to the consistency of ordinary cream. Set where they will cook rather slowly, until perfectly smooth; stir often; if the sauce gets too hot it will be spoiled. A few minutes before finishing, you may stir in a spoonful of cold meat gravy if you have it, or a small lump of fresh butter; and when done, set where it will keep hot. As soon as the tongue is thoroughly tender take it out, skin it, lay it on a hot platter, and pour the tomato over. Slice as you serve it.

A piece of beef rib, not too fat, and stewed slowly till done, is good served in the same way. If you have neither the crackers nor the bread-crumbs, you may thicken the tomatoes with a little browned flour, wet with milk; or a cup of green corn is excellent; put this in twenty minutes before finishing.

BEEF'S HEART.

Wash the heart thoroughly, removing the ventricles, and soak in cold water one hour; then wipe it dry, and fill with a dressing of bread-crumbs, as for stuffed chicken or turkey; you may mix into this a little chopped parsley or minced onion, or both if you like; and if you have a bit of fresh suet or a spoonful of sweet dripping, you can use it instead of butter in making the dressing. When the heart is stuffed, sew it up in a coarse net or piece of tarlatan, cover with boiling water, and stew moderately two to three hours, or until tender; turn it occasionally while cooking. There should be a cupful of liquor in the pot when done; then take it out, thicken the gravy with a little browned flour, and return the heart to the pot. Cover closely, and simmer twenty to thirty minutes, turning it over as it begins to brown. When finished remove the net, lay the heart on a dish, and pour the gravy over.

Another way is to stew till tender before you stuff, not forgetting to skim, as the pot comes to a boil. When done take out the heart, moisten the crumbs with a part of the liquor, and add a little butter or chopped suet, and a pinch of dry sage; then fill and sew up the heart as before, lay it in a small dish, add the rest of the liquor, and bake, covered, half an hour in a moderate oven; baste frequently. If there is not enough liquor, put in a little boiling water, and some cold gravy or meat juice, if you have it; then thicken at the last, and pour the gravy over the heart. You may serve warm or cold; if cold slice thin, and garnish with parsley.

Still another way is to cut the heart into small pieces after it is well soaked, pour in cold water to cover, and bring to a boil; then skim, slice in an onion and a head of celery, and stew till tender; some add a little chopped parsley, before it is done. There should be but a trifle of

liquor left in the pot; add a bit of fresh butter or dripping, thicken with a little browned flour, boil up a moment, and dish all together.

THE "PORKER."

It would hardly do to write a cook-book, and have nothing to say in it about this beast. The "Porker" is an important personage in the history of the world; more than three thousand years ago, before Christianity had been heard of, he received marked attention—not from heathen hands, but from the leader of one of the most distinguished nations in all history, sacred or profane. By that distinguished leader, he (the porker) was banished from the sideboards of the Jews. How he managed to put himself, head, feet, back-bone and all, not only in the presence of the ungodly, but fairly and squarely upon the tables of respectable Christians, is indeed marvelous. But here he is, with his scurvy hide, his tuberculated lungs, and his ulcerated liver, all full of scrofula; with his fat sides—the very essence of retained excretion—and his muscles creeping with trichinæ. Some scores of families, it is true, are now and then sent by these last, where no porkers go, and where trichinæ do not abound. But what of it? His carcass tastes sweet, and therefore it must be eaten. "How shall we cook him?" In any way you like; you may take him piecemeal, or you may serve him whole; you may roast him, fry him, boil him, stew him, scallop him, or eat him raw—in Bologna sausage; and if you die of trichinosis, *another* porker would willingly eat you, if he had the chance.

VENISON.

Venison is cooked in the same way as beef, only it requires a little longer time. Care should be taken to have it as fresh as possible, and well trimmed. Venison steaks may be broiled on a gridiron or seared in a skillet, the same as beef,

allowing about fifteen minutes to a steak of ordinary size. The haunch, neck and shoulder, are usually roasted the same as beef, except that most people think it necessary to disguise the natural flavor of the meat by numerous seasonings or condiments, not to say wines. The thought suggests itself, whether it would not be better to dispense with this meat altogether, if it requires so many injurious or stimulating substances to make it palatable. A haunch will take from four to five hours, according to size, to roast; cover the top with an oiled paper, and then turn a pan over the whole, to keep the meat from scorching. Roast very slowly, until it is tender through its thickest part.

The shoulder is stewed, as well as roasted; it will take from three to four hours to cook tender, according to size. If stewed, remove the bones from the under side, put the meat into a pot, and cover with *warm* water, not boiling. Wash well, before roasting or stewing; and if cooked by the latter method, stew *slowly*, adding a little *cold* water from time to time, as it is needed. Reducing the temperature of the water will prevent the meat from hardening, as it boils. There should be little if any liquor left in the pot, when done; after taking it up, skim off the grease from the gravy, and pour it over the meat. Any that is left from a roast or stew, may either be sliced cold the following day, or made into a hash the same as beef.

VENISON PASTY.

Cut the venison into inch bits, cover with warm water, skim at the proper moment, and stew till it is almost tender; have enough liquor left to make the pie sufficiently moist. When cooked long enough skim out the meat, and stir into the liquor a little white flour wet with milk or water, and mixed to a smooth paste; let the gravy come to a boil, and set it off. Then take a dish the depth of a common bread-pan, put into it a layer of the meat, and follow with one of

potatoes, peeled, and cut into small pieces, less than half an inch thick; have nearly as much potato as there is venison, laid in the bottom. Then add another light layer of the parboiled meat; the pie, before the crust is put on, should not be more than about an inch and a half in depth. Pour in the thickened gravy, until the dish is half or two-thirds full; then cover with a light cream paste made of equal parts sifted Graham and white flour, and cut a good cross-slit in the center. The crust should be half or three-quarters of an inch thick. Set the pie into a moderate oven and bake forty-five minutes, or until the crust is well done. Serve from the dish.

In making this pie, you may if you like line the *sides* of the dish with the paste, leaving the bottom uncovered; then put in the meat and potatoes, add the gravy, and cover as before.

POULTRY.

It has been elsewhere stated, that if the flesh of animals is used as an article of diet, we should give preference to those that are *clean* in the selection of their food. The animals that live exclusively on grains and other vegetable products, as the sheep and ox, rank highest in this respect; those that subsist upon a mixed diet of animal and vegetable substances, as poultry and wild fowl, stand lower; while others of strictly carnivorous habits, as lions, tigers, etc., are so far down in the scale that no one considers them fit for human food. Indeed the carcasses of flesh-eating animals are so full of nitrogenous matter, that they begin to putrefy almost as soon as life is extinct; and the odor that is given off from their bodies is strong and offensive, even in life.

The ordinary domestic fowl is far from being clean in its habits of feeding, particularly if it lives about the house; it helps itself from the slop-pail, the pig-pen, and other places of questionable cleanliness. In fact, there are few things

that it will not eat; like the hog, it is a scavenger of not a very high order. The turkey is perhaps a grade higher, from the fact that it roams over a larger territory, and gets more grain with less local filth. Ducks and geese, whether wild or tame, are any thing but choice in their eating; nothing delights them more than to pick the worms out of the bottom of stagnant pools, where they lie in a bed of slime.

Much of the poultry in our markets is stall-fed, before it is killed; the fowls are cooped up in close stalls or cages where they can not stir, and then they are stuffed with corn dough or other soft materials, as long as they can swallow. In this unnatural condition they are soon covered with thick layers of unhealthy fat, every particle of which is saturated with the retained excretions of their bodies. You will have no difficulty in recognizing them, as you see them in the markets; the fat is not a healthy yellow, but a pale sickly white; it lies in thick pads, under the skin, extending from the middle to the end of the back-bone; and the whole surface of the body looks greasy, filthy and disgusting; none of that cleanly, wholesome appearance, which belongs to farm-fed poultry, roaming at large.

First, then, secure a fowl that has not been stall-fed; this will often be hard to do in the large cities, especially about Christmas time. You can judge something of the age by the pin-feathers, by the short or long spurs on the legs, and also by the coarse or fine texture of the skin; if the fowl is young the skin will be easily torn, and the end of the breast-bone soft and gristly. Next, see that it has been recently killed, and the dressing properly done; these things you ought to be able to know at sight; if you do not, a little practice will teach you; and the olfactories will aid in the mean time. If the chicken or turkey does not smell sweet inside, do not buy it. True, there are ways of "doctoring" spoiled birds, with soda, salt, etc.; but a fowl that needs such attention had better be left in the market, since

it can never have the flavor of one in good sound condition; and about the last thing to make a dinner of, is tainted meat, of whatever kind.

Fowls of every description, should be drawn, immediately after they are killed; if this is not done, the contents of the intestinal canal will be absorbed into the flesh, and will of course poison it. It has been truly said, that "there is no direr disgrace to our northern markets, than the practice of sending whole dead fowls to them." As soon as drawn, they should be thoroughly rinsed with cold water, and wiped perfectly dry with a clean cloth; then a piece of fresh charcoal should be placed in the cavity of each, and they should be shipped to market without delay. So long as we eat rotten or tainted food we must expect putrid fevers, diphtheria, doctors' bills, and death.

ROAST TURKEY. ‡

Select a young fowl, recently killed, and one that has not been stall-fed; if those for sale in market are dressed, you will know which to reject (that is, if they are not all of the same description), by the loads of fat on the back, all of recent deposit, and of a pale sickly hue, very much the color of dirty lard.

If you buy the day before cooking, set the turkey in a cold place till wanted; then singe off the hairs over burning paper, remove the pin-feathers with a knife, and wash quickly in cold water, rinsing very thoroughly inside. Drain well, while you are preparing the dressing. If it be a thing possible, have for this, good sweet home-made loaf, about three days old; bread that is a third or fourth part sifted Graham, is the best. If not stale the loaf should be cut or torn open, and dried well in the oven. Cut in thin slices, and crumb or grate it fine; if the crusts are hard, soak them separately (after crumbing) in a little warm or hot water. Put all into a bowl or basin, add a spoonful of dry sage

rubbed fine (more or less, according to quantity of crumbs), and stir well together; if sage is not liked, use thyme or any other herb, as preferred. Then take a piece of fresh sweet butter, say the size of a walnut, to a quart of crumbs; pour on a little hot water to melt it, and stir it in. Some add also a beaten egg, but this is not necessary; and some use suet finely pulverized, instead of butter; a chopped onion may be added, if liked. Pour in tepid water, a little at a time, stirring lightly with a spoon; be sure you do not make the dressing too wet; it should be moist and flaky, rather than wet and sticky. Fill the body of the turkey, not very full, as the dressing must have room to swell; then sew up the vent with a strong thread, removing it before serving. Stuff the crop in the same way, and sew it up; there should be enough dressing left out to fill a small dish.

Tie the legs together with a bit of cotton twine, and then fasten them securely to the "pope's nose" at the end of the back-bone. Put the turkey into a dripping-pan, lay the heart and gizzard beside it, and throw the liver away; then pour in a quart of boiling water, and start to roasting in a slow oven; the heat must be moderate at all times, but *very* slow the first half hour. Allow three to four hours or longer, according to the size of the turkey, or about thirty minutes for every pound; it will require all this time, if the oven is regulated as it should be; and if the fowl is not young, another half hour will perhaps be needed. To *hurry* any part of the process, is to have a spoiled dinner; baste frequently, as the roast progresses, and add a little boiling water from time to time; the pan must not get dry, or nearly dry. Turn the turkey as the surface browns; and when it begins to harden at any point, as on the legs or wings, wet a clean napkin in warm water, fold it several thicknesses and lay it on the overheated part.

The last half hour you will have to be particularly watch-

ful, else the browning will go on too fast. The turkey should be a pale chestnut color when done. Half an hour before finishing, dip out a portion of the dripping and stir it into the remainder of the dressing. Put the latter into a dish that will hold it conveniently, smooth the top with a knife, and set it in the oven to brown; if you have not *two* ovens, place it on the grate above the roast, provided there is room; if there is not, you will have to put in the dressing after the turkey is taken out. When thoroughly tender—which you will ascertain by piercing with a fork—lift the turkey to a platter, pour the dripping into a bowl, and skim off all the grease; then thicken with a little browned flour wet to a smooth paste with milk or water—cream is better—return the gravy to the pan, and let it boil up a moment on top of the stove.

A good plan in a large family, is to carve the turkey before setting it on the table; this saves time in serving. See that you have a sharp knife, cut across the grain, particularly in carving the breast, and make the slices very thin. You will not of course forget the fine dish of mashed potatoes, cooked “just right,” and stirred lightly with a fork before dishing into the tureen. Cranberry sauce is the proper thing to have with roast turkey; prepare it early in the morning or the day before, as per recipe already given in Part II. If cranberries are not to be had, try canned gooseberries, tart apple sauce, or fresh oranges.

WILD TURKEY.

The wild turkey is dressed, washed, stuffed and baked, precisely like the domestic fowl of that name, care being taken that it is fresh when brought from the market. The flesh is a little darker, but richer and sweeter than that of the tame turkey.

COLD SLICED TURKEY.

If there is a considerable portion of the turkey left over from the roast of the previous day, a good plan is to cut the dark and white meat into thin slices, and serve for dinner, with warm mashed potato and other plain vegetables. The cranberry sauce, if there is any left, will be a good accompaniment.

TURKEY PIE. †

Instead of cold sliced turkey, as in the last, a *pie* may be made—which many prefer, even to the fresh roast. Take all the meat, white and dark, from the bones, rejecting any tough skin or gristle (these put along with the bones), and cut it in inch bits, slicing the hard muscles that surround the “drum-sticks.” Set this by for the pie. Then crack the bones to pieces, put them and the inferior bits into a pot, and cover with cold water; fit on the lid, and stew very slowly three-quarters of an hour; the pot should simmer, rather than boil. When the strength is all extracted strain out the liquor, adding any gravy left over, and thicken it a trifle with white flour wet smooth with milk or water; return to the fire, let it boil up a moment, and set it off. Then peel some potatoes, and cut them in pieces scarcely an inch thick; or if small, into quarters; you may have half or two-thirds the quantity there is of meat. Put these into a stew-pan, add a cupful of boiling water, and parboil seven to ten minutes; then drain perfectly dry, cover closely, and set where they will keep hot. If cut a little smaller, you may omit the parboiling; they will cook in the pie by the time a thick crust is done.

Now fill a bake-dish nearly full, with the meat and potato mixed; if there are a few crumbs of cold dressing, you may put them in; then pour over the made gravy, filling the dish half or two-thirds full; if there is not quite enough, add a little boiling water. Cover with a light

cream paste, made as per recipe given for meat pies, and rolled half to three-quarters of an inch thick ; secure the crust well at the edges, prick with a fork, and cut a cross-slit in the center, two inches each way. Set the pie into a very even oven, and bake from thirty to forty minutes, according to the thickness of the crust ; if the latter is liked crisp and brittle, rather than soft and puffy, mix it a trifle stiffer, roll not quite so thick, and keep in the oven a little longer. Serve in the dish in which you bake.

This pie warmed over, is quite as good as at first ; put the remnant in a pan, cover with another, and place in a hot oven till well heated through.

TURKEY SCALLOP.

When there is cold turkey left over, you may slice the meat pretty thin, cutting it across the fiber ; then chop, not too fine. You can mix with it a few cold potatoes if you like, also chopped, and add any small bits of dressing that are left. Prepare a gravy as in the last recipe, by cracking the bones (putting in the neck and other poor pieces), covering with cold water, and simmering nearly an hour ; after straining the liquor add to it any gravy left from the roast, thicken a trifle with white flour, bring to a boil, and set off to cool. Cover the bottom of a bake-pan with a layer of dry bread-crumbs, and then one of the hashed meat (or meat and potato), using half of it ; follow with more crumbs, and then with the rest of the meat. The dish should not be too full ; pour over the pie the prepared gravy, making the whole quite moist ; add a little boiling water, if the gravy gives out. Cover with a layer of very fine crumbs, into which you have stirred a beaten egg and half a cup of milk or cream ; the batter should be just stiff enough to spread nicely over the top. Then smooth with a knife, invert an old plate or clean pie-pan over the dish, and

bake thirty minutes, or till the gravy bubbles up at the sides. Brown at the last, and serve in the bake-pan.

This scallop is very good, but not equal to turkey pie.

TURKEY STEW.‡

Instead of a pie or scallop, a very palatable dish is made in this fashion : Take the meat all off the bones, and cut it in rather small pieces. Simmer the bones and other bits, as in the last two recipes ; then strain out the liquor, return it to the pot, add the meat, and any cold gravy left over. If there is none, a small bit of butter, or spoonful or two of fresh beef gravy will answer. Let the whole come to a boil, and then add a few diminutive dumplings, made as follows : Mix a light dough, as for cream biscuits, pinch off in very small bits, and drop them into the stew ; it is better to pinch, than to roll out and cut. If there is not sufficient gravy add water, boiling hot ; cover the pot closely, and cook ten minutes, or till the dumplings are done. Add at the last a spoonful or two of thickening made of milk and flour, stirring it gently through the mass ; then put on the lid, and boil up a moment. Dish, and serve immediately.

Instead of dumplings, bits of toasted bread may be laid over the stew, three to five minutes before it is taken up. In this case, stir in the thickening as soon as the pot boils, and then lay in the toast. Or you may put into a dish the slices of toasted bread, or cold biscuits split open and slightly browned in a hot oven, and pour the stew over them.

BONED TURKEY.

Having dressed the turkey, put it into a pot just large enough to hold it conveniently, and add boiling water to about cover. Lay on the lid, and stew slowly till very tender ; if more water is needed, add it boiling hot. When done take out the fowl, and set the pot, covered, where the

liquor will keep hot till wanted ; there should be less than a pint of it.

After the turkey is cool enough to handle remove the skin, slip the meat from the bones, and with the fingers separate the larger bits into several pieces. Then fill a deep oval dish, mixing the dark and light meat together, so that in slicing, the pieces may be well mottled; place in such a way that the fibers will run lengthwise of the moulded cake; this enables you to cut across the "grain." When all is in, pour the hot liquor over and through the meat, moistening the mass thoroughly, but not drenching it; the dish must be filled considerably above the level. Cover with an oval plate or platter just large enough to fit snugly, set in a cool place and put on a weight, as a heavy flat-iron. You may slice as soon as cold, or the next day.

Another way is after boiling, to cut into bits an inch and a half or two inches long; fill the dish, mixing the dark and light meat, and sprinkling between the layers a cup of fine dry bread-crumbs; then moisten with the hot liquor, and mould as before. Or you may leave out the crumbs, stir into the liquor (hot) one or two rolled crackers, pour it over the meat, and mould.

ROAST CHICKENS.

Select fowls that have been recently killed, and not stalled. If already dressed, proceed to singe off the hairs by holding each chicken over burning paper, or a bright wood blaze. If there are pin-feathers, pick them out with the edge of a knife, and then wash the fowls quickly in cold water, rinsing well inside. Cut off and save the necks; throw out the giblets, except the hearts and gizzards; the liver is a filthy, depurating organ (not quite so bad as the kidney), and should never be eaten.

Make a dressing of fine dry bread-crumbs, all of good home-made loaf; part Graham is best. Add to the crumbs

a small lump of fresh butter, a little dry sage (or other herb, if preferred), and moisten with tepid water, stirring well as you add it. Do not put in too much water; have the dressing light and flaky, not wet and heavy. Fill the fowls with this, leaving plenty of room for the dressing to swell, and then sew up the vents with a strong thread; fill the crops in the same manner, and sew them up; the threads must be pulled out before serving. Put the chickens into a dripping-pan the size to hold them, add a cup of boiling water, and roast slowly, *very* slowly the first half hour. Baste every fifteen or twenty minutes, turning as needed; and if any part browns too fast, cover it with a clean napkin wet in warm water, and folded two or three times. Allow from one to two hours for roasting, according to size and age; test with a fork, to ascertain when done.

After the fowls are in the oven cut the giblets into small bits, put them and the necks into just enough cold water to cover, and stew moderately till tender. When the chickens are done, take them out of the pan and make the gravy; drain the grease all off the dripping, and set the pan on the stove; then put in the giblets and the liquor in which they boiled, thicken with a little browned flour wet with milk or water, and boil up a moment.

BROILED CHICKEN.

Take a young chicken, dressed and singed, split it down the back, wash quickly in cold water, and dry with a clean cloth. Then flatten the breast-bone with a mallet, twist back the wings, and place the fowl skin uppermost, not on a gridiron, but in a small dripping-pan; press it down as flat as possible. Add neither water nor butter, but simply set it in a hot oven and shut the door; look at it now and then, to see that it does not burn. If very young, the chicken should be done in twenty to thirty minutes; if not, it may take double that time. Should it brown too fast on

top, cover with an oiled paper, or an inverted pie-pan. When done, pour over the dripping in the bottom of the dish, provided it is not scorched.

Another way to cook spring chickens, is to cut them into joints, roll these in flour, and lay them in a skillet in which you have melted a spoonful of fresh butter, or sweet beef dripping; this must be hot, before the chicken is put in. Cover closely, turn frequently, and brown well on both sides. Cook from thirty to forty minutes, or till tender; each piece should be nicely browned, but not burnt. Take out when done, and if gravy is wanted add a trifle of boiling water, and stir in half a cup of milk or cream, thickened with white flour; boil up just a moment, and pour the gravy over the chicken, or into the gravy-boat.

SMOTHERED CHICKENS.

Either cut up two chickens, or leave them whole. Put them into a pot, add a pint of boiling water, cover closely, and heat *very slowly* to boiling; then skim, cover again, and stew or simmer an hour and a half, or until tender; the water should all be evaporated when done. Then turn the chickens (or pieces), and brown them in their own gravy; if there is not enough of this, add half a spoonful of fresh butter, or a little clean beef dripping.

Another method, not so easy, because of the basting, is the following: Split the chickens down the back, flatten as for broiling, and then lay them smoothly in the bottom of a dripping-pan; add nearly a pint of boiling water, cover with another pan the same size, and place in a hot oven; cook an hour to an hour and a half, or till thoroughly tender. Turn them once or twice, and baste several times; oftener, at the last. Cover between bastings, and remove from the pan when done; then add a little boiling water to the dripping, thicken with browned flour, and boil up a moment. Pour the gravy over the chickens.

STEWED CHICKEN.

Cut the chicken into joints, drop into a pot, and cover with boiling water; or if the fowl is old, with cold water. Heat slowly to a boil, and skim; then stew gently from one to two hours, or until tender. Twenty minutes before finishing, add a few new potatoes with the skins slipped off; or old ones peeled and not too large, will do. Should more water be needed, add it boiling hot. If dumplings are liked make a light cream paste, pinch off in small bits, and drop these in when the potatoes begin to boil; cover closely, and cook fifteen to twenty minutes, or till the dumplings are done. Then dish the chicken, potatoes and dumplings into a hot tureen, fit on its lid, and set where it will keep warm; thicken the gravy in the pot with a little cream and flour, let it boil up a moment, and pour it over the stew.

Instead of potatoes and dumplings, you may add half a cup of rice, cooking it forty to fifty minutes; no other thickening will be needed.

CHICKENS STEWED WHOLE.

Prepare and stuff two chickens as for roasting, and sew them up carefully; you can tie the necks with clean wrapping-thread, after filling the crops. Put them into a pot, add nearly or quite a pint of boiling water (more, if the chickens are not young), cover with a closely-fitting lid, and bring very slowly to a boil. Skim, cover again, and simmer, still slowly, for an hour and a half, or till thoroughly tender. Little if any filling up should be needed, *provided* you stew slowly; and very little gravy must be left in the pot, when the fowls are taken out. Thicken what there is with a trifle of browned flour, let it just boil, and pour it over the chickens. If preferred, you may stew without stuffing.

CHICKEN PIE.

Cut up two grown chickens, having the pieces as small as possible, drop these into boiling water, and stew till nearly tender; if the chickens are old, start in cold water. There should be a pint or more of liquor in the pot. when it is set off. Then prepare a light cream paste, as per recipe hereafter given for meat pies; you may line the sides of the bake-pan or not, as you like; or if it is deep, you may cover with paste half way down. The bottom is better left uncovered; and many prefer to bake in a *shallow* dish, having only a top crust; in this case take an iron bread-pan of suitable size, or one of granitized iron.

When the chickens are sufficiently cooked take out the pieces, remove the breast-bones, and cut the breast-meat into two or three bits. Put all in the pan, laying each piece so that the bones will not interfere with the cutting of the pie. If liked, put in some small potatoes cut in quarters, or in bits an inch thick, and parboiled ten minutes in a very little water. Then thicken the liquor in which the chickens were stewed, by stirring in a trifle of white flour wet with milk or cream; boil up a moment, and pour it over the pie; if there is not enough of the gravy to fill the dish half or two-thirds full, add boiling water. Then lay on the top crust, rolled about half an inch thick, secure the edges, prick well with a fork, and cut a good cross-slit in the middle for the escape of steam. Bake from thirty to forty minutes, in an even oven; then cool a little, and serve in the dish.

CHICKEN SCALLOP.

This should follow roast chickens, provided the cold meat simply sliced, is not preferred. To make the scallop, take the meat from the bones, and cut it in half inch bits; then put the bones into a pot with cold water to cover them, and simmer slowly forty to fifty minutes; if you have a beef or

mutton bone, or a bit of cold steak sweet and fresh, put that in with the rest. When all the strength is drawn out of them strain the liquor, add any gravy left over, and thicken a trifle with white flour; then boil up a moment, and lift from the fire. Cover the bottom of a dish with dry bread-crumbs, lay in the bits of chicken, and a little cold chopped potato if you like, filling the pan not quite to the top. Then pour over the gravy, and finish with a good layer of fine crumbs, into which you have whipped a beaten egg and a half a cup of milk. Bake, covered, in a moderate oven half an hour, browning at the last.

CHICKEN POT-PIE.

The chicken pot-pie of forty years ago, which the Carolina people and their descendants used to make for log-rollings, wool-pickings, quiltings, etc., was after this fashion (we whose mothers made them, have not forgotten the process): First, the chickens were cut up—not very young ones, but “good fat hens”—and stewed till nearly tender; then the pieces were lifted out, and the liquor saved to moisten the pie. The latter was made in an old-fashioned bake-kettle or “Dutch oven,” as it was commonly called; this was a large pot eight or nine inches in depth, with perpendicular sides and a horizontal bottom; it stood on three legs—over a bed of live coals when it held a loaf of bread or a pot-pie, in process of baking. At such times, it was covered with a heavy iron lid that had a rim around it, to keep the hot coals from falling off.

But to the pie. The crust was made of light biscuit dough, white flour (Graham cream paste would have been better); this being rolled into oval sheets half or three-quarters of an inch thick, was so placed as to line the sides of the kettle, and a portion of the bottom; the center was always left bare. The pieces of chicken were then laid in, till the bottom was well covered; these were followed by

bits of the paste, either pinched off, or rolled and cut into squares ; some added new potatoes, half as large as a hen's egg. Then came more chicken and more dumplings, with or without the potatoes ; bits of butter rolled in flour were also interspersed, to say nothing of a light sprinkling of those "contraband" articles, pepper and salt. One thing did *not* go in, at least in our section of the country, viz., *salt pork*, or any kind of pork. It was as foreign to chicken pot-pie, as Bologna sausage to peach cobbler.

After filling the kettle to within an inch and a half of the top, the liquor that had been saved was poured in ; there was enough of this to come pretty well up the sides of the pot, and almost cover the pie. Next in order came the top crust, a thick sheet like the others ; and the edges being well secured, a big cross-slit was made in the middle, and the whole surface well pricked with a fork to prevent blistering. The kettle had now to be placed over a bed of coals on the hearth, and its lid laid on ; this latter having been heated—but not to redness—over the main fire, was covered with two or three shovelfuls of bright coals. Every now and then the cook lifted the lid with a big wooden poker, and turned the kettle quarter way round, to give all sides a chance to bake, from the heat of the blazing fire before which it stood, and over which hung another dinner pot, suspended from the crane or trammel. An iron tea-kettle full of boiling water, stood directly in front of the open fire ; and if the pie needed more gravy (always a debatable question), the next time the lid was lifted and the kettle turned, a little hot water could be poured into it through the cross-slit in the center. In from forty to fifty minutes the crust was thoroughly done, and the pie ready to dish.

In these latter days of cook-stoves and kitchen ranges, this pie is usually made in an iron bread-pan, and baked in the oven. A "kettle pie" is sometimes made the same as the

one just described, and cooked by hanging the pot, covered, over the fire, and boiling, or rather *stewing* it half an hour, till the paste is done. It is better, however, to omit the bottom crust altogether, as it would be apt to scorch.

The chicken-pie proper, that fed the preacher at Quarterly Meeting times, was somewhat different; it was made as follows: Good, deep pie-pans were lined with ordinary pie-crust, made pretty short; the pieces of parboiled chicken (young "spring chicken") were laid in, care being taken to place them so that in cutting, the knife would miss the bones. Having filled the dish the liquor was added, plus the pepper and salt (more contraband), with small bits of butter rubbed in flour, to thicken. Then the top crust was laid on, its edges well secured by notching with the thumb and finger, and a good cross-slit made in the center. After pricking well with a fork, the pies were baked and set away, to be eaten cold for lunch; or they might be warmed through for next day's dinner.

PRESSED CHICKEN.

Dress two or three grown chickens, and stew whole in about as much water as will cook them; for two chickens you might put in, say a pint and a half of boiling water to start with. If more is needed, it can be added afterward; stew very slowly, keeping the pot closely covered; there should be half a pint of liquor remaining, when done. It will require from an hour to an hour and a half, possibly longer if the chickens are not young, to cook them sufficiently. When thoroughly tender remove the bones, and lay the meat in a deep oval dish, placing it so that the fibers will lie all in one direction, viz., the long way of the dish; for in slicing the pressed loaf, you will cut *across* it (not lengthwise), and also across the grain or fiber. Mix the dark and light parts well together, as you place the meat; and when all is in, pour the liquor (which must be hot) over

and through it ; the dish must be filled considerably more than level. Then cover with an oval plate or platter of suitable size, and so placed as to fit snugly to the loaf ; put a weight on it, and set in a cool place. When thoroughly cold it is ready to slice.

Some sprinkle very dry bread-crumbs, or cracker-dust through the meat, before adding the liquor.

WILD BIRDS AND OTHER GAME.

These are brought into our markets and sold in almost every conceivable condition, and stage of decay. If the sportsman and the "middle man" would take pains to have the birds carefully drawn as soon as killed, and a good fresh lump of charcoal placed in the cavity of each, it would be a great advantage to the salesman, as well as a satisfaction to the purchaser—to say nothing of the bad consequences which follow, in a sanitary point of view, from the use of meats that are in a state of semi-putrefaction. It is to be hoped that the time will come, when the consumer and producer will be brought nearer together; when provisions of all kinds will be shipped directly, or with as little delay as possible, to the points of final distribution. For the present, however, we must take things as we find them.

The birds, if recently killed and properly dressed, will simply need a thorough rinsing in pure cold water, and drying with a clean cloth. But if there is the slightest suspicion that they are not perfectly sweet, stir a teaspoonful of soda into a quart of cold water, wash well with this, and then rinse, using ice-water if you have it. Before cooking, remove any shot that may be lodged in the flesh, and cut away the bruised or discolored portions. If you can not cook immediately, dry the birds well inside after rinsing, and either put in a lump of fresh charcoal (or a lemon with the rind removed), or fill with fresh-sliced onions, to absorb

the gases. Then keep in the coldest place possible, till wanted.

WILD PIGEONS.

These may be cooked either by roasting or stewing; they are too tough to broil well. If roasted, stuff with a dressing of bread-crumbs, as you would a chicken, place the birds closely together in a small dripping-pan, and add a cup of warm water with a spoonful of fresh dripping, or butter. Cover with another pan the same size, and roast slowly, basting often; if more water is needed, add it a little at a time, and boiling hot. When thoroughly tender lift to a dish, turn another over it, and set where they will keep warm; thicken the gravy in the pan with a little browned flour, adding a trifle of boiling water if necessary; then heat a moment, and pour it out.

For stewing, you may stuff them or not, as is convenient; if stuffed, sew up the vents carefully. Then put them into a pot, add a cupful of cold water, and simmer covered very slowly for an hour and a half, or till tender and well browned; turn them two or three times, covering the pot between turnings. If cooked sufficiently slowly, no filling up will be needed; but should water have to be added, see that it is boiling. When done take out the birds, put them into a hot dish, cover, and set in the oven to keep warm; then thicken the gravy with a little browned flour, or cream and flour, boil up a moment, and pour it over.

Pigeons are sometimes cooked in this way: Stuff as for roasting or stewing, and pack them into a wide-mouthed jug, or other closed vessel; a tin bucket will do, covered with a closely-fitting lid. Put in a cup of weak gravy, and cook in a pot of boiling water three hours, or until tender. Then dish, thicken the gravy remaining, and pour it over them. This is called, "jugged" pigeons. Rabbits or squirrels may be jointed, and cooked in the same way; you may put in with them a sliced onion, if it is liked.

PIGEON PIE.

Clean and wash the pigeons, cut in quarters, and stew till nearly tender; start them in boiling water, removing any scum that rises. When done take them out; there should be a pint or more of the liquor in which they boiled; thicken this with a little white flour, wet to a smooth paste with milk or water, let it come to a boil, and set it off. Line a bake-pan with light cream paste, made as per recipe for meat-pies, hereafter given; or if preferred, cover only the sides of the pan, leaving the bottom bare. Then lay in half the birds, adding small bits of paste, pinched off, and dropped in here and there; or you may put in two or three parboiled potatoes, not sliced, but cut in small pieces. Add the rest of the birds, and also the thickened liquor; if there is not enough of this, put in boiling water; the pie should be more than half covered with the gravy. Then lay on the top crust, rolled half an inch thick, pinch the edges securely together, and cut a cross-slit in the center. Prick well with a fork, and bake from thirty to forty minutes, or till the crust is done.

Some stew with the pigeons bits of lamb; the rib is best; have it cut into short lengths, and as you place the meat in the pie, mix it and the birds well together. Or you may take the remnants of *cold* lamb, though the newly cooked is better.

QUAILS, GROUSE, ETC.

The birds known as partridges, quails, grouse, etc., are all cooked in about the same way. First dry-pick, singe, and cut off the heads and feet; then draw, split down the back, and rinse thoroughly in cold water. If not in prime condition as to freshness, wash quickly in soda-water (using a teaspoonful of soda to a quart of the liquid), then rinse well, and dry with a clean cloth. You may roast, stew or broil, as preferred.

Roasted.

Stuff the birds with a dressing of bread-crumbs, the same as chicken; lay them closely together in an iron pan, add a cup of hot water and a lump of fresh butter, or a spoonful of fresh dripping if you have it. Baste frequently, and cover toward the last if there is need; have rather a slow oven, and cook the smaller birds forty to sixty minutes, or until tender. The larger ones, as prairie-fowls, will take from one to two hours, according to age. When done lift them out, add a little thickening made of browned flour and water—cream is better—and let the gravy come to a boil. Serve with mashed potato, stewed turnips, or other plain vegetables; and have for dessert, fresh oranges, or cranberry or other tart sauce.

Stewed.

Clean, and stuff or not, as it is convenient; if stuffed, sew up tight to keep in the dressing. Put the birds into a pot, add a cupful of boiling water, and *stew slowly*; turn once or twice, as they cook. Or if preferred, you may cut them into joints or quarters, put in water as before, and stew very slowly till tender; keep the pot closely covered. There should be just enough liquor left for gravy; when done take out the birds, thicken with a little browned flour wet with milk or water, heat the gravy to a boil, and pour it over.

Broiled.

After cleaning, split the pigeons down the back, rinsing well, and drying with a clean cloth. Then flatten each with a steak-pounder, and broil on a gridiron over a bed of clean coals; it will take fifteen or twenty minutes to cook them. A good way, since it saves the trouble of broiling over a hot fire, is to flatten as before, lay them smoothly on the bottom of a dripping-pan, and then place in a hot oven. They will be done in about the same time, and require no attention except to see that they do not burn.

QUAIL ON TOAST.

This relished titbit, as ordinarily prepared, is simply a broiled quail on dry toast, each plentifully saturated while hot, with melted butter. A more wholesome dish—though too moist for a dry lunch—is the following: First clean and truss, then lay (without stuffing) in a dripping-pan, add a cup of warm water or diluted gravy with a bit of fresh butter in it, and place in the oven; baste frequently till done. A few minutes before finishing, get ready the toast; take good home-made Graham loaf two days old, slice it rather thin, and brown evenly on both sides, leaving the bread just a trifle moist between the crusted surfaces; then break the latter with a stiff knife to make it tender. When you have lifted out the birds lay them on the hot toast, one to each slice, thicken the gravy with a little browned flour, or cream and flour, and pour it over.

PRAIRIE-FOWLS.

These are a species of grouse, and are cooked by roasting, stewing or broiling, according to the recipes just given. Or you may stuff them, steam till tender, and then brown in the oven. Or if preferred, fill with a dressing, and stew in a tightly closed pot with very little water, till done; then brown ten minutes, basting with the liquor left from stewing. Dish the fowls, thicken the gravy with a trifle of browned flour, boil up a moment, and pour it over them. Serve with cranberry sauce or other acid fruit, or follow with tart oranges as a dessert.

If a choice stew is wanted, take only the legs, wings and breast, stew till tender, and then brown in the oven as before.

SMALL BIRDS.

The smaller birds, as the snipe, woodcock, etc., are dressed and cooked the same as partridges or quails; if

broiled on a gridiron, the latter should be of wire, and the wires not too far apart; they will broil (or roast) in from fifteen to twenty minutes. If roasted, a good way after cleaning and rinsing, is to lay them, unstuffed, into a dripping-pan, add a cup of weak gravy—or warm water with a bit of butter—for basting, and place in a hot oven. Then cut some slices of good home-made loaf, a little stale, and toast these evenly on both sides, leaving the bread a trifle soft between its browned surfaces. Five minutes before the birds are done, put a slice of toast under each of them; baste once or twice, lift to a platter, thicken the gravy with a little browned flour, and pour it over.

PARTRIDGE OR QUAIL PIE.

Clean the birds, cut them in halves or quarters, and cover with boiling water; stew slowly till almost tender; then lift out the pieces, and leave the liquor in the pot. Make a light cream paste, as per recipe hereafter given, and line a bake-pan with it, rolling the crust about half an inch thick. Or if preferred, cover the *sides* of the dish, leaving the bottom bare; then lay in the birds, and add a little par-boiled potato cut in small bits, if you like them; you may put in some pieces of cold lamb, if you have it. Pinch off a few very small bits of the paste, and drop here and there over the pie; these diminutive dumplings should lie in the spaces between the more prominent pieces of meat, giving room to swell. Stir into the liquor in the pot a little white flour wet with milk, cream or water, let it come to a boil, and take it for moistening; if there is not enough to cover rather more than half of the pie, put in boiling water. Then lay on the top crust rolled half or three-quarters of an inch thick, and press firmly together at the edges; prick well with a fork, cut a good cross-slit in the middle, and bake with a moderate heat thirty to forty minutes. If the crust is liked soft, mix the dough not very stiff, and bake

till just done, in rather a quick oven. But if you prefer it crisp, mix it a trifle stiffer, and roll not more than a third of an inch thick; have an even oven, and bake a little longer; do not scorch. This pie is excellent warmed over.

If you have not enough birds for the pasty, boil in the same or a separate pot some pieces of lamb, or tender mutton; the rib chopped in short lengths, and trimmed of most of its fat, is good. Or you may parboil a young chicken, or a rabbit or squirrel, and mix with the quails.

SQUIRRELS AND RABBITS.

Squirrels and rabbits are cooked in the same way, except that rabbits take a little longer time. They must be dressed with the utmost care; instruct the cook also to separate the pelvic bones, and remove every trace of the lower intestine, some portions of which are apt to be left. Wash well, taking out any shot that may be lodged in the flesh, and cut away the bruised or discolored parts; then drop into very cold water, and soak twenty to thirty minutes, before cooking. You may either broil or stew.

Broiled.

If you broil, see that the squirrels (or rabbits) are very young, and therefore tender. After soaking, dry well with a clean cloth, and gash them down the back through the thickest portion; then flatten each, place it on a gridiron, and broil over a bed of clear coals, turning often. Or you may lay them smooth on the bottom of a dripping-pan, and cook in a hot oven without basting; oil the pan slightly with a little sweet dripping, or a bit of fresh butter; they should be done in half an hour.

Stewed.

Having cleaned and soaked them, cut into joints, drop into a pot, and cover with boiling water; then slice in an

onion, and stew slowly one hour, or until tender; some put in a young chicken, also cut up, stewing all together. At the end of half an hour you may add a few potatoes, peeled, and cut in quarters; and if liked, some small bits of light paste, after the potatoes get fairly to boiling. When all are done stir in a little cream thickened with white flour, boil up a moment, and dish for the table.

Another way, is to put into a wide sauce-pan a spoonful of dripping, heat it till hot, and slice in an onion; you may add if you like, any sweet herbs, cut fine; then lay in a couple of rabbits or squirrels, cover, and heat till they begin to brown. Turn, and brown again slightly; be very careful that they do not scorch; then add a cup of boiling water, cover closely, and stew, or rather simmer one hour, or until tender. If the water should get too low, pour in a little, boiling hot. Take them out when done, thicken the gravy with browned flour, or cream and flour wet to a smooth paste, boil up a moment, and pour it over. Or you may cut into joints, brown and stew as before, and when quite tender lay upon slices of toast, and pour the gravy over the whole.

SQUIRREL PIE.

Clean and soak the squirrels, and cut them in joints; drop these into boiling water, enough to cover, add a little chopped onion or parsley if liked, and stew slowly till about tender, keeping the lid on. Then take out the meat, leaving the liquor in the pot. Make a light cream paste, using equal parts of sifted Graham and white flour, and line a bake-pan with it; or a better way is to cover the sides only. Lay in the squirrel, arranging the pieces conveniently for cutting; then add or not, as you like, some potato cut in bits an inch thick, and parboiled ten minutes in a very little water. If you have some cold lamb or mutton, you may slice and add it; or a little cold beef, young and tender, and cut in small pieces, will not be amiss. Thicken the liquor

left from stewing, by stirring in a little white flour wet with milk or cream, and bringing to a boil; there should be enough gravy to cover about two-thirds of the pie; if there is not, add boiling water—or half-boiled soup if you have it, is better. Then pinch off some very small bits of the paste, and drop them in between the pieces of meat, or meat and potato. Put on the top crust, rolling it half to three-quarters of an inch thick, secure the edges, and prick well with a fork; cut a good cross-slit in the center, and bake in an even oven from thirty to forty minutes, or till the crust is done. Serve in the dish.

Rabbit pie is made in the same way; it is milder in flavor if part chicken or lamb is used, or even mutton. A rib piece (of lamb or mutton) is best; it may be stewed with the rabbits, the ribs being cut into short lengths, and most of the fat removed.

GAME PIE.

Stew together young birds, and a young squirrel if you have it, till all are two-thirds done; the birds should be cut in halves or quarters, according to their size, and the squirrel into joints. Save no giblets, except the hearts and gizzards; cut these into small bits, and stew with the rest; start in boiling water, cover closely, and stew rather slowly. When the meat is sufficiently cooked, take it out; there should be liquor enough left in the pot to make the gravy; stir into this a little white flour wet to a smooth paste with milk, cream or water, let it come to a boil, and set it off. Line a dish with light cream paste, and put in a layer of the meat; then add a *thin* layer of stale bread-crumbs moistened with warm milk or cream, and sprinkled with a little dry sage, thyme or parsley, or a combination of these (using them sparingly), if they are liked. Put in the rest of the meat, and two or three potatoes cut small—not sliced—and parboiled in a little water eight minutes; some like a few pinches of the paste, tucked in between the larger pieces of

meat; if the latter is very lean, add bits of butter, rolled in flour. Now fill up with the gravy, and lay on a top crust rolled half an inch thick; prick well with a fork, cut a large cross-slit in the middle, and bake in a moderate oven about forty minutes; cover, if there is danger of scorching. If preferred, you can have a top crust only, and not bake quite so long.

FISH.

Fish is not more wholesome or nutritious than other meats; indeed, good beef or mutton is to be preferred to either "fish or fowl." Fowls, as already stated, are not as clean-feeding as cattle and sheep; and the fishes, if not carnivorous in their habits, are at least *piscivorous*, since they eat each other. Their food is relatively of a low grade, and their organization the same; hence their strong odor, and the coarse and unnutritious quality of their flesh. There is a great difference in the kinds, however, some (in the tropics) being actually poisonous—owing, no doubt, to the nature of the food they subsist upon. After a meal of fish, or of certain wild fowls, there is often experienced *thirst* or feverishness, due of course, to the "nonusable" substances contained in the aliment, and which the system is in haste to get rid of. On the other hand, cattle and sheep, and indeed all domestic animals, are more liable to be affected by disease, than are any of the wild animals, the birds of the air, or the inhabitants of the great waters, including the "vasty deep." It follows, therefore, that those who live upon a flesh diet, will have to choose between evils.

Fish not absolutely fresh, makes very indifferent eating; in selecting, see that the flesh is firm and hard, the fins stiff, and the scales bright; the gills should be a clear red, and the eyes not sunken, but full and prominent.

BOILED FISH.

Whatever the method of cooking, buy only *fresh* fish, and have them properly dressed. After removing the scales, rinse well in very cold water; and if there is any dark coagulated blood on the inside, lying along the back-bone, scrape it carefully out with a knife, and rinse again thoroughly.

To boil—or simmer, for the water must not even bubble—wrap the fish in a coarse net, through which you can easily test with a fork, to see if it is done. Or a nicer way perhaps, as both the form and flavor are better preserved, is to sew around it a single thickness of coarse linen cloth of rather loose texture. Cook in a fish-kettle, if you have one; this is an oblong vessel with a perforated tin plate suspended in it, upon which the fish is laid; the plate has a handle at each end for lifting it out. If you have none, use a pot or pan with a bottom wide enough not to crowd. Barely cover with water that is just *ready* to boil, and set where it will keep hot, but will not bubble; remove any scum that rises. Continue the cooking till done, allowing, say ten to fifteen minutes to the pound, according to thickness, kind of fish, etc.; when wrapped in a cloth, a little longer time would be required. Keep the lid on till finished. If the flavor is liked, slice and boil two or three onions in a separate pot, cooking till they are about done; then drain off the water, and turn them into the fish-kettle; some add a little parsley also. Use the fork from time to time, and as soon as the fish is tender remove from the fire, lift out, and drain; too much cooking will spoil it; and too little is equally detrimental to the flavor.

Serve with lemon juice, if it is liked. Or a plain sauce may be made, as follows: Rub together a tablespoonful of fresh butter, and the same of white flour; then stir into this mixture the liquor (a cupful) drained from the fish; it

should be *warm*, not hot. When well mixed, heat the sauce to boiling, and pour it over.

Another way, is to substitute thin cream or new milk for the fish-liquor; after mixing with the butter and flour, heat *just to a boil*, but no more. Still another sauce is made by stirring into the liquor the butter and flour rubbed together, and then adding half a cup of milk in which you have boiled a shallot, and a head of celery chopped fine; these must be strained out before the milk is added. Boil one minute, stir in a teaspoonful of chopped parsley, and take from the fire. These sauces, though not hygienic, are relatively simple.

BAKED FISH. ‡

Baked fish, like roast turkey, depends more upon the manner of cooking for its richness of flavor, than almost any other dish. But first of all, the fish itself must be entirely fresh, and the cleaning thoroughly done. Be very sure that you lay it open its whole length, and see if there is any dark, coagulated blood lying on either side of the back-bone; if so, scrape it all out with a knife, and rinse thoroughly (but do not soak) in cold water. The fish should be cooked very soon after purchasing; if there is any delay, keep it in the coldest place possible, till wanted.

The best way to bake it, is as follows: Fold it together, lay it in a dripping-pan, add a cup of boiling water, and place in a very moderate oven; it must cook slowly, especially in the start. Baste pretty often, *quite* often toward the last, and by all means do not let the pan get dry; add boiling water—not too much—from time to time, as it is needed. Some pour over a little tomato stewed till smooth, half an hour before finishing. For a fish weighing three or four pounds, bake slowly and steadily, all of two hours; a smaller one will require about an hour and a half. Should the oven chance to get too hot, cover with another pan, and reduce the heat as soon as possible. White fish should be an

even buff color when done, and the gravy, of which there should be two or three spoonfuls, thick and jelly-like; pour this over when dished, and send directly to the table. Shad, and some other fish, may be filled with a dressing of bread-crumbs moistened slightly with tepid water, and a little dry sage or chopped parsley mixed through it; then sew up securely, and bake as before. The added dressing, however, is not an improvement on the method just described. Some relish the fish better with a little lemon juice squeezed over; though a better way, is to send round the lemons cut in quarters. Serve with mashed or baked potato, and stewed white turnips or other plain vegetables.

After a dinner with baked fish, a dessert of tart fresh oranges is in place; and at the supper following it, you will likely welcome canned gooseberries, sour cherries, or cranberry sauce.

BROILED FISH.

Clean, rinse well with cold water, inside and out, and wipe dry with a cloth. Lay the fish flat on a gridiron, skin uppermost, and broil over a bed of clear coals till the under side is evenly browned. Then turn, and brown the other side in the same way. It will take from twenty to thirty minutes to broil a fish of ordinary size.

BROOK TROUT.‡

These, and other small fish, fresh from the running streams, are good cooked as follows: Put some fresh butter or dripping into a skillet or iron pan, and set it on the stove till hot, but not scorching. After cleaning, split the fish open from head to tail, so they will lie flat; then dip each into corn or oat meal, and lay it smoothly, flesh side down, in the hot skillet or pan. Brown moderately on the under side, then turn, and brown the other. If properly done, they will be better—and the trouble less—than if broiled on a gridiron.

Brook trout are sometimes baked, in this way: First dress them nicely, and if you can take the trouble, remove the bones carefully with the fingers. Then arrange the fish in a bake-pan, scattering bread-crumbs between the layers; moisten the crumbs with half a cup of meat gravy, or you may drop in little bits of fresh butter. When the pan is full, add, say a cup of boiling water, cover closely, and set it in the oven. Bake with a moderate heat, from an hour and a half to two hours; baste if there is need, and cover the top if it browns too fast. If the pan is in danger of going dry, add part of a cup of water, boiling hot. When done, there should be a very *little* moisture in the bottom of the dish.

SALT FISH.

Fish, as already stated, must be considered inferior to beef or mutton—and *all* meats less wholesome than fruits and grains. What then can we say of *salt* fish? If it was poor before salting, it is worse afterward; the muscular fibers are hardened and toughened with the antiseptic, and to get rid of the latter, much of the nutrient properties contained must necessarily be lost in soaking and boiling. Briefly stated, salt fish is “mighty poor eating.” But if the country people will live on it, instead of raising and eating an abundance of choice fruits, vegetables and grains, the next best thing, of course, is to teach them (if they do not know already) how to cook the article in the least objectionable way.

MACKEREL.—(*Salt.*)

Salt mackerel requires a long time to soak; twenty-four hours would scarcely more than suffice to freshen it. If it has to be done in shorter time, start the fish to soak in tepid water, and change three or four times. When sufficiently fresh you may drop it into ice-water, and let it stand an hour to harden a little. Then broil, bake or boil, as suits you best.

If you broil, dry the fish with a clean cloth, lay it on a gridiron well oiled, and brown slightly; then turn with extreme care, using a cake-turner for fear of breaking it. Brown the other side in the same way, and lift to a plate.

Or you may lay it after thorough soaking, into a dripping-pan, place in a hot oven ten minutes, and then remove; set the pan on top of the stove, and pour in a cup of thin cream—some use half milk; when this is hot, stir in a little flour wet with milk or water to a smooth paste, and then heat *just to a boil*. Cooking a moment too long after the thickening is added, spoils the dressing.

To *boil* mackerel, soak till fresh, as just described, then barely cover it with cold water, and heat to bubbling, keeping the vessel tightly closed. Drain well, and lay it on a hot plate; the only dressing needed is a little drawn butter, prepared as follows: Rub together a tablespoonful of white flour and one of fresh butter, stir in gradually a cup of hot water, heat to boiling, and cook one minute; then pour the sauce over the fish.

Serve mackerel and other salt fish with plenty of good mashed potato; and if for dinner, accompany it with boiled white turnips, if you like them.

This and other salt fish, should never be eaten in hot weather.

CODFISH.—(*Salt.*)

Salt codfish must be freshened, before it is cooked; then it may be boiled, baked or broiled, or cooked in other ways, the principal of which are hereafter described.

Boiled.

First freshen the fish. This is usually done by soaking it over night in tepid water, and changing once or twice. A quicker way, however, is the following: Shred the cod into strips the size of your finger, throwing out all the bone, skin, and other imperfect portions that may lie imbedded

between the muscles. Then cut it across the "grain" into inch lengths, put these into a pot, and pour in a quantity of cold water; more than enough to cover. Do this several hours before the fish is wanted, put on the lid, and set the pot on the back of the stove where it will heat slowly. Just as it is coming to a boil remove from the fire, drain off all the water, and re-fill with cold; heat again, covered, as before, and drain. By this time the cod will probably be fresh enough; if it is not, repeat the process once more, adding less cold water. Cover closely, and simmer, heating barely to the boiling point; then pour off all the water, and add a cup of thin cream; heat again to boiling, and thicken with a *very little* white flour; this last should be wet with milk to a smooth paste, before stirring it in. Watch with a "hawk's eye" (using the spoon), and the moment the mixture *begins* to bubble, lift from the fire; if it comes fully to a boil, the delicate flavor of the dressing is lost.

Baked.

To bake salt codfish, you must first wash and scrape it, removing the scales, and then freshen it thoroughly by soaking several hours, or over night; change the water toward the last, and let it soak a little longer. When you have done this, put it into a dripping-pan with a few spoonfuls of tepid water, and bake, covered, allowing twenty to thirty minutes for a piece of two or three pounds' weight; the water should then be about all out. Before removing from the oven, pour over the cod a little milk or cream, thickened with just a trifle of flour; let the dressing barely begin to boil, take out, dish, and send to the table. Serve this and the last with boiled or mashed potato.

Broiled.

Salt codfish may be broiled as follows: First freshen as for boiling, except that the shredding is omitted. Then

drop it into very cold water half an hour, to harden ; oil the gridiron with a little fresh suet, dry the cod with a clean cloth, and broil over a clear fire till the under side is browned; then turn it carefully, and brown the other side.

CODFISH TOAST.

Boil the cod as in the last recipe but two, finish with the cream dressing, and then pour it over slices of dry toast. Or you may cover the bottom of a dish with broken crackers, or cold biscuits split in two and half toasted, and pour it over *these*. Serve with mashed potato. Some stir in a beaten egg, after taking the codfish from the fire ; but this is hardly necessary, the cream gravy being quite sufficient.

CODFISH SCALLOP.

Prepare and boil the cod, as in the recipe already given, only leave out the cream gravy. Then dry some stale bread-crumbs in the oven, and fill a dish with alternate layers of crumbs and fish, beginning and ending with the latter; moisten each layer of the crumbs with the water in which the fish was boiled, or with a little sweet milk. When all is in, cover with newly mashed potato wet with milk or cream, and bake twenty minutes.

CODFISH CAKES.

Pick the cod apart, in pieces the size of your two fingers, throwing out the bones, skin, and any imperfect portions; then cut across the grain or fiber, into very short lengths—an inch or less. When this is done, freshen the fish as for boiling, by covering it with cold water and bringing very slowly to a boil; drain off all the water, add more cold, and heat again. Repeat the process until the salt is out (say two or three times), using for the last water barely enough to cover ; keep the pot tightly closed ; if the odor goes over the house, the flavor will be out of the dish

at dinner. If at the end of the soaking the cod is not very tender, simmer it in the last water ten to fifteen minutes but do not let it boil. Then drain, and while the fish is warm shred it as fine as possible, and add twice the amount of newly mashed potato, *hot*, and with the lumps all out; pour in a little cream or milk (some add a lump of butter) before mashing. Then mix as thoroughly as possible the codfish and potato, stirring lightly with a fork; form with the hands into little round cakes or balls, flouring them a trifle if they are so wet as to be sticky. Bake in a hot oven fifteen or twenty minutes, browning moderately.

Instead of forming into cakes, you may add more milk, making the mixture quite soft; then pour it into a pudding-dish, and bake twenty minutes. Or you may mix stiff, as before, and make into thin flat cakes; brown these on the griddle, turning when the under side is done.

CODFISH AND POTATO.

Prepare the same as for cakes, in the preceding recipe; you may use fresh cod instead of salted, if you have it. Then mix the fish with the mashed potato wet with cream or milk, as in the last. Put the mixture—which should be pretty moist—into a stew-pan or skillet, and heat till it is smoking hot, stirring lightly but constantly; some add parsley for seasoning.

HOW ABOUT OYSTERS?

It has already been stated that meat—the best of it, as beef or mutton—must rank lower than grains, both in the quantity and quality of nutritive substance contained; that fish and fowl are inferior to meats; and it may here be added, that oysters, clams, etc., belong to still a lower grade of animal foods. They *stimulate*, rather than nourish; and this is

another way of saying that they contain, in proportion to their nutritive elements, a large per cent. of matter so poor in quality, that the system can not utilize it. Indeed, how could it be otherwise? The oyster is a creature of low organization; it lives, moves, and has its being, down in the still waters, among beds of slime. Its food is on a par with its surroundings; and as might be expected, its depurating organs (which we must *eat*, along with the balance of it) are relatively large. Its liver—which is that dark substance in it—is said to be larger than all the rest of the oyster put together; and like all *other* livers, it must necessarily be filled with excrementitious matter. The oyster is said to contain about $12\frac{1}{2}$ per cent. of solid material—such as it is.

MEAT PIES, Etc.

Pies or “pasties” are made not only with chicken, turkey or wild fowl, but with beef, mutton or lamb. There are various kinds of paste used in these “family dishes,” the principal of which are given below. The first and best (which we have had on a former page), is the light cream paste, made of equal parts sifted Graham and white flour, the latter of the coarser brands; very fine flour, as the “superfine,” has the life ground out of it, and is not fit for either bread or paste.

Before making the pies, boil the meat till it is nearly done; then mix the paste, make, set in the oven, and bake *no longer* than is required to cook the crust. Put enough gravy in at the start, and little or no filling up will be needed; if it must be done, add the water boiling hot. The pie-pan may be deep or shallow, and of any size or shape. Some line it throughout, before putting in the meat; others line the sides only, leaving the bottom uncovered; and still others prefer to bake in a long shallow dish, and have only

a top crust. This latter is the better way, if you want the crust light, tender, and well done.

In mixing paste for meat pies, do not have the cream too rich; half milk is better.

LIGHT CREAM PASTE. ††

1 cup sweet cream—part new milk will do.

1½ cups sifted Graham flour.

1½ “ “ white “

$\frac{2}{3}$ teaspoonful soda, finely pulverized.

1½ teaspoonfuls cream-tartar.

Stir the Graham and white flour together, add the soda and cream of tartar, and sift at least twice. Keep the cream in the ice-chest till wanted; then mix lightly and quickly, forming rather a firm dough; *do not knead*; simply get the mass together. The colder the cream and flour, the crisper the dough will be; and the latter, if mixed before it is wanted, should be set in the refrigerator.

If baking-powder is used, take two heaping teaspoonfuls, and sift it twice through the flour before mixing. And if cream or new milk can not be had for wetting, take a lump of fresh butter, work the salt out in ice-water, and drain; then rub it well into the flour after sifting the soda and cream of tartar through it, and mix with ice-water, or the coldest you can get.

CREAM BATTER PASTE. ††

2 cups sweet cream.

1½ “ sifted Graham flour.

1½ “ “ white “

$\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.

1½ teaspoonfuls cream-tartar, sifted through the flour.

Do not mix this paste till you are ready to use it; then make a batter of the above ingredients, adding the dissolved

soda last, and beating very thoroughly. Spread it smoothly over the pie with a knife, and bake in a pretty hot oven, serving as soon as done. Batter crust will fall, if it stands long. This amount of batter will cover a pie eight inches wide, and ten long.

CREAM AND POTATO PASTE.

- 1 cup sweet cream—or new milk.
- 1 “ dry mealy potato, finely mashed.
- 1 “ sifted Graham flour.
- 1 “ “ white “
- $\frac{2}{3}$ teaspoonful soda, dissolved in boiling water.
- $1\frac{1}{2}$ teaspoonfuls cream-tartar, sifted through the flour.

Wet the potato with the milk or cream, mashing out all the lumps; stir in the Graham and white flour, add the cream of tartar, and beat well; then put in the soda, and beat hard. If baking-powder is used, take two heaping or three level teaspoonfuls, and stir it in the last thing. The batter made with the above ingredients, is enough to cover a pie eight inches wide and twelve long; or nearly ten inches square. Spread it smoothly with a knife, and bake in a brisk oven.

ANOTHER.—Work into the above paste another cup of sifted Graham flour, making a dough that will roll out; it should be rather soft. Get it together without kneading, roll rather thin—not more than a quarter of an inch thick—and bake in a pretty hot oven.

BEEF AND POTATO PIE.‡

Select two or three pounds of good tender beef; a rib piece or sirloin is excellent. If you buy ribs, let the butcher chop them into short lengths; then with a knife you can cut between and separate them, before boiling; this leaves the meat in small pieces. Having trimmed off any superfluous fat, put the meat into a pot, cover with boiling water,

and remove the scum as it rises. You may slice in an onion, if you like its flavor. Boil gently, keeping the pot closely covered, and when nearly tender lift from the fire, and take the meat out. Peel a few potatoes, say five or six, and either quarter them or cut into rather thick pieces; do not slice, as it makes them less mealy. Boil these in very little water till they are half done; then drain well, and keep covered in their own hot steam, till you are ready to use them.

While these are cooking make a light cream paste, and line the sides of a bake-dish. Some cover the bottom also with paste, but it is better left bare—and the sides the *same*, if you want all the crust very light and tender. When the meat is half cold pull out the bones, cut the larger pieces in two if there is need, and put a layer of it in the pan; arrange the pieces in a regular way, so that the pie will cut well. Add next, a light layer of the parboiled potatoes; then more meat, then more potatoes; two thin layers of each will be enough. A few tiny bits of paste pinched off, may likewise be added. Thicken the liquor in which the meat stewed, by stirring in a little white flour wet to a smooth paste with milk or water, and heating all to a boil. Pour this gravy into the pie, which should be about two-thirds covered with it; if there is not enough, add boiling water. Then put on the top crust rolled to the thickness of half an inch, secure the edges, and prick well with a fork; cut a good cross-slit in the center, and set the pie in the oven. Bake from thirty to forty minutes, or till the crust is done; cover, if it browns too fast. When taken out, cool ten minutes, and serve in the bake-dish; this may be a granitized iron pan, two and a half inches deep.

Instead of all beef, you may use part mutton or lamb; or chicken or squirrel, if preferred.

MUTTON OR LAMB PIE. †

Good mutton or lamb makes an excellent pie. If you have a piece with ribs, cut the latter in short lengths, say an inch and a half, and then separate them by cutting between. If there is much fat remove a portion of it, then cover with boiling water, and slice in an onion, if you like; stew slowly, till the meat is nearly tender. Peel half a dozen small potatoes, quarter them, or cut in pretty thick pieces, and boil eight minutes in very little water. While they are cooking mix a light cream paste, as per recipe already given.

When the meat has boiled enough take it out, remove any large bones, but leave in the ribs; and if some portions are in big pieces, cut them into inch bits, or a little larger. Cover the bottom of a granitized iron pan or other bake-dish with half of it, and then put in half the potatoes, scattering them well over the meat; add the rest of the mutton or lamb, and the remainder of the potatoes; put in also a few small bits of paste, if you like it. Stir into the liquor left in the pot, a little white flour wet with milk or water, and heat to a boil; then pour it over the pie. Should there not be enough of the gravy to more than half cover it, add a little boiling water. Lay on the crust, rolled about half an inch thick, cut a cross-slit in the middle, and bake in an even oven thirty to forty minutes. Serve in the dish.

Mutton or lamb mixed with chicken, squirrel, rabbit, or wild fowl, makes a very good pie; these you may stew in a separate pot, if they take a longer or shorter time to cook than the other meat.

MEAT PIE WITH POTATO CRUST.

Make like either of the two last, and cover with a crust made as directed in the second paragraph, under the head of "Cream and Potato Paste." This paste is good, but not equal to light cream paste.

COLD MEAT PIE.

Take cold beef, mutton or lamb, or some of each, left from a previous roast or stew; strip the meat off the bones, rejecting any hard, gristly, or imperfect pieces, and also the superfluous fat. Where the fat and lean are well mixed cut them together, in slices about a quarter of an inch thick. The other portions you may cut into inch or half-inch lengths, making a sort of coarse hash; the pieces of solid fat should, if used, be minced very fine, and only as much of the *best* taken as is needed; then add some cold potato, not sliced, but cut in small bits. Having stripped the bones crack them, and put them into a stew-pan with the other poorer parts, not including the fat; if there is a remnant of cold steak left over, chop it fine, and add with any of its gravy to the contents of the pan. If the flavor of onion is liked, slice it in with the rest; then pour in cold water to nearly cover, and heat slowly to a boil. Skim if there is need, simmer an hour, and strain out the liquor, adding to it any cold gravy left from a previous roast or stew; thicken with a little browned flour wet with milk or water, stir well, heat to a boil, and set off to cool.

In the mean time mix a light cream paste, or a *potato* paste that you can roll out; the recipes for these have already been given. Then fill a bake-pan, one that is wide and shallow, with the meat and potato; the dish should not be more than two inches deep; pour over the made gravy, of which there should be enough to cover half or two-thirds of the pie, roll a crust half an inch thick, lay it on, and pinch down closely at the edge. Prick well with a fork, cut a cross-slit in the middle, and bake in a good oven thirty minutes, or till the crust is done.

Another way, requiring less work, is to cut the meat in larger pieces, say two inches long, and the width of your finger; then mix with the potato, and proceed as before. A

pie made with the cold remnants of a roast, is not of course equal to one with fresh meat; but then, it is not expected to be.

MEAT PIE WITH BATTER CRUST.

Make like the preceding, except to cut the meat finer, and have it not so moist. Add a little less water to the bones, when you make the gravy; or if there is some cold gravy left over, you may dilute this with warm or hot water, and use it for the pie; no thickening will be needed. Cut the meat across the grain or fiber, in slices not more than half an inch thick; you may break or cut these if they are large, but do not chop them. Mix in bits of cold potato, about half as much as there is meat; and if onion is liked, you may slice and parboil one or two, and put them in. Some add small bits of butter, rolled in flour; but if you have part fat meat, there is no need.

When all is ready put the meat and potato into a shallow pan, making the pie an inch, or an inch and a half thick, before the crust is laid on. Pour in the gravy, and then cover with a cream batter paste, or a cream and potato paste (batter), made as per recipe already given; spread it evenly with a knife, and bake in a quick oven forty to fifty minutes, or till done. Serve immediately, as the crust will become heavy if it stands long.

If preferred, you can leave out the cold potato, slice the meat thin, and hash it very fine; then fill the pan to the depth of an inch, and moisten as before. Cover with either of the batter pastes, and bake.

BEEF OR MUTTON SCALLOP.

Take what is left of a cold roast or stew of beef or mutton—cold lamb is better—reject any hard or gristly portions, and if there is too much fat leave out the poorest of it. Cut the meat across the grain in thin slices, and chop it fine; if there are any lumps of fat, mince them *very* fine

before adding to the rest. When the meat is all off crack the bones, and put them into a stew-pan with the other inferior bits, for the gravy; if you like a little onion or celery, slice it in. Then pour in a pint of water, and simmer slowly, an hour; lift from the fire, strain out the liquor, and add to it any dripping or gravy left over.

This done, prepare some stale bread-crumbs, grating them rather fine; you may mix in with them a *sprinkle* of dry sage; cover the bottom of a bake-dish with a layer of these, put in the same quantity of chopped meat, and moisten well with the gravy from the stew-pan, now nearly cold. The dish should be wide enough to hold about half the hash, the first layer. Follow with another of crumbs, and then the rest of the meat; if liked, mix a few cold potatoes finely chopped, with the latter. Moisten again, and finish with a good layer of very fine crumbs; pour over these the rest of the gravy, moistening them pretty thoroughly—or if this gives out, you may take a little milk; some beat an egg into the latter. Cover the dish with another the same size, and set it in the oven thirty minutes, or till the scallop is steaming hot; then uncover, brown quickly, take out and send to the table in the bake-dish.

MEAT SCALLOP WITH EGGS.

Make, cover and bake, the same as the last; five minutes before you want to serve the scallop, draw it from the oven, uncover, and break as many fresh eggs over the top as it will hold. Slide back the dish, and shut the door two or three minutes, watching closely that the eggs do not cook too much. As soon as the whites are well set, remove from the oven and serve.

MUTTON AND POTATO SCALLOP.

Mince the meat, cold mutton or lamb, and make like either of the two last, except that cold chopped potato is

taken instead of bread-crumbs; and in filling the dish begin with meat, and end with potato. Cover closely, and bake from thirty to forty minutes, according to the size of the scallop; brown at the last.

MUTTON AND TOMATO SCALLOP. ‡

If you have cold mutton or lamb left over, mince it fine, and moisten with cold gravy if there is any. If you have none crack the bones, add a little cold water, and simmer nearly an hour; then strain the liquor and moisten the hash with it, making it pretty wet. Or if the meat has no bones and scarcely any fat, put into the mince a few bits of fresh butter rolled in flour, and moisten with a cup of warm water. Prepare in the mean time some fine bread-crumbs from a stale Graham loaf, having as much crumbs as there is hash; cover the bottom of an earthen or granitized iron pan with these, put in a layer of the meat, and follow with one of raw chopped tomatoes. Repeat the layers, filling the dish; then cover, set in a moderate oven, and bake from forty to fifty minutes; uncover five minutes at the end, if the top is not already browned.

Another way is to cut the meat into very thin slices, and the tomatoes the same; cover the bottom of a bake-pan with bread-crumbs, and fill it with alternate layers of meat and tomatoes, ending with the latter; moisten the layers as you lay them in. Then bake as before. Beef can be substituted for mutton or lamb, and canned tomatoes for raw.

MUTTON AND POTATO PIE.

Slice cold mutton or lamb, making the pieces as thin as possible, and chop it very fine; add a parboiled onion or a stalk of celery, sliced and chopped; then moisten with a cup of milk or cream, or a little meat gravy diluted with water. Or if there are bones, you may crush them, add a pint of cold water, and simmer nearly an hour; then strain,

and moisten the meat with the liquor; do not make it too wet. Peel and boil five or six potatoes, drain, add a little milk, and mash till there are no lumps; then stir in more milk, forming a batter that will just drop from the spoon. Put the hash into a bake-pan, spread it in an even layer, and about an inch in depth; then pour on the potato batter, smooth it down with a knife, and bake from thirty to forty minutes in a moderate oven. Send to the table as soon as done. Beef may be used instead of mutton.

LANCASHIRE PIE.—(*Good.*)#

Take cold beef well streaked with fat, and slice very thin; then chop it as fine as possible, throwing out all the hard, gristly, or imperfect pieces; some mix in with the meat a little onion, finely chopped and parboiled. Crush the bones, if there are any, and put them into a sauce-pan with the rejected bits; add a pint of cold water and simmer half an hour, keeping the pan closely covered; then strain the liquor, and add to it any cold gravy left over. Wet the hash with this, making it *moist* rather than juicy; do not forget this last item. In the absence of bones, use a remnant of cold steak for the gravy; chop it fine, cover with cold water, simmer half an hour, and strain; then add the cold gravy as before. Or if there is no steak, you may simply dilute the gravy you have with a little warm water, and take this to moisten the pie.

When the hash is prepared, peel some potatoes and drop into boiling water, scarcely more than will cook them; there should be fully as much potato as meat. Boil steadily, and the very instant a fork will go through the largest, drain off all the water, return the pot to the fire, add a trifle of good milk (cream is better), and mash till there are no lumps. Do all this very quickly, for the potato must be steaming *hot*, and rather dry. Now cover the bottom of a bake-pan with a layer of the hash (it should take half of it), put in

the same quantity of potato, then the rest of the hash, then the potato, of which there should be a good thick layer for the top. Smooth neatly with a knife, set in a brisk oven, and bake from thirty to forty minutes, browning at the end. When done send directly to the table, serving in the pan.

The success of this dish depends, first, on the quality of the materials; second, on the rapidity with which they are put together; and lastly, on the manner of baking. Properly made, the pie is excellent; slovenly done, it is quite inferior.

KETTLE PIE.

This pie may be made of beef, mutton, lamb, chicken, wild fowl, or other game; or you may combine these in any proportions you like. Cut the meat in small pieces and stew till nearly tender, starting it in boiling water; cook slowly, with the pot closely covered. In the mean time mix a light cream paste, as per recipe already given; use part *milk* for the mixing, else the crust will be too rich; have ready some potatoes, peeled, washed, and cut through once or twice, if they are large. When sufficiently tender, take the meat out, leaving the liquor in the pot.

Now take a clean kettle, put into it a good layer of the parboiled meat, then one of cut potato; and you may add a few small bits of the paste, pinched off with the fingers; repeat the layers until the meat is all in; the kettle may be half or two-thirds full. Then skim and add the liquor used in boiling; there should be enough of it to cover at least two-thirds of the pie; if there is not, pour in boiling water. Roll a crust nearly half an inch thick, and lay it on; then cut a good cross-slit in the center for the escape of steam, cover the kettle with a close-fitting lid, and place it over the fire. You must regulate the heat so that the pot will boil constantly, but not hard; and it is best not to uncover till the last. It will require from thirty to forty minutes to cook, according to the size (or rather the depth) of the pie,

and the thickness of the paste. When done lift off, remove the crust carefully, and lay it on a plate; then dish the remainder, replace the crust, and send to the table. Instead of rolling the dough in a single sheet, you may if preferred, lay on squares of paste, rolled out and cut to size.

STEAK ROLL.

Take three pounds of good sirloin steak, or the same of mutton chops cut from the loin; and after removing the bones and superfluous fat (there must be *some* fat, but not too much), cut the meat into very small bits, or hash it not too fine. Sprinkle a little flour over and through it, and moisten slightly with a few spoonfuls of cold gravy, or part of a cup of half-cooked soup, if you have it; the latter must be cooled and skimmed. Then mix a light cream paste, roll it in an oblong sheet about a quarter of an inch thick, and spread with the meat; you may add to this a small onion sliced very thin, and chopped fine; or a sprinkle of chopped parsley, if preferred. Roll all up snugly, pinch the ends well together, and wrap rather loosely in a clean white napkin; then lay in a round tin basin, which must be large enough to give room to swell; cover the latter with an inverted pie-pan, set it in a steamer, and steam two hours and a half. Do not lift the lid till done, and keep the water at a fast boil. Serve immediately; no dressing is needed.

If a part of the roll is left over, warm it for dinner the next day, as follows: Dip the piece quickly into cold water, lay it in the steamer, within a closely covered basin, and steam till it is thoroughly heated through. Then serve with a plain dressing, made by pouring into a little cold gravy or meat juice part of a cup of cream, thickened with browned flour, and brought to a boil.

A poorer piece of meat, as a round steak, is sometimes used; and instead of making a *roll*, another way, very good,

is to line a bowl with a little more than half the paste, letting the latter reach to within an inch of the top. Cut the meat into bits half an inch long, roll them in flour, and moisten with half a cup of weak gravy; this can be made from the bones, or from a bit of cold steak; you may slice in an onion, if you like. Then put the meat hash into the bowl, cover with the rest of the paste, and steam as before; the bowl must be covered closely with an inverted plate or pie-pan. If there is danger of the steam getting into it, lay a folded napkin over the top before putting on the plate.

MEAT STEWS, Etc.

The dishes that are here given in the way of stews, and also the hashes that follow, serve a two-fold purpose in the household economy. In the first place, they add variety—at least in their preparation—to the routine course of which one is apt to tire, especially in winter and spring, when fruits and vegetables are scarce and high-priced. In the next place, these simple preparations, many of which are manufactured from ready-made dishes, are the means of saving the fragments that are left over, and that might otherwise be wasted. When well prepared, they are often more appetizing than their predecessors; and they ought to be equally good, clean and wholesome. There is no denying, however, that they furnish opportunity for the display of rare judgment, skill and good taste, in the person of the cook; and *this wanting, everything is wanting.*

As these dishes are usually made, the object seems to be to cover up *defects*, both in the quality of the articles employed, and in their preparation, by an inordinate amount of seasoning; whereas, the correct way would be, to preserve and retain the simple virtues existing in each of them. For if goodness is wanting in the thing itself, no amount of “mixing up,” by the endless adding of ingredients, can

disguise the fact; and the proper thing to do with it, is to reject it. On the other hand, a thing really good does not need to have its individuality obliterated, in order to make its virtues known. Indeed, if these can not be recognized without too much ado, it is pretty good evidence, either that the article is worthless, or that there is some fault in the *palate* of the one who eats it.

DIRECTIONS FOR MAKING STEWS.

The following are some general directions that have the sanction of good authority, for making plain stews:

1. Begin with the dripping—or butter, or suet, if you use it; stir into this the flour (it should be carefully browned in the oven beforehand), mixing it smooth, so as to leave no lumps; or you may wet it to a paste with a little tepid water, before adding it. Heat slowly, and stir almost constantly; when it is well incorporated add a cup or more of warm water, and let this also incorporate, by heating very gently.

2. Then put in the meat, and let it thoroughly heat through; if a steak, have it a thick one, all in one piece; you may if you like, *brown* it (not too much) in a hot skillet, before putting it into the pot; then *simmer slowly*.

3. Next in order add the vegetables, as carrots, turnips, cabbage, etc.; cook these till they are tender, but no longer. If parsley, thyme, or other sweet herb is used, add it as a rule a short time before finishing; as much cooking destroys its flavor.

4. Keep the pot or stew-pan closely covered; and where it is convenient, *shake* instead of stirring.

5. In *mutton* stews, brown the meat at the start, if you want the dish particularly savory.

6. Make vegetable stews (without meat) as follows: Add a little warm water to the gravy after it is thickened, and

the flour well incorporated by heating; then put in the vegetables, and cook till tender.

7. If an onion (or carrot or turnip) is added for its flavor, to either meat or vegetable stews, slice it into the hot dripping, and heat till it changes color; then thicken with the browned flour, add a little warm water, heat gently, stirring well, and put in the meat or vegetables.

8. In adding vegetables for the purpose of flavoring, as onions, celery, parsley, summer savory, thyme, or other sweet herbs, consult the palates of those who eat, before using them; some persons have a special dislike for one or more of these substances. Another good rule, is to use them in moderation; a taste of a thing is better than a surfeit; and the mere suggestion of a flavor, even the most delicate, is usually preferred to one that is more pronounced.

The above directions are of course general, and oftentimes it may be necessary to depart somewhat from them; in a great many meat stews, the thickening of flour is either deferred to the end, as a sort of finishing, or it is omitted altogether. The rules applicable to *all* stews are, never to start raw meats in cold water; never to put cold cooked meats into boiling water to warm them over; never to fill up with any *but boiling* water; to stew slowly; to keep the pot well covered. Bones left from a previous roast, if perfectly sweet, may be laid on top of the stew, and removed after an hour's time.

BROWNED FLOUR, GRAVIES, ETC.

What is known to cooks as "browned" flour, is prepared in this way: Spread white flour on a clean tin plate or granitized iron pan, and place in a hot oven; when it begins to tinge in color, stir constantly till it becomes an even brown; it must not scorch in the least. Then remove from the oven, and when cold put it into glass jars or bottles,

and close from the air. Shake before using, to prevent lumping.

Good gravy is made by stirring into meat liquor enough browned flour to thicken moderately, and then bringing it to a boil; there must be no lumps. If a *cream* gravy is wanted, stir the flour into half a cup (more or less) of cream, then add it to the meat liquor, and boil up a moment. Or you may make a gravy from bones (as heretofore described), or from lean meat, raw or cooked; or, take the drippings (fresh, or a day old) of a roast, remove the grease, and strain the gravy in the bottom if there is any sediment; if too strong, dilute with warm water before using it. If you make from cooked meat, or bones left from a roast or stew, add cold water, simmer slowly till the juices are all given out, then cool the liquor, strain and thicken. If from raw meat (the trimmings of a steak will do), pound it, cut into small bits, and heat in a stew-pan over a very moderate fire. Cover closely, and stir often to keep the meat from sticking; it must not scorch. In fifteen or twenty minutes, or when it is fairly browned, add boiling water (a pint of the latter to a pound of meat), and let it simmer slowly two or three hours. When done, cool, settle, and strain.

BREAKFAST STEW.

A stew—as good for dinner as breakfast—that can be prepared on short notice, after you “get home from meeting,” or from down town shopping, is made as follows: Buy your meat the day before; two or three pounds of beef or mutton, either good sirloin (removing the superfluous fat), or the poorer parts, as you can afford; cut it in small bits, about an inch in length. Then put a little dripping into a pot, slice in an onion and carrot, and a turnip if you have it, and heat till the vegetables change color. Now put in the meat, add a pint of boiling water, cover closely, and stew very slowly two hours, or till the meat is tender.

Then lift from the fire, pour all into an earthen or granitized iron basin, and set in a cool place.

Next morning, or whenever you want it, add to the meat, if you like, a little chopped parsley, or other sweet herb, put the whole into a pot or stew-pan, and simmer covered, half an hour; no water should be added. Then stir in a spoonful of browned flour wet with tepid water, let it boil up once, and dish into the tureen. Serve with baked or mashed potato, and warm corn bread.

If you have cold biscuits, split them open, and half toast in the oven—or you may brown some slices of stale loaf bread—put these into a dish, and pour the stew over; if the latter is too thick stir in half a cup of cream, and heat just to boiling before you set it off.

MUTTON STEW.

Take three or four pounds of mutton or lamb, trim off most of the fat, and cut into inch or two-inch bits; a rib piece is good, the bones being chopped in short lengths; or the neck or breast will do. Start the meat in boiling water, enough to nearly cover, remove the scum as it rises, and stew very slowly, keeping the lid on. Add a sliced onion, and cook an hour and a half, or till about tender; if you like parsley, thyme, or other sweet herb, put it in finely chopped; and if any filling up has to be done, add a little boiling water. Then drop in some small bits of light cream paste, cover closely, and cook fifteen minutes; take out the meat and dumplings, put them into a hot tureen, fit on its lid, and set in a warm place. Thicken the gravy in the pot with a spoonful or two of browned flour, wet with half a cup of cold milk or cream; boil up a moment, pour it over the dumplings and meat, and send the dish to the table.

Another way is to leave out the dumplings and flour, add a pint of green corn cut from the cob, and cook twenty minutes.

Still another method, if you have a little cold dripping, is to heat the latter till hot, slice in the onion, and a carrot if liked; put in the meat, heat till it is moderately browned, stirring frequently, and covering between times; it must not scorch. Then add the boiling water, enough to cook it, and when sufficiently tender put in the corn, or a few peeled potatoes, and stew till they are done; if the corn is not added, thicken with browned flour at the last.

MUTTON STEW WITH CARROTS.

Put into a stew-pan a little dripping, or you may take a bit of fresh suet; when hot, slice in an onion or two, and a few carrots; these must be scraped, and if large, quartered. When the vegetables have changed color a little, take them out, and lay in the mutton, which should be rather lean; a brisket or other plain piece will do. Let this brown slightly, turning it on all sides; then put back the vegetables, add boiling water to half or two-thirds cover, and stew moderately till tender; do not boil with the lid off. It will require an hour and a half, or longer if the piece of meat is large; there should be very little liquor when done.

IRISH STEW.

Take three pounds of rather lean beef, or a scrag of mutton, cut it in small pieces, and add boiling water to about two-thirds cover; you may lay the bones on top. Remove any scum that rises, and then slice in one or two onions; keep the pot covered, and stew or simmer one hour, or till the meat is almost tender. Then take out the bones, drain the liquor into a bowl, and skim off the grease. Have ready some potatoes peeled and sliced, about the same quantity there is of meat. Put into a separate kettle or sauce-pan a layer of the beef or mutton, and follow with one of sliced potatoes; repeat the layers until all are in, sprinkling each with a little thyme or parsley, if it is liked. Pour in the

skimmed gravy, cover closely, and stew half an hour; if there is not enough of the gravy add a very little boiling water, or a spoonful or two of cold gravy diluted with water. After the pot begins to bubble, you may drop in a few bits of light paste; it will cook in twenty minutes. When done, lift all into the tureen.

SCOTCH STEW.

Put three pounds of mutton cutlets into a pot, and add a pint of boiling water; skim when ready, and slice in two or three onions. Stew slowly one hour, or until the meat is nearly tender; then add six or eight potatoes, peeled, and cut through the middle. If more water is needed pour in a little, boiling hot, lay on the lid, and stew till the potatoes are done; it will take from twenty to thirty minutes. Dish into a hot tureen, cover, and send to the table; the stew should be tolerably moist at the end.

Beef may be used instead of mutton; lamb is better than either.

BEEF AND TOMATO STEW.

Take three or four pounds of good beef, streaked with fat; a rib piece is excellent. Put it into a pot, and heat till well seared and slightly browned; do not let it scorch; then add a pint of boiling water, cover, and stew slowly till done; it may take an hour and a half. If a little filling up is needed, add the water boiling hot. After putting on the meat peel five or six ripe tomatoes, slice very thin, and start them to stewing in a porcelain kettle; cook rather slowly, stirring quite often; it will require perhaps an hour, as they must stew till perfectly smooth. Then thicken the sauce with a little browned flour, wet to a smooth paste in cold water; stir this in and cook ten minutes; you will have to use the spoon frequently till the sauce is finished. When the meat is done let the water all evaporate, and brown the surface moderately, the same as a pot roast; then lift it to a

hot platter, drain the gravy into a bowl, and skim off most of the grease. Turn the tomato and gravy together, heat and stir till the two are well incorporated, and pour the sauce over the meat.

Mutton may be served in the same way; and so may beef's tongue. The sauce may be made of canned tomatoes rubbed through a colander, and cooked a shorter time.

MUTTON AND TOMATO STEW.

Put into a stew-pan two or three pounds of mutton or lamb cutlets; slice in an onion, set the pan over the fire, and let the meat sear and slightly brown on one side; then turn and brown the other. Have ready two or three raw tomatoes, not too large; peel, slice and chop them, put them in a porcelain kettle (not a common iron pot, as tomatoes corrode it), and add the meat, with whatever juices may have escaped in the searing process. Set the kettle where it will simmer slowly one hour, or till the meat is almost tender; then pour in a few spoonfuls of boiling water, or (if you use canned tomatoes) half a cup of hot tomato juice. Turn the meat once or twice, and cook from twenty to thirty minutes longer; then lay it on a platter, thicken the gravy with a little browned flour, or some bits of butter rolled in flour, boil up a moment, and pour it over. If preferred, cut the meat in small pieces before stewing, and when done lay it on dry toast, or cold biscuits split open, and partly toasted in a hot oven; then thicken the gravy, and pour it over them.

Beef-steak may be stewed in the same way; a round or flank steak will do, though it requires longer to cook.

OKRA STEW.

Put into the kettle a piece of beef or mutton, washed, and rubbed over with a trifle of flour. Add two quarts of sliced tomatoes, and half as many young okras, cut fine;

then slice in two or three onions; no water is needed. Cook in a porcelain kettle keeping it closely covered, and stew as slowly as possible, or rather *simmer* till the meat is done; it will require an hour and a half or two hours. If the okras are small and tender, you need not slice them; simply clip off the tip ends, wash well and drop into the pot.

BOILED DINNER.

- 3 quarts boiling water.
- 1 small head winter cabbage.
- 8 potatoes, medium size.
- 4 beets, “ “
- 4 turnips, “ “
- 3 parsnips, “ “
- 2 carrots, “ “
- 3 lbs. beef or mutton—the brisket is good.
- Time—two hours.

Twist the tops from the beets, and wash thoroughly with a cloth, being careful not to break the skin or rootlets; if these are broken, the juices will escape in cooking. Cover the meat with two quarts of the boiling water, and heat till the scum rises; then remove the latter, add the beets, and the carrots scraped and quartered, and simmer slowly. Prepare the other vegetables, peeling the potatoes and turnips, and cutting all (except the potatoes) into quarters. When the meat has cooked an hour and ten minutes, lift it to a platter along with the beets and carrots; put an old plate or saucer, inverted, in the bottom of the pot, and lay back the meat and vegetables. Add the other quart of boiling water, drop in the turnips, cabbage and parsnips, and after fifteen minutes the potatoes. Boil rather briskly half an hour, or until the vegetables are done; then take them up, put them in separate dishes, and lay the meat on a plate by itself; or you may place it in the center of a large platter, and arrange the vegetables around it.

Instead of the brisket or other piece, a sheep's head and feet are sometimes used.

COLD MEAT STEW.

Mince cold beef or mutton, laying aside the gristle, or other undesirable bits. Drop these (the bits) and the bones (cracked) into a pot, add a little cold water, and slice in an onion if you like its flavor. Cover closely, and stew or rather simmer, at least thirty minutes. Then strain the liquor, return it to the pot, add the minced meat, and any gravy left over; there should be enough to make the stew pretty moist; too wet for an ordinary hash. Cover, and heat almost to bubbling; if you have a few cold potatoes, slice them in. Then simmer ten to fifteen minutes, keeping the lid on, and stirring once or twice; add a spoonful of chopped parsley if liked, and lift from the fire.

In these cold meat stews, success depends upon, first, putting only *good* materials into them; second, adding enough of the essence or juices of meat to prevent their tasting "flat"; and then—not *cooking* them too much. Simply heat till the stew is smoking hot all through, and the different flavors well blended together. In preparing the above dish, you can if preferred, slice the meat thin instead of mincing it. Or if you have any tough bits of uncooked steak, it may be stewed till perfectly tender in a little water, cooking very slowly with the pot closely covered; let it get quite cold, then hash fine, and add half as much cold potato, also hashed; take for the gravy the liquor left from stewing.

BREAKFAST STEW WITH TOAST.

Take the remains of a roast or stew, slice it very thin—always across the grain—and chop fine; add a spoonful or two of cold gravy if you have it, diluting with water; or you may make a gravy of the bones, as in the last recipe.

Put the hashed meat, moistened, into a stew-pan or skillet, and add a parboiled onion (sliced) if you like it, or a little of any of the sweet herbs, chopped fine; heat rather slowly fifteen to twenty minutes, or till the mass is thoroughly hot, stirring often. Then pour in half a cup of cream or new milk thickened with browned flour, stir all together, cover closely, and when the stew begins to boil remove it from the fire. Have ready a few slices of dry toast, or split open some cold biscuits and half brown them in the oven; lay these on a plate, pour the stew over, and send to the table.

Cold beef-steak may be cooked in a little water till very tender, and when cold, chopped fine; return it to the pot, along with its liquor, and add any cold gravy left over, or a spoonful or two of meat juice taken from the bottom of fresh dripping, if you have it. Heat till hot, and then stir in part of a cup of cream or milk, thickened with browned flour; let all come just to a boil, and pour the stew over dry toast, or stale biscuits split open and heated through in the oven.

COLD MEAT AND TOMATO STEW.

Cut the cold meat, beef or mutton, into inch bits; then crack the bones, add a pint or more of cold water, stew gently three-quarters of an hour, and strain the liquor, of which there should be a cupful. Pour it into a porcelain or granitized iron kettle, and add tomatoes, peeled, sliced and chopped—or you may use canned ones—half as much as there is of the prepared meat; then put in the latter, adding if liked, an onion or carrot thinly sliced; lay on the lid, and *simmer gently* one hour, stirring now and then. If the stew is still rather thin, thicken it a trifle with browned flour wet in cold water, heat up a moment, and remove from the fire. Fragments of uncooked meat, as tough steak, may be cut into small pieces, and stewed in the same way, only twice as long.

Another way is to slice the meat very thin, cutting across

the grain, and chopping fine; then peel, slice and chop some tomatoes, not too ripe; you will need about half as much tomato as meat. Put these into a porcelain kettle, and while they are heating prepare an equal quantity of bread-crumbs; when the tomatoes are hot add the chopped meat, and a spoonful or two of cold gravy. Mix these together, and put in the crumbs; then cook, covered, ten to fifteen minutes, stirring frequently. This is an excellent dish; you can vary it by adding with the meat a few cold sliced potatoes, and less crumbs; then heat as before, till all are smoking hot.

ANOTHER.—Peel some tomatoes, and slice them very thin; slice the cold meat as thin as a shaving, and sprinkle flour lightly over it; have about half as much tomato as meat. Put these into a porcelain or granitized iron kettle, add a sliced onion or carrot, and a little meat juice saved from a pot roast; simmer slowly one hour, keeping the kettle well covered. Stir occasionally, and dish as soon as done.

ECONOMIC STEW.

Put into a pot a knuckle of young beef, add a quart of boiling water, and start to cooking; remove any scum that rises. Then slice an onion into a hot skillet with some dripping in it, cover and heat, stirring once or twice, till the onion changes color; add a little boiling water, slice in two or three carrots, lay on the lid, and cook ten minutes. Turn these into the pot, cover closely, and stew or simmer *very slowly*, three hours, or until the meat is ready to slip from the bone. In finishing, add a little chopped parsley or other sweet herb, if desired. Then dish, thicken the gravy with a trifle of browned flour, boil up a moment, and pour it over the joint. Or you may have ready some slices of toast, place the meat on it, and pour the gravy over.

ECONOMIC STEW.

Cover a hock or shank of beef with boiling water, and place over the fire; do this soon after breakfast, allowing three or four hours to cook. Slice in an onion, carrot or turnip, or all three if desired, and stew very slowly until the meat is about tender; then add a stalk of celery if you have it, or a little chopped parsley, thyme or other sweet herb; also peel and put in half a dozen potatoes, cutting them through once or twice if they are large. As soon as a fork will go through them, lay in some bits of stale loaf bread, or dry toast; cover the pot five minutes, then dish all together.

CHICKEN OR SQUIRREL STEW.

Take two young chickens or two squirrels, dressed and cut in joints; six or eight tomatoes, peeled and quartered; six ears of young corn, cut from the cob (use a sharp knife, shave thin, not cutting down too *deep*, and scrape out at the last); one pint of butter beans, or Limas; two small onions, sliced very thin; one gallon of water, not quite boiling.

Put the chickens (or squirrels) into a kettle, add the water, and heat till you can remove the scum; then put in all the vegetables except the corn and tomatoes, and stew, or rather simmer, two hours; add the tomatoes, and cook slowly another hour; then the corn, and stew half an hour longer. If not thick enough, stir in one or two rolled crackers before dishing into the tureen.

HASHES AND TOASTS.

A dish of hash, usually so common-place, can easily be made one of the most savory of meat preparations; this too, without the aid of salt, pepper, butter or other condiment,

save the pieces of the meat itself. Unfortunately, these mixed dishes are too often anything but creditable to the cook; they are neither clean, palatable, nor wholesome; and they are not in the least attractive. There is no good reason, however, why they should not be both clean and palatable, and as wholesome as other meat dishes—in which case there would be less need to disguise their defects by the addition of pungent condiments. In making hashes, note carefully the following:

1. Put no meat into the hash that you would not willingly chew and swallow before it is minced; in other words, throw out all the hard, gristly, skinny bits; leave no big lumps of solid fat, and no stringy, unsightly pieces. Make the hash either of good lean meat, or meat that is streaked more or less with thin layers of well-made fat.

2. Slice every part very thin; the lean meat always across the grain or fiber, and the fat pieces shave *exceedingly thin*, and chop fine.

3. Chop all well together, making the hash as fine as mince-meat; leave no large bits or “chunks” to contend with.

4. Have the stew-pan thoroughly *clean*, and your chopping-bowl the same.

5. If you put in meat juice saved from a roast, see that it is sweet; take the fat from the top, and all the sediment from the bottom of it; or if the meat is very lean, you may save just a little of the fat—or add a lump of fresh butter.

6. If cold potatoes are used, see that not a single one or piece of one goes in, that you would object to eating before it becomes part of the dish in hand.

7. In adding raw potatoes slice and chop them, and cook five to seven minutes in *very little* water before turning them in with the meat.

8. Should bread be put in, trim off any burnt or half raw portions, if such there be, in or around the loaf; grate it

very fine, and add *after* the meat and potato are well heated through.

9. If water is needed, put it in at the start, boiling hot ; and not so much of it as to make the hash sloppy.

10. Add the different ingredients in the following order : First, put into the pot the gravy or meat juice, this latter diluted with water ; slice in the onion (if used), and heat slowly ten minutes, to partly cook it ; then add the chopped meat, and heat again ; then the parboiled potatoes, stirring them well through the mass, with more heating ; lastly, the crumbs, and a *final* heating and stirring—the pot to be kept covered, as closely as possible.

11. After all are in, cook the hash ten to fifteen minutes, or long enough to make the whole mass steaming hot, and to blend the different flavors well together ; stir frequently.

12. Serve as soon as done, with mashed or baked potatoes.

With these precautions, your dish of hash will not need an apology.

BEEF OR MUTTON HASH. ‡

Take cold beef or mutton, roasted, stewed or boiled, and slice it very thin, cutting across the grain or fiber ; throw out any hard, gristly bits, or other undesirable portion. If there is much fat take only the best of it, and no more than is needed ; be sure you shave it as thin as possible. When all the meat is sliced, mix the fat and lean together, and chop fine ; if you have a bowl of fresh dripping, the gravy in the bottom—which it is well to save for hashes—may be diluted with water, and used to moisten. If you have none, crack the bones after the meat is off, put them into a stewpan, add the rejected pieces (all *clean*, of course), a sliced onion if liked, and a pint of cold water ; stew slowly, half to three-quarters of an hour, then strain the liquor, and set it by for the hash. You may add to the meat stale bread-crumbs, or potatoes, or both, combining these in various

proportions. The following, however, is one of the best combinations that you can make ; though some like less crumbs, and some none at all :

Have one part hashed meat, one part stale bread-crumbs, and one of raw chopped potato. Put into a pot the liquor, strained from the bones; or (if you have it), the gravy left from a roast, first removing the grease from the top, and the sediment from the bottom; a third of a cup of it ought to be sufficient for a quart of the meat. Dilute the gravy in the pot with enough boiling water to make the meat pretty moist; but before putting in the latter, slice in an onion if you like its flavor, lay on the lid, and cook ten minutes; then add the meat, cover closely, and heat again, stirring once or twice. In the mean time put the chopped potato into a separate vessel, add just a *little* boiling water, and cook five to seven minutes; have ready the bread-crumbs grated fine, using good home-made Graham loaf, unsweetened. When the potatoes are done enough (they should be about half cooked), turn them in with the meat, and stir well together; let these get steaming hot before you add the bread. Then cover again and heat thoroughly, stirring several times; cook from ten to fifteen minutes, or till the several ingredients are well blended together; then dish into a tureen, cover, and send to the table. The hash should be rather dry when done; serve with baked or mashed potato.

HASH WITH COLD POTATOES. ‡

In making hash you can use cold boiled potatoes, but they are not as good as raw ones, chopped and parboiled. If the cold ones have been boiled in their "jackets" remove the skins, trim off any imperfect spots or ends, and throw out the wet ones; if you do not do this you will spoil the hash. You can make it of meat and potato, leaving out the bread; but if you have a bit of stale loaf, put it in. When

no bread is used, take as much potato as there is meat; some like *twice* as much, provided there is plenty of cold gravy to moisten; in the absence of this, you may have to use a bit of fresh butter.

Cut the meat in thin slices, always across the grain, and chop fine; put the gravy into a stew-pan, add a little boiling water, and slice in one or two onions, if liked; cover closely, and cook ten minutes. Then add the meat, cover again, and let it get well heated through; then the potato, stirring well together, and laying on the lid. Continue the cooking ten to fifteen minutes, or long enough to make all very hot, and to blend the flavors thoroughly; stir often.

A good breakfast dish is made as follows: Make a fine hash of beef's tongue (some use corned beef), and cold potato, using the liquor in which the tongue was boiled, to moisten; then cook as before. You can have more potato than meat, if you like; and a little onion sliced and par-boiled, may be added if desired.

BAKED HASH.‡

Take cold beef, mutton or lamb, or some of each, slice it very thin across the grain, and chop fine; moisten with a little cold gravy or meat juice, from sweet dripping; and if you like an onion, slice it as thin as possible, and parboil ten minutes before putting it in. Prepare some stale bread-crumbs from good home-made Graham loaf, if you have it; there should be about as much bread as meat. Stir all together; and if the gravy added does not make the mixture wet enough—it should be rather moist—add a very little boiling water, and stir well. Put the hash into an iron bread-pan, smooth the top nicely, and bake in a hot oven fifteen or twenty minutes; it should be slightly browned or crusted, top and bottom.

HASH ROLLS.

Prepare the meat as for an ordinary hash, chopping it very fine; you can moisten with a spoonful of cold gravy or meat juice, if you have it; add an equal quantity of mashed potato (fresh is best), and the same of stale bread-crumbs finely grated, and soaked in milk or cream. Work all well together with the hand, make into rolls about three inches long and half the thickness, and brown in a hot oven fifteen to twenty minutes. Or you may spread the hash smoothly in a well-oiled bread-pan, and set it in the oven; when browned in the bottom turn it into a flat dish, the crusted side uppermost, and send to the table.

Cold fish may be picked up, mixed with fresh mashed potato and a few fine bread-crumbs (the latter soaked in milk), and baked in the same way.

MINCED LAMB.

Cut the cold meat from the bones, slice it very thin, and chop fine; then crack the bones, put them into a stew-pan with other rejected bits, or a chop left over, and cover with cold water; slice in an onion if you like it. Simmer about an hour, then strain the liquor, and thicken it a trifle with browned flour moistened with milk or cream. Return it to the pan, add the meat, and a little cold chopped potato; cover closely and heat till very hot, stirring once or twice; the hash must not be too moist. Serve with dry toast, or eggs and toast.

If there are no bones to make the gravy, add a little cold gravy or meat juice diluted with water, or half a cup of milk or cream, and thicken as before. Beef or mutton left over, may be similarly prepared.

MINCED TURKEY.

Take a sharp knife, slice the meat thin, and chop it fine. Then crack the bones, put them into a pot with the neck,

skin, and other inferior pieces, nearly cover with cold water, and simmer half an hour. Strain out the liquor (there may be a cupful), thicken it with browned flour wet with milk or cream, bring just to a boil, and set it off. When half cold, put in the minced turkey, and if there are a few bits of dressing, add them; if the mixture is not wet enough, stir in a little cream or milk; it should be pretty moist. Cover the pot, and heat slowly till it is ready to boil; stir once. Then lift from the fire, and pour the stew over a plate of stale biscuits split open, and crisped in a hot oven.

BEEF AND TOMATO HASH.

Prepare equal quantities of minced beef, raw chopped tomatoes, and fine bread-crumbs of stale Graham loaf; the meat should be sliced thin, and chopped fine. Fill an earthen or granitized iron pan two or three inches deep, with layers of these, in the following order: First tomatoes, then crumbs, then meat; two layers of each will nearly fill the dish; then add another of tomatoes. Before putting in the meat, moisten it with a little cold gravy if you have it; some like a spoonful of finely chopped onion mixed with the hash. If canned tomatoes are used drain off the syrup, and take part of this to moisten the crumbs. Cover, and bake in a moderate oven about an hour and a half—though a thinner hash will bake in less time. Serve with boiled or mashed potato.

Another way, very good, is to prepare equal quantities of chopped tomato and stale bread-crumbs, and as much meat as there is of these put together; the meat should be sliced very thin and chopped fine. Then heat the tomatoes thoroughly, stir in the crumbs and meat, and add a spoonful or two of cold gravy; cover closely, and cook ten to fifteen minutes. Stir several times, and dish as soon as done.

HASH AND MACARONI.

Break the macaroni into inch lengths, put it into a sauce-pan, and barely cover with boiling water; stew twenty minutes. In the mean time hash the meat, and peel and chop some tomatoes; there should be nearly as much tomato as meat, though less will do. When the macaroni is done drain it, saving the water in which it boiled; then fill an earthen dish with layers of tomato, meat and macaroni, adding them in the order named; moisten the meat with part of a cup of cold gravy, if you have it. Or if there are bones, start them in a little cold water, and simmer, covered, half an hour; then strain the liquor, and moisten with this. When all are in, pour over the whole the water saved from the macaroni (of which there may be half a cup), and if there is too much moisture, sprinkle over a light layer of very fine bread-crumbs, dry and stale, or some rolled crackers. Cover, and bake in a moderate oven, forty to fifty minutes.

HASH WITH ONIONS.

Cut the meat in short lengths; or you may slice it, not very thin, and chop moderately. Put into a stew-pan part of a cup of cold gravy, or the meat juice saved from a roast; and if the hashed meat is rather lean, add to the contents of the pan a little fresh butter, or dripping. Heat till hot, and slice in several onions; let these cook till they change color, and then add nearly a cup of boiling water, or enough to make the hash pretty moist. Now put in the meat, and stir all well together; you may add also, if you have them, a few bits of cold potato. Cover, and heat ten minutes, or till the hash is very hot, stirring several times; then turn into the tureen. This is a convenient dish for wash-days, as it needs little preparation.

HASH TOAST.—(*Good.*)‡

- 1 quart hashed meat.
 $\frac{1}{3}$ cup cold gravy or meat juice.
 $\frac{1}{2}$ cup sweet cream.
 $\frac{1}{2}$ “ warm water.
 1 teaspoonful browned flour.
 Dish of sliced bread, toasted.

Slice the meat very thin, chop it fine, and mix the browned flour through it. Dilute the cold gravy with the warm water, turn it into a stew-pan, and add the meat; cook slowly ten minutes, stirring once or twice. Then set the pot back where it will cool a little; after ten minutes stir in the cream, heat *almost* to boiling, and the toast being ready, pour the hash over it.

Another way is to make the hash a little drier, using all water instead of part cream; when it is finished and poured over the toast, break an egg over each of the slices, and then heat in the oven till the whites are set.

MILK TOAST.‡

Good, home-made Graham loaf, two or three days old (always unsweetened), makes the best toast. Slice it evenly, and scarcely half an inch thick; if the crust is scorched in baking, trim off the burnt edges. Then toast each piece to a light even brown, on both sides; do not hurry the process too much, or you will simply burn the surface, leaving the middle portion soft. As you toast, place the slices on a tin platter, and set where they will keep warm. After finishing, scrape off any scorched edges with a knife, dip each slice quickly into boiling water, and lay it in a deep dish or tureen. When all are in, pour over them enough milk heated just to boiling, to almost cover the whole. In two or three minutes shuffle the slices, leaving the hard, crusty pieces in the bottom, and the better soaked on top;

do this carefully, so as not to break them. Then cover the dish, and send to the table. If properly managed, the milk will nearly all be soaked up by the time the toast is served; its good rich flavor will be better preserved than where there is a great quantity of fluid, and the bread will not be too soft and sloppy.

Another way is, not to dip the slices in boiling water, but to lay them dry into the dish, and set in a warm place; turn together equal quantities of milk and water, heat the mixture to the boiling point, and pour it over. There should be about as much as the bread will absorb.

EGGS AND TOAST.‡

Slice the bread, good home-made Graham loaf, rather stale, and toast to a light brown on both sides; the slices should be evenly cut, and nearly half an inch thick. When toasted, set in the oven to keep warm. Then fill a skillet or frying-pan with clean hot water, and place over the fire; when it comes to a boil, break the eggs one at a time into a wet saucer, slip carefully in, and cook till the whites are set; then with a spoon or perforated skimmer, take out each egg, and lay it on the toast.

An excellent dish is hash toast (already given) made not very wet, and a poached egg laid on each slice.

ASPARAGUS TOAST WITH EGGS.

Wash and scrape the asparagus, letting it lie a few minutes in cold water; then tie it in little bundles and boil till tender, in water enough to cover. In the mean time, prepare from stale, home-made Graham loaf a dish of toast, evenly browned, and set where it will keep warm. When the asparagus is done, drain off and save the water in which it boiled, and moisten the toast with it; do not make too wet. Then clip off the tender ends of the stalks, and lay

them on the slices; break an egg over each, and place in a hot oven till the whites are firm.

EGGS.

Fresh eggs, particularly *white* ones, have a thin rough shell which an experienced eye will know at sight. As they get stale the shell thickens, and becomes smooth and shining. To tell whether an egg is spoiled, hold it up between your eye and a lighted candle; if not good, it will look clouded; the outline of the yolk will not be distinct, and the white not clear—or the whole mass will be opaque.

BOILED EGGS.

It is difficult to *time* eggs, if more than two or three are boiled at once; when there are a dozen or more, they cool the water, so that you will have to count from the moment it begins again to bubble. Very much too depends upon the size of the eggs, and also the thickness of the shells; the clear white ones (fresh), are thinner than the buff-colored.

Have a good kettle of boiling water over a hot fire, and drop the eggs in with a spoon to prevent breaking them. If they cool the water till it stops boiling, count from the time it begins again; and if wanted soft, cook two minutes and a half—or two minutes, if the eggs are small. But if they boil from the time they reach the water, allow two minutes and a half for the small, and three for the larger ones; this should coagulate the whites, and leave the yolks soft. If liked neither hard nor soft, but the yolks a little firm, allow three minutes to three and a half, according to the size of the eggs. If you wish them hard, cook ten to fifteen minutes, or even longer; some say half an hour; the longer the time, the drier and more mealy the yolks.

SOFT BOILED EGGS.‡

Bring the water to a boil ; then set back (or off), where it will keep hot, but not bubble. Drop in the eggs, and let them remain from four to six minutes ; those with thin shells will cook first. By this method the whites do not harden, but coagulate to a jelly-like consistency.—A delicate dish is made as follows : mash hot potato very smooth, making it rather soft with milk ; then break the jellied eggs over it, and serve immediately.

POACHED EGGS.‡

If you have muddy, river water, either filter it, or boil and settle. Place over a hot fire a clean skillet or frying-pan nearly full of water, and when it boils set it up a moment. Break the eggs separately into a wet saucer, and slip them in ; you must not crowd them. Then return the pan to the fire, and cook moderately three to four minutes. Or a better way, it may be, is to place where the water (which has just boiled) will keep hot, but not bubble ; let the eggs remain in it five to seven minutes, or till the whites are cooked. Then lift them out one at a time, with a spoon or perforated skimmer, drain well, and lay in a hot dish, or on dry toast.

BAKED EGGS.

Break into an oiled pie-pan as many eggs as it will conveniently hold, and place in a hot oven till the whites are fully set, and the yolks as done as desired ; then slip to a plate, and serve. Or you may break the eggs into small vegetable dishes, bake, and serve without lifting.

SCRAMBLED EGGS.

Oil the skillet with a little clean dripping, and place it over the fire ; break the eggs into a saucer (one at a time, to avoid bad ones), and then turn them into a bowl, being careful not to break the yolks. When the skillet is pretty

hot but not scorching, pour in the eggs; and the moment they begin to whiten, turn them up from the bottom with the end of a knife. Continue this process, turning as fast as they cook, till the mass is sufficiently done; then lift to a hot dish, and serve immediately.

SCRAMBLED EGGS.

Pour into a deep earthen pie-pan half a cup of thin cream, and let it come almost to a boil. Then break in the eggs, being careful not to disturb the yolks; when they begin to whiten, separate with a knife by cutting between them, and then scrape up from the bottom as they cook. Have the heat moderate, else the eggs will cook too fast, and take from the fire before they are *quite* done, still turning from the bottom as you lift the pan. They should be in large flakes of white and yellow, delicately blended, and yet separate.

OMELET.

You can make an omelet of three eggs, or twice the number; but the larger it is, the more difficult to make it. The better way, therefore, is to make two small ones, rather than a large one; the eggs (or at least the yolks) must not be beaten too much; and the omelet must be served as soon as done. The following is said to be an excellent recipe:

Break three eggs into a bowl, and beat gently till you can dip up a spoonful; then stir in half a cup of milk or cream. Put into a frying-pan a little fat from sweet dripping, or a bit of fresh butter; heat till the oil commences to sputter or hiss, and then pour in the omelet. When it begins to bubble and rise in flakes, lift with a fork by dipping the latter in here and there, and raising the mass from below. Persevere in this lifting process, by which the cooked portions are brought to the surface, and the raw egg is let down to the bottom. In three to five minutes the whole will be sufficiently done, and the under surface firm enough

to adhere together. Shake the pan a little, to loosen it, run a knife under one half of the omelet, and fold it over on itself; then slide it out on a hot platter, and serve.

OMELET. ‡

Beat separately the yolks and whites of three eggs, the former just till they are smooth, and the latter to a stiff froth. Stir into the yolks half a cup of milk—new, if you have it; some add a sprinkle of chopped parsley; then stir in the beaten whites; oil a frying-pan, heat till it is hot, and pour in the omelet. As it cooks shake constantly, instead of stirring; and if it inclines to stick to the pan, loosen with a knife around the edges, or lift it up gently from the bottom. The moment the omelet is done enough, slip the knife under one side, turn adroitly, folding one half of it over the other, and slide to a hot plate.

Another way, well recommended, is to beat separately the yolks and whites of four eggs, the whites to a stiff froth. Then take a cup of milk, and a good tablespoonful of flour; form a batter with the flour and part of the milk, stir in the remainder, add the beaten yolks, and mix all well together. Then stir in the whites, beating well, and bake on two small griddles, well oiled and hot. As soon as sufficiently cooked fold each omelet on itself, and (if necessary) set in the oven a moment at the last; if not quite done, they will fall. Some omit the flour; and the moment the omelet is done enough fold it *twice*, forming a sort of roll; in serving, cut across it.

ASPARAGUS OMELET.

Beat the yolks and whites of four eggs together, add two-thirds of a cup of good milk, and half a cup of cold asparagus tops; or you may use cold cauliflower, chopped fine. Stir all together, and turn the omelet into a pan, well oiled and hot; shake, as it forms or thickens at the bottom, and loosen with a knife or cake-turner, if it adheres. Fold

on itself when done, by turning one half over on the other; then invert the pan over a hot plate.

PRACTICAL HINTS.

DINING-ROOM AND KITCHEN.

No room is fit to live in that has not a free circulation of dry air under it, and at some hour of the day a stream of sunshine into it. If possible, plan your house so as to let into the kitchen and dining-room the *morning* sun; it will warm and cheer in winter, and in summer it will be less oppressive than the noonday heat, and less sultry than an afternoon sun. In the very warmest weather the shutters may be closed, or partly closed; or a tree near by with thick foliage, may cast its friendly shadow in mid-forenoon.

Let the ceilings be high (eleven or twelve feet would not be too much), and let the windows be raised and lowered by means of pulleys. If this can not be done, then have them so adjusted that both windows—there should be two in each room—can not only be raised from the bottom, but lowered from the top. If there is a transom above the outside door of the kitchen, have a spring fastened to it for opening. By means of these simple appliances, the hot air can be let out, and the cold air let in; thus securing thorough ventilation, with none of the close bad smells that are so often found in the rear. A good big ventilator just above the stove or range, is also desirable; this carries off a stream of hot air, and cooler currents take its place. Many a poor woman—perhaps a wife and mother—has been sent to the insane asylum from living in a hot close atmosphere, in a small kitchen with only one window, and a very low ceiling.

After what has just been said, it would scarcely be necessary to add, that *basement* kitchens are as a rule insuffer-

able. The lack of sunshine, the poorer ventilation, and worst of all, the *dampness* that pervades all basements, were enough certainly to condemn them. Besides, a kitchen down stairs is exceedingly inconvenient, even with an elevator; the cook must either *live* in the basement (having everything brought to her), which is a sort of prison life or she must climb the stairs many times every day.

The best floor for a kitchen and dining-room, is one of smooth hard wood, well oiled; this will show no grease spots and it is easily kept clean. A good thick rug, laid in front of the kitchen table for the cook to stand on in winter, will keep her feet warm; she can lift and shake it each morning, when she sweeps. The outside door should be weather-stripped at the bottom (and up the side if necessary), to keep out cold draughts of air. The dining-room should have its own fire-place or register, and not depend upon the kitchen for its heat; for along with the warm air, the *odors* from that quarter will also find admittance.

The character of the purse-holder, is not unfrequently shown in the furnishing of the dining-room and kitchen, particularly the latter. To do first-class cooking without suitable utensils and other accommodations, is next to impossible; and if these are wanting it is evidence either of bad judgment, penuriousness, or downright poverty. It is a common saying, therefore, that in the furnishing of a house, one should *begin* in the rear.

To be brief, then, the dining-room and kitchen should be light, airy, clean, and well furnished; they should also be sufficiently roomy, both in lateral dimensions, and in height. In a sanitary point of view, as well as for cleanliness, the air in these apartments should be *pure*. It is a fact too little understood, that water and other liquids, and even semi-fluid substances, as stewed fruits, juicy vegetables, etc., have the power of absorbing foul gases from an impure atmosphere, to such an extent as to render them half poisonous;

from which it follows, that the disagreeable odors escaping from filthy dish-cloths, grease burning on the top of the stove, musty old carpets, pans of stale garbage, foul drain-pipes, etc., are not only *breathed* by the inmates of the house, but they are actually eaten!

Look to it, then, that the *plumbing* is in the best of order, and the sink kept scrupulously clean. Have no dogs lying round the stove, and not very *many* cats or kittens; these, as a general rule, do not improve the sanitary condition of things. In the kitchen, every *inch* of the floor (especially if it be carpeted), should be well kept, and well swept; and the woodwork and furniture in both dining-room and kitchen, ought to be as carefully dusted and cared for, as any in the house. These rooms should be thoroughly aired, every morning; and through the day the kitchen should have as few occupants as possible, especially in the winter season, when the ventilation is less perfect. Moreover, the cook, whose presence is absolutely necessary, should be particularly careful as to personal cleanliness, bathing, change of clothing, etc.; nothing indeed is more desirable, than that this individual should be scrupulously neat in all her habits.

As respects the dining-room, the table linen should be changed as often as necessary; and when soiled it should be washed by itself, and well ironed. There is as much in the neatness and order with which every thing comes to the table, as in the quality of the furnishing; and any defect in the former, is even less excusable than the latter.

In hygienic households, the manner of setting the table differs somewhat from the ordinary methods. As there is neither tea nor coffee, there are no cups and saucers, and of course no serving of the beverages named. In their stead will be found at breakfast or supper, a dish of stewed or canned fruit, which is served from the head of the table, and at the beginning of the meal. The only liquid that is

ever passed—and this can scarcely be called a beverage—is grape or other fruit juice, served in goblets, and sipped or eaten with bread, or plain cake. A dish of raw fruit, as apples, peaches or grapes, is usually served at breakfast, and eaten the first thing on sitting down to table; and grapes, pears, or small fruits, are often served at supper. Oranges and bananas, if taken at the regular meal, are served at dinner. These dishes (or baskets) of raw fruit, usually occupy the center of the table; and when tastefully arranged with green leaves and bright rosy fruit, handsomely draped with rich clusters of grapes, they are as ornamental as they are palatable.

Really, there is no table more attractive, or more truly artistic, than that which is laden with the simple products of the soil; it brings together in choice combination, the golden grains variously prepared, the luscious fruits fresh from the trees and vines, and those rarest of gifts, the fragrant flowers, wet with the dews of the morning. It not only feeds the hungry stomach, giving strength to every part of the body, but it satisfies a something in our nature, that ranks *higher* than mere animal existence.

TABLE ETIQUETTE.

Who was it that said, "Let me see a man eat, and I will tell you what manner of bringing up he has had?" Whether or not this be strictly true, it is nevertheless a fact that the *table* is the place, of all others, to distinguish between the country boor (though boors are not confined to rural districts), and the well-bred gentleman or lady. It is also the place where true innate refinement of mind and heart, as well as a narrow, depraved selfishness, has opportunity to display itself. For while there are certain peculiarities or customs that are purely arbitrary, and that are limited to special localities, there are likewise certain principles of

'good breeding, that are common to all people of intelligence and culture.

It is not enough, therefore, that we conform to a particular *style* of manners, belonging to some individual city or country; outside of these conventional forms, we shall find oftentimes the very essence of true politeness, in the careful observance of those simple usages and customs, which in civilized society are applicable to all places and all times. A nice appreciation of these, is to a great degree intuitive; though very much can be instilled into the mind, by thorough training in childhood.

The ever-watchful mother, who desires that her children as they grow up, shall take rank among the *best* in the society in which they live, will not fail to educate her sons and daughters in these seemingly small, but really important things. She will teach them to show proper deference to older people, to visitors, or strangers; to sit down at table, or to rise from it, noiselessly; to wait patiently until *helped* to food; to pass dishes to others before helping one's self; to avoid appropriating the best—or largest piece—of what is offered; to take from the plate the bit lying *nearest*, leaving the others untouched; to *ask* for bread or other articles, rather than reach for them. She will also instruct each one to accept (or politely decline) the thing offered, *at once*, making no excuses, and no awkward delay; to decline what is not wanted in so gracious a manner, that its refusal shall seem complimentary, rather than otherwise; to avoid jostling his neighbor's elbow, or passing dishes in front of that individual's plate; to sit erect, neither too near the table, nor too far from it; and if it is necessary to move one's chair, to do it quietly.

It is said to be easier to drill a regiment of soldiers, than to train an army of little ones. But the maternal head is supposed to be equal to every emergency; she must be all eyes, and all ears—yes, and all *patience*. Fortunately, labor

and love, joined with untiring perseverance, usually conquers all things; by the time her young cadets are fully grown, they will have learned how to handle their "weapons" properly. Each will have mastered the art—always so difficult at first—of holding the knife and fork in a proper manner; he will now be able to lift his food with the latter, rather than the former; to take small mouthfuls, "carrying the food to the mouth, not the mouth to the food;" to close the lips while masticating, and to swallow each mouthful without apparent effort. And by the time he is ready to enter society, he will have solved the mystery of supping his soup or other liquid inaudibly; of eating without dropping his food on the table-cloth, or slopping (or dragging) it over the edge of his sauce-dish. If more food is wanted, he will no doubt remember the instructions (oft repeated), to *ask* for it, and always in a polite manner; to be helped moderately, and not to too many varieties at a time; and furthermore, to leave little or nothing on the plate when done. It is a wasteful and slovenly habit among Americans, that of leaving the plate half full at the end of the meal—or passing it in that condition to the waiter, in expectation of another course.

When seated at table avoid tapping the plate, rattling the dishes, playing with your knife and fork, or leaning with the elbows on the side of the table; and on no account so far forget yourself as to put your own knife or spoon into the dishes near you—or, what is thoroughly disgusting—to use the corner of the table-cloth, in place of a napkin; if this little convenience is *wanting*, then your own pocket handkerchief would be the only admissible substitute. In using the napkin be sure you make it do its work thoroughly (this to gentlemen who wear a heavy mustache), then fold it neatly, and lay it beside your plate. Whether at table or elsewhere, try not to annoy others by repeatedly clearing the throat; and if while you are eating, the handkerchief

becomes a necessity, endeavor to use it inaudibly, and in as inconspicuous a manner as possible. Before rising from the table, lay your knife and fork on your plate, placing them side by side. If bits of food have lodged between the teeth, defer using the tooth-pick until after you have left the table; then follow with the tooth-brush, using it thoroughly. Should it be necessary to leave the table before the rest are done, ask the lady who presides at its head to please excuse you; do this very quietly, and as *politely* as possible. The hostess in like manner, should grant the favor with the same gentle courtesy.

All well-bred people avoid very loud or boisterous laughing or talking, at table; they also discriminate as to who should take the *lead* in conversation, giving the preference to those whose age or superior wisdom entitles them to it. Nor will a person who has been well brought up, rudely interrupt another while he is speaking (even Indians talk one at a time), or contradict his statement in an abrupt or excited manner; he will wait patiently till the other has finished, then quietly take his turn in the conversation, and if he entertains opposite views, present them in a way that will not give offense; one can be thoroughly in earnest without being dogmatic, or in the least discourteous. Moreover, it is a rule to be observed in conversing at table, that questions requiring an immediate answer be put *at the proper interval*; and not when the person addressed has just taken a fresh mouthful. The reason of this is obvious, since no one of any sort of good breeding would attempt to utter a sentence with his mouth filled; and to compel him to do so, or—what is even more embarrassing—to oblige him to consume half a minute in masticating and swallowing his food before he can speak, is to violate one of the first rules of etiquette.

On the other hand, if one takes his food hurriedly and in large mouthfuls, he gives no *opportunity* for putting the

question, and allows himself none for making a response. In other words, he makes the business of the hour, *eating*, not talking. This may be excusable under certain circumstances; but to eat habitually at railroad speed, is to deprive one's self of a vast amount of pleasure in social life, which has no equivalent in mere gustatory enjoyment. The English and Scotch people, and indeed most foreigners, seem to understand this better than we; they make the hour of eating a time for social chit-chat, in which the pleasures of the appetite are more than equaled by the feast of fellowship and good cheer, that gives relish to the plainest viands.

And really, there is no good reason why we should not to a certain extent imitate their example; we have but one life to live, between the cradle and the grave; then why not enjoy the pleasures of home, family and friends, while we have them? At the generous board, whence the wants of the body are supplied, let there be an *added* repast to feed the hungry soul. Here every one, from the oldest to the youngest, should be put upon his best behavior, bringing nothing to the table that is disagreeable or unwelcome. Let the troubles and trials of every-day life retire into the background; leaving for after remembrance the cheerful faces, the social gathering and the kindly words, which do so much to make up the sum of human happiness, and to bind the members of the household together. If strangers or friends are gathered here, let this be the time and place to extend, not merely the common courtesies of life, but large-hearted, generous hospitality. The very *poorest* can give this; not in rich or costly viands, but in the warmth of a kindly heart. A crust of bread is sweet, if offered with an open hand.

HOUSEKEEPING.

There is entirely too much embraced in the term "house-keeping," to be set forth in a single chapter; and it may be a question whether the discussion of a theme so suggestive,

should be undertaken in a work of this kind. It may also admit of a doubt, whether it is of much use to lay down any set rules in regard to the furnishing of a house, when we take into account the fact that a style which might be in every way suited to a given locality, or to a particular station in life, would be wholly unsuited to another. There are, however, certain things pertaining to housekeeping, that hold good at all times, and that every housekeeper ought to know. Some of these things are so well expressed in that excellent work, the *Buckeye Cookery*, and are so thoroughly fitting, that the author has ventured to quote from it, *verbatim* :

“Housekeeping, whatever may be the opinion of the butterflies of the period, is an accomplishment in comparison to which, in its bearing on woman’s relation to real life, and to the family, all others are trivial. It comprehends all that goes to make up a well-ordered home, where the sweetest relations of life rest on firm foundations, and the purest sentiments thrive. It is an accomplishment that may be acquired by study and experiment, but the young and inexperienced housekeeper generally reaches success only through great tribulation. It ought to be absorbed in girlhood, by easy lessons, taken between algebra, music and painting. If girls were taught to take as much genuine pride in dusting a room well, hanging a curtain gracefully, or broiling a steak to a nicety, as they feel when they have mastered one of Mozart’s or Beethoven’s grand symphonies, there would be fewer complaining husbands, and unhappy wives. The great lesson to learn is, that work well done, is robbed of its curse. The woman who is satisfied only with the highest perfection in her work, drops the drudge and becomes the artist. There is no dignity in slighted work; but to the artist, no matter how humble his calling, belongs the honor which is inseparable from all man’s struggles after perfection. No mother who has the

happiness of her daughter at heart, will neglect to teach her, first, the duties of the household; and no daughter who aspires to be queen at home, and in her circle of friends, can afford to remain ignorant of the smallest details that contribute to the comfort, the peace, and the attractiveness of home. There is no *luck* in housekeeping, however it may seem. Everything works by exact rule; and even with thorough knowledge, eternal vigilance is the price of success. There must be a place for everything, and everything in its place; a time for everything, and everything in its time; and 'Patience, patience,' must be written in glowing capitals all over the walls. The reward is sure. Your husband may admire your grace and ease in society, your wit, your school-day accomplishments of music and painting; but all, in perfection, will not atone for an ill-ordered kitchen, sour bread, muddy coffee, tough meats, unpalatable vegetables, indigestible pastry, and the whole train of horrors that result from bad housekeeping. On the other hand, success wins gratitude and attachment in the home circle, and adds luster to the most brilliant intellectual accomplishments.

"One of the first ideas the young housekeeper should divest herself of, is that because she is able or expects some time to be able to keep servants, it is therefore unnecessary to understand household duties, and to bear their responsibility. 'Girls' are quick to see, and note the ignorance, or incapacity of the mistress of the house; and few are slow to take whatever advantage it brings them; but the capacity of a mistress, at once establishes discipline."

In speaking of the sanitary conditions of the house, the same author remarks: "There must be plenty of sunlight, floods of it in every room, even if the carpets do fade; and the housekeeper must be quick to note any scent of decay from vegetables or meats in the cellar, or from slops or refuse, carelessly thrown about the premises. Every room

must be clean and sweet. In sickness, care in all these respects must be doubled. In damp and chill autumn and spring days, a little fire is comfortable, morning and evening. The food for the family must be fresh, to be wholesome; and it is economy to buy the best, as there is less waste in it. No housekeeper ought to be satisfied with any but the very best cooking, without which the most wholesome food is unpalatable, and distressing; and no considerations of economy, should ever induce her to place on the table bread with the slightest sour tinge, cake or pudding in the least heavy or solid, or meat with the slightest taint. Their use means disease and costly doctors' bills, to say nothing of her own loss of repute, as an accomplished housekeeper. If children and servants do their work improperly, she should quietly insist on its being done correctly; and in self-defense they will soon do it correctly, without supervision. Order and system mean the stopping of waste, the practice of economy, and additional means to expend for the table, and for the luxuries and elegances of life,—things for which money is well expended. It requires good food to make good muscle and good brain; and the man or woman who habitually sits down to badly cooked or scanty dinners, fights the battle of life at a great disadvantage."

THE HELP.

There is little space in a cook-book for lengthy dissertations on any subject, even in its most limited and practical sense. But there is one matter which enters so deeply into our home life, and which so nearly touches *all* the family interests, extending as it does, from attic to basement, and from parlor to kitchen, that it can not on any account be passed by in silence. Ask the hundreds of thousands of wives and mothers in these States, reaching from Maine to California, what it is that gives them ceaseless anxiety, burdens them with care, and disturbs the peace and quiet of

their homes. They will tell you, many of them with care-worn faces, tired limbs and toil-worn hands, that the one thing which money can not purchase, nor a good home secure, is *help!* In eastern cities, where there are more women than men, the supply of female helpers is more abundant. In the West, however, there are many causes at work, which tend from year to year to reduce the number.

There was a time when farmers' daughters, the *best* of them, could be had to assist with house-work, or to take sole charge of it if necessary, and at comparatively small wages. But as the country grew older, and the farmers became well-to-do and more intelligent, their daughters were sent to school, or to learn dress-making, or some other trade. In the mean time the tide of emigration has been steadily flowing in, and Biddy, or some other girl from a foreign shore, has long since taken the place of the farmer's daughter; she it is who now does the cooking, washing, ironing, and the house-work generally, or it is left to colored help, or to the mistress.

The result of all this has been, that the situation as helper (or "servant," as they say in the South and West), is not *quite* respectable; and consequently not as desirable as it was formerly. The *standard* has been lowered; green Irish, or other foreign help, is not on a par with the intelligent, well-trained mothers' daughters of forty years ago. And owing to the dropping off of this latter class of workers, together with the increase of population, there is scarcely an adequate *supply* of help, even of indifferent quality. What, then, are the legitimate consequences? They are three-fold: First, a rise in wages; second, a difficulty in obtaining help; third, untrained labor.

Put these three items together, and what follows? Half or two-thirds of the housekeepers, both in the city and country, have either to do their own work, or to put up with help that is thoroughly incompetent, and at the same time

high-priced. Is the statement overdrawn? Let the farmers' wives in the Middle or Western States, and the wives of mechanics or other tradesmen in the cities, answer. Ask them if they can get competent help, or *any* help, oftentimes, for either love or money.

The mistress who has help to-day, may be without it to-morrow; her neighbor offers higher wages, or requires less work for the same money, and the girl is off. In other words, the employer and employé have changed places; the latter dictates her terms, and the former has either to accept them, or to "make a change," which is usually a thing to be dreaded. For even if the lady is fortunate enough to secure help, the new girl will have to be drilled in; and if things do not happen to suit her, she will not wait for the drilling; she will simply pick up her bundle, and leave. She knows very well that half a dozen places are ready for her, some of which will no doubt be easier to fill, inasmuch as there will be less work to do, or the work itself can be done in a less skillful way. Is it any wonder that the mistress comes finally to tolerate very indifferent service, and as little of it as she can get along with? The long and the short of the whole matter is, that the girls are on the look-out for easy places (the terms will take care of themselves), and the poor housewives are asking each other if there is such a thing as competent help.

Now, what is the remedy for this state of affairs? There is no one to blame, in the least—unless it be the employers themselves, for not having looked into the matter, long before this. The whole difficulty is simply in the *relation* of supply and demand; change this, and the evil will at once disappear. Is there not some way of *producing* the kind of help we want, and enough of it? Most assuredly there is. We have but to establish TRAINING SCHOOLS, in which the "raw recruits" that come from Ireland, Germany, Denmark, Sweden, *anywhere*, shall be thoroughly drilled into

the arts of American housewifery. Let us employ competent teachers, whose special business it shall be to instruct the girls; and as soon as the latter have made sufficient progress, grant them certificates, stating their qualifications.

The requisite amount of training would only occupy a few months—though some would learn faster than others. The “graduates” would of course get situations at once; and just as soon as the supply could be made equal to the demand, the whole perplexing problem would be solved. All that is needed is to make competent help as *plentiful* as are the teachers of common schools; then, none but the deserving could expect to get places, and the wages for service would not be exorbitant. What the normal schools have done for education, the training school for helpers will accomplish for our households. Is it not about time that steps were taken in this direction?

THE HUCKSTER SYSTEM.

Happy are they who raise their own vegetables, and eat them. And *next* to these, in the enjoyment of field and garden luxuries, are the people who dwell in country towns large enough to have a good market; for though the produce is not of their own raising, they can buy it directly from the farmers themselves, who have gathered it fresh only the day before. In the large cities, most of the vegetables have to pass through several hands before they reach the consumers; and in doing so a good deal of time is required, and the articles become in a measure stale. True, in most eastern cities the relation of supply and demand has been pretty carefully studied, and the time required for actual transportation reduced to a minimum; so that in the markets there is not only an excellent *variety* of products, but these are in relatively good condition.

But suppose you reside in a southern or western city, where what is called the “huckster system” prevails. Here,

the whole country, for miles around, is scoured by those middle men, the hucksters, who gather up the tender vegetables, cart them from place to place through the hot, broiling sun, then keep them at their own houses till all have been collected together, after which they are hauled to the nearest depôt, or the city market. By the time they reach the latter place, they are no longer fresh and sweet. Once in the stalls, however, they must "look their best" to purchasers; hence, the watering-pot is in demand.

But where are the multitudes of buyers, who would no doubt like fresh vegetables for dinner? Evidently they are not in the markets; no, they are sitting quietly at home, reading the morning paper; for rather than pay a high price for a tasteless and comparatively stale article, they will get something at the nearest meat-stand, and make a dinner on old potatoes, steak and onions, and whatever else can be "picked up." This conclusion is the more readily arrived at, from the fact that the central market is a mile or two away, and not (to most purchasers) on the nearest line of street cars; and two hours spent (at breakfast time) in going and coming, with a heavy basket to lug to the nearest car, and then to your own door, is no *fun* on a sultry morning in June, July, or August.

It follows, therefore, that neither fruits nor vegetables find a ready sale in the stalls; the housewife, with her morning's work to look after, or the mother with her little children at her knee, can not spare the time to go half across the city to get vegetables for dinner, consuming the best hours of the whole forenoon. But what becomes of the produce in the market; the peas, corn and asparagus; the string beans, and new potatoes? Why, the market-man sells part of it to the meat-man at the corner; another portion he must *try* to sell, himself; but failing to do so, he will let a considerable per cent. of it go to waste in his stalls; the balance will have to be disposed of to the city huckster,

who now takes *his* turn in carting these "fresh country vegetables" through the hot sun, and along the dusty streets, and crying his throat sore to get somebody to buy. He will find more purchasers than one would suppose, particularly among the boarding-house people, who must have *something* to put on their tables; then, there are those families that live in out-of-the-way places, and who, rather than do without vegetables altogether, will take such as they can get.

It is astonishing how much of this second and third-rate material accumulates, even in the hottest months; and until this is disposed of, no *new* supplies must be brought in, for fear of a glut. Besides, a single car load of actually *fresh* produce, would spoil the sale of that on hand; this must be disposed of, before more is received. Hence, the superabundance of stale articles, the extreme scarcity of newly gathered vegetables, and the high prices of the latter; to say nothing of the *death roll* that in hot weather follows the consumption of the former.

What is to be done? The markets in these cities are so few in number compared with the population, and at the same time so far apart, that nine-tenths of the people never go about them; moreover, the quality of the produce, as already stated, is not such as to warrant a ready sale; so that once the stalls are *filled*, they are likely to remain so. This being the case, the huckster in the country may take his time in gathering in the next supply; the peas, corn and asparagus can remain in the field, till the stock on hand is more nearly exhausted. Once or twice a week—three times at the farthest—would be often enough to make this foraging expedition, from the simple fact that there is really no *demand* at the other end of the route. In short, the garden products grow old and tough in their beds, get stale after they are gathered by standing around the farm houses, and when they reach the city through heat and dust, have no

higher mission to perform than to go to decay, or to kill the people who eat them.

Do we ask the remedy? Let us *take a hint from those who have learned better*. In the first place, let there be more market-houses; *more points of distribution*: so that a much larger per cent. of people (who now dine on steak, lettuce and onions, bought at the family meat-shop) can manage to get to market, and make their own purchases. This is the *first step*; the next is, to *bring the producer and consumer as near together as possible*. Let the vegetables be gathered as soon as they are ready for use; then let them be rapidly transferred to the nearest shipping points, and thence to the markets, where they will be quickly sold out and a new supply called for. By such an arrangement we need fear no glut, since there would be no stagnation at any point; and with this healthy activity in all the various departments, the supply and demand would necessarily regulate each other.

Who of us shall live to *see* the desired change; the time when there shall be no over-stocked markets; no stale or half decayed produce in the stalls; no carting of the same through the streets of the city to get rid of it; no *cholera morbus* from eating stale melons or fruits; and no deaths among infants whose mothers have dined on vegetables that have been pulled a week? Glad enough would we be to see the *end* of a system in which there is neither good economy, good sense, nor good eating.

HINTS ON MARKETING.

The best way to learn how to market, is to have it to do for a season; besides, much of the knowledge thus obtained, is not of the kind that can be acquired second-hand. The first thing that you have to learn, is not to make your purchases till you have walked once through the stalls, and seen just what there is in them; then, if you live in a large

city, you must keep your wits about you, and look out for the little tricks of these market people; for example, if you are buying small fruits, do not let them serve you from the rear of a stale heap, because, forsooth, there happens to be a layer of fresh berries on top. Nor must you be coaxed into buying a thing, simply because the market-man (or woman) says it is so and so. Learn to judge for yourself, as to the quality of the article; and if you have any doubts in regard to its excellence, do not purchase. If you are not an expert at this business, the hints given below on the selection of fruits, vegetables and meats, may perhaps be of service.

STRING BEANS.—See that the little *stems* are green and tender; if these are dry and shriveled, the beans are stale.

YOUNG PEAS.—Look at the *stems*; they should be green and unshriveled. The pods are not an infallible guide; these often look fresh for *days* after the stems are shrunken.

BEETS.—Examine the tops; both leaves and stems should be *perfectly* fresh; and the roots if newly dug, will be firm to the touch.

CABBAGE.—First look at the stalk, and see whether it is entirely sound; if it is at all discolored, the cabbage is not the best. The leaves should be fresh and crisp, and free from decay; the outer ones a healthy green, with no yellow, sickly hue about them.

CAULIFLOWER.—When this vegetable is fresh, the flowers are milk-white; if tinged with yellow, it is stale; if brown, it is *very* stale.

ASPARAGUS.—Asparagus to be good, must be cut (or snapped off below the ground) as often as every day, or every other day, at the farthest; otherwise the stalks will be tough. If newly gathered, these should be crisp and tender.

NEW POTATOES.—Potatoes recently dug, are firm to the touch; if unripe, they will become wilted in a few days, and will be clammy or sticky when cooked.

TOMATOES.—Tomatoes that are fresh and not overripe, are pretty firm to the touch; if soft, they are either too ripe, or too long off the vines. In hot weather they get stale in a short time.

CUCUMBERS.—*Fresh* cucumbers are harmless to a healthy stomach; see that they are *firm to the touch*, and green and *white* in color—not green and yellow.

LIMA BEANS.—These ought never to be gathered till they are milk-white in color—not green. If stale, they will either be discolored (a sort of dingy yellow), or they will be sending out sprouts.

GREEN CORN.—Green corn, like young peas, *ought* to be cooked and eaten the day it is gathered. See that the grains are plump and unshriveled, and the husks green and fresh. If young enough, the milk should spirt out in a jet when the grains are pierced with the finger nail. The ever-green corn is the best.

SWEET POTATOES.—In buying sweet potatoes, notice if there are any little sprouts beginning to start from their surfaces. If so, you may know that the potatoes were exposed to rains before digging, and that they have commenced to “grow,” which always makes them sticky, or watery. The red (and white) Nancemond, and the Spanish Reds, are fine varieties.

WATERMELONS.—It is rather difficult to tell whether a watermelon is ripe, except by cutting or “plugging” it; if plugged, it must be eaten the same day. A good test (as it does not injure the melon) is to thump with the finger, and note the sound; the higher the “pitch,” the riper the melon. If recently pulled, the stems will not be black and shriveled. Melons that are ripe and *fresh*, are perfectly wholesome; the stale ones produce *cholera morbus*.

CANTALoupES.—Ripe muskmelons and cantaloupes, are if fresh, *firm* to the touch, rather than hard; the stem if on, is easily removed; if off, the surface beneath should look

green and fresh. If the melon *yields* readily to pressure, as if half shriveled, it is stale; beware of it!

FRUITS.—It is generally an easy matter to decide whether fruits are fresh or stale; if stale, they either look withered, or show signs of decay; and usually they are more or less discolored. Stale blackberries have a dull red color, which some persons mistake at first sight for unripe fruit; if eaten in this condition, they often cause *cholera morbus*.

The following hints on the selection of meats, poultry, fish, etc., are taken from the *Buckeye Cookery*, which is excellent authority:

“In buying beef, select that which is of a clear, cherry-red color, after a fresh cut has been for a few moments exposed to the air. The fat should be a light straw color, and the meat marbled throughout with it. If the beef is immature, the color of the lean part will be pale and dull, the bones small, and the fat very white. High-colored, coarse-grained beef, with the fat a deep yellow, should be rejected. In corn-fed beef the fat is yellowish, while that fattened on grasses is whiter. In cow-beef, the fat is also whiter than in ox-beef. Inferior meat from old or ill-fed animals, has a coarse skinny fat, and a dark red lean. Ox-beef is the sweetest and most juicy, and the most economical. When meat pressed by the finger rises up quickly, it is prime; but if the dent disappears slowly, or remains, it is inferior in quality. Any greenish tints about either fat or lean, or slipperiness of surface, indicates that the meat has been kept so long that putrefaction has begun; and consequently, it is unfit for use, except by those persons who prefer what is known as a ‘high flavor.’ Tastes differ, as to the best cuts. The tenderloin, which is the choicest piece, and is sometimes removed by itself, lies under the short ribs and close to the backbone, and is usually cut through with the porterhouse and sirloin steaks. Of these, the porterhouse is generally preferred, the part nearest the thin bone being

the sweetest. If the tenderloin is wanted, it may be secured by buying an edgebone steak, the remainder of which, after the removal of the tenderloin, is equal to the sirloin. The small porterhouse steaks are the most economical; but in large steaks, the coarse and tough parts may be used for soup; or, after boiling, for hash; which in spite of its bad repute, is really a very nice dish when well made. A round steak, when the leg is not cut down too far, is sweet and juicy." "The interior portion of the round, is the tenderest and best. The roasting pieces are the sirloin, and the ribs, the latter being most economical at the family table; the bones forming an excellent basis for soup, and the meat, when boned and rolled up (which should be done by the butcher), and roasted, being in good form for the carver, as it enables him to distribute equally the upper part with the fatter and more skinny portions."

"Mutton should be fat, and the fat clear and white. Be wary of buying mutton with yellow fat. An abundance of fat is a source of waste, but as the lean part of fat mutton is much more juicy and tender than any other, it should be chosen. After the butcher has cut off all he can be persuaded to remove, you will still have to trim it freely before boiling. The lean of mutton is quite different from that of beef. While beef is a bright carnation, mutton is a deep dark red. The hind quarter of mutton is best for roasting. The ribs may be used for chops, and are the sweeter; but the leg cutlets are the most economical, as there is much less bone, and no hard meat, as on the ribs. Almost any part will do for broth. As much of the fat should be removed as practicable, then cut into small pieces and simmer slowly, until the meat falls to pieces."

"A young turkey has a smooth black leg, and (if male) a short spur. The eyes are bright and full, and the feet supple, when fresh. The absence of these signs denotes age and staleness."

“Young fowls (chickens) have a tender skin, smooth legs and comb, and the best have yellow legs. In old fowls the legs are rough and hard.”

“In prairie chickens, when fresh, the eyes are full and round, not sunken; and if young, the breast-bone is soft, and yields to pressure. The latter test also applies to all fowls, and game birds.”

“When fresh, the eyes of fish are full and bright, and the gills a fine clear red; the body stiff, and the smell not unpleasant. Mackerel must be lately caught, or it is very indifferent fish; and the flavor and excellence of salmon, depend entirely on its freshness.” “All fish which have been packed in ice, should be cooked immediately after removal, as they soon grow soft, and lose their flavor.” “If frozen when brought from the market, thaw in ice-cold water.”

THE CELLAR.

A dwelling house should never be without a cellar; and the latter should extend under *every foot* of the former. A house built without this convenience is not only incomplete in itself, but it is usually damp and unhealthy; *with* it, the dwelling may be healthy or otherwise, according to the condition in which the cellar is kept. In the first place, every room below the ground floor, should be thoroughly dry; and in order to have it so, the house itself must be properly finished; the eaves must be supplied with gutters and down pipes, through which the water from the roof can either be carried into a cistern, or else conducted away from the dwelling by means of sewer pipes, or other drainage.

If in spite of these precautionary measures water finds access to the cellar, it must be carefully drained away, or (what is better) *kept out*. Sometimes a beating rain forces itself against the outer wall of the building, and the water after reaching and saturating the ground trickles through crevices in the basement, and covers the cellar floor. To

prevent the possibility of an accident of this kind, a good plan is to shovel away the earth that lies next to and outside the cellar wall, forming a deep trench; then fill the latter with clay, packing or stamping it in, until it is perfectly solid. Continue this embankment, either with the clay itself, or clay and other earth mixed, till there is sufficient slope to carry the water some distance from the house; too far for it to soak into the ground *adjacent* to the wall below. Should a subterranean stream of water find access to the cellar, either by forcing its way through the walls, or up through the floor, it must be conducted away as rapidly as it flows in, by means of thorough drainage.

In making a cellar, be sure you have the walls and floor proof against rats; the walls should be built of stone, laid in lime or cement; and in very cold climates an inner wall of brick, with an air space between the two, is sometimes made. The floor should consist of a good layer of small stones—usually broken limestone—over which is poured a hard cement, the latter finished perfectly smooth. Let the compartments be so constructed as to admit of *thorough ventilation*, and a reasonable amount of light; the number and dimensions of these will of course depend upon the size of the house. A dwelling with ten rooms may have in its basement a laundry, a furnace room, a cold air chamber (in connection with the furnace), a fruit room (for canned goods), a *cold* room for vegetables and raw fruits, a *dark* apartment for potatoes, and a main thoroughfare; the dark room may be at the far end of the latter. In the fruit room there should be closets, each with its tier of shelves, and a lock and key to its door; these closets should be accessible to the light when the doors are *open*, but entirely dark when these are shut.

The cellar like the living-rooms, ought if possible to have a good supply of air, light and *sunshine*, the morning sun being preferable; and all its compartments should be easy

of access, both from the outside, and from the kitchen stairway. But the one thing to be remembered, first, last, and all the time, is that every part of it *must be kept clean*; no mould, no decaying vegetables or leaves, no tainted meats, no soured fruits or other spoiled victuals, no stagnant water, no *any* thing that can possibly create a bad odor, or in any way contaminate the air. Even the dust and cobwebs ought to be pretty carefully looked after. Of course there must be no roaches, no mice, and if possible no flies; all these pests give least trouble when there is nothing lying around to feed them; but if they do put in an appearance, the best way is to *exterminate* as rapidly as possible.

Briefly, then, let every part of the cellar be well kept; throw open the doors and windows frequently, and let the fresh air blow through the whole of it. And in the *cold* room, where apples, pumpkins, squashes, and other market products are stored, let the windows remain open whenever it is not cold enough to freeze.—One other very important matter must not be overlooked; see that the *plumbing* is in perfect order—no leaky or obstructed drain-pipes, to breed disease. Spoiled meats, stale milk, rotten apples, old cabbage leaves, etc., may be the cause of malignant fevers, or chronic ill health. But worse than even these, is an accumulation of animal excretions or other impurity, resulting from imperfect sewerage or drainage. Some things *ought* to be attended to, but these things **MUST BE DONE**.

THE ICE-HOUSE.

In warm climates the ice-house is not only a great convenience, it is next to a necessity, particularly in the summer season; and in large establishments, it is very essential as a matter of *economy*, as well as comfort. Fruits, vegetables, and animal products, can be preserved for an almost indefinite length of time, if kept in a good ice-house where

the temperature is only a little above the freezing point. For the benefit of our "country cousins" who can not hail the ice-wagon every morning, the following suggestions from the *Buckeye Cookery*, on constructing and filling an ice-house, may be of practical value:

"A cheap ice-house may be made by partitioning off a space about twelve feet square in the wood-shed, or even in the barn. The roof must be tight over it, but there is no necessity for matched or fine lumber for the walls. They should however be coated with coal-tar inside, as the long-continued moisture puts them to a severe test, and brings on decay. Ice should be taken from still places in running streams, or from clear ponds. It may be cut with half an old cross-cut saw, but there are saws and ice-plows made for the purpose, to be had in almost every village. In cutting ice, as soon as it is of sufficient thickness, and before much warm weather, select a still day, with the thermometer as near zero as may be. Ice handles much more comfortably and easily when it is so cold that it immediately freezes dry, thus preventing the wet clothes and mittens, which are the sole cause of any suffering in handling it; and ice put up in sharp, cold weather, before it has been subjected to any thaw, will keep much better, and be much more useful in the hot days of summer, than if its packing had been delayed until late winter or early spring, and then the ice put up half melted and wet. The best simple contrivance for removing blocks of ice from the water, is a plank with a cleat nailed across one end, to be slipped under the block, which slides against the cleat and may then be easily drawn out with the plank, without lifting. Cut the ice in large blocks of equal size, pack as closely as possible in layers, leaving about a foot of space between the outside and the wall, and filling all crevices between the blocks with pounded ice or sawdust. Under the first layer there should be placed sawdust a foot thick, and arrange-

ments should be made for thorough drainage, as water in contact with the ice will melt it rapidly. As the layers are put in place, pack sawdust closely between the mass of ice and the wall; and when all is stored, cover with a foot at least, of sawdust. In using ice, be careful to cover all crevices with sawdust, as the ice will melt rapidly if exposed to the air.

“The less ventilation and the more completely an ice-house is kept closed, the better the ice will keep. The cold air which surrounds the ice, if undisturbed by currents, has little effect on it; but if there are openings, currents are formed, and the warm air is brought in to replace the cold. This is especially the case, if the openings are low, as the cold air being the heavier, passes out below most readily. For this reason, great care must be taken to fill in fresh, sawdust between the walls and the mass of ice, as it settles down by its own weight, and the melting of the ice. There is no advantage in having an ice-house wholly or partly underground, if it is constructed as directed above. Fine chaff, or straw cut fine, may be substituted for sawdust when the latter is difficult to obtain. Of course, the building may be constructed separately, in which case the cost need not be more than twenty-five to fifty dollars.”

Those who have not an ice-house, but can get the ice, may easily construct an ice-chest; a few feet of inch boards, these of hard wood—never use pine, as the odor is unpleasant—with zinc for lining, a little sawdust for packing, a handful of nails and four hinges, constitute the materials. The chest must of course have double walls, with a space between for the packing; also an inner and outer lid, both fitting closely, to exclude the air. In the center of the chest, stretching from side to side, must be movable slats (strips of wood covered with zinc), or if you have it, a wire shelf, resting on a fold of the zinc lining. When in use, lift this shelf or partition, lay the ice in the bottom of the chest, re-

place the shelf, set on it the things you wish to keep cold, and then shut down the lids securely. In the bottom of the chest there must be a hole lined with zinc; or a bit of lead pipe may be inserted, to carry off the water as the ice melts.

BILLS OF FARE.

The following bills of fare are intended merely as *hints* to the intelligent housewife; it will often happen that one or more of the dishes named, can not be secured; and that something else will have to take its place. Raw fruits, for example, are not always to be had; and stewed fruits, oftentimes, will have to give place to canned ones; or the canned, to dried. And so of the grains, or vegetables; a particular one specified in the bill of fare, may be the very thing you have not got. For this reason it has seemed necessary, not only to make the list of vegetables pretty full, but in some instances to give an alternative article, so that if one is not at hand, the cook can take the other. The dishes selected from the Compromise or Part III., may or may not constitute a part of a given meal. If included (at dinner at least), they must to a certain extent, *take the place of* one or more of the dishes in the regular course; for example, baked Indian pudding may be substituted for rice or hominy; and baked fish, for stewed or baked beans.

The objection will no doubt be raised by some, that too great a variety of food has been introduced at a single meal; and that two or three kinds of vegetables at dinner, ought to be enough. This is very true; it must be borne in mind, however, that it is much easier for the cook to leave off a dish or two from the bill of fare, than it would be to improvise new ones, to take the place of those that can not be obtained in the market. In other words, we must leave room for a certain amount of *selection*, in the planning of the meal. Let it be remembered, meanwhile, that certain vegetables seem to offset each other, by way of contrast;

thus, sweet potatoes (because of their sweetness) go well with tomatoes, their natural opposites; while roast meat or baked beans, call for sour oranges, or spinach with lemon juice.—But for further hints on this subject, the reader is referred to the chapter on Food Combinations.

Among the various articles of food given, it will be seen that there is at least *one* that is expected to appear regularly, at both breakfast and dinner: viz., the hard Graham roll. It may be eaten warm for breakfast, and cold for dinner; and should there chance to be a few rolls left over, they will not come amiss at supper.

The *ripe fruits* spoken of below, may be apples, peaches, pears, plums, grapes, cherries, currants or berries. Apples are best eaten at breakfast, and at the *beginning* of the meal; grapes and cherries also do their best service eaten in the same way. In warm weather, the acid fruits are usually preferred; but when the weather is cool or cold, and the appetite keen, sweet or dried fruits are in some respects more satisfactory; some of the latter, however (as peaches or prunes), are too hearty for supper.

Potatoes may or may not appear at the breakfast table; some persons are better without them at this meal. Mushes and grains are as a rule more easily digested at breakfast or dinner, than at supper; they may be served with or without a dressing of fruit.

BREAKFAST.—(*Spring or Summer.*)

Sunday.

Ripe fruits, as apples, peaches or grapes. Hard Graham rolls; Graham loaf bread, or dry toast. Corn meal, or farina mush. Baked potatoes, peeled or unpeeled. Stewed sweet currants, or canned pears.

Compromise.—Soft boiled eggs.

Monday.

Ripe fruit. Hard Graham rolls; cream biscuits. Oat meal mush. Boiled or mashed potatoes. Stewed or canned apples, or stewed dried apples.

Tuesday.

Hard Graham rolls; mush biscuits, or mush rolls. Graham or oat meal mush. Browned potatoes. Strawberries or raspberries; these ripe, stewed or canned.

Compromise.—Eggs and toast.

Wednesday.

Ripe fruit. Hard Graham rolls; leavened Graham bread. Oat meal or farina mush. Mashed or baked potatoes. Stewed dried peaches (peeled), baked apples, or canned plums.

Thursday.

Ripe fruit. Hard Graham rolls; currant gems, or dry toast. Oat meal mush, or steamed rice. Boiled or baked potatoes. Stewed apples, canned peaches, or stewed cherries.

Compromise.—Corn cake; or leavened Graham bread (half white flour) with fresh butter.

Friday.

Ripe fruit. Hard Graham rolls; leavened Graham bread. Graham or oat meal mush. Browned or mashed potatoes. Raspberries and currants (mixed); these stewed or canned—or blackberries or cherries, stewed or canned.

Saturday.

Hard Graham rolls; corn gems, or hot-water rolls. Oat meal mush. Boiled or baked potatoes. Stewed or canned plums, strawberries, or baked apples.

Compromise.—Green corn, griddle-cakes, or milk toast.

DINNER.—(*Spring or Summer.*)*Sunday.*

Hard Graham rolls; corn bread, or Graham loaf bread
Pearl wheat, or pearl barley. Mashed or baked potatoes.
Stewed turnips; or string beans, stewed or canned. Scram-
bled or baked tomatoes. Rhubarb pie.

Compromise.—Roast lamb, or broiled beef-steak. Cauli-
flower with tomato sauce—no turnips, or beans.

Monday.

Hard Graham rolls; Graham crackers, or dry toast.
Stewed Lima beans (dried or green), or sweet potatoes.
Canned or sliced tomatoes. Boiled or mashed potatoes.
Hominy, or rice.

Compromise.—Vegetable soup, or corn and tomato soup.
Baked Indian pudding—no hominy, or rice.

Tuesday.

Apples, peaches or pears. Hard Graham rolls; corn
bread, or mush rolls. Canned corn, or boiled green corn.
Baked potatoes. Somp, or cracked wheat. Stewed or can-
ned fruit. Apple dumplings, or berry pie.

Compromise.—Mutton chops (broiled or stewed), or Lan-
cashire pie. Bird's-nest pudding—no berry pie, or dump-
lings.

Wednesday.

Cantaloupes, or bananas. Hard Graham rolls; Graham
loaf bread. Green or canned peas. Stewed or baked to-
matoes. Boiled or mashed potatoes. Stewed green corn,
succotash, or asparagus on toast.

Compromise.—Rice pie, or Queen of puddings—no can-
taloupes, or bananas.

Thursday.

Watermelons. Hard Graham rolls ; corn bread, or dry toast. Sweet potatoes, or stewed Lima beans. Cauliflower, or cabbage. Sliced or canned tomatoes. Mashed potatoes, or new potatoes.

Compromise.—Green corn pudding, or rhubarb Charlotte—no watermelons.

Friday.

Hard Graham rolls ; leavened Graham bread. Stewed or baked beans. Summer squashes. Stewed rhubarb—or beets (or spinach) with lemon juice. Boiled or baked potatoes. Barley, or green corn. Baked tomatoes.

Compromise.—Lemon tapioca pudding. Baked fish—no beans.

Saturday.

Apples, peaches or grapes. Hard Graham rolls ; corn bread, or dry toast. Stewed green corn, or baked tomatoes. Rice and raisins. Mashed or baked potatoes. Stewed or canned fruit. Apple or berry pie (or cobbler), or strawberry shortcake.

Compromise.—Beef or mutton pie, with light cream paste. Fruit pudding—no fruit pie, or shortcake.

SUPPERS.—(*All the year.*)

The suppers should consist mainly of bread and fruit. Let the bread be good home-made Graham loaf, leavened or unleavened, with perhaps a plate of dry toast, or hard Graham rolls ; the loaf should be at least one day old ; the rolls are best baked the same day. Wheaten or oat meal crisps are well liked, either at breakfast or supper, particularly in cold weather.

The raw fruits served at supper, should be berries, grapes, pears, peaches, or plums—not apples ; and as a rule, only one variety at a time. To these may be added, a dish

of baked or stewed apples, or any other fruit, stewed or canned; most *dried* fruits are rather too hearty to be eaten at this meal. One kind of cooked fruit is usually enough; especially if there is a dish of raw fruit on the table. In selecting for supper, avoid, as a general thing, taking the *same kind* of fruit that you had for breakfast—or the supper previous; the palate is apt to *tire* of too much sameness or repetition. In this latitude there is a very fine variety of fruits, if we only take the pains to secure them; in the raw, stewed and canned fruits, we have the berries and their juices, choice grapes, apples, peaches, pears, plums, cherries, oranges, etc.; then, there are the sweet and other dried fruits, which are particularly acceptable in winter.

If mushes (fresh-made, cold or warmed over) are eaten at supper, they may be served with some kind of juicy fruit, stewed or canned; or with any of the fruit juices, as grape, strawberry, or gooseberry. Currant scone, served with grape or other fruit juice, or with fresh cranberry sauce, is excellent as an occasional dish at supper.

For *company*, add to the above simple repast a plain cake, a handsome basket of fruit, and one of the numerous dishes named under the head of Moulded Farinacea.

BREAKFAST.—(*Autumn and Winter.*)

The breakfasts during this half of the year, do not differ materially from those in spring and summer, except that corn bread and baked potatoes come more frequently to the table, and there is a larger per cent. of dried fruits, with fewer green ones. Good dried apples, peaches, pears, plums, prunelles, apricots, cherries, prunes, or plums and prunes mixed, may in cold weather be served for breakfast two or three mornings in the week, provided they do not persistently *follow* each other, in close, consecutive order. They are welcomed most on a cold crisp morning; and all the more, if there is a dish of ripe bellflowers, pippins, or

greenings in the center of the table. Good fall and winter apples should be served *every morning* on sitting down at table, from the time they first begin to ripen, till late in the spring, when there are no longer any to be had. Indeed, there is not a fruit that can fully take their place; though good grapes or peaches serve finely for a time.

Let the breakfast, then, be a dish of raw apples or other ripe fruit; hard Graham rolls, to which may be added, loaf, corn, or other bread; oat meal or other mush; baked or boiled potatoes, if they are liked; and any one of the following fruits: baked apples, cranberry sauce, apples and quince, or other stewed fruit, dried or green; or you may substitute some kind of canned fruit; one variety is enough, particularly if there is raw fruit on the table, in addition. Occasionally, on cold mornings, you may if liked, stir a pound of fresh dates into the Graham or oat meal mush, five minutes before taking it from the fire.

If *compromise* dishes are indulged in occasionally, select from the following: buckwheat cakes—these are good and wholesome, served with stewed or canned fruit—rice or corn griddle-cakes, cream fruit gems, corn cakes, bachelor's Johnny cake, Graham and corn muffins, milk toast, soft boiled eggs, eggs and toast, hash toast, stewed potatoes, corn mush and milk, oat meal mush and milk, loaf bread (part Graham) and fresh butter. For good health, however, these should not appear too often.

DINNER.—(*Autumn and Winter.*)

Sunday.

Hard Graham rolls; leavened Graham bread, or (in cold weather) steamed corn bread. Sweet potatoes, or baked squash. String beans. Mashed potatoes. Stewed or baked tomatoes. Cranberry pie.

Compromise.—Lamb chops, or pot roast; celery or spinach, the latter with lemons.

Monday.

Oranges. Hard Graham rolls; corn bread, or Graham loaf bread. Pearl or cracked wheat. Stewed or baked beans. Boiled or mashed potatoes. Stewed turnips.

Compromise.—Barley and tomato soup, or “All the garden” soup—no oranges. Rice pudding, or beef or mutton hash.

Tuesday.

Hard Graham rolls; corn bread, or rye, wheat and Indian bread. Stewed squash, or ruta-baga turnips. Canned peas, canned corn, or succotash. Baked potatoes. Stewed or canned tomatoes.

Compromise.—Farina pudding, or lemon custard pudding.

Wednesday.

Hard Graham rolls; mush rolls, or steamed corn bread. Nuts. Baked or mashed potatoes. Barley or rice. Canned corn. Baked tomatoes. Stewed or canned fruit. Apple or peach cobbler, or other fruit pie.

Compromise.—Beef or mutton pie, or broiled beef-steak. Apple batter pudding, or sweet-apple pudding—no fruit pie, or cobbler.

Thursday.

Hard Graham rolls; corn bread, or leavened Graham bread. Sweet potatoes. Cabbage, string beans, or spinach. Boiled or mashed potatoes. Sliced or canned tomatoes—or fresh oranges.

Compromise.—Manioca pudding, rice pie, or steamed Indian pudding—no oranges.

Friday.

Bananas. Hard Graham rolls; hot-water rolls, or leavened Graham bread. Mashed or baked potatoes. Stewed tur-

nips or parsnips. Stewed or baked tomatoes. Hominy, samp, or canned corn.

Compromise.—Baked fish, or beef's tongue with tomato sauce. Oranges—no bananas.

Saturday.

Hard Graham rolls; corn bread, or rye, wheat and Indian bread. Boiled or mashed potatoes. Lima beans, or succotash. Stewed onions, or canned peas. Sliced tomatoes, or oranges.

Compromise.—Tomato (or bean and tomato) soup—no onions or peas. Pumpkin, squash or potato pie—no oranges.

LUNCH FOR PICNICS.

Hygienic.—Make selections from the following: Ripe apples, peaches, pears, grapes, oranges, bananas. Ripe tomatoes, round and smooth, and not very large. Nuts. Hard Graham rolls; wheat meal crisps; Graham crackers; oat meal crisps, or Scotch oat cakes. Graham loaf bread; cream biscuits; currant scone; Graham fruit roll. Strawberry (or raspberry) shortcake; strawberry gem-cake; shortcake or gem-cake made with stewed cherries or stewed gooseberries, the latter nearly ripe. Potatoes, sweet or Irish, roasted in ashes. Cracked wheat, rice and raisins, oat meal mush with dates; these dishes moulded, and served with fruit juice. Baked apples; canned fruit; grape juice. Fruit pies; apple or peach cobbler.

Compromise.—Select from the above, and add two or more of the following dishes: Pressed chicken or lamb; cold tongue; beef or tongue sandwiches; potted beef; cold sliced beef or turkey; hard boiled eggs. Sweet-apple pudding; cold rice pudding; lemon tapioca pudding; rice and raisin pudding; rhubarb Charlotte. Graham cream cake; Graham fruit cake; Sally Lunn. Rice or potato pie. Lemonade.

TRAVELING LUNCHES.

Hard Graham rolls; Scotch oat cakes; Graham crackers, or wheat meal crisps; currant scone, or Graham fruit roll; cream biscuits. Apples and oranges; lemons; grapes, peaches or pears; bananas; in hot weather, good ripe tomatoes; (these and oranges take the place of water, when it is too poor in quality or too ice-cold to drink with safety.) Grape juice; gooseberry or other fruit juice; these in glass cans or bottles. Cherries or other fruits, also in cans. Baked apples. Fruit pies; these made in turnovers, from dried fruits, as apples or peaches; if made of berries or other raw fruit, the pie must not be too juicy; use no water, and if necessary sprinkle a little flour over the fruit before baking.

Compromise.—Select from the preceding, and then add what is wanted from the following dishes: Cold beef or mutton; roast chicken or turkey; pressed chicken or lamb; cold tongue; beef or tongue sandwiches.

ADDENDUM.

AFTER having written the foregoing pages for the express purpose of teaching how to cook *in the proper way*, the writer is cheeringly consoled by being asked in all seriousness, whether it would not be better to do without cooking, altogether. Some late writers—and some *not* so late—have given it as their opinion, that heat, so far from improving the quality of the various food products, actually destroys, to a certain extent, their nutritive properties; that it so changes the organic structure of the grains, fruits and vegetables, that they are never again the same; that these, if submitted to a certain degree of heat—less, even, than it takes to cook them—are so impaired, as respects their vitality, that they lose their germinating or propagating power; that instead of being more palatable and more easily digested, the very reverse is true; and that if we would get all the good there is *in them*, we must take them fresh from the hand of Nature.

Now, so far as *fruits* are concerned, most persons—perhaps all hygienists—will admit that these, properly grown and thoroughly ripe, are all or nearly all, infinitely better raw than cooked. What is a cooked orange, strawberry, peach, pear, pine-apple, or plum, compared to one in the natural state? And some of the vegetables, as cabbage, lettuce, celery, etc., are by many persons relished better raw than cooked. The grains, too, as wheat, or corn, eaten in the immature state, when the kernels are easily masticated, are

acknowledged by all to be very delicious; and it is argued by some, that if we had good sound teeth with which to pulverize the *ripe* grain, we should find that that too was equally sweet and good. It is also suggested that where the teeth are imperfect, the grains may be very easily masticated by first crushing or cutting them, and if need be, *soaking* in a little water; and that if eaten in this way, either by themselves, or with nuts or raisins, they are exceedingly palatable. An excellent cake is said to be made, by mixing together nuts, raisins, and wheat or oat meal, coarsely ground, and then submitting the mass to pressure, until the flavors are well blended together.

But as the writer of this work has had little experience in the matter of uncooked food (aside from fruits), suppose we let those who are better acquainted with the subject, speak for themselves. Perhaps the first, in this country, to call attention to the superior merit of uncooked food, was Sylvester Graham, M.D. In his *Science of Human Life*, speaking of the "general physiological laws in regard to preparing food," he says: "All artificial means to effect that which the living body has natural faculties and powers to accomplish, always and inevitably impair and tend to destroy the physiological powers designed to perform the function or to produce the effect." He gives illustrations to prove the correctness of this statement, and then adds: "It may therefore be laid down as a general law, that all processes of cooking, or artificial preparation of foods by fire, are in themselves, considered with reference to the very highest and best condition of human nature, in some degree detrimental to the physiological and psychological interests of man." He sums up by saying, that if man lived upon uncooked foods, he would have to use his teeth, and would therefore preserve them; he would masticate his food better, and by thorough insalivation, render it fit for the stomach; he would swallow it slowly, instead of bolting

it down in a crude condition; he would take it at a proper temperature, and not weaken the stomach with *hot* foods; he would eat the food as Nature prepares it, not served in the form of a highly concentrated aliment; he would partake of the simple, individual food substances, and would not suffer from all manner of injurious combinations; and finally, he would be less likely to suffer from over-eating, than he would if he lived upon soft, cooked foods.

Some more recent writers have taken up this subject, and are giving it very special attention. Gustav Schlickeysen, who is a most charming writer, has written a work on *Fruit and Bread*, in which he expresses himself very decidedly, in regard to the cooking of foods; and whether or not we are prepared to receive all that he has to say on the subject, it can do us no harm to follow his argument. He remarks:

“Of all the artificial forms of treatment to which foods are subjected, that of cooking is the most universal, and therefore demands here our especial attention. If we rightly consider the influence of this process upon all the natural properties of a plant, we must concede that it is in almost every case injurious, and that it should be dispensed with, so far as our present habits of life will admit of, and with a view to its final and complete disuse. The natural fluids of the plant are, in great part, lost in cooking, and with them the natural aroma so agreeable to the senses and so stimulating to the appetite. The water supplied artificially, does not possess the same properties as that which has been lost, and all the less so, since it has been boiled. The cellular tissue of the plant loses also its vitality, and ripe uncooked fruits and grains, with their unbroken cellular tissue, their stimulating properties; their great content of water, sugar and acids, and their electrical vitality, are calculated to impart to the human body a rosy freshness, to the skin a beautiful transparency, and to the whole muscular system the highest vigor and elasticity. Uncooked

fruits, especially, excite the mind to its highest activity. After eating them we experience an inclination to vigorous exercise, and also an increased capacity for study and all mental work; while cooked food causes a feeling of satiety and sluggishness. Not only do plants lose their vital, but to some extent also their nutritive properties, when cooked. The vegetable acids and oils, the latter being of especial value in the development of the bony structure of the body, are, by cooking, dissipated; while the albuminoids are coagulated, and thereby less easily digested, so that the nutritive value of the food is reduced to a minimum. Another injury that results from cooked food, is that caused by the artificial heat. All heat excites through expansion an increased activity, but this activity is not normal in the case of food eaten hot.

“Again, the sensory nerves of the lips and the nerves of taste, are weakened by hot food to such an extent that they no longer serve as an infallible test of its quality; and hence articles that seem in the mouth to be palatable and good may be very injurious to the system, both on account of their natural properties and their artificial heat. In a similar manner the sense of smell is blunted; and not less injuriously does hot food act upon the teeth, the enamel of which is destroyed, rendering them unfit for their work of mastication, in consequence of which the food passes unprepared into the stomach. The eyes are also injured by the action of hot food upon the nerves connected with them. That condition of weak and watery eyes so apparent in the habitual drunkard, exists in a certain degree with all whose systems are enervated by hot and stimulating foods. But the greatest harm from hot food is caused in the stomach itself, the coats of which are irritated, reddened, and unnaturally contracted by the heat, so that they lose their vigorous activity and capacity for the complete performance of their natural functions. The blood excited

by the heat flows in excess to the stomach, and thence feverishly through the body. One result of this is the flushed condition of the head after eating. Hot food also causes excess in eating, so that it is rather by a sense of fullness and oppression than by a natural satisfaction of the appetite, that one is prompted to cease eating. An evidence of the weakening of the stomach by hot food, is seen when one eats an apple immediately after the usual hot meal. Fruit thus taken lies like a stone upon the stomach, the enfeebled nerves being injuriously affected by its presence; whereas, in their normal condition, they are stimulated to a most agreeable activity by it.

“From the abuse of the organs of digestion, result a host of diseases. A life-long weakness of the gastric nerves, with cramps and inflammation of the stomach, are its common fruits. To this cause also is attributable the almost universal prevalence of colds, which are the direct result of unnatural temperature conditions of the body. The blood artificially heated causes an excessive perspiration, since it produces an increased, but injurious activity of the skin; and upon the least change of temperature, the perspiration is condensed upon the body, and causes colds and stiffness, and this all the more certainly when the blood is impure, and the tissues overloaded. From the same prolific cause, result also the uneasiness and languor experienced after eating hot food. But the evil effect can not be overcome by the usual after-dinner nap. This can not replace the elements lost from our food, nor give the enlivening impulse experienced after partaking of ripe fruits in their natural state.

“It is indeed argued, that our northern climate requires that food should be eaten hot, as one means of maintaining the bodily temperature; but if this be true of man, it must apply with equal force to all animals; and since man alone seems to require hot food, the argument loses its force. In

the polar regions, the conditions of animal life show plainly that the natural process of generating heat is not by putting heated substances into the stomach, but by the normal action of the vital forces upon food taken in its natural state. Greater thirst is experienced after eating cooked than uncooked food, and this results both from the change which the food has undergone, and from the perspiration caused by the increased heat of the body. The artificial solution of the food impairs its nutritive properties, and weakens the natural functions of the body, by depriving them of their natural employment; and this has been so long continued, that we are now almost incapable of digesting uncooked grains, so that their enlivening and invigorating action is almost unknown."

This writer lays a great deal of stress upon what he terms the "electrical vitality" of foods; on this subject, he says:

"Finally—and this is the point that physiologists have hitherto quite overlooked—the food must contain a certain *electrical vitality*. Although the real origin and nature of the vital force is not yet known, we believe that it is closely related to electricity; not less so, indeed, than to light and heat. Electricity is abundant in all purely natural products, and indeed everywhere, where a free and uninterrupted exchange of the influences of light, heat and air exist. It is less abundant in closed dwellings and sleeping-rooms than in the open air. An outdoor walk refreshes us, not only by the increased consumption of oxygen, but by the increased action of the electrical forces. The same vitality is stored up in uncooked plants and fruits, but is greatly impaired by all our culinary processes. Fruits act also through their natural acids, their refreshing coolness, and the easy assimilation of their albuminous products, and other nourishing materials.

"By the electrical vitality of a food, we do not mean its nutritive worth, nor indeed any material element of it, but

rather an imponderable fluid, which is related to the vital and electrical forces of the human system. The organic vital force has not incorrectly been called, the interrogation point of physiology; and the physiologists and chemists of the old school, thought to maintain this force by supplying albuminoids to the system. The fact, however, is the reverse. The albuminoids demand rather a great expense of vitality for their solution and digestion. We know now, with great certainty, and by practical experience, that the human system is maintained and strengthened by the consumption of fresh air, fresh water, and ripe fruits and grains; but these essential means of sustenance are reduced from the rank of vital to merely nutritive substances, by any treatment that through heat or otherwise, destroys their natural vitality. Our physiologists have not hitherto understood this difference between the vital and the merely nutritive properties of food, and hence, as we have already pointed out, have regarded foods merely as chemical substances. They have discovered and laid down, with wonderful exactness, the chemical elements of the living body, and hence of the food requisite, according to their views, to its maintenance; but we hope to show in the following pages that their methods, and consequently their dietetic conclusions, have been one-sided, and essentially erroneous. So long as the electrical vitality of food is overlooked, and the bearings of anthropology upon the question ignored, a scientific system of diet must remain impossible.

“The value of foods consists not in their nutritive properties alone, but in their proper proportion of fluids; in the necessary bulk, by which digestion is rendered possible; in the natural stimulation of their juices and acids; in the aroma by which the appetite is aroused and its regular recurrence promoted; in their chemically neutral character, which prevents their generating acids or forming injurious compounds in the stomach; in their freedom from those

unnatural stimulants by which a vicious appetite is created; in the purity which guards the system against corrupt humors and diseased conditions; in the refreshing coolness which maintains the digestive organs at a proper temperature, and in a vigorous condition; in their perfect adaptation to the nature of the digestive organs, so that they may be transformed into blood without doing violence to any part of the system; and finally, in that electrical vitality which renders them analogous to living beings, and the absence of which reduces them to a condition of physical death. These properties are united in their highest perfection, only in uncooked fruits and grains, as they come from the hand of Nature; and the unperverted appetite demands nothing else."

An excellent little work called the *Natural Cure*, has just been written by Dr. C. E. Page, in which he has a chapter on the "Natural Diet." In this chapter the doctor advocates the use of uncooked grains, fruits, and even vegetables (provided they are eaten), and gives his reasons therefor. He also relates the experience of a number of individuals who have lived for a considerable time on uncooked foods, and who have, as they believe, been greatly improved in their general health. Felix L. Oswald, M.D., a writer well known in recent publications, has also put himself on record, in the following words: "We can not doubt that the highest degree of health could only be attained by strict conformity to Haller's rule, *i. e.*, by subsisting exclusively on the pure and unchanged products of Nature."

Quotations from other authorities might be given, showing, if not a decided preference for uncooked foods, at least a disposition to look into their merits; and as no harm, but always good, comes from thorough investigation, the author of *HEALTH IN THE HOUSEHOLD* is not only willing to hear, but anxious to learn, all that there is to be known on the subject. If "better things" are yet in store, by all means

let us have them ; and the way to *find* them, is to look for them.

A young medical student with whom the writer is acquainted, found himself in dyspeptic conditions, and in rather poor health generally. He tried the raw grains and fruits, together with nuts, and immediately began to improve; at the end of a few months the dyspepsia was all gone, and his general health much better; and at the end of two years, he considered himself as "made over." How much of this improvement was due to the new diet (he gave it credit for a good deal), and how much to the hints he got out of Dr. Oswald's *Physical Education*, which he was then reading, it might be difficult to determine; but it is probable that he obtained good from both.

Judging from the history of nearly all reforms, whether real, or so called, it may be reasonable to suppose that in this, as in the others, its advocates will, in the heat of enthusiasm, make some mistakes ; though perhaps this is unavoidable. In the absence of a knowledge of the *right* way, one has to experiment, and then profit afterward by the mistakes committed. Already, questions, such as the following, are asked:

1. Suppose we eat uncooked grains ; can we manage them *whole*, even if our teeth are sound ? And if so, would it not consume a great deal of time ?

2. If the teeth are imperfect, must we not cut or crush the grains ; and if *very* imperfect or wanting altogether, would it not be better to *soak* the kernels, whole or divided, until they are partially softened ?

3. If one makes a meal of grains and fruits, what per cent. of it should be fruits ?

4. Should the two be eaten *together* (in alternate mouthfuls), or should the one be eaten, and then the other ?

5. Is it better to employ a great *variety* of either the

fruits or the grains; and if so, how *large* a variety is it best to have at a given meal?

6. If nuts form part of the repast, does it make any difference at what meal they are eaten; whether at breakfast, dinner, or supper?

7. Is there danger of eating too *many* nuts, or of having them too often?

8. Should the *quality* of the food differ, in hot and cold climates—or hot and cold weather?

9. If vegetables are eaten, how often should they appear on the table; and should they be eaten at the same meal with fruits?

10. Would children, just beginning the use of grains, require to have them soaked or softened?

11. Would the grains, as wheat, be the better of being partially cleaned or dressed, before being eaten?

12. Should the *character* of the food be modified, to suit the habits of individuals; and if so, in what particulars?

13. In living upon uncooked foods, how many meals would be necessary, in the day; and about how much time would be required at each, provided the individual had good sound teeth?

14. In changing from the cooked to the uncooked food, would it be best to make the change gradually, or at once?

The above are examples of questions that would require an intelligent answer; though some of them apply to the *cooked* foods, as well as to the uncooked. Would it not be a good plan for the advocates of the Natural Diet to organize into a society, and give themselves and others the benefit of their experience? No doubt very much valuable information might be obtained in this way; and if the experimenters did no more than to disprove certain popular fallacies, at present almost universally accepted, they would, to say the least, help to prepare the way for a more rational

system of diet—if, indeed, that can be *called* a system, which (as it now stands) contains so much that is not only fragmentary and worthless, but *positively pernicious* in its effects upon the human system, and utterly at variance with all the known laws of physiology and hygiene.

In discussing the food question, we must take into account the fact that the force of habit has very much to do with what the stomach is able to accomplish. For hundreds and even thousands of years, in all civilized countries at least, it has been the custom to cook the grains and other starchy foods before eating them. The modern stomach does not seem to be able to digest these articles perfectly in the raw state. But after the starch elements have been converted into glucose by cooking, this difficulty is removed, and the stomach does its work satisfactorily; then the nutrient material is absorbed into the blood, and the tissues appropriate it.

Nearly all of the grain preparations that are sold in our markets, require a great deal longer cooking than is generally supposed; not a few minutes, but hours are needed to make them thoroughly digestible, and also to develop their flavor.

S. W. D.

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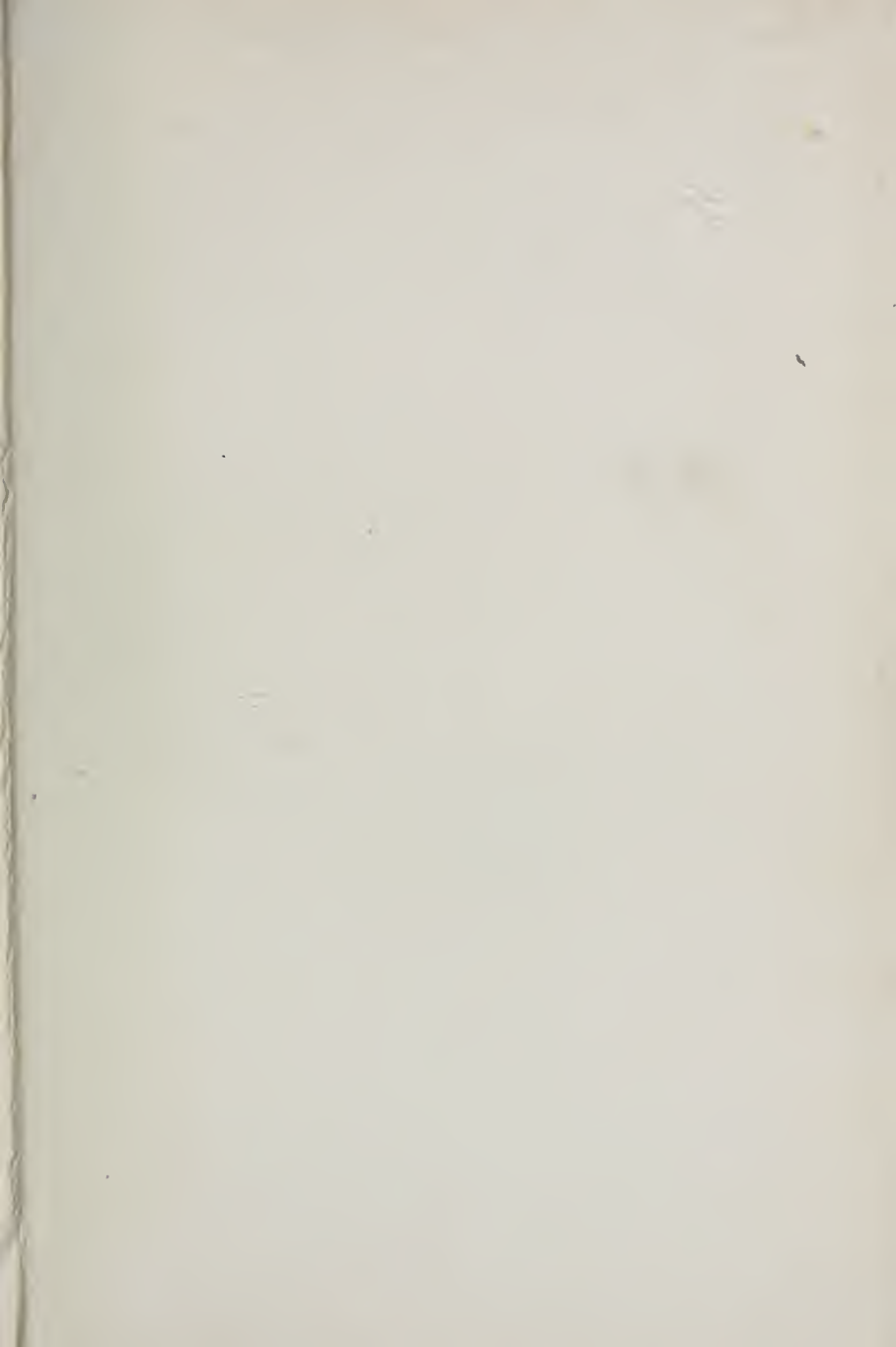
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