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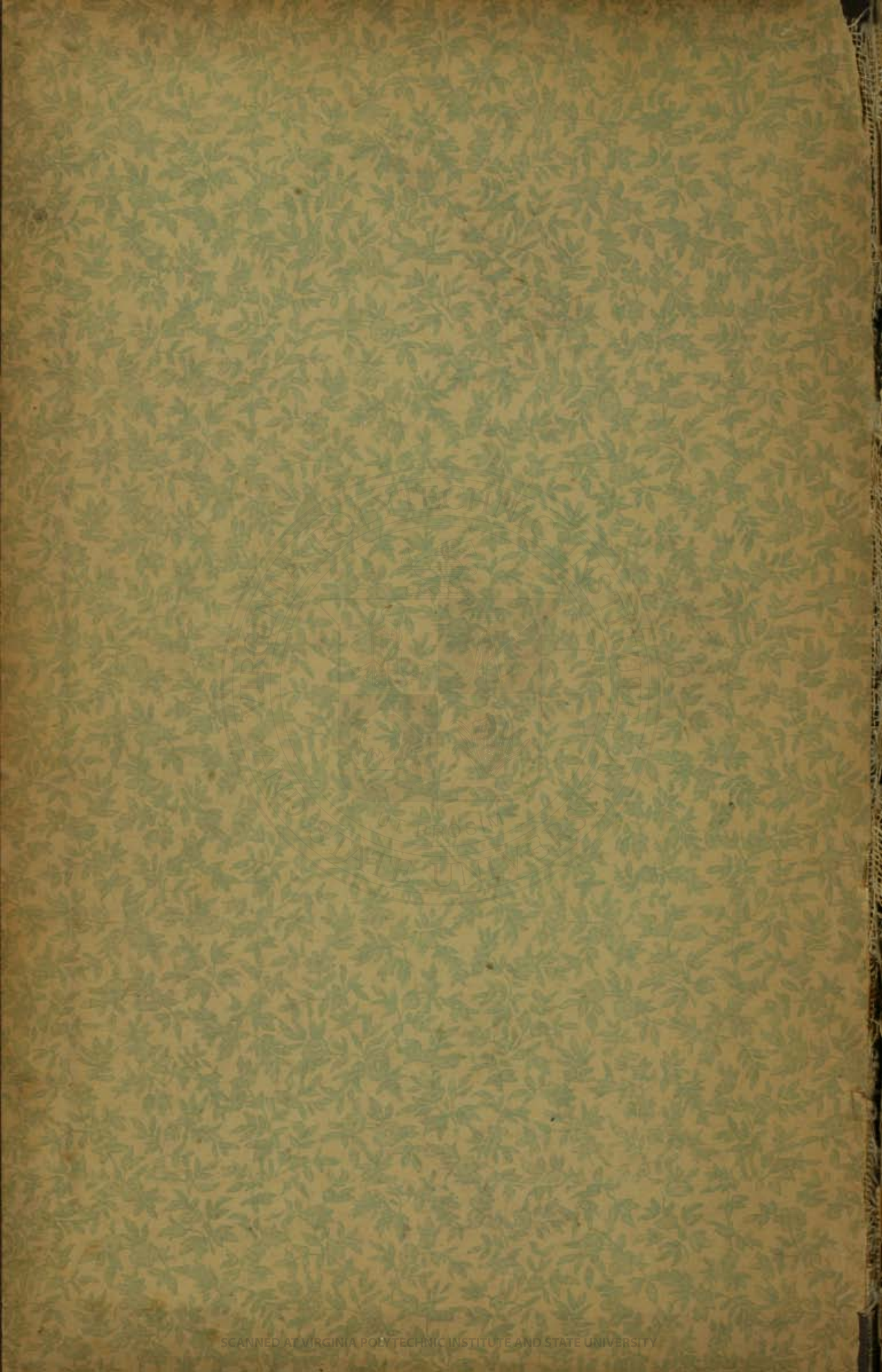
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THE

HOUSEKEEPER'S HELPER.

FURNISHING

THE VERY BEST HELP IN ALL THE NECESSITIES, INTRICACIES, EMERGENCIES, AND VEXATIONS THAT PUZZLE A HOUSEKEEPER IN EVERY DEPARTMENT OF HER DUTIES IN THE HOME.

HOUSEHOLD MANAGEMENT,
DOMESTIC COOKERY, HOME FURNISHING,
HOME DECORATION, POLITE DEPORTMENT,
TRYING EMERGENCIES, CARE OF CHILDREN,
GAMES, AMUSEMENTS, ETC.,
GENERAL HINTS.

VERY CAREFULLY PREPARED AFTER LABORIOUS RESEARCH BY A SKILLED CORPS OF EXPERTS IN THE DIFFERENT DEPARTMENTS.

APPROPRIATELY ILLUSTRATED.

UNION PUBLISHING HOUSE.
NEW YORK.

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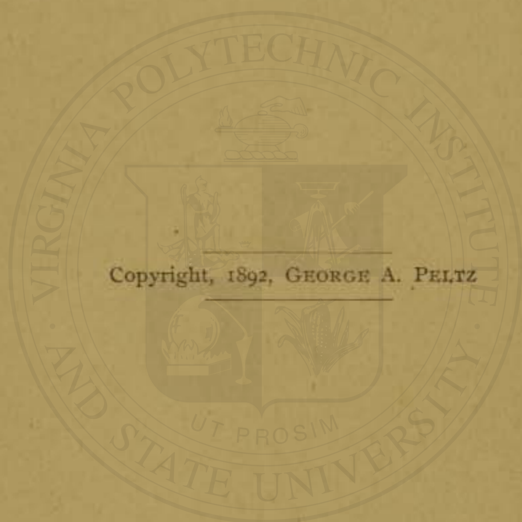

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PREFACE.

HOUSEWIFE is in many repects a better word than housekeeper. One may *keep house* in a cold and perfunctory style. A housekeeper may be a mere hireling, with no interest whatever in the establishment beyond the wages drawn from it. But a *housewife* is one wedded to the house and its interests. She is not a slave to the house, as a wife is not a slave to her husband; but both love the object of their espousal, and labor with supreme regard for the best good of that object. For those who thus love home this book has been prepared.

All persons are not housewives nor yet housekeepers, but all are presumed to dwell in houses. These houses are kept by somebody, and the manner in which they are kept very materially affects the happiness of those who dwell therein. Therefore, all persons have a direct interest in whatever will help housekeepers to keep house in better style and to make the household more healthy and more happy.

Some helps are hindrances. They are so hard to grasp, and when grasped they are so hard to handle, and when handled they afford so little in return, and what they do afford is so worthless that, though they be helps in name and in aim, yet in fact they are hindrances only. This book is not of that class. Whatever will render genuine assistance has been secured for it, regardless of cost or toil. What would be useless in such a book has been rejected, however attractive it seemed. It is believed that every housewife will find nothing here to neglect, but much to use and profit by.

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Many books are epitomized in this. Cooking, Furnishing, Management, Etiquette, Games, Emergencies, Care of Children, and every other desirable domestic topic, on which volumes have been written, find treatment here. It is indeed a HOUSEWIFE'S LIBRARY. It furnishes "many volumes in one."

Its contents are arranged for ready reference. In the pages immediately following, this appears at a glance. All that is contained in the book is there summarized. The nine departments are believed to cover every phase of the housewife's wants. A full index has been added also. The reader need not pause to locate a topic in the Table of Contents, but he will be guided at once to its treatment by reference to the index pages. Quick and certain access to what the book contains is thus assured.

Nor is it a mere recipe book. It does not simply tell what to do and how to act; it seeks to build from the foundation laid deeply in the nature of things. There are good and sufficient reasons for most of the customs of society. He who understands these, catches the spirit of the whole matter and cannot get far astray, even though he be ignorant of the exact letter of the law.

Illustrations have been freely employed because of their undoubted helpfulness. But the plan of making the language of the book so plain that all obscurity may be dispelled has been steadily adhered to. It is both complete and clear.

The HOUSEWIVES of America aspire to the best things in their homes. This LIBRARY will prove a splendid helper to their progress.

THE PUBLISHERS.

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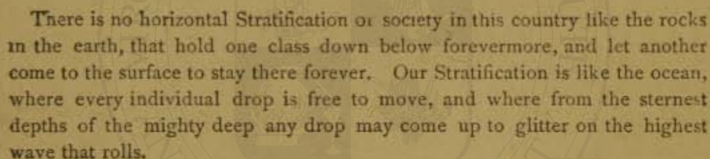

There is no horizontal Stratification of society in this country like the rocks in the earth, that hold one class down below forevermore, and let another come to the surface to stay there forever. Our Stratification is like the ocean, where every individual drop is free to move, and where from the sternest depths of the mighty deep any drop may come up to glitter on the highest wave that rolls.

JAMES A. GARFIELD.

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FIRST DEPARTMENT.

DOMESTIC COOKERY.

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Oh! better no doubt is a dinner of herbs,
When season'd by love, which no rancor disturbs,
And sweeten'd by all that is sweetest in life
Than turbot, bisque, ortolans, eaten in strife!
But if out of humor, and hungry, alone
A man should sit down to dinner, each one
Of the dishes of which the cook chooses to spoil
With a horrible mixture of garlic and oil,
The chances are ten against one, I must own,
He gets up as ill-tempered as when he sat down.

OWEN MEREDITH.

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Domestic Cookery.

THERE is a beautiful legend that tells how Elizabeth of Hungary, having been forbidden by her lord to carry food to the poor, was met by him one day outside the castle walls as she was bearing a lapful of meat and bread to her pensioners. Louis demanding sternly what she carried in her robe, she was obliged to show him the forbidden burden. "Whereupon," says the chronicler, "the food was miraculously changed, for his eyes, to a lapful of roses, red and white, and his mind disabused of suspicion, he graciously bade her pass on withersoever she would."

It would be well for some husbands if "their eyes were holden" in such a way that food served them would seem other and better than it really is. But the sense of taste is a rebellious member—especially in the men. It will cry out against the best appearing dish, if its flavor is not of the best. There is but one way to sure success. The housewife herself must be the angel who casts the spell about the humble board and the lowly fare, and invests them with forms and odors of irresistible attractiveness. This is the true poetry of Domestic Cookery; and blessed is the home where one presides who knows this art, and makes each meal a feast, and every guest a glad participant.

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But things do not always take so happy a form. For instance: there was recently a brutal murder in Troy, N. Y., and a paper, reporting the case, clumsily said: "A poor woman was killed yesterday in her own home, while cooking her husband's breakfast in a shocking manner." Quoting this statement, a contemporary remarked: "There are many women who cook their husbands' breakfasts in a shocking manner, but it is seldom that justice overtakes them so summarily." The subject is a serious one to joke over, but the turn given by the commenting paper is bright and suggestive.

The fact is, that by skillful manipulation the plainest fare may be transformed into dishes fit for kings, while by ignorance and inattention the best viands may be rendered unfit for human food. Which turn should housewives attempt to give their own culinary affairs? There can be but one reply. But, be it remembered, that freaks of favoring fortune, such as came to Elizabeth, come only to those who are zealously pursuing the line of helpful duty. There is no royal road to success as a housekeeper or a cook. You must "work your passage," but the way will be smoothed by careful study of pages such as follow, provided the study take shape in wise action.

Remember, too, that the ministry of Domestic Cookery is by no means an unimportant one. It is worthy of the best attention of any housewife.

"The stomach," says an eminent medical authority, "is the mainspring of our system; if it be not sufficiently wound up to warm and support the circulation, the whole business of life will, in proportion, be ineffectually performed; we can neither think with precision, walk with vigor, sit down with comfort, nor sleep with tranquility. There would be no difficulty in proving that it influences (much more than people imagine) all our actions." Dyspepsia is a fearful foe to the human race.

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I.—THE ART OF COOKING.

THERE is a *science* and there is an *art* of cooking. The science tells what should be done and why; the art takes hold and does the thing, without, in most cases, knowing any reason why certain methods produce certain results. The one is theoretical, the other practical; the one deals with principles, the other with performances.

The science of cookery proceeds on the basis that man needs certain elements of repair and growth for the various tissues of his body, that these elements exist in nature in various forms, and that the mission of the cook is so to prepare these suitable substances that man may receive them in their most enjoyable and assimilable forms, and thus have his waste repaired and his growth provided for. This basis is solid. On it the whole culinary system is founded. But, from the merely utilitarian idea of repairing waste and supplying force, cookery rises to the supreme height of exquisitely delighting the taste while doing its most important work of feeding the body. Indeed, the art of cooking well, and of serving well-cooked victuals well, is "a fine art" in the best sense of the term. There are *artistes* in this line. Meals may be served artistically. They may become a delight to the most refined natures and a real benefaction to both body and soul.

The great aim of all cooking is to retain all the valuable elements of the food, and to put them into such forms as shall awake desire, stimulate digestion, and secure to the eater, in the readiest and most pleasing way, all the nutriment these viands afford. For instance, in cooking meats it is desirable to retain all the natural juices. To this end, when meat is to be boiled it should be plunged into hot water, which at once renders the outer part measurably impenetra-

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ble, and so confines the juices. On the other hand, if the juices are to be drawn out for the production of soup, it must be placed in cold water, and gradually warmed and slowly boiled, so as to allow the exudation of the juices. On the same principle, broiling and roasting, by quickly closing the surface of the meat, retain the juices as well as the odors, and make the meat both juicy and savory. The retention of the fatty substances renders such preparations somewhat less digestible, however, than boiled food or lean meat.

High art in cookery, as elsewhere, demands high rates of expenditure. Instructions on that grade alone would not meet the want of American homes. But high aims in this department are equally commendable with high aims elsewhere. So important a factor in domestic economy as cooking cannot be ignored and should not be treated lightly. Good food, well cooked and well served, goes far to make home happy and its inmates healthy.

The chemical aspect of food and cooking may be left to the chemist and the physiologist. They will perfect the scientific aspects of the case. But the *art* of cooking, which teaches just how and when to do the right things, is for us to learn and to practice day by day. Such is the relation of stomach and brain on the one side, and of stomach and cook on the other side, that the cook becomes the sovereign, to whom many a brain mightier than his own bows in servile allegiance.

What cookery was practiced in the garden of Eden history does not tell. Vegetarians insist that permission to eat animal food was not given until after the flood (Genesis xi, 3, 4), when, by indulgence, man's appetites had become abnormal. If vegetable food only were used in Eden, and that mainly of the nature of fruits, but little cooking was needed, and the simplest forms would suffice amply. Ancient writers say that cooking came into use immediately on the

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discovery of fire, whenever that was, and that its introduction was in imitation of the natural processes of mastication and digestion.

The first reference of the Bible to cooked food is to "a morsel of bread" (Genesis xviii, 5). Sarah, in this instance, made ready "three measures of fine meal," which she kneaded, and of which she made cakes "upon the hearth." These were, doubtless, the simplest form of unleavened cakes,

UNLEAVENED BREAD, ANCIENT AND MODERN FORMS.

flattened thin and baked upon a hot stone. A tender calf was hastily dressed on this occasion also, but whether by boiling or stewing, by roasting on a hot stone or by broiling over the fire on the point of a stick, is not known. Certainly, the whole dressing required but little time and was not very elaborate. For these same guests Lot baked unleavened bread, and, as the record is, "he made them a feast," quite hurried and simple, no doubt.

When Abraham's servant, searching for a wife for Isaac, reached her father's house, "they did eat and drink," unquestionably in a festive way. Isaac was so fond of venison that he became unduly partial to his son Esau, who excelled as a hunter in capturing game for this dish. The preparation of the meat was in some elaborate style, which Isaac denominated "savory meat," and the eating of it so pleased him that he spoke of it as the meat "that I love," and asked it "that I may eat, and that my soul may bless

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thee before I die." Irreverent critics may say this was *man*-like, but reverent ones will pronounce it quite human, and all may conclude that cookery was taking attractive shapes in that early day. So Esau thought, undoubtedly, upon seeing his brother Jacob with a pottage of red lentiles. He was willing to sell out his birthright, with all its high prerogatives, that he might eat of this tempting dish. All these incidents from the book of Genesis indicate that punctuality at the table and systematic forethought for its proper service were undeveloped arts at that time. Many later Biblical references indicate a higher state of culture in these respects, sumptuous fare and great feasts being matters of frequent reference. In the ceremonial law many directions were given concerning the killing and the cooking of animal food.

Ovens are often mentioned in the Bible. In the cities and villages they were located generally in the establishments of bakers (Hosea vii, 4), or in large private establishments. Portable ovens were used by many who lived in a nomadic way. The portable oven was a large earthen jar, widening at the bottom, and having a side opening there by which to extract the ashes and to insert the bread or meat. These are referred to as the possession of every family, in Exodus viii, 3; though in time of destitution, or scarcity of fuel, one oven answered for many families, as Leviticus xxvi, 26, shows. These ovens could be hastily heated by a quick fire of twigs, grasses, etc., which fuel suggested the reference in Matthew vi, 30, to grass, which to-day is in the field and to-morrow is cast into the oven. Loaves or meat were placed inside, and thin cakes upon the outside of these ovens.

ANCIENT EGYPTIAN OVEN.

The remote East, the land of spices, was the first to develop cookery in its higher ranges. Carefully wrought

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and highly seasoned dishes were first prepared there. Many curious notions are recorded of the various nations in respect to food and cooking. The universal custom in Oriental lands is to cook meat as soon as killed. It never becomes cold, as with us. Goose is a great favorite with the Egyptians. Plutarch says only one class of this nation would eat mutton, and at Thebes it was wholly prohibited. Puddings made from the blood of slaughtered animals were favored by Egyptians but hated by Moslems. Egyptians never ate the head of any animal. Pastry among them was worked into the shapes of animals, and was always sprinkled with caraway and anise.

The Greeks esteemed cookery so highly, that royal personages took pride in preparing their own meals. Homer's poems contain many illustrations of such service. Achilles once personally served up a great feast, its special feature being that smaller meats were garnished with entrails of oxen. It was common at great feasts of the Greeks to dedicate certain dishes to certain gods, and then to eat them in honor of those gods.

In the time of Pericles a class of professional cooks had come into prominence who boasted that they could serve up a whole pig, boiled on one side, roasted on the other, stuffed with cooked birds, eggs, and other delicacies, and yet the whole so neatly done that it could not be discovered where the animal had been opened. Invention was then taxed to invent a new cake, or a new sauce, and he who did it was deemed worthy of high honor. One Greek distinguished himself by devising a new method of curing hams, another devised a cake which took his name and made him famous. In Athenian dishes, assafœtida was a popular ingredient, as were rue and garlick.

To compound one famous dish, certain uninviting parts of sows, asses, hawks, seals, porpoises, star-fish, etc., were used. One visitor to Greece, having eaten a celebrated

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"black broth," said he had learned why the Spartans were in battle so fearless of death, as the pains of death were preferable to existence on such abominable food. A Greek poet, Archistratus, traveled the world over to study the gastronomic art, and then wrote a poem, "Gastrology," which became the standard among Greek epicures. Greek cooks took special pride in so flavoring and disguising common fish and meat, that epicures even would be deceived by their preparations.

Roman cooking surpassed the Grecian in the more solid dishes, until the decline of the Empire began, when Roman epicures and gluttons came to the front and soon surpassed the world. Fishes, birds, and wines were their chief delicacies, and to secure those of rarest quality the known world was laid under contribution. There is record of a single feast at which were served peacocks from Samos, chickens from Phrygia, kids from Melos, cranes from Ætolia, tunny fishes from Chalcedon, pikes from Pessinus, oysters from Tarentum, mussels from Chios, dates from Egypt, and incidentals from as many more points. Snails were fattened for table uses till their shells would contain a quart; fishes and birds were fed on the choicest dainties to prepare them for human food, while even hogs were fattened on whey and dates.

Lucullus was in the habit of spending fifty thousand denarii (about eight thousand dollars) on each of his sumptuous feasts. Galba's daily breakfasts were each of sufficient cost to feed a hundred families. Vitellius made a single dish of pheasants' brains, peacocks' brains, nightingales' tongues, and livers of the rarest fishes. Its cost was one thousand *sesterces* (about forty thousand dollars). On another occasion two thousand choice fishes and seven thousand rare birds were served by him. It is said his kitchen expenses for four months amounted to twenty-five million dollars.

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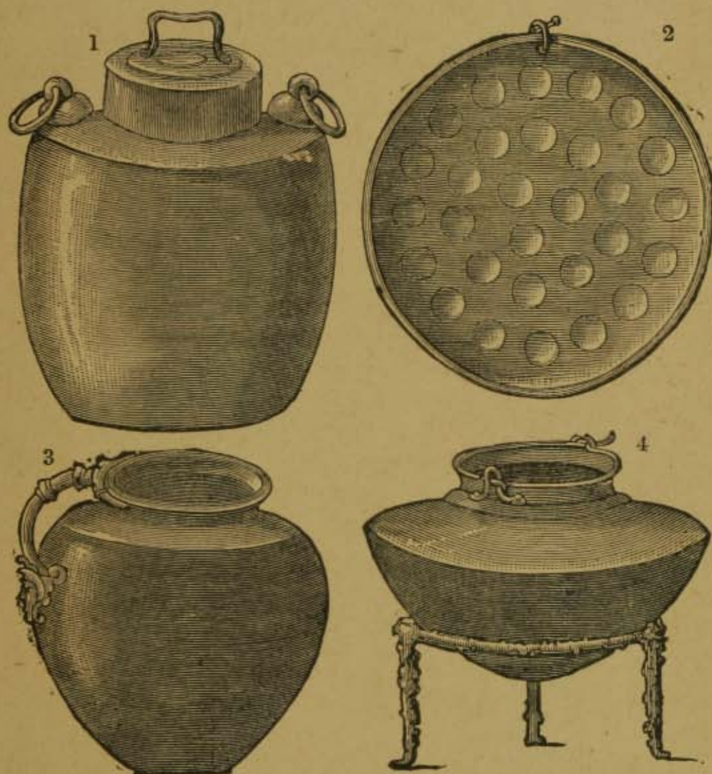
Heliogabalus had a favorite dish for his own suppers made from the brains of six hundred thrushes. Pork was the choice Roman dish at a later day. It was often served in the famous style already referred to, being half baked,



ANCIENT ROMAN COOKING UTENSILS.
1. Sugar, or Vegetable Boiler.——2. Frying Pan.——3. Measuring Urn.——4. Boiler, on Tripod.

half boiled, and stuffed with birds, eggs, etc. The process of this preparation was long a profound and marvelous secret. It was accomplished, however, by bleeding the animal under the shoulder, removing the intestines by the

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throat, and refilling by the same passage. The upper side was then baked while the lower lay imbedded in a thick paste of barley meal mixed with wine and oil. The paste was then removed and the lower side boiled in a shallow saucepan.

ANCIENT ROMAN COOKING UTENSILS,

1. Measure for Grain.——2. Kitchen Boiler.——3. Fire Grate.——4. Pitcher, or Urn, for Fluids.

Cooking utensils were elaborately made for the homes of the rich. The finest grades were made of bronze, and usually they were plated with silver. Some articles were of brass, others even of silver. Kitchens were royal apartments then, many of them having marble floors and being decorated with costly paintings. Even the aspirations of

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our modern "help" would have been gratified fully by the kitchen appointments of those days. Schools of cookery, under the most accomplished professional care, were numerous at that time.

One of the most princely pieces of extravagance ever brought out by good cooking was in the case of Antony. When Cleopatra praised a repast he furnished, Antony at once called the cook and presented him with a city. Another piece of extravagance was when Lucullus entertained

ANCIENT ROMAN COOKING UTENSILS.
1. Bowl.——2. Soup Pot.——3. Grater.——4. Measure for Fluids.——5. Cook's Knife. ——6. Hashing Knife.

Cicero and Pompey. They three partook of a little feast which cost not less than five thousand dollars. Geta insisted on as many courses at his state dinners as there were letters in the alphabet, and each course was required to contain every viand known, the name of which began with that letter. Alexander the Great once entertained ten thousand guests, all of whom were seated at the tables at one time, and in silver chairs upholstered with purple. Possibly the most extensive "spread" ever made was by the Earl of Warwick when his brother was installed Arch-

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bishop of York in 1479. The record of its appointments is as follows: 300 quarters of wheat, 300 tuns of ale, 104 tuns of wine, 1 pipe of spiced wine, 10 fat oxen, 6 wild bulls, 300 pigs, 1,004 sheep, 300 hogs, 3,000 calves, 300 capons, 100 peacocks, 200 cranes, 200 kids, 2,000 chickens, 4,000 pigeons, 4,000 rabbits, 4,000 ducks, 204 bitterns, 400 herons, 200 pheasants, 500 partridge, 5,000 woodcocks, 400 plovers, 100 curlews, 100 quails, 100,000 eggs, 200 roes, 4,000 roebucks, 155 hot venison pasties and 4,000 of them cold, 1,000 dishes of jellies, 2,000 hot custards and 4,000 of them cold, 400 tarts, 300 pikes, 300 bream, 8 seals, and 4 porpoises. The Earl in person was steward; 1,000 servitors, 62 chief cooks, and 515 under cooks and scullions officiated on this monster occasion.

After the fifth century it is said that "cookery, like learning, retired into convents." For several centuries religious houses alone were the abodes of good cooking. In the tenth century the art reappeared among the wealthier citizens of Italy. Discoveries of new countries and the increasing activity of commerce continually enlarged the field for gastronomic delights. Italy, the leader in fine cookery in those days, began to send her methods and her cooks into France, where they received a hearty welcome from Catharine de Medici and her royal spouse. Under these fostering impulses several cities became famous for specialties in food; Hamburg, for example, for hams, Strasburg for sausages, Amsterdam for herrings, Ostend for oysters, Chartres for pies, etc., etc.

The ancient Britons and Saxons knew none of the refinements of the culinary art. Their meal was simple bruised barley; their meat, half-cooked game. The Danes did more at drinking than at eating, at brewing than at baking. The Normans, however, introduced the better styles of food and the cook again loomed up grandly. So great was the excess of these times that the friars of St. Swithin's com-

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plained to King Henry II that three of their thirteen regular dinner courses had been withheld from them by their abbot. Cranmer ordered, in 1541, that archbishops should be limited to six dishes of meat daily, bishops to five, and lower orders of clergy to four, or three in certain cases. The poultry to be used was also limited, and the fish.

After the Crusades the higher classes of England imitated the luxurious methods they had learned abroad. Peacocks became a favorite dish. They were usually served with the tail feathers remaining and spread to their fullest extent. In the reign of Elizabeth cooks reached the zenith of their power, many classical scholars willingly espousing this profession.

The early inhabitants of France subsisted chiefly on roots and acorns. After their subjugation by Cæsar they quickly took on the Roman methods, and later the Norman methods, until in the fourteenth century they produced Taillevant, the greatest cook of history. In the reign of Louis XII a company was chartered to make *sauces* and another to cook meats on the *spit*. These were the days when fancy cooking ran toward the impossible. Eggs cooked on the spit, butter fried, roasted, etc., were the surprising delicacies produced by the masters of gastronomy.

In the days of Louis XIV cookery in France was at its height of sumptuousness. A reaction in favor of moderation then began to prevail. Cooks were out of employment. Restaurants then appeared under their care, and they soon found abundant patronage. Carême, of France, is confessedly the greatest of modern French cooks. He has exalted the science of cookery while he has nobly advanced the art.

There are several national or provincial dishes which are well known; for example, the roast beef and plum pudding of England; the sauerkraut of Germany; the salt beef of Holland; the *pillau* of Turkey (made of rice and mutton

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fat); the macaroni of Italy; the potatoes of Ireland; the oat-meal of Scotland; the pork and beans and the pumpkin pie of New England.

Books on the science and the art of cookery are numerous. The oldest dates from the last half of the fourteenth century. It is from a Frenchman, Le Sage, who has blended moral maxims and culinary recipes in a wonderful manner. The next in order is from Taillevant, already referred to, dated 1392. Scappi, chief cook to Pope Pius V, published a valuable book on cookery in 1570. So have they been multiplied as the years have rolled by, and one who is not an expert in cookery cannot lay his defect at the door of authors or publishers.

But books are not sufficient to elevate a people. There must be instruction, by which the text-books may be expounded and their lessons be illustrated to the masses. The art of cookery must be learned, as are the other arts. There are those who say that domestic cooking should be learned in the home—that the mother should teach the daughters, and that skill and knowledge should thus be handed down from generation to generation. This is a splendid theory; but if the mothers themselves are ignorant and unskillful, what then can be hoped for from the daughters? Then, too, a fixed set of culinary traditions would be handed down in each family by this method, and the children would follow the ways of the parents, irrespective of better ways practiced by their next-door neighbors.

In the face of these facts, it was not at all strange that schools of cookery arose centuries ago; but it is strange that these schools were not extended in their scope, to include others than professional cooks. They aimed merely to provide skilled help for the kitchens of royalty and wealth. This they did to perfection, but the common people knew nothing of the methods whereby their plain fare might be made more toothsome or more beneficial. It has re-

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mained for this later day, this utilitarian age, to establish schools designed to furnish good, practical cooks for our homes, and to develop them from our wives and our daughters.

This "cooking-school" movement arose in England. The working classes there were so sadly unskilled in using provision, and provision was so enormously costly, that the question necessarily arose, Is there no way whereby these masses can use what little they have to better advantage? How to make the most of what was in their kitchens was the practical problem. Schools of domestic economy then arose, under the patronage of benevolent persons, to promote the practical solution of this difficulty.

The managers of the South Kensington Museum of Arts, in West London, made the first organized movement in this matter by establishing public lectures on the preparation of food, with platform demonstrations of various culinary operations. But the inadequacy of this course was soon evident. Exposition and illustration were good, but practice was needed. Cookery is like music, in that the only way to do it well is *to do it well.* Lectures on the capabilities of the piano, though supplemented by brilliant illustration, could never make musicians, and the course inaugurated at Kensington Museum was not capable of making cooks. Practice schools soon became an admitted necessity.

To found schools of this character was no easy task. Public sentiment was not up to the need. Teachers, textbooks, and even pupils were wanting. It was unavoidably an expensive method of education, and no great names stood ready to back the movement. But the parties chiefly interested were determined, and they moved onward. The first organized classes for graded instructions and practice in cookery were formed in 1874. These classes were open to all, but especial encouragement was given to those proposing to go out as teachers of this art. In this respect the

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work was a great success, and large numbers of cooking-schools have been formed in England.

These schools employ a series of printed "lessons," suited for use in all the work in all the various grades. These lessons contained a list of ingredients needed for each dish, with their quantity and cost. Then followed a specification of the several steps to be taken, each distinct in itself and numbered. Nothing was assumed to be known; nothing was here taken for granted, all was clearly specified and, if need be, explained. As trial showed defects in the several lessons, they were carefully revised, and at last text-books were issued. Every pupil learned what to do in each case; then they did it; then they kept on doing it until they could do it to perfection. As at "Dotheboys Hall," he whose turn it was to spell "scrub" was set to scrub the floor, etc., etc., so at these practice schools, she who studied "Irish stew," made Irish stew, and capped the climax by eating it.

It is surprising that so diversified a company gathered in these schools. An observer of the Kensington Museum establishment says of the attendance: "There were cultivated ladies, the daughters of country gentlemen, old house-keepers, servants, cooks, and colored girls from South Africa, together with a large proportion of intelligent young women who were preparing to become teachers."

It may strike one who goes over these lessons that there is a wearisome attention to trivial details. But it should not be forgotten that the chief difference between good and bad cookery lies just here. It is a prime point in cooking-schools to make each item so prominent that it cannot be overlooked. Strict attention to details is the corner-stone of the culinary art.

Schools of cookery are now numerous in this country. New York, Philadelphia, and all the principal cities have institutions of this character. Text-books are numerous too. Eliza A. Youmans, Juliet Corson, and other ladies

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have nobly led the van of culinary *artistes*, and their manuals are standards for cooking-schools.

To illustrate the method of the cooking-schools, two "lessons" are here added, both on the making of Cabinet Pudding. The first is from the American edition of *Lessons in Cookery*, the handbook of the London school.

LESSON :—CABINET PUDDING.

Ingredients.—One dozen cherries or raisins, and two or three pieces of angelica. One dozen finger biscuits and half a dozen ratafias. One ounce of loaf-sugar and fifteen drops of essence of vanilla. Four eggs. One pint of milk.

Time required, about one hour.

To make a *Cabinet Pudding:*

1. Take a *pint-and-a-half mold* and *butter* it inside with your fingers.

2. Take a *dozen raisins* or *dried cherries*, and two or three pieces of *angelica*, and ornament the bottom of the mold with them.

3. Take *one dozen* stale sponge *finger-biscuits** and break them in pieces.

4. Partly fill the mold with pieces of cake and a half a dozen *ratafias*.†

5. Take *four yelks* and *two whites of eggs* and put them in a basin.

6. Add to the eggs one ounce of white sugar, and whip them together lightly.

7. Stir in, by degrees, one pint of milk.

8. Flavor it by adding fifteen drops of essence of vanilla.

9. Pour this mixture over the cakes in the mold.

10. Place a piece of *buttered paper* over the top of the mold.

11. Take a saucepan half full of boiling water, and stand it on the side of the fire.

* To be had at the baker's.

† For sale at all large grocery-houses.

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12. Stand the mold in the saucepan, to steam for from three-quarters of an hour to an hour.

N. B.—The water should only reach half way up the mold, or it would boil over and spoil the *pudding*.

13. For serving, turn the pudding carefully out of the mold on to a hot dish."

The other "lesson" is from Miss Corson's *Cooking-school Text-book.* It is the method pursued in the New York Cooking-school and its offshoots.

LESSON:—CABINET PUDDING.

INGREDIENTS.

¼ lb. candied cherries, - - - - -	20 cents.
2 oz. citron, - - - - - - -	4 "
¼ lb. macaroons, - - - - - -	15 "
Sponge cake, - - - - - - -	10 "
1 pt. milk, - - - - - - -	4 "
½ oz. gelatine, - - - - - - -	3 "
1 lemon, - - - - - - -	2 "
3 oz. powdered sugar, - - - - - -	2 "
Total, - - - - -	60 cents.

(1.) Soak the gelatine in two tablespoonfuls of cold water until it is soft, and then put it over the fire in a saucepan with the milk, sugar, and the yellow rind of the lemon cut very thin, and let it heat thoroughly, stirring occasionally until the gelatine and sugar are dissolved. (2.) Cut the citron in thin slices. Butter a plain pudding mold rather thickly with cold butter, and ornament the bottom and sides by placing some of the fruit against them in some pretty shape. (3.) Place the remaining fruit and the cake in the mold in alternate layers, and then strain the milk into the mold. Set it where it will cool and grow firm, which will be in four or five hours, and then turn it out of the mold and serve it cold."

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Every city has its leading caterer, who illustrates, when opportunity offers, to what heights the gastronomic art may be carried. On special occasions great "spreads" are made, the cost of which will surprise the uninitiated. From two to five dollars per plate is an ordinary charge for these entertainments.* Ten dollars for each guest is by no means unusual. Twenty-five dollars for each guest, the wines included, is a price often charged, and Delmonico, of New York, furnished a dinner to ten persons, the cost of which was estimated to be no less than four hundred dollars each.

The dinner was given by a distinguished yachting-man, who insisted that the five men in waiting should be dressed as sailors. He furnished the suits, new and elegant. The guests drank, or tasted, every vinted liquor that has ever been brought to America—not that they drank every brand of wine, but every grade was represented. They finished with a *pousse cafe* made of eleven liquors.

The bills of fare were a striking feature of the display. Before each plate sat a cut-glass basin, about twenty inches in diameter and four inches deep. Each was nearly filled with water, perfumed with ottar of roses, on the surface of which floated half-open pond lilies. In the basin a perfect model of the yacht owned by the gentleman who gave the dinner was placed. It was cut in red cedar wood, with cabin, rail, wheel for steering, brass work, such as belaying-pins, binnacle, etc., man ropes worked and trimmed with sailor knots, scraped pine masts and booms, rigging of silken cords colored as it would be in the prototype, and sails of satin.

The sails carried the bills of fare. On the flying jib were the words: "Compliments of ———," naming the giver of the dinner; on the jib the date and place; on the foresail was the name of the guest who sat at the place where each little vessel floated; and on the mainsail was the *menu.* As the guest had occasion to consult his bill of fare, he used a

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little gold oar that rested on the fingers of a silver naiad who peered over the containing glass, and held out both hands to grasp the oar. After the dinner each guest either carried away his bill of fare or had it sent to his home. The bills of fare were supposed to have cost at least one hundred dollars apiece. Of course, the viands spread at such a table were the finest the markets of the world could afford.

An artistic conclusion to an elaborate luncheon in New York is thus described by one who was there: "The last course was quite classic. A Greek would have appreciated it. It would have given him visions of Hybla and Hymettus, and their luxuriant growth of wild thyme. Everything was removed from the table except the ferns in the centre. A glass jug, some small glasses, and a plate of water crackers were brought in. The hostess poured out for each guest a tiny glass of metheglin. Any one who had forgotten the old reputation of this liquor and of what it was made would have been enlightened by seeing the jug. It looked like a honeycomb. Through the wax-looking cells painted upon its surface the liquor appeared like yellow honey. On the stopper was a black and gold bee. The caster, or tray, in which the jug stood was of glass also, covered with white clover and other heather flowers, which give the delicate flavor to Scotch and French honey. Such a finale seems to claim for America mention among those nations which Shakespeare describes as 'exquisite in their drinking.'"

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II.—SOUP STOCK, SOUPS, ETC.

GENERAL SUGGESTIONS ON SOUP STOCK AND SOUP MEAT, HOW TO PREPARE THEM, HOW TO ENRICH THEM, THICKENING SOUP, COLORING SOUP, FLAVORING SOUP, ETC. THIRTY-TWO RECIPES FOR SOUPS AND INCIDENTAL PREPARATIONS.

THE first and great essential to making good soup is *stock*, or good, fresh meat. To make stock, take the liquor left after boiling fresh meat, bones large or small, the large ones being cracked, that the marrow may be extracted, trimmings of meat, bones, and meat left over from a roast or broil, put any or all of these in a large pot or soup-kettle with water enough to cover them. Let them simmer slowly over a steady fire, keep the kettle covered, stir frequently, pour in now and then a cup of cold water, and skim off the scum. If it is fresh meat or bones, commence with cold water; if cooked, with warm water. Bones are as useful as meat in making stock, as they furnish gelatine. A quart of water is usually enough for a pound of meat. Six to eight hours will make stock fit for use. Let it stand over night, then skim off the fat, put the stock into an earthen jar, and it is ready for use.

Fresh meat should be freed from all superfluous skin and fat, which make a soup greasy, rather than rich.

The glutinous substance contained in the bones renders it important that they should be boiled with the meat, as they add to the strength and thickness of the soup. The meat, however, should be cut off the bone and divided into small pieces. Place in cold water over a gentle fire and boil by the long and slow process, that the essence of the meat may

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be drawn out thoroughly. When it comes to the boiling point, throw in a little salt to assist the scum to rise; then skim carefully to prevent its becoming turbid. When no more scum accumulates, and the meat is softened so as to readily separate with the use of the fork, it should be strained, the vegetables put it, the seasoning done, and the necessary amount of hot water added if too much has boiled away.

All soup meats are better boiled the day before using, so as to allow the grease to chill over night, when it can readily be removed before putting over the fire again.

The following thickening is almost indispensable to all good soups: A tablespoonful or more of flour mixed to a smooth paste with a little water, and enriched with a teaspoonful of butter, or good beef drippings well stirred in. If it be necessary to add water to a soup, always use boiling water, as cold water injures the flavor. If making a rich soup that requires catsup or wine, let either be added just before the soup is taken from the fire.

Soup may be colored yellow by the use of grated carrots; red with the juice of tomatoes; green with the juice of powdered spinach; brown with carefully scorched flour, kept ready for use. Onions are thought by many to be a necessity in all soups—that their flavor must lurk somewhere, either defined or undefined. Their flavor may be much improved if fried until nicely browned in hot butter before being added to the soup. Potatoes should never be boiled with soup, because they add nothing to its flavor and are themselves injured by the long cooking. They should be boiled separately, and then added.

A most desirable quality in soup is that no one flavor predominate over the others, but, that by a careful blending of the different ingredients it shall contain and harmonize all flavors. Soups and broths should always be strained. It

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makes them more relishable as well as inviting to the eye. A slight acid, like lemon or tomato, gives a peculiar relish to some soups, as do many of the palatable condiments prepared by such manufacturers as Durkee & Co., Annear & Co., Cross & Blackwell, and several others, for this especial purpose. With such helps and a sufficient quantity of *stock* on hand, a choice, rich soup of any variety may be gotten up in thirty minutes.

RECIPES.

Beef Soup.—Boil a shin of beef, or a piece off the shoulder, slowly and thoroughly, the day before desiring to use it; skim well the next day and thin the jelly, if necessary, with water; add a little brandy, a grated carrot, two tablespoonfuls of butter rubbed smooth in brown flour, a little vermicelli, and spices to taste. Two or three eggs may be boiled hard, mashed smooth, and placed in the tureen before turning in the soup.

Beef Soup, No. 2.—Boil a shin of beef of moderate size, crack the bone, remove the tough outside skin, wash, and place in a kettle to boil with six or eight quarts of water. Let it boil about four hours, until it becomes perfectly tender, then take it out of the liquid. Add salt, one pint of tomatoes, two onions cut in small pieces, two turnips cut in quarters, one grated carrot, one large tablespoonful of sugar, a little sweet marjoram and thyme rubbed fine, one red pepper cut in very small pieces, also a celery top or a small quantity of bruised celery seed. This soup may be thickened according to taste either with vermicelli, macaroni, noodles, or drop dumplings.

For an incidental side dish, take the soup meat that has been cut from the bones, chop fine while warm, season with salt and pepper, add one teacup of soup saved out before

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putting in the vegetables. Pack in a dish, and slice down for tea or lunch when cold.

Beef Soup with Okra.—Cut a round steak in small pieces and fry in three tablespoonfuls of butter, together with one sliced onion, until very brown; put into a soup kettle with four quarts of cold water, and boil slowly an hour; add salt, pepper, and one pint of sliced okra, and simmer three and one-half hours longer. Strain before serving.

Corned Beef Soup.—When the liquor in which corned beef and vegetables have been boiled is cold, remove all the grease that has risen and hardened on the top, and add tomatoes and tomato catsup and boil half an hour—thus making an excellent tomato soup; or add to it rice, or sago, or pearl barley, or turn it into a vegetable soup by boiling in the liquor any vegetables that are fancied. Several varieties of soups may have this stock for a basis and be agreeable to the taste.

Ox-tail Soup.—Chop the ox-tail into small pieces; set on the fire with a tablespoonful of butter, and stir until brown, and then pour off the fat; add broth to taste, and boil gently until the pieces of tail are well cooked. Season with pepper, salt, and three or four tomatoes; boil fifteen minutes and then serve. This soup can be made with water, instead of the stock broth, in which case season with carrot, onion, turnip, and parsley.

Mutton Broth.—After the steaks have been cut from the leg, the lower part is just adapted for a soup. The neck-piece is also very nice. Boil the meat very gently in cold water, adding a turnip, a carrot, and a spoonful of rice. All the fat should be removed. Toward the last, add a little minced parsley. Dumplings are an excellent addition.

Vegetable Soup.—Take two pounds of shin of beef and two pounds of knuckle of veal; remove all the fat and break

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the bones and take out the marrow; put into a pot with five pints of water; add a teaspoonful of salt, and then cover and let it come to a boil quickly; remove the scum that rises, and set where it will simmer for five hours; one hour before serving, add two young carrots, scraped and cut in slices, half a head of celery, and a small onion cut into squares; in half an hour add one turnip sliced, and in fifteen minutes one cauliflower broken in small pieces.

Bean Soup.—Soak one and a half pints of beans in cold water over night. In the morning drain off the water, wash the beans in fresh water, and put into soup-kettle with four quarts of good beef stock, from which all the fat has been removed. Set it where it will boil slowly but steadily for three hours at the least. Two hours before it is needed for use, slice in an onion and a carrot. Some think it improved by adding a little tomato. If the beans are not liked whole, strain through a colander and send to the table hot.

Black Bean Soup.—Three pounds soup bone, one quart black beans, soaked over night and drained; one onion, chopped fine; juice of one lemon. Pepper, salt, and Durkee's Challenge Sauce to taste. Boil the soup bone, beans, and onions together six hours; strain, and add seasoning. Slice lemon and put on top when served.

Tomato Soup.—Take a knuckle of veal, a bony piece of beef, a neck of mutton, or almost any piece of meat you may happen to have; set it over the fire in a small quantity of water, cover it closely, and boil very gently, to extract the juices of the meat. When nearly done, add a quantity of peeled tomatoes, and stew till the tomatoes are done; add salt and pepper to your taste. This is a very cheap, healthful, and easily made soup.

Tomato Soup, No. 2.—Take one quart of tomatoes. When boiling, add one teaspoonful of soda, two pulverized soda

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crackers, one pint of hot water, one pint of milk, salt, and pepper; strain through a colander and serve hot.

Green Pea Soup.—Boil the empty pods of a half-peck of green peas in one gallon of water one hour; strain them out; add four pounds of beef cut into small pieces, and boil slowly for an hour and a half longer. Half an hour before serving add the shelled peas, and twenty minutes later half a cup of rice flour, salt, pepper, and a little chopped parsley. After adding the rice flour stir frequently so as to prevent scorching.

Dried Split Pea Soup.—One gallon of water, one quart of soaked split peas, half a pound of salt pork, one pound of beef. Put over the fire, seasoning with salt and pepper, celery salt, salpicant, curry powder, marjoram, or savory; let it boil slowly for two hours, or until the quantity of liquor does not exceed two quarts. Pour into a colander and press the peas through with a spoon. Fry two or three slices of stale bread in butter till brown, scatter them in the soup after it is placed in the tureen.

Corn Soup.—Cut the corn from the cob, and to a pint of corn allow one quart of hot water; boil an hour and press through a colander; put into a saucepan an ounce of butter and a tablespoonful of flour, being careful to stir well to prevent it being lumpy; then add the corn pulp, a little cayenne pepper, salt, a pint of boiling milk, and half a pint of cream.

Onion Soup.—Slice ten medium-sized onions and fry brown in butter with a tablespoonful and a half of flour; put into a saucepan, and stir in slowly four or five pints of milk and water (about one-third water); season to taste, and add a teacupful of grated potato; set in a kettle of boiling water, and cook ten minutes; add a cup of sweet cream and serve quickly.

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Mock-turtle Soup.—Scald a calf's head and wash it clean; boil it in a large pot of water for half an hour, cut all the skin off, and take the tongue out. Take the broth made of a knuckle of veal, put in the tongue and skin, with one onion, half-ounce of cloves, half-ounce of mace, half a nutmeg, all kinds of sweet herbs chopped fine, and three anchovies. Stew till tender; then take out the meat, and cut it in pieces two inches square; cut the tongue, previously skinned, in slices; strain the liquor through a sieve; melt half a pound of butter in a stewpan; put in it half a pound of flour and stir it till smooth—if at all lumpy, strain it; add the liquor, stirring it all the time; then put to the meat the juice of two lemons, or one bottle of Madeira wine, if preferred; season rather highly with pepper, salt, and cayenne pepper; put in a few meat balls and eight eggs boiled hard. Stew gently one hour, and serve in a tureen; if too thick, add more liquor before stewing the last time.

Mock-turtle Soup. No. 2.—Take a calf's head and about two pounds of delicate fat pork. Put both into a soup-kettle, with two onions, sweet herbs, celery, pepper, and mace. Fill the kettle with water, and boil very gently till the meat is tender. Take out the head and the pork, return the bones of the head into the soup; let it stew several hours longer; and, when cold, take off the fat, strain the soup, and thicken; add the juice of a lemon and half a pint of white wine. Cut up the head and pork into pieces; warm them up in the soup, adding some choice meat balls made from finely minced, savory meat. The pork will be found quite an addition to the soup and a substitute for the fat of the turtle.

Gumbo Soup.—Cut up two chickens, two slices of ham, and two onions into dice; flour them, and fry the whole to a light brown; then fill the frying-pan with boiling water, stir

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it a few minutes, and turn the whole into a saucepan containing three quarts of boiling water; let it boil forty minutes, removing the scum. In the meantime soak three pods of okra in cold water twenty minutes; cut them into thin slices, and add to the other ingredients; let it boil one hour and a half. Add a quart of canned tomatoes and a cupful of boiled rice half an hour before serving.

Southern Gumbo Soup.—Cut up one chicken, and fry it to a light brown, also two slices of bacon; pour on them three quarts of boiling water; add one onion and some sweet herbs tied in a bag; simmer them gently three hours and a half; strain off the liquor, take off the fat, and then put the ham and chicken (cut into small pieces) into the liquor; add half a teacup of sliced okra, also half a teacup of boiled rice. Boil all half an hour, and just before serving add a glass of wine and a dozen oysters with their juice.

Julienne Soup.—Scrape two carrots and two turnips, and cut in pieces an inch long; cut slices lengthwise about one-eighth of an inch thick; then cut again, so as to make square strips; put them in a saucepan, with two ounces of butter, three tablespoonfuls of cabbage chopped fine, and half an onion chopped; set on the fire and stir until half fried; add broth as you wish to make thick or thin; boil until done; salt to taste; skim off the fat, and serve; it takes about two hours to prepare this soup properly. It can be served with rice or barley.

Macaroni or Vermicelli Soup.—Two small carrots, four onions, two turnips, two cloves, one tablespoonful salt, pepper to taste. Herbs—marjoram, parsley, and thyme. Put any cooked or uncooked meat and its bones in enough water to cover them; when they boil, skim them and add the vegetables. Simmer three or four hours, then strain through a colander and put back in the saucepan to reheat.

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Boil one-half pound macaroni until quite tender, and place in the soup tureen, and pour the soup over it—the last thing. Vermicelli will need to be soaked a short time only—not to be boiled.

White Soup.—Boil a knuckle of veal for three hours. Add a quarter of a pound of macaroni, and when done, a pint of cream. Season with lemon-peel and mace.

Turkey Soup.—Take the turkey bones and boil three-quarters of an hour in water enough to cover them; add a little summer savory and celery chopped fine. Just before serving, thicken with a little browned flour, and season with pepper, salt, and a small piece of butter.

Chicken Soup.—To the broth in which chickens have been boiled for salad, etc., add one onion and eight or ten tomatoes; season with pepper and salt; add Challenge Sauce or Salpicant, if desired; boil thirty minutes; add two well-beaten eggs just before sending to the table.

Lobster Soup.—To boil a lobster, put it in a fish-kettle and cover it with cold water, cooking it on a quick fire. Remove the small bladder found near the head, and take out a small vein found immediately under the shell all along the back of the lobster, and use the rest. Two lobsters will make soup for six or eight persons, and salad also. All the under shell and small claws are pounded in a mortar to make the soup; when pounded, put it into a pan and set it on the fire with broth or water. The meat is cut in small pieces, to be added afterward. The soup is left on the fire to boil gently for half an hour; then put it in a sieve and press it with a masher to extract the juice. To make it thicker, a small piece of parsnip can be added and mashed with the rest into a pan, so that all the essence is extracted in that way from the lobster. When you have strained it put a little

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butter with it and add as much broth as is required; put some of the meat in the tureen and pour the soup over it.

Clam Soup.—Wash the clams free from grit; boil them in a pint of water till they will come from the shells easily. Take a small quantity of the liquor, add some milk, thicken it with a little flour, and add the clams. Split crackers are very nice added.

Portable Soup.—Boil a knuckle of veal, also the feet, a shin of beef, a cowheel or any other bones of meat which will produce a stiff jelly, in a large kettle, with as much water as will cover them. Let it stand a long time over the fire before it boils. Skim it most thoroughly, until the broth appears entirely clear. Then fill up the kettle with hot water, and boil it eight hours, or until it has evaporated so as to be somewhat thick. Run it through a hair sieve, set it in a cool place where it will harden very quickly. Skim off every particle of fat, and return it to a saucepan; skim and stir continually, so that it may not scorch, and all the previous labor be lost, until it becomes a very thick syrup. As soon as it can be no longer done in this way, transfer it to a deep jar, and set into a kettle of water, hot, but not boiling, until it jellies very thick. This will keep good many months, if packed dry in tin canisters. This is the concentrated essence of soup, and is a most convenient article of use, either at home in an emergency or in traveling, and especially at sea. To make a pint of soup, cut off a piece as large as a walnut, dissolve it in the boiling water, and it is ready for use.

Fluid Beef.—Among the advanced preparations of the day meat extracts are taking a high place. One of the finest of these preparations is "Johnston's Fluid Beef." It contains all the nutritive constituents of the beef, and is readily available for soups, sandwiches, beef tea, etc. For medical uses, traveling, picnics, etc., it is very convenient. To

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use for soups and beef tea, add a teaspoonful to a cup of boiling water and season to taste; or as a sandwich paste, it may be used on toast, with or without butter. Put up in cans of various sizes, from two ounces to one pound, which can be left open without injury to contents.

RECIPES INCIDENTAL TO SOUPS.

Meat Balls for Soup.—Take fresh cooked meat or fowl and chop fine; season with pepper, salt, and herbs, and a little lemon; mix together with an egg; roll in bread-crumbs, and fry in hot lard.

Browned Flour for Soups.—Dredge the bottom of a spider well with flour, and shake it over hot coals, letting it brown gradually, but not burn. Keep it in a dry place, in a tin canister, without wholly closing the lid. It is very convenient to have it already prepared, although when used fresh it is much nicer.

Home-made Noodles—a substitute for Vermicelli.—Wet with the yelks of four eggs as much fine, dry, sifted flour as will make them into a firm but very smooth paste. Roll it out as thin as possible, and cut it into bands of about an inch and a quarter in width. Dust them lightly with flour, and place four of them one upon the other. Cut them in the finest possible strips, separate them with the point of a knife, and spread them on the pie-board so that they may dry a little before they are used. Drop them gradually into the boiling soup, and in five minutes they will be done.

Drop Dumplings.—Take prepared flour, add a little beef drippings or lard, well rubbed through, and moisten to a soft dough. With floured hands pinch off very small pieces and form into balls by rolling in the palm of the hand. In boiling dumplings of any kind, put them in the water one at a time. If they are put in together they will blend with each other.

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III.—FISH, OYSTERS, ETC.

HINTS CONCERNING FISH—TESTS OF FRESHNESS, HOW TO CLEAN, HOW TO DRESS, HOW TO BOIL FISH, HOW TO BAKE FISH, HOW TO BROIL FISH, HOW TO FRY FISH, ETC. FIFTY-THREE RECIPES FOR COOKING FISH, OYSTERS, ETC., AND FOR INCIDENTAL PREPARATIONS.

FISH should be eaten as soon as possible after being taken from the water. In every kind of fish, the brightness of the eyes, redness of the gills, firmness of the flesh, and stiffness of the fins are indications of freshness. Fish should be thoroughly cleaned as soon as practicable. Great care should be taken to remove every atom of blood, to rinse carefully, and not to soak them longer than necessary. Fish are dressed in a variety of ways to suit different tastes—boiled, baked, broiled, and fried. The most ordinary methods are broiling or frying. In boiling, large fish should be wrapped in a cloth previously floured to prevent sticking, tied with a string, and covered with from two to three inches of cold water already salted; from six to ten minutes per pound will generally be found sufficient for boiling. Remove from the fire the moment it is done, and place upon a sieve to drain.

In baking fish, cleanse and wipe dry; fill to taste; sew together; place in a dripping-pan; season with salt and pepper; add sufficient water to baste with, or if a filling of oysters is used, baste with the liquor off them. The space between the fish and the sides of the pan may be filled with slices of raw potatoes one-quarter of an inch thick, and serve fish and potatoes together. A large fish will bake in an hour.

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For broiling, thoroughly cleanse and dry; split open so that the backbone will be flat in the middle; season with salt and pepper, and place on a buttered gridiron over a clear fire with the inside downward until it begins to brown, then turn over. When done, serve on a hot dish and butter liberally.

Fish may be very nicely fried in hot lard with only a seasoning of salt and pepper, and a little flour dredged over it, or it may be spread with beaten eggs and rolled in cracker or bread crumbs before frying. Challenge sauce, Worcestershire sauce, and similar condiments upon fish will be found to give a most delicate and piquant flavoring.

RECIPES.

Broiled Shad.—Scrape, split, wash, and dry the shad on a cloth; season with pepper and salt; grease the gridiron well; as soon as it is hot lay the shad on to broil with the inside downward. One side being well browned, turn it. It should broil a quarter of an hour or more, according to thickness. Butter well and send to table hot.

Baked Shad.—Many people are of the opinion that the very best method of cooking a shad is to bake it. Stuff it with bread-crumbs, salt, pepper, butter, and parsley, and mix this up with beaten yelk of egg; fill the fish with it, and sew it up or fasten a string around it. Pour over it a little water and some butter, and bake as you would a fowl. A shad will require from an hour to an hour and a quarter to bake.

Halibut Cutlets.—Cut your halibut steaks an inch thick, wipe them with a dry cloth, and season with salt and cayenne pepper. Have ready a pan of yelk of eggs well beaten and a dish of grated bread-crumbs. Put some fresh

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lard or beef drippings in a frying-pan and hold it over the fire till it boils. Dip your cutlets in the egg, and then in the bread-crumbs. Fry a light brown; serve up hot. Salmon or any large fish may be fried in the same manner.

Baked Cod or Halibut.—Use a piece of fish from the middle of the back, weighing four, five, or six pounds. Lay the fish in very cold salt-and-water for two hours; wipe dry; make deep gashes in both sides at right angles with the back-bone, and rub into these, as well as coat it all over with, a force-meat made of the crumbs, pork, herbs, onion, and seasoning, made to adhere by raw egg. Lay in the baking-pan and pour over it the drawn butter (which should be quite thin), season with the anchovy sauce, lemon juice, pepper, and a pinch of parsley. Bake in a moderate oven nearly an hour—or even more if the piece be large—basting frequently lest it should brown too fast. Add a little butter-and-water when the sauce thickens too much. When the fish is done, remove to a hot dish, and strain the gravy over it. A few capers or chopped green pickles are a pleasant addition to the gravy.

Boiled Halibut.—Take a small halibut, or what you require from a large fish. Put it into the fish-kettle, with the back of the fish undermost; cover it with cold water, in which a handful of salt and a bit of saltpetre the size of a hazel-nut have been dissolved. When it begins to boil skim it carefully, and then let it just simmer till it is done. Four pounds of fish will require half an hour nearly to boil it. Drain it, garnish with horse-radish or parsley. Egg sauce, or plain melted butter, are served with it.

Boiled Rockfish.—After the fish has been nicely cleaned, put it into a pot with water enough to cover it, and throw in salt in the proportion of half a teaspoonful to a pound of fish. Boil it slowly until the meat is tender and easily sep-

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arates from the bones. A large fish will require an hour to cook. When done, serve on a hot dish, and have a few hard-boiled eggs, cut in thin slices, laid around it and over it. Eat with egg-sauce.

White Fish.—This fish may be broiled, fried, or baked. To bake it, prepare a stuffing of fine bread-crumbs, a little salt pork chopped very fine ; season with sage, parsley, pepper, and salt. Fill the fish with the stuffing, sew it up, sprinkle the outside with salt, pepper, and flour, and bake. In frying white fish, pour off the fat as it accumulates, as it is apt to be too fat when served.

Broiled Salmon.—The steaks from the centre of the fish are best. Sprinkle with salt and pepper, spread on a little butter, and broil over a clear but slow fire.

Smoked Salmon, Broiled.—Take a half pound of smoked salmon and parboil it ten minutes ; lay in cold water for the same length of time ; wipe dry and broil over a clear fire. Add two tablespoonfuls of butter while hot ; season with cayenne and the juice of half a lemon ; pile in a "log-cabin" square upon a hot plate, and serve with dry toast.

Boiled Salmon.—A piece weighing six pounds should be rubbed with salt, tied carefully in a cloth, and boiled slowly for three-quarters of an hour. It should be eaten with egg or caper sauce. If any remain after dinner, it may be placed in a deep dish, a little salt sprinkled over, and a teacupful of boiling vinegar poured upon it. Cover it closely, and it will make a nice breakfast dish.

Baked Salmon with Cream Sauce.—Butter a sheet of foolscap paper on both sides, and wrap the fish up in it, pinning the ends securely together. Lay in the baking-pan, and pour six or seven spoonfuls of butter-and-water over it. Turn another pan over all, and steam in a moderate oven

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from three-quarters of an nour to an hour, lifting the cover, from time to time, to baste and assure yourself that the paper is not burning. Meanwhile, have ready in a saucepan a cup of cream, in which you would do well to dissolve a bit of soda a little larger than a pea. This is a wise precaution whenever cream is to be boiled. Heat this in a vessel placed within another of hot water; thicken with a heaping teaspoonful of corn-starch; add a tablespoonful of butter, pepper and salt to taste, a liberal pinch of minced parsley, and when the fish is unwrapped and dished, pour half the dressing slowly over it, sending the rest to table in a boat. If yo·· have no cream, use milk, and add a beaten egg to the thickening.

Salmon Steaks or Cutlets Fried.—Cu: slices from the middle of the fish one inch thick; wipe dry, and salt slightly; dip in egg, then in cracker crumbs; fry very quickly in hot butter; drain off every drop of grease, and serve upon a hot dish. Sprinkle green parsley in bunches over it. The French use the best salad-oil in this recipe instead of butter.

Pickled Salmon.—Soak salt salmon twenty-four hours, changing the water frequently; afterward pour boiling water around it, and let it stand fifteen minutes; drain off and then pour on boiling vinegar with cloves and mace added.

Fried Perch.—Scale and clean them perfectly; dry them well, flour and fry them in boiling lard. Serve plenty of fried parsley round them.

Fried Trout.—Wash, drain, and split; roll in flour, season with salt; have some thin slices of salt pork in a pan, and when very hot put in the fish and fry to a nice brown.

Stewed Trout.—Clean and wash the fish with care, and wipe it perfectly dry; put into a stewpan two tablespoonfuls ot butter, dredge in as it melts a little flour, grate half a

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nutmeg, a few blades of mace, a little cayenne, and a tea-spoonful of salt; mix it all together; then lay in the fish, let it brown slightly; pour over some veal gravy, a lemon thinly sliced; stew very slowly for forty minutes; take out the fish, and add two glasses of wine to the gravy. Lay the fish on a hot dish, and pour over it some of the gravy. Serve the rest in a sauce-tureen.

Fried Catfish.—Catfish must be cooked quite fresh—if possible, directly out of the water. The larger ones are generally coarse and strong; the small-sized fish are the best Wash and clean them, cut off their heads and tails, remove the upper part of the backbone near the shoulders, and score them along the back with deep gashes or incisions. Dredge them with flour, and fry them in plenty of lard, boiling fast when the catfish are put into the pan. Or you may fry them in the drippings or gravy saved from roast beef or veal. They are very nice dipped in a batter of beaten egg and grated bread-crumbs, or they may be done plain, though not in so nice a way, with Indian meal instead of bread-crumbs. Drain off the lard before you dish them. Touch each incision or cut very slightly with a little cay-enne before they go to table.

Fried Eels.—After skinning, emptying, and washing them as clean as possible, cut them into short pieces, and dry them well with a soft cloth. Season them with fine salt and cayenne, flour them thickly, and fry them in boiling lard; when nicely browned, drain and dry them, and send to the table with plain melted butter and a lemon, or with fish-sauce. Eels are sometimes dipped into batter and then fried, or into egg and dried bread-crumbs, and served with plenty of crisped parsley

Fish Chowder.—Take a fresh haddock, of three or four pounds, clean it well, and cut in pieces of three inches

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square. Place in the bottom of your dinner-pot five or six slices of salt pork, fry brown, then add three onions sliced thin, and fry those brown. Remove the kettle from the fire, and place on the onions and pork a layer of fish. Sprinkle over a little pepper and salt, then a layer of pared and sliced potatoes, a layer of fish and potatoes, till the fish is used up. Cover with water, and let it boil for half an hour. Pound six biscuits or crackers fine as meal, and pour into the pot; and, lastly, add a pint of milk; let it scald well, and serve.

New England Chowder.—Take a good haddock, cod, or any other solid fish, cut it in pieces three inches square; put a pound of fat, salt pork, cut into strips, into the pot; set it on hot coals and fry out the grease; take out the pork, but leave the grease in the bottom of the pot, and put in a layer of fish, over that a layer of sliced onions, over that a layer of fish, with slips of the fried pork, then another layer of onions and a few sliced raw potatoes, and so on alternately until your fish is all in; mix some flour with as much water as will fill the pot; season to suit your taste, and boil for half an hour; have ready some pilot bread, soaked in water, and throw them into your chowder five minutes before taking off; serve in a tureen.

Fish-balls.—Two cupfuls cold boiled codfish, fresh or salted. Chop the fish when you have freed it of bones and skin; work in one cupful of mashed potatoes, and moisten with a half cup of drawn butter with an egg beaten in. Season to taste. Have them soft enough to mold, yet firm enough to keep in shape. Roll the balls in flour, and fry quickly to a golden-brown in lard or clean dripping. Take from the fat so soon as they are done; lay in a colander or sieve and shake gently, to free them from every drop of grease. Turn out for moment on white paper to absorb any lingering drops, and serve on a hot dish.

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Stewed Oysters.—Take one quart of oysters ; put the liquor (a teacupful for three persons) in a stewpan, and add half as much more water, salt and pepper to taste, and let it boil. Have your oysters ready in a bowl, and the moment the liquor boils, pour in all your oysters, say ten for each person, or six will do. Now, watch carefully, and as soon as it begins to boil take out your watch, count just thirty seconds, and take your oysters from the stove. You will have your big dish ready, with one and a half tablespoonfuls of cream or milk for each person. Pour your stew on this and serve immediately. Never boil an oyster in milk.

Maryland Stewed Oysters.—Put the juice into a saucepan and let it simmer, skimming it carefully ; then rub the yelks of three hard-boiled eggs and one large spoonful of flour well together, and stir into the juice. Cut in small pieces quarter of a pound of butter, half a teaspoonful of whole allspice, a little salt, a little cayenne, and the juice of a fresh lemon ; let all simmer ten minutes, and just before dishing add the oysters. This is for two quarts of oysters.

Panned Oysters.—Have ready several small pans of block tin, with upright sides. Cut stale bread in thin slices, then round them to a size that will just fit in the bottoms of your pans. Toast these quickly to a light brown, butter, and lay within your tins. Wet with a great spoonful of oyster liquid, then, with a silver fork, arrange upon the toast as many oysters as the pans will hold without heaping them up. Dust with pepper and salt, put a bit of butter on top, and set the pans, when all are full, upon the floor of a quick oven. Cover with an inverted baking-pan to keep in steam and flavor, and cook until the oysters " ruffle." Eight minutes in a brisk oven should be enough. Send very hot to the table in tins in which they were roasted. Next to roasting in the shell, this mode of cooking oysters best preserves their native flavor.

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Roasted Oysters.—Take oysters in the shell; wash the shells clean, and lay them on hot coals; when they are done they will begin to open. Remove the upper shell, and serve the oysters in the lower shell, with a little melted butter poured over each, and season to taste.

Oyster Toast.—Select fifteen plump oysters; mince them, and season with mixed pepper and a pinch of nutmeg; beat the yelks of four eggs and mix them with half a pint of cream. Put the whole into a saucepan and set it over the fire to simmer till thick; stir it well, and do not let it boil, lest it should curdle. Toast five pieces of bread, and butter them; when your dish is near the boiling-point, remove it from the fire and pour it over the toast.

Cream Oysters.—Fifty shell oysters, one quart sweet cream; butter, pepper, and salt to suit taste. Put the cream and oysters in separate kettles to heat, the oysters in their own liquor, and let them come to a boil; when sufficiently cooked, skim; then take them out of the liquid and put them into a dish to keep warm. Put the cream and liquid together. Season to taste, and thicken with powdered cracker. When sufficiently thick, stir in the oysters.

Broiled Oysters.—Drain select oysters in a colander. Dip them one by one into melted butter, to prevent sticking to the gridiron, and place them on a wire gridiron. Broil over a clear fire. When nicely browned on both sides, season with salt, pepper, and plenty of butter, and lay them on hot buttered toast, moistened with a little hot water. Serve very hot. Oysters cooked in this way and served on broiled beefsteak are delicious.

Fried Oysters.—Select the largest and finest fresh oysters, put them into a colander and pour over a little water to rinse them; then place them on a clean towel and dry them. Have ready some grated bread-crumbs, seasoned with

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pepper and salt, and plenty of yelk of egg beaten till very light; and to each egg allow a large teaspoonful of rich cream or of the best fresh butter. Beat the egg and cream together. Dip each oyster first into the egg and cream, and then into the crumbs. Repeat this twice, until the oysters are well coated all over. Have ready boiling, in a frying-pan, an equal mixture of fresh butter and lard. It must very nearly fill the frying-pan, and be boiling fast when the oysters go in, otherwise they will be heavy and greasy. Fry them of a yellow brown on both sides, and serve hot.

Oyster Salad, see Salads.

Spiced or Pickled Oysters.—Put into a porcelain kettle one hundred and fifty large oysters with the liquor; add salt, and simmer till the edges roll or curl; skim them out; add to the liquor one pint of white wine vinegar, one dozen blades mace, three dozen cloves, and three dozen peppercorns; let it come to a boil, and pour over the oysters. Serve with slices of lemon floating in saucer.

Oyster Omelette.—Allow for every six large oysters or twelve small ones one egg; remove the hard part and mince the rest very fine; take the yelks of eight eggs and whites of four, beat till very light, then mix in the oysters; season and beat up thoroughly; put into a skillet a gill of butter, let it melt; when the butter boils, skim it and turn in the omelette; stir until it stiffens; fry light brown; when the under side is brown, turn on to a hot platter. To brown the upper side, hold a red-hot shovel over it.

Scalloped Oysters, No. 1.—Open the shells, setting aside for use the deepest ones. Have ready some melted butter, *not* hot, seasoned with minced parsley and pepper. Roll each oyster in this, letting it drip as little as may be, and lay in the shells, which should be arranged in a baking-pan. Add

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to each a little lemon juice, sift bread-crumbs over it, and bake in a quick oven until done. Serve in the shells.

Scalloped Oysters, No. 2.—Cover the bottom of a baking-dish (well buttered) with a layer of crumbs, and wet these with cream, put on spoonful by spoonful. Pepper and salt, and strew with minute bits of butter. Next, put in the oysters, with a little of their liquor. Pepper them, stick bits of butter in among them, and cover with dry crumbs until the oysters are entirely hidden. Add more pieces of butter, very small, and arrange thickly on top. Set in the oven, invert a plate over it to keep in the flavor, and bake until the juice bubbles up to the top. Remove the cover, and brown on the upper grating for two or three minutes. Serve in the bake-dish.

Oyster Pie.—Line a dish with a puff paste or a rich biscuit paste, and dredge well with flour; drain one quart of oysters; season with pepper, salt, and butter, and pour into the dish; add some of the liquor; dredge with flour, and cover with a top crust, leaving a small opening in the centre. Bake in a quick oven.

Oyster Patties.—Put one quart of oysters in a saucepan, with liquor enough to cover them, set it on the stove and let them come to a boil; skim well, and stir in two tablespoonfuls of butter, a little pepper, and salt. Line some patty-pans with puff-paste, fill with oysters, cover with paste, and bake twenty minutes in a hot oven. The upper crust may be omitted, if desired.

Oyster Macaroni.—Boil macaroni in a cloth to keep it straight. Put a layer in a dish seasoned with pepper, salt, and butter, then a layer of oysters, until the dish is full. Mix some grated bread with a beaten egg, spread over the top, and bake.

Oyster Sauce, see Sauces.

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Boiled Lobster.—If purchased alive, lobsters should be chosen by weight (the heaviest are the best) and their liveliness and briskness of motion. When freshly boiled they are stiff, and their tails turn strongly inward; when the fish appear soft and watery, they are stale. The flesh of the male lobster is generally considered of the finest flavor for eating, but the hen lobster is preferred for sauce and soups, on account of the coral.

To properly boil lobsters, throw them living into a kettle of fast-boiling salt and water, that life may be destroyed in an instant. Let them boil for about half an hour. When done, take them out of the kettle, wipe them clean, and rub the shell with a little salad-oil, which will give a clear red appearance. Crack the large claws without mashing them, and with a sharp knife split the body and tail from end to end. The head, which is never eaten, should also be separated from the body, but laid so near it that the division is almost imperceptible. Dress in any way preferred.

Deviled Lobster.—Procure a live, heavy lobster; put it in a pot of boiling water, with a handful of salt to it. When done and cold, take out all the meat carefully, putting the fat and coral on separate plates; cut the meat in small pieces, rub the coral to a paste; stir the fat in it, with a little salt, cayenne, chopped parsley, essence of anchovies, and salad-oil, or melted butter and lemon juice; cut the back of the lobster-shell in two, lengthwise; wash clean; stir the lobster and sauce well together; fill the shells; sprinkle bread-crumbs and a few bits of butter over the top; set in the oven until the crumbs are brown.

Stewed Lobster.—A middling-sized lobster is best; pick all the meat from the shells and mince it fine; season with a little salt, pepper, and grated nutmeg; add three or four spoonfuls of rich gravy and a small bit of butter. If you

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have no gravy, use more butter and two spoonfuls of vinegar; stew about twenty minutes.

Lobster Salad, see Salads.

Lobster Croquettes, see Croquettes.

Lobster Sauce, see Sauces.

Lobster Patties.—Proceed as in oyster patties, but use the meat of a cold boiled lobster.

Terrapins.—Put the terrapins into a pot of boiling water, where they must remain until they are quite dead. You then divest them of their outer skin and toe-nails; and, after washing them in warm water, boil them again until they become quite tender, adding a handful of salt to the water. Having satisfied yourself of their being perfectly tender, take off the shells and clean the terrapins very carefully, removing the sandbag and gall without by any means breaking them. Then cut the meat into small pieces and put into a saucepan, adding the juice which has been given out in cutting them up, but *no water*, and season with salt, cayenne, and black pepper to your taste, adding a quarter of a pound of good butter for each terrapin and a handful of flour for thickening. After stirring a short time, add four or five tablespoonfuls of cream, and a half pint of good Maderia to every four terrapins, and serve hot in a deep dish. A very little mace may be added and a large tablespoonful of mustard; just before serving, add the yelks of four hard-boiled eggs. During the stewing, particular attention must be paid to stirring the preparation frequently; and terrapins cannot possibly be served too hot.

Mock Terrapin.—Take half a calf's liver, season and fry it brown; chop it into dice, not too small; flour it thickly, and add a teaspoonful of mixed mustard, a little cayenne pepper, two hard-boiled eggs chopped fine, a lump of but-

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ter the size of an egg, and a teacupful of water. Let it boil a minute or two. Cold veal will do as well as liver.

Scalloped Crabs.—Put the crabs into a kettle of boiling water, and throw in a handful of salt. Boil from twenty minutes to half an hour. Take them from the water when done and pick out all the meat; be careful not to break the shell. To a pint of meat put a little salt and pepper; taste, and if not enough add more, a little at a time, till suited. Grate in a very little nutmeg, and add one spoonful of cracker or bread crumbs, two eggs well beaten, and two tablespoonfuls of butter (even full); stir all well together; wash the shells clean, and fill each shell full of the mixture; sprinkle crumbs over the top and moisten with butter, then bake until nicely browned on top.

Soft-shell Crabs.—Season with pepper and salt; roll in flour, then in egg, then in bread-crumbs, and fry in hot lard. Serve hot with rich condiments.

Stewed Clams.—Chop the clams and season with pepper and salt; put in a saucepan butter the size of an egg, and when melted add a teaspoonful of flour; add slowly the clam liquor and then the clams, and cook three minutes; then add half a pint of cream, and serve.

Deviled Clams.—Chop fifty clams very fine; take two tomatoes, one onion chopped equally fine, a little parsley, thyme, and sweet marjoram, a little salt, pepper, and bread-crumbs, adding the juice of the clams until the mixture is of the consistency of sausage; put it in the shells with a lump of butter on each; cover with bread-crumbs, and bake one-half hour.

Clam Chowder.—Forty-five clams chopped, one quart of sliced potatoes, one-half pint sliced onions. Cut a few slices salt pork, fry to a crisp, chop fine. Put in kettle a little fat

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from the pork, a layer of potatoes, clams, onions, a little pepper and salt; another layer of chopped pork, potatoes, etc., until all are in. Pour over all the juice of the clams. Cook three hours, being careful not to burn. Add a teacupful of milk just before serving.

Scallops.—Wipe dry; dip separately into seasoned egg, then into cracker dust, and fry in hot lard.

RECIPES INCIDENTAL TO FISH.

Bread Stuffing for Fish.—Take about half a pound of stale bread and soak in water, and when soft press out the water; add a very little chopped suet, pepper, salt, a large tablespoonful of onion minced and fried, and, if preferred, a little minced parsley; cook a trifle, and after removing from the fire add a beaten egg.

Bread Stuffing, No. 2.—Bread-crumbs with a little chopped parsley and pork, salt, pepper, and butter. Fill up the fish, sew it closely, then bake.

Cleaning a Shad.—Scale and scrape it carefully; split it down the back and remove the contents, reserving the roe or melt. Wash well and cook as desired.

Soaking Salt Fish.—Very salt fish should be soaked several hours in three or four changes of warm water. Place the skin side up, so that salt crystals may fall away from the under or meat side. Wipe carefully and clean, then soak for an hour in very cold water.

Fish in Season.—As a rule, fish are in best condition just before they spawn, and many are so while they are full of roe, as smelts, mackerel, and shad. As soon as spawning is over, they become unfit for food, some of them becoming positively unwholesome. In season, the flesh is firm and it boils white; when it boils to a bluish hue, the fish are not in season, or are stale.

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IV.—POULTRY AND GAME.

GENERAL REMARKS ON POULTRY AND GAME—HOW TO SELECT, PREPARATION FOR BOILING, FOR ROASTING, ETC. THIRTY-ONE RECIPES FOR POULTRY AND GAME.

POULTRY should invariably be selected young, plump, and well fed, but not too fat. If old and tough, fowls are never as savory when cooked as if they be young and tender. This applies especially to ducks and geese. The flesh of young fowls will be firm and fleshy to the touch, and heavy in proportion to their size; the skin should be clear, white, and finely grained, the toes pliable and easily broken when bent back, the end of the breast-bone also pliable. All kinds of poultry, turkeys especially, are improved by hanging a day or two, unless the weather should be exceedingly sultry. Dark-legged fowls are best for roasting, while the white-legged ones should be chosen for boiling.

In preparing fowls for boiling, some persons soak fowls an hour or two in skimmed-milk and then sew them in a floured cloth. This tends to preserve them of a nice color, but it may be dispensed with by carefully skimming them while over the fire.

In dressing poultry, care should be taken not to break the gall; a thorough cleansing in every part also is necessary. The hairs should be singed off with a well-lighted piece of paper, holding the fowl before a hot fire. All the pin-feathers should be carefully and entirely removed, as also the oil-bag at the end of the back. The legs should be cut off at the first joint next to the feet. The inside should be

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washed and rinsed several times in cold water, after everything has been removed. Remove extra fat, as it tends to make the gravy greasy. The heart should be slit open and cleansed, also the gizzard, and both should be put by themselves to soak in water.

Roasted or broiled poultry of all kinds should be thoroughly cooked and handsomely browned. It is not easy to state exactly the time required for the different sorts to be well done. Experience and practice are the only sure guides.

RECIPES.

Roast Turkey.—A young turkey, weighing not more than eight or nine pounds, is the best. Wash and clean thoroughly, wiping dry, as moisture will spoil the stuffing. Take one small loaf of bread grated fine, rub into it a piece of butter the size of an egg, one small teaspoonful of pepper and one of salt; a sprinkling of sweet marjoram, summer savory, or sage, if liked. Rub all together, and fill the turkey, sewing up so that the stuffing cannot cook out. Always put the giblets under the side of the fowl, so they will not dry up. Rub salt, pepper, and butter on the outside; put into dripping-pan with one teacupful of water, basting often, turning the fowl till brown all over; bake about two hours; take out the giblets and chop fine. After taking out the turkey, put a large tablespoonful of flour into the pan and stir until brown. Put the giblets into a gravy-boat, and pour over them the gravy.

Boiled Turkey.—Stuff the turkey as for roasting. A very nice dressing is made by chopping half a pint of oysters and mixing them with bread-crumbs, butter, pepper, salt, thyme, and wet with milk or water. Baste about the turkey a thin cloth, the inside of which has been dredged with flour, and put it to boil in cold water with a teaspoonful of salt

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in it. Let a large turkey simmer for three hours; skim while boiling. Serve with oyster sauce, made by adding to a cupful of the liquor in which the turkey was boiled the same quantity of milk and eight oysters chopped fine; season with minced parsley; stir in a spoonful of rice or wheat flour wet with cold milk; a tablespoonful of butter. Boil up once and pour into a tureen.

Boned Turkey.—Boil a large turkey in as little water as possible until the meat falls from the bones; remove all the bones and skin; pick the meat into small pieces, and mix dark and light together; season with pepper and salt; put into a mold and pour over it the liquor, which must be kept warm, and press with a heavy weight.

Roast Chicken.—Having selected your chickens in view of the foregoing hints, proceed, in the matters of cleansing, filling, and preparing for the oven, precisely as directed in the case of roast turkey. As the roasting goes on, baste and turn as may be needful to secure a rich brown all over the fowls. Prepare the gravy as in the former case.

Stewed Chicken.—Clean and cut the chicken into joints; put it in a saucepan with the giblets; stew in just enough water to cover it until tender; season with pepper, salt, and butter; thicken with flour; boil up once and serve with the gravy poured over it.

Broiled Chicken.—Only young, tender chickens are nice broiled. After cleaning and washing them, split down the back, wipe dry, season with salt and pepper, and lay them inside down on a hot gridiron over a bed of bright coals. Broil until nicely browned and well cooked through, watching and turning to prevent burning. If chickens are large, steaming them for one-half hour before placing on the gridiron will better insure their being cooked through.

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Fricasseed Chickens.—Cut them in pieces, and put in the stewpan with salt and pepper; add a little water, and let them boil half an hour; then thicken the gravy with flour; add butter and a little cream, if you have it. Catsup is an additional relish to the gravy.

Smothered Chicken.—Dress your chickens; wash and let them stand in water half an hour to make them white; cut them open at the back; put into a baking-pan, sprinkle salt and pepper over them, putting a lump of butter here and there; cover tightly with another pan the same size, and bake one hour; baste often with butter.

Fried Chicken.—Prepare the chicken as for stewing; dry it, season with salt and pepper, dredge with flour, and fry brown in hot butter or lard; take it out, drain, and serve with Challenge Sauce, or some other savory condiment, or pour into the gravy left in the frying-pan a cup of milk, thicken with flour, add a little butter, and season with Salpicant; boil once and pour over the chicken, or serve separately.

Chickens Fried with Rice.—Take two or three chickens, cut them up, and half fry them; then boil half a pint of rice in a quart of water, leaving the grains distinct, but not too dry; stir one large tablespoonful of butter in the rice while hot; let five eggs be well beaten into the rice, with a little salt, pepper, and nutmeg, if the last is liked; put the chickens into a deep dish, and cover with the rice; brown in an oven not too hot.

Chicken Pie.—Line the sides of a deep pie-dish with a good puff paste. Have your chicken cooked, as for a fricassee, seasoned with salt and pepper and a little chopped parsley. When they are nearly cooked, lay them in a pie-dish with half a pound of salt pork cut into small squares, and some of the paste also cut into half-inch pieces; pour

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in a part of the chicken gravy, thicken with a little flour, and cover the dish with the paste cover. Cut a hole the size of a dollar in the cover, and cover it with a piece of dough. When baking, remove this piece occasionally and examine the interior. Brush egg over the top crust of the pie, and bake in a quick oven. Should the pie become dry pour in more of the gravy. Pigeon pie or any other bird pie may be made by the above recipe.

Chicken Pot-pie.—Cut and joint a large chicken. Cover with water, and let it boil gently until tender. Season with salt and pepper, and thicken the gravy with two tablespoonfuls of flour mixed smooth in a piece of butter the size of an egg. Have ready nice, light bread dough; cut with a biscuit-cutter about an inch thick; drop this into the boiling gravy, having previously removed the chicken to a hot platter; cover, and let them boil from one-half to three-quarters of an hour. To ascertain whether they are done, stick them with a fork; if it comes out clean, they are done. Lay them on the platter with the chicken, pour over the gravy, and serve.

Pressed Chicken.—Boil three chickens until the meat comes off the bones; then, removing all bones, etc., chop, not very fine; add a piece of butter as large as an egg, salt and pepper to season well. Have about a pint of the broth, into which put one-half box gelatine until dissolved; then put back the chopped chicken and cook until the broth is evenly absorbed. Press under a weight in a pan until cold. Veal may be treated in a similar manner with very excellent results.

Jellied Chicken.—Boil a chicken in as little water as possible, until the meat falls from the bones; chop rather fine, and season with pepper and salt; put in a mold a layer of

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the chopped meat, and then a layer of hard-boiled eggs cut in slices; then layers of meat and egg alternately until the mold is nearly full; boil down the liquor left in the pot one-half; while warm, add one-quarter of an ounce of gelatine, and when dissolved pour into the mold over the meat. Sit in a cool place over night to jelly.

Roast Goose and Duck.—A goose should always be parboiled, as it removes the rank taste and makes it more palatable. Clean, prepare, and roast the same as turkey, only adding to the force-meat a large onion chopped fine. Ducks do not require parboiling (unless very old), otherwise they are cooked the same as geese.

Canvas-back Duck.—Having picked, singed, and drawn it well, wipe it carefully, so as to have it clean without washing. Truss it, leaving the head on, to show its quality. Place it in a moderately hot oven for at least three-quarters of an hour; serve it hot, in its own gravy, on a large chafing-dish. Currant jelly should be on the table.

Roast Pigeons.—Clean, wash, and stuff the same as poultry; lay them in rows in a dripping-pan with a little water. Unless they are very fat, baste with butter until they are half done, afterward with their own gravy.

Roast Snipe.—Clean and truss, but do not stuff. Lay in rows in the dripping-pan, sprinkle with salt, and baste well with butter, then with butter and water. When they begin to brown, cut as many slices of bread as there are birds. Toast quickly, butter, and lay in the dripping-pan, a bird upon each. When the birds are done, serve upon the toast, with the gravy poured over it. The toast should lie under them while cooking at least five minutes, during which time the birds should be basted with melted butter seasoned with pepper. The largest snipe will not require above twenty

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minutes to roast. Or, dip an oyster in melted butter, then in bread-crumbs, seasoned with pepper and salt, and put in each bird before roasting. Small birds are especially delicious cooked in this way.

Roast Partridges, Pheasants, or Quails.—Pluck, singe, draw, and truss them; season with salt and pepper; roast for about half an hour in a brisk oven, basting often with butter. When done, place on a dish together with bread-crumbs fried brown and arranged in small heaps. Gravy should be served separately in a tureen.

Quail on Toast.—Clean, wash, slit down the back, sprinkle with salt and pepper, and lay them on a gridiron, the inside down. Broil slowly; when nicely browned, butter well. Serve with cream gravy on toast. Omitting the cream, gravy, and toast, you have the ordinary broiled quail. Pigeons, woodcock, and small birds may be broiled in the same manner, and are delicious and nourishing for invalids.

Fried Rabbit.—After the rabbit has been thoroughly cleaned and washed, put it into boiling water and let it boil for about ten minutes; drain, and when cold, cut it into joints; dip into beaten egg, and then into fine bread-crumbs, seasoned with salt and pepper. When all are ready, fry them in butter over a moderate fire fifteen minutes; thicken the gravy with an ounce of butter and a small teaspoonful of flour. Serve hot.

Roast Rabbit.—Dress nicely and fill with a dressing made of bread-crumbs, a little onion, sage, pepper, and salt, and a small piece of butter; tie a piece of salt pork over it; put into a dripping-pan with a little water in a quick oven; baste often; serve with currant jelly.

Broiled Steaks of Venison.—Heat the gridiron, grease it well, lay on the steaks; broil quickly, without scorching,

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turning them two or three times; season with salt and pepper. Have butter melted in a well-heated platter, into which lay steaks, hot from the gridiron, turning them over several times in the butter, and serve hot with currant jelly on each steak. It is well to set the platter into another containing boiling water.

Game or Poultry in Jelly.—Take a knuckle of veal weighing two pounds; a slice of lean ham; one shallot, minced; a sprig of thyme and one of parsley; six pepper-corns (white) and one teaspoonful of salt, with three pints of cold water. Boil all these together until the liquor is reduced to a pint; strain without squeezing, and set to cool until next day. It should then be a firm jelly. Take off every particle of fat. Then take one package gelatine, soaked in one cupful cold water for three hours; one tablespoonful of sugar; two tablespoonfuls strained lemon juice, and two tablespoonfuls of currant jelly, dissolved in cold water, and strained through a muslin cloth. Pour a quart of *boiling* water over the gelatine, stir for a moment, add the jellied "stock," and when this is dissolved, add sugar, lemon juice, and coloring. Stir until all are mixed and melted together, and strain without shaking or squeezing through a flannel bag until quite clear. Have ready several hard-boiled eggs, and the remains of roast game, roast or boiled poultry, cut in neat, thin slices, and salted slightly. Wet a mold with cold water, and when the jelly begins to harden, pour some in the bottom. Cut the whites of the eggs in pretty shapes—stars, flowers, rings, leaves—with a keen penknife, and arrange these on the lowest stratum of jelly, which should be thin, that the forms may be visible. Add more jelly, and on this lay slices of meat, close together. More jelly, and proceed in this order until the mold is full. Set in a cool place to harden, and then turn out upon a flat dish. A mold with smooth, upright sides, is best for this purpose.

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RECIPES INCIDENTAL TO POULTRY, GAME, ETC.

Gravy for Poultry.—Boil the giblets very tender; chop fine; then take the liquor in which they are boiled, thicken with flour; season with salt, pepper, and a little butter; add the giblets and dripping in which the turkey was roasted.

Plain Stuffing.—Take stale bread, cut off all the crust, rub very fine, and pour over it as much melted butter as will make it crumble in your hands; salt and pepper to taste. See also under "Roast Turkey."

Potato Stuffing.—Take two-thirds bread and one-third boiled potatoes grated, butter size of an egg, pepper, salt, one egg; mix thoroughly.

Oyster Stuffing.—By substituting oysters for potatoes in the above, you have oyster filling. See also under "Boiled Turkey."

Stuffing for Boiled Chicken.—One cupful of bread-crumbs, one tablespoonful of butter, one egg, half a teaspoonful of salt, and one tablespoonful of sweet marjoram. Mix well; stuff and sew in.

Capons.—Young male fowls, prepared by early gelding, and then nicely fattened, are the finest delicacies in the poultry line. They may be known by a small head, pale comb, which is short and withered, the neck feathers longer than usual, smooth legs, and soft, short spurs. They are cooked as ordinary chickens.

Keeping Game.—Game is rendered more tender, and its flavor is improved by keeping. If wrapped in a cloth saturated with equal parts of pyroligneous acid and water, it will keep many days. If in danger of tainting, clean, rub well with salt, and plunge into boiling water, letting it run through them for five minutes; then hang in a cold place. If tainted, put them in new milk over night. Always hang them up by the neck.

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V.—MEATS.

I.—BEEF.

HOW TO SELECT BEEF; CHOICE ROASTING PIECES, STEAKS, BOILING PIECES, SOUP PIECES, ETC. HOW TO ROAST, BROIL, AND BOIL BEEF. NINETEEN RECIPES FOR COOKING BEEF.

GOOD beef may be known by its color. That of a deep, healthy red, fine, smooth, open grain, veined with white, being the best. The fat should be oily, smooth, and inclined to white, rather than yellow, as yellow fat is a sure sign of inferior quality.

The sixth, seventh, and eighth ribs and the sirloin are considered the choicest cuts for roasting. The inside of the sirloin and the rump are the most tender for steaks, though here is a point where individual taste may be exercised. By some epicures what is known as the pin-bone steak is regarded as superior to any other. The round, buttock, shin, or brisket may be boiled or stewed. The neck or shoulder is generally used for soups, gravy, etc.

In roasting beef it is necessary to have a brisk fire. The roast must be well seasoned with salt and pepper and dredged with flour. Baste it frequently. About fifteen minutes is required for roasting every pound of beef.

To broil meats well, have the gridiron hot and the bars well greased before putting on the meat.

In boiling beef, or indeed any fresh meat, plunge it into boiling water, that the outer parts may contract, and so retain the internal juices. Salt meats should be put on in cold water, that the salt may be extracted in the cooking. In boiling meats, it is important to keep the water constantly

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boiling, otherwise the meat will absorb the water. Be careful to add boiling water only, if more is needed. Cold water will check the process of cooking and spoil the flavor. Remove the scum as soon as the boiling commences. Allow about twenty minutes boiling for each pound of fresh meat, and from one-half to three-quarters of an hour for all salt meats, except ham, which requires but fifteen minutes to the pound. The more gently all meats boil the more tender they will be. Slow boiling makes meat far better.

RECIPES.

Roast Beef.—The best roasting-pieces are the middle ribs and the sirloin. The ends of the ribs should be removed from the flank, and the latter folded under the beef and securely fastened with skewers. Rub a little salt into the fat part; place the meat in the dripping-pan with a pint of stock or water; baste freely, and dredge with flour half an hour before taking the joint from the oven. Should the oven be very hot, place a buttered paper over the meat to prevent it scorching while yet raw. When the paper is used it will need very little basting. Or, turn the rib side up toward the fire for the first twenty minutes. The time it will take in cooking depends upon the thickness of the joint and the length of time the animal has been killed. Skim the fat from the gravy and add a tablespoonful of prepared brown flour to the remainder.

Roast Beef with Yorkshire Pudding.—Take a large rib roast; rub salt and pepper over it, and dredge with flour. Place on a rack in a dripping-pan, with very little water, until it is heated thoroughly; baste frequently. When nicely browned on the upper side, turn and baste. About three-quarters of an hour before it is done, take out the meat, pour off most of the dripping, put the batter for the

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pudding in the bottom of the pan, allowing the drippings from the beef to drop into it. When the pudding is done, return the meat and finish roasting. Add some hot water to the dripping and thicken with flour for the gravy.

For the batter of this pudding, take half a cup of butter, three cups of flour, three eggs, one cup of milk, and two teaspoonfuls of baking powder.

Beef a la Mode.—Take a round of fresh beef, extract the bone, and take away the fat. For a round weighing ten pounds, make a seasoning or stuffing as follows: Half a pound of beef suet; half a pound of grated bread-crumbs; the crumbled yelks of three hard-boiled eggs; a little bundle of sweet marjoram, the leaves chopped; another of sweet basil; four onions minced small; a large tablespoonful of mixed mace and nutmeg powdered. Season lightly with salt and cayenne. Stuff this mixture into the place from whence you took out the bone. Make a number of deep cuts about the meat, and stuff them also. Skewer the meat into a favorable shape, and secure its form by tying it round with tape. Put it into a tin bakepan, and pour over it a pint of port wine. Put on the lid, and bake the beef slowly for five or six hours, or till it is thoroughly done. If the meat is to be eaten hot, skim all the fat from the gravy, into which, after it is taken off the fire, stir in the beaten yelks of two eggs. Minced oysters may be substituted for onions.

Spiced Beef.—Boil a shin of beef weighing ten or twelve pounds, until the meat falls readily from the bones. Pick the meat to pieces, and mash the gristle very fine, rejecting all parts that are too hard to mash. Set away the liquor in which the beef has boiled till it is cold; then take off all the fat. Boil the liquor down to a pint and a half. Roll a dozen crackers very fine, and add them to the meat. Then return the meat to the liquor, and heat it all. Add salt and pepper to taste, half a teaspoonful of cloves, half a teaspoon-

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ful of cinnamon, half a teaspoonful oi parsley chopped fine, and a little powdered nutmeg. Let it boil up once, and put into a mold or deep dish, with a weight adjusted to press it down. When it is entirely cold, cut into thin slices.

Savory Beef.—Take a shin of beef from the hind-quarter, saw it into four pieces, put it into a pot, and boil it until the meat and gristle drop from the bones ; chop the meat very fine, put it in a dish, and season it with a little salt, pepper, clove, and sage, to your taste ; pour in the liquor in which the meat was boiled, and place it away to harden. Cut in slices and eat cold.

Minced Beef.—Cut cold roast beef into thin slices ; put some of the gravy into a stewpan, a bit of butter rolled in flour, pepper and salt, and boil it up Add a little catsup, and put in the minced slices, and heat them through, but do not let it boil. Put small slices of toast in the dish, and cover with the meat.

Deviled Beef.—Take slices of cold roast beef, lay them on hot coals, and broil ; season with pepper and salt, and serve while hot, with a small lump of butter on each piece.

Curried Beef.—Take about two ounces of butter and place them in a saucepan with two small onions cut up into slices, and let them fry till they are of a light brown ; then add a tablespoonful and a half of curry powder, and mix it up well. Now cut up the beef into pieces about an inch square ; pour in from a quarter to a third of a pint of milk, and let it simmer for thirty minutes ; then take it off and place it in a dish with a little lemon juice. While cooking stir constantly, to prevent burning. Send it to table with a wall of mashed potatoes or rice around it.

Beef Hash.—Chop fine cold steak or roast beef, and cook in a little water ; add cream or milk, and thicken with flour ; season to taste, and pour over thin slices of toast.

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Beef Stew.—Cut cold beef into small pieces, and put into cold water; add one tomato, a little onion, chopped fine; pepper and salt, and cook slowly; thicken with butter and flour, and pour over toast.

Boiled Corned Beef.—Put four or five pounds of lean corned meat into a pot with plenty of water. The water should be hot. The same care should be taken in skimming as for fresh meat. Allow half an hour for every pound of meat after it has begun to boil. The excellence of corned beef depends very much upon its being boiled gently and long. If it is to be eaten cold, lay it, when boiled, into a coarse earthen dish or pan, and over it a clean board about the size of the meat; upon this put a heavy weight. Salt meat is much improved by pressing.

Stewed Shin of Beef.—Wash, and set it on to stew in sufficient cold water to keep it just covered until done. When it boils, take off the scum, and put an ounce and a quarter of salt to the gallon of water. It is usual to add a few cloves and some black pepper, slightly bruised and tied up loosely in a fold of muslin, two or more onions, a root of celery, a bunch of savory herbs, four or five carrots, and as many turnips, either whole or sliced; if to be served with the meat, the last two will require a little more than the ordinary time of boiling, but otherwise they may be simmered with the meat from the beginning. Give the beef from four to five hours' gentle stewing, and serve it with part of its own liquor thickened and flavored, or quite plain.

Boiled Tongue.—Soak the tongue over night, then boil four or five hours. Peel off the outer skin and return it to the water in which it was boiled to cool. This will render it juicy and tender.

Baked Heart.—Wash carefully and stuff nicely; roast or bake and serve with gravy, which should be thickened with

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some of the stuffing. It is very nice hashed, with a little port wine added.

Broiled Beefsteak.—Have the choice steaks cut three-quarters of an inch thick; grease the gridiron and have it well heated. Put the steak over a hot, clear fire. When the steak is colored, turn it over, which must be done without sticking a fork into it and thus letting out the juice. It should be quite rare or pink in the centre, but not raw. When cooked sufficiently, lay on a hot platter and season with pepper and salt; spread over the top some small bits of butter, and serve immediately. Salt extracts the juices of meats in cooking. Steaks ought not to be salted until they have been broiled.

Beefsteak with Onions.—Take a nice rumpsteak, and pound it with a rolling-pin until it is quite tender; flour and season; put it into a frying-pan with hot lard and fry it. When well browned on both sides, take it up and dredge with flour. Have about two dozen onions ready boiled; strain them in a colander and put them in a frying-pan, seasoning with pepper and salt; dredge in a little flour, and add a small lump of butter; place the pan over the fire and stir the onions frequently, to prevent their scorching. When they are soft and a little brown, return the steak to the pan, and heat all together. Place the steak on a large dish, pour the onions and gravy over it, and send to the table hot.

Beefsteak and Tomatoes.—Stew a dozen good-sized tomatoes one hour, with salt and pepper. Then put in a pound of tender beefsteak, cut in small pieces, and boil fifteen minutes longer. Lay buttered toast in a deep dish, pour on the steak and tomato, and you have a most relishing and healthful dish.

Stuffed Beefsteak.—Take a rump steak about an inch thick. Make a stuffing of bread and herbs, and spread it over the steak. Roll it up, and with a needle and coarse thread sew

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it together. Lay it in an iron pot on one or two wooden skewers, and put in water just sufficient to cover it. Let it stew slowly for two hours—longer if the beef is tough; serve it in a dish with the gravy turned over it. To be carved crosswise, in slices, through beef and stuffing.

Beefsteak Pudding.—Prepare a good suet crust, and line a cake tin with it; put in layers of steak, with onions, tomatoes and mushrooms chopped, a seasoning of pepper, salt, and cayenne, and half a teacupful of water before closing it. Bake from an hour and a half to two hours, and serve hot.

II.—VEAL.

CHOOSING VEAL, FOR ROASTING, FOR STEWING; THE HEAD, FEET, KIDNEYS, SWEET-BREADS, ETC.; GENERAL USEFULNESS. TWENTY-ONE RECIPES FOR COOKING VEAL.

VEAL should be fat, finely grained, white, firm, and not overgrown. When large, it is apt to be coarse and tough, and if too young, it lacks flavor and is less wholesome. it is more difficult to keep than any meat except pork, and should never be allowed to acquire the slightest taint before it is dressed.

The fillet, the loin, the shoulder, and the best end of the neck, are the parts preferred for roasting; the breast and knuckle are more usually stewed or boiled. The head and feet of the calf are valuable articles of food, both for the nutriment which the gelatinous parts of them afford, and for the greater variety of modes in which they may be dressed. The kidneys, with the rich fat that surrounds them, and the sweet-breads especially, are well-known delicacies; the liver and the heart also are very good eating; and no meat is so generally useful for rich soups and gravies as veal.

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The best veal is from calves not less than four, or more than six weeks old. If younger it is not wholesome. If older its character begins to change materially from the calf's use of grasses and other food.

RECIPES.

Roast Veal.—Take a loin or fillet of veal; make a stuffing as for roast turkey; fill the flat with the stuffing, and sew it firmly to the loin; rub the veal with salt, pepper, and flour, and put it into a pan with a little water. While roasting, baste frequently, letting it cook until thoroughly done. Allow two hours for a roast weighing from six to eight pounds. When done, remove the threads before sending to the table; thicken the gravy with a little flour. Veal should be rather overdone.

Pot-roasted Fillet.—Remove the bone and fill the cavity with a force-meat made of bread-crumbs, a very little salt, pork chopped fine, sage, pepper, salt, and ground cloves. Lay in the pot a layer of slices of salt pork; put in the fillet, fastened with skewers, cover with additional pork, pour over it a pint of good stock, cover down close, and let it cook slowly two or three hours; then take off the cover and let it brown. Serve hot.

Boiled Fillet.—A small and delicately white fillet should be selected for this purpose. Bind it round with tape, after having washed it thoroughly; cover it well with cold water, and bring it gently to a boil; clear off carefully the scum as it rises, and be very cautious not to allow the water to become smoked. Let the meat be *gently simmered* for three hours and a half to four and a half, according to its weight. Send it to table with rich white sauce.

Veal Stew.—Cut four or five pounds of veal into strips; peel a dozen large potatoes, and cut them into slices; place a layer of sliced salt pork with salt, pepper, sage, and onion

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on the bottom of the pot, then a layer of potatoes, then a layer of the veal nicely seasoned. Use up the veal thus. Over the last layer of veal put a layer of the pork, and over the whole a layer of potatoes. Pour in water till it covers the whole; cover the pot closely; heat it rapidly for a few minutes, and then let it simmer two hours.

Veal Hash.—Take a teacupful of boiling water in a saucepan, stir into it an even teaspoonful of flour wet in a tablespoonful of cold water, and let it boil five minutes; add one-half teaspoonful of black pepper, as much salt, and two tablespoonfuls of butter, and let it keep hot, but not boil. Chop the veal fine and mix with half as much stale bread-crumbs. Put into a pan and pour the gravy over it, then let it simmer ten minutes. Serve this on buttered toast.

Veal Pie.—Line a pudding-dish with good pie crust; into this put a layer of veal cut into small slices from the neck, or other less valuable part; make a second layer of hard-boiled eggs sliced thin; butter and pepper this layer. Add a layer of sliced ham, or salt pork, squeezing a few drops of lemon juice on the ham. Add more veal, as before, with eggs, ham, etc., till the dish is nearly full. Pour over a cupful of stock and cover with a stout crust. Bake in a moderate oven for two hours.

Veal Pot Pie.—Make a crust of a dozen mashed potatoes, two tablespoonfuls of butter, half a teacup of milk or cream, a little salt, and flour enough to stiffen it nicely. Fry half a dozen slices of salt pork, then cut up the veal and boil these together, in but little water, till the veal is almost done. Peel and slice a dozen potatoes quite thin, and roll the dough about half an inch thick and cut it into strips. Now build in your pot a layer of crust, meat, potatoes; then sprinkle with salt and pepper. Then another set of layers, and top off with crust. Pour on the liquor in which the meat was cooked, and let all simmer for half an hour, or until

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the top crust is cooked. Brown the crust by holding over it a red-hot shovel.

Veal Loaf.—Take a piece of butter the size of an egg, three pounds of raw veal, one heaping teaspoonful of salt, one of pepper, and two raw eggs. Chop the veal fine and mix all together, and put in about two tablespoonfuls of water. Mold this into a loaf, then roll it in eight tablespoonfuls of rolled crackers, and pour over it three tablespoonfuls of melted butter; place in a pan and bake two hours. To be sliced off when cold, and served at luncheon or tea.

Veal with Oysters.—Cut the veal in small, thin slices, place it in layers in a jar with salt, pepper, and oysters. Pour in the liquor of the oysters, set the jar in a kettle of boiling water, and let it stew till the meat becomes very tender.

Veal with Rice.—Pour over a small knuckle of veal rather more than sufficient water to cover it; bring it slowly to a boil; take off all the scum with great care; throw in a teaspoonful of salt, and when the joint has simmered for about half an hour, throw in from eight to twelve ounces of well-washed rice, and stew the veal gently for an hour and a half longer, or until both the meat and rice are perfectly tender. A seasoning of cayenne and mace in fine powder, with more salt, should it be required, must be added twenty or thirty minutes before they are served. For a superior stew, good veal broth may be substituted for the water.

Veal with Peas.—A quart or more of full-grown green peas, instead of rice, added to the veal, prepared as above, as soon as the scum has been cleared off, will make a most excellent stew. It should be well seasoned with white pepper, and the mace should be omitted.

Cutlets in Cracker.—Pound the cutlet and season, cut the edges into good shape; take one egg, beat it a little, roll the cutlet in it, then cover thoroughly with rolled crackers.

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Have a lump of butter and lard mixed hot in your skillet; put in the meat and cook slowly. When nicely browned stir in one spoonful of flour for the gravy; add half a pint of sweet milk, and let it come to a boil. Salt and pepper.

Cutlets, Broiled.—Trim evenly; sprinkle salt and pepper on both sides; dip in melted butter, and place upon the gridiron over a clear fire; baste while broiling with melted butter, turn over three or four times; serve with melted butter, or tomato sauce.

Pressed Veal.—Put four pounds of veal in a pot; cover with water; stew slowly until the meat drops from the bone, then take out and chop fine; let the liquor boil down until there is a cupful; put in a small cupful of butter, a tablespoonful of pepper, a little allspice, and a beaten egg; stir this through the meat; slice a hard-boiled egg; lay in a mold, and press in the meat; when put upon the table garnish with celery tops or parsley.

Minced Veal.—Heat a cupful of well-thickened gravy to a boil; add two tablespoonfuls of cream or rich milk, one tablespoonful of butter, pepper and salt, parsley to taste, a small onion, and three eggs well beaten. When these are stirred in, add the cold minced meat, salted and peppered. Let it heat thoroughly, but not boil.

Veal Scallops.—Mince the meat very small, and set it over the fire; season with grated nutmeg, pepper and salt, and a little cream. Then put it into scallop-shells, and cover with crumbs of bread, over which put bits of butter, and brown at a quick fire. Serve hot, with catsup or mushroom sauce.

Calf's Liver or Heart.—Cut the liver in slices, plunge into boiling water for an instant, wipe dry, season with pepper and salt, dredge with flour, and fry brown in lard. Have it perfectly done. Serve in gravy, made with either milk or water. Calf's heart dressed in this way is also very palatable.

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Broiled Sweet-breads.—Parboil and blanch the sweet-breads by putting them first into hot water and keeping it at a hard boil for five minutes, then plunging it into ice-cold water somewhat salted. Allow them to lie in this ten minutes, wipe them very dry, and with a sharp knife split in half, lengthwise. Broil over a clear, hot fire, turning whenever they begin to drip. Have ready upon a deep plate melted butter, well salted and peppered, mixed with catsup or Challenge sauce. When the sweet-breads are done to a fine brown lay them in this preparation, turning them over several times; cover and set them in a warm oven. Serve on fried bread or toast in a chafing-dish, a piece of sweet-bread on each. Pour on the hot butter and send to table.

Stewed Sweet-breads.—Parboil, blanch, and cut into small pieces; boil fifteen minutes in milk; stir into this chopped parsley, a little butter, and cornstarch to thicken. Serve hot.

Broiled Kidneys.—Skin the kidneys carefully, but do not slice or split them. Lay for ten minutes in warm (not hot) melted butter, rolling them over and over, that every part may be well basted. Broil on a gridiron over a clear fire, turning them every minute. Unless very large, they should be done in about twelve minutes. Sprinkle with salt and pepper, and lay on a hot dish, with butter upon each.

Calf's Tongue.—Of all the tongue preparations, calf's tongue is regarded as best. To pickle them, use for each a quarter pound of salt, one ounce of saltpetre, and a quarter pound of sugar. Rub the tongues daily with this, allowing them to lie in pickle for two weeks, after which they will be ready for smoking or boiling. If used without smoking, they require no soaking, but should simmer several hours till perfectly done, when the skin will peel off readily. If soaking is needed, lay them first in cold water and then in tepid water for two hours each; then boil till done.

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III.—MUTTON AND LAMB.

CHOOSING MUTTON AND LAMB, FOR ROASTING, FOR BOILING; CUTLETS, SUITABLE VEGETABLES, ETC. THIRTEEN RECIPES FOR MUTTON AND LAMB.

THE best mutton is small-boned, plump, finely grained, and short legged; the lean of a dark, rather than of a bright hue, and the fat white and clear; when this is yellow, the meat is rank, and of bad quality. The leg and the loin are the desirable joints; and the preference would probably be given to the latter, but for the superabundance of its fat, which renders it a somewhat wasteful part.

The parts for roasting are the shoulder, saddle, or chine, the loin, and haunch. The leg is best boiled, unless the mutton is young and very tender. The neck is sometimes roasted, but it is more generally boiled; the scrag, or that part of it which joins the head, is seldom used for any other purpose than making broth, and should be taken off before the joint is dressed. Cutlets from the thick end of the loin are commonly preferred, but they are frequently taken from the best end of the neck and from the middle of the leg.

Lamb should be eaten very fresh. In the fore-quarter, the vein in the neck should be blue, otherwise it is stale. In the hind-quarter the fat of the kidney will have a slight odor if not quite fresh. Lamb soon loses its firmness if stale.

New potatoes, asparagus, green peas, and spinach, are the vegetables to be eaten with roast lamb.

RECIPES.

Roast Mutton.—Wash the meat well, sprinkle with pepper and salt, dredge with flour, and put in the dripping-pan, with a little water in the bottom. Baste often with the drippings, skim the gravy well, and thicken with flour.

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Boiled Leg of Mutton.—Cut off the shank-bone, trim the knuckle, and wash the mutton; put it into a pot with salt, and cover with boiling water. Allow it to boil a few minutes; skim the surface clean, draw your pot to the side of the fire, and simmer until done. Time, from two to two hours and a half. Do not *try* the leg with a fork to determine whether it is done. You lose the juices of the meat by so doing. Serve with caper sauce, or drawn butter, well seasoned. The liquor from this boiling may be converted into soup with the addition of a ham-bone and a few vegetables boiled together.

Mutton Dressed like Venison.—Skin and bone a loin of mutton, and lay it into a stewpan with a pint of water, a large onion stuck with a dozen cloves, half a pint of port wine, and a spoonful of vinegar; add, when it boils, a little thyme and parsley, and some pepper and salt; let it stew three hours, and turn it often. Make some gravy of the bones, and add it at intervals to the mutton.

Broiled Mutton Chops.—Trim off a portion of the fat, or the whole of it, unless it be liked; heat the gridiron, rub it with a bit of the mutton suet, broil over a brisk fire, and turn often until they are done, which, for the generality of eaters, will be in about eight minutes, if the chops are not more than half an inch thick, which they should not be. Add salt and pepper with melted butter, and serve on a hot plate.

Mutton and Green Peas.—Select a breast of mutton not too fat, cut it into small, square pieces, dredge it with flour, and fry to a fine brown in butter; add pepper and salt, cover it with water, and set it over a slow fire to stew, until the meat is perfectly tender. Take out the meat, skim off all the fat from the gravy, and just before serving add a quart of young peas, previously boiled with the strained gravy, and let the whole boil gently until the peas are entirely done.

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Irish Stew.—Blanch three pounds of mutton chops by dipping them first in boiling water, for two or three minutes, and then into ice-cold water. Place them on the bottom of a clean stewpan, barely covering them with cold water. Bring them slowly to a boil; add one teaspoonful of salt; skim clean; add a little parsley, mace, and a few peppercorns. Simmer twenty minutes; add a dozen small onions whole, and two tablespoonfuls of flour mixed well with cold water. Let it simmer for an hour; add a dozen potatoes pared and cut to about the size of the onions. Boil till these are done; then dish, placing the chops around the edge of the plate, and pouring the onions and potatoes into the centre. Strain the gravy, add three tablespoonfuls of chopped parsley, and pour over the stew.

Boiled Leg of Lamb.—Choose a ewe leg, as there is more fat on it; saw off the knuckle, trim off the flap, and the thick skin on the back of it; soak in warm water for three hours, then boil gently (time according to size). Serve with oyster sauce. (See Sauces.)

Roast Lamb.—Wash well, season with pepper and salt, put in the dripping-pan with a little water. Baste often with the dripping; skim the gravy well and thicken with flour.

Lamb Stewed in Butter.—Select a nice loin, wash well, and wipe very dry; skewer down the flap, and lay it in a close-shutting and thick stewpan, or saucepan, in which three ounces of good butter have been just dissolved, but not allowed to boil; let it simmer slowly over a very gentle fire for two hours and a quarter, and turn it when it is rather more than half done. Lift it out, skim, and pour the gravy over it; send to table with brown gravy, mint sauce, and a salad.

Saddle of Lamb.—This is a dainty joint for a small party. Sprinkle a little salt over it, and set it in the dripping-pan, with a few small pieces of butter on the meat; baste it

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occasionally with tried-out lamb-fat; dredge a little flour over it a few minutes before taking from the oven. Serve with currant jelly and a few choice early vegetables. Mint-sauce may be served with the joint, but in a very mild form. (See Sauces.)

Broiled Lamb Chops.—Trim off most of the fat; broil over a brisk fire, turning frequently until the chops are nicely browned. Season with pepper and salt, and baste with hot butter. Serve on a buttered dish.

Breaded Lamb Chops.—Grate plenty of stale bread, season with salt and pepper, have ready some well-beaten egg, have a spider with hot lard ready, take the chops one by one, dip into the egg, then into the bread-crumbs; repeat it, as this will be found an improvement; then lay the chops separately into the boiling lard, fry brown, and then turn. To be eaten with currant jelly.

Lamb Steaks, Fried.—Dip each steak into well-beaten egg, cover with bread-crumbs or corn-meal, and fry in butter or new lard. Mashed potatoes and boiled rice are a necessary accompaniment. The gravy may be thickened with flour and butter, adding a little lemon juice; pour this hot upon the steaks, and place the rice in spoonfuls around the dish to garnish it.

IV.—PORK.

PORK REQUIRES CAREFUL CHOOSING; NEEDS THOROUGH COOKING. NINETEEN RECIPES FOR COOKING PORK.

PORK, more than any other meat, requires to be chosen with the greatest care. The pig, from its gluttonous habits, is particularly liable to disease, and if killed and eaten when in an unhealthy condition, those who partake of it will probably pay dearly for their indulgence. Dairy-fed pork is the best.

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If this meat be not thoroughly well-done, it is disgusting to the sight and poisonous to the stomach. "In the gravy of pork, if there is the least tint of redness," says an eminent medical authority, "it is enough to appall the sharpest appetite. Other meats under-done may be unpleasant, but pork is absolutely uneatable."

RECIPES.

Roast Pig.—A fat pig about three weeks old is best for a roast. Wash it thoroughly inside and out; chop the liver fine with bread-crumbs, onions, parsley, pepper, salt, and potatoes boiled and mashed; make it into a paste with butter and egg. Put this stuffing into the pig and sew it up; put in a baking-pan with a little water and roast over a bright fire, basting well with butter; rub frequently also with a piece of lard tied in a clean rag. When thoroughly done, lay the pig, back up, in a dish, and put a red apple or pickled-mango in its mouth. Make a dressing with some of the stuffing, with a glass of wine and some of the dripping. Serve with the roast pig, and also in a gravy-boat.

Roast Pork.—Choose for roasting, the loin, the leg, the saddle, the fillet, the shoulder, or the spare-rib. The loin of young pork is roasted with the skin on, and this should be scored in regular strips of about a quarter inch wide before the joints are laid to the fire. The skin of the leg also should be cut through in the same manner. This will prevent blistering, and render it more easy to carve. In beginning the roasting the meat should be placed at some distance from the fire, in order that it may be heated through before the skin hardens. The basting should be constant. The cooking must be thorough and the meat well-browned before removed from the fire.

Roast Spare-rib.—Spare-rib should be well rubbed with salt and pepper before it is roasted. If large and thick, it

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will require two or three hours to roast; a very thin piece may be roasted in an hour. Lay the thick end to the fire. When you put it down to roast, dust on some flour, and baste with a little butter. The shoulder, loin, and chine are roasted in the same manner.

Leg of Pork Roasted.—Parboil a leg of pork, take off the skin, and then roast; baste with butter, and make a savory powder of finely minced or dried or powdered sage, ground black pepper, salt, and some bread-crumbs rubbed together through a colander; add to this a little very finely minced onion; sprinkle the meat with this when it is almost done; put a half pint of gravy into the dish.

Baked Pork Tenderloins.—Split the tenderloin lengthwise nearly through; stuff with a filling of bread-crumbs, pepper, salt, and sweet marjoram. Tie a string around it, to keep the filling in, and bake in a hot oven for half an hour, basting well as the cooking proceeds.

Pork Cutlets.—Cut them about half an inch thick from a delicate loin of pork, trim into neat form, and take off part of the fat, or the whole of it when it is not liked; dredge a little pepper or cayenne upon them, and broil (or fry) over a clear and moderate fire from fifteen to eighteen minutes, sprinkle a little fine salt upon them just before they are dished. They may be dipped into egg and then into bread-crumbs mixed with minced sage, then finished in the usual way. When fried, flour them well, and season with salt and pepper. Serve with gravy made in the pan.

Boiled Ham.—The soaking which must be given to a ham before it is boiled depends both on the manner in which it has been cured and on its age. If highly salted, hard, and old, a day and night, or even longer, may be requisite to open the pores sufficiently and to extract a portion of the salt. The water must be several times changed during the steeping. After the ham has been scraped or brushed as

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clean as possible, pare away lightly any part which may be blackened or rusty. Lay it into a suitable kettle and cover it plentifully with cold water; bring it *very slowly* to boil, and clear off the scum, which will be thrown up in great abundance So soon as the water has been cleared from this, draw the pot to the edge of the stove, that the ham may be simmered slowly but steadily, until it is tender. On no account allow it to boil fast. When it can be probed very easily with a sharp skewer, lift it out, strip off the skin, and return the ham to the water to cool.

Baked Ham.—A ham of sixteen pounds must be boiled three hours, then skin and rub in half a pound of brown sugar, cover with bread-crumbs, and bake well for two hours.

Glazed Ham.—Take a cold-boiled ham from which the skin has been removed, and brush it well all over with beaten egg. To a cup of powdered cracker allow enough rich milk or cream to make into a thick paste, salt it, and work in a teaspoonful of melted butter. Spread this evenly, a quarter of an inch thick, over the ham, and set to brown in a moderate oven.

Ham and Eggs.—Cut the ham in very thin slices, and fry long enough to cook the fat, but not long enough to crisp the lean. A very little boiling water may be put into the frying-pan to secure the ham moist and tender. Remove the ham when it is done, break eggs gently into the pan, without breaking the yelks, and fry till done, about three minutes. The eggs will not require to be turned. Cut off the uneaven edges, place the eggs around the ham, and pour in the gravy.

Ham or Tongue Toast.—Toast a thick slice of bread and butter it on both sides. Take a small quantity of remains of ham or tongue, grate it, and put it in a stewpan with two

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hard-boiled eggs chopped fine, and mixed with a little butter, salt, and cayenne; heat it quite hot, then spread thickly upon the buttered toast. Serve while hot.

Broiled Salt Pork.—Cut the pork in thin slices. Put a little water in the pan, and when it has boiled three minutes pour it off; dredge the pork with flour and brown it.

Bacon Broiled or Fried.—Cut evenly into thin slices, or *rashers;* pare from them all rind and rust; curl them round; fasten them with small, slight skewers, then gently fry, broil, or toast them; draw out the skewers before they are sent to table. A few minutes will dress them either way. They may be cooked without being curled. The slow cooking is necessary that the meat may be well done without being dried or hardened.

Fried Sausage.—Sausages should be used while quite fresh. Melt a piece of butter or dripping in a clean frying-pan; when just melted, put in the sausages, shake the pan for a minute, and keep turning them; do not break or prick them; fry them over a very slow fire till they are nicely browned; when done, lay them on a hair-sieve before the fire to drain the fat from them. The secret of cooking sausages well is to let them heat very gradually. If so done the skins will not burst if they are fresh. The common practice of pricking them lets the gravy out, which is undesirable.

Baked Sausages.—The most wholesome way to cook sausages is to bake them. Place them in a baking-pan in a single layer, and bake in a moderate oven; turn them over when half done, that they may be equally browned. Serve with pieces of toast between them, having cut the toast about the same size as the sausage, and moistened it with a little of the sausage fat.

Sausage Meat.—Many prefer to use sausage meat in bulk.

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Small portions of the meat should be packed lightly together and fried slowly until nicely browned. When done, drain through a hair-sieve. Do not pack hard. It will make the sausages tough.

Scrappel.—Boil a hog's head one day, and let it stand five or six hours, or all night. Slip out the bones and chop fine; then return the meat to the liquor; skim when cold; warm and season freely with pepper, salt, sage, and sweet herbs. Add two cupfuls of buckwheat-meal and one cupful of corn-meal. Put into molds, and when cold cut into slices and fry for breakfast.

Boiled Pork.—The shoulder or leg are regarded as the most economical pieces for boiling. They should be well salted first, by about ten days' pickling. Boil precisely as ham is boiled, but not for so long a time, about three hours sufficing to thoroughly cook an ordinary sized leg of pork. After it has come to the boiling point, let the process proceed slowly as possible. Peel off the skin when done and spot the surface with dashes of red and black pepper, or with allspice, or garnish with parsley.

Souse.—Pigs' feet and ears may be soused by cleaning thoroughly, soaking in salt and water several days, and then boiling till the bones can be picked out with ease and the skin peeled off. Cover the meat and gelatinous substance with boiling vinegar, highly spiced with peppercorns and mace. This may be eaten cold or the meat may be fried after dipping in egg and cracker.

Pig's head may be prepared the same way, the meat being chopped fine and mixed with pounded crackers. Mix with herbs, spices, salt, and pepper to taste, and a small quantity of vinegar. Press into a mold, or a jar, and cut in slices. To be eaten cold.

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VI.—VEGETABLES.

VEGETABLES SHOULD BE FRESH—HOW TO WASH AND PRESERVE—HOW TO COOK WELL, AND IMPORTANCE OF SO DOING—SUITABLE POTS FOR COOKING VEGETABLES—VEGETABLES SUITABLE TO CERTAIN MEATS. FIFTY-FIVE RECIPES FOR COOKING VEGETABLES.

ALL vegetables should be used when fresh as possible. Wash them thoroughly, and allow them to lie in cold water until ready to be used.

Great care must be taken to remove gravel and insects from heads of lettuce, cabbage, and cauliflower. To do this, lay them for half an hour or more in a pan of strong brine, placing the stalk ends uppermost. This will destroy the small snails and other insects which cluster in the leaves, and they will fall out and sink to the bottom.

Strong-flavored vegetables, like turnips, cabbage, and greens, require to be put into a large quantity of water. More delicate vegetables, such as peas, asparagus, etc., require less water. As a rule, in boiling vegetables, let the water boil before putting them in, and let it continue to boil until they are done. Nothing is more indigestible than vegetables not thoroughly cooked. Just when they are done must be ascertained to a certainty in each particular case, without depending upon any general directions.

Never let boiled vegetables stand in the water after coming off the fire; put them instantly into a colander over a pot of boiling water, and let them remain there, if you have to keep them back from the table.

An iron pot will spoil the color of the finest greens; they should be boiled by themselves in a tin, brass, or copper vessel.

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Potatoes are good with all meats. Carrots, parsnips, turnips, greens, and cabbage belong with boiled meats; beets, peas, and beans are appropriate to either boiled or roast.

RECIPES.

Boiled White Potatoes.—Peel off a strip about a quarter of an inch wide, lengthwise, around each potato. Put them on in cold water, with a teaspoonful of salt in it. Let them boil fifteen minutes, then pour off half the water and replace it with cold water. When the edge of the peel begins to curl up they are done. Remove them from the pot, cover the bottom of a baking-tin with them, place them in the oven, with a towel over them, for fifteen minutes, leaving the oven door open. Then serve with or without the skins.

The use of cold water in boiling potatoes, as in this recipe, is exceptional. Hot water is generally used, but for this purpose cold seems preferable.

Roasted White Potatoes.—Select the largest and finest potatoes for roasting. Wash them thoroughly and put in the oven with their skins on. Roast about one hour, turning them occasionally with a fork. When done, send them to the table hot, and in their skins.

Potatoes Roasted with Meats.—To roast potatoes with beef, poultry, and other meats, peel the potatoes, lay them in a pan, and cook them in the gravy. It is quite proper to roast both white and sweet of potatoes in the same pan.

Mashed Potatoes.—Steam or boil pared potatoes until soft, in salted water; pour off the water and let them drain perfectly dry; sprinkle with salt and mash; have ready hot milk or cream, in which has been melted a piece of butter; pour this on the potatoes, and stir until white and very light. A solid, heavy masher is not desirable. An open wire tool is much better.

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Stewed Potatoes.—Take sound raw potatoes, and divide each into four parts, or more, if they be very large. Put them into the stewpan; add salt, pepper, and a piece of fresh butter; pour in milk, with a little cream, just to keep the potatoes from burning. Cover the saucepan, and allow the potatoes to stew until thoroughly soft and tender.

Fried Potatoes.—Boil some good and large potatoes until nearly done; set them aside a few minutes; when sufficiently cool, slice or chop them; sprinkle them with pepper and salt, and fry in butter or fresh lard until they are of a light brown color. Serve hot.

Saratoga Potatoes.—Peel and slice the potatoes on a slaw-cutter, into cold water; wash them thoroughly, and drain; spread between the folds of a clean cloth, rub and pat until dry. Fry a few at a time in boiling lard; salt as you take them out. Saratoga potatoes are very nice when eaten cold. They can be prepared three or four hours before needed, and if kept in a warm place they will be crisp and nice. They may be used for garnishing game and steaks.

Potato Cakes.—Mash thoroughly a lot of potatoes just boiled; add a little salt, butter and cream; fry brown on both sides, after making into little cakes.

Boiled Sweet Potatoes.—Take large, fine potatoes, wash clean; boil with the skins on in plenty of water, but without salt. They will take at least one hour. Drain off the water, and set them for a few minutes in a tin pan before the fire, or in the oven, that they may be well dried. Peel them before sending to the table.

Roasted Sweet Potatoes.—Sweet potatoes are roasted in the same manner as white, but they require a little longer time.

Fried Sweet Potatoes.—Choose large potatoes, half boil them, and then, having taken off the skins, cut the potatoes in slices and fry in butter, or in nice drippings.

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Stewed Tomatoes.—Pour boiling water on the tomatoes to be used, and then peel and slice them. Stew them gently, without adding any water, fifteen minutes; then add some pulverized cracker or bread crumbs, sufficient to thicken it a little, and salt and pepper to your taste. Stew fifteen minutes longer, and add a large piece of butter.

The thickening suggested is not essential. Many prefer the pure tomatoes. Try both ways and adopt the more pleasing.

Broiled Tomatoes.—Cut large tomatoes in two, from side to side, not from top to bottom; place them on a gridiron, the cut surface down; when well seared, turn them and put on butter, salt, and pepper; then cook with the skin side down until done.

Fried Tomatoes.—Cut the tomatoes in slices without skinning; pepper and salt them well; then sprinkle a little flour over them and fry in butter until browned. Put them on a hot platter; then pour milk or cream into the butter and juice, and when this is boiling hot, pour it over the tomatoes.

Tomatoes Baked Whole.—Select a number of sound, ripe tomatoes. Cut a round hole in the stem side of each, and stuff it with bread-crumbs, nicely peppered and salted; cover the bottom of the pan with the tomatoes, the opened side upward; put in a very little water, dredge with flour, and bake till brown. Serve hot.

Baked Sliced Tomatoes.—Skin the tomatoes, slice in small pieces; spread a thick layer in the bottom of a pudding dish; cover with a thin layer of bread-crumbs, and sprinkle salt, pepper, and a few small pieces of butter over them; add another layer of tomatoes, then of crumbs, etc., until the dish is filled; sprinkle over the top a layer of fine rolled crackers; bake one hour. Canned tomatoes, put up whole, may be used nicely this way.

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Tomatoes a la Creme.—Pare and slice ripe tomatoes; one pound of fresh ones or a quart can; stew until perfectly smooth, season with salt and pepper, and add a piece of butter the size of an egg. Just before taking from the fire, stir in one cup of cream, with a tablespoonful of flour stirred smooth in a part of it; do not let it boil after the flour is put in. Have ready in a dish some pieces of toast; pour the tomatoes over this and serve.

Boiled Green Corn.—Take off the outside leaves and the silk, letting the innermost leaves remain on until after the corn is boiled, which renders the corn much sweeter. Boil for half an hour in plenty of water, drain, and after fully removing the leaves, serve.

Baked Corn.—Grate one dozen ears of sweet corn, one cup of milk, a small piece of butter; salt to taste, and bake in a pudding dish for one hour.

Corn Fritters, see Fritters.

Lima Beans.—Shell, wash, and put into boiling water; when boiled tender, drain and season them. Dress with cream, or with a large lump of butter, and let the whole simmer for a few moments before serving.

Succotash.—Take ten ears of green corn and one pint of Lima beans; cut the corn from the cob, and stew gently with the beans until tender. Use as little water as possible. Season with butter, salt, and pepper—milk, if you choose. If a few of the cobs are stewed in the succotash, it will improve the flavor, as there is great sweetness in the cob.

String Beans.—Remove the strings of the beans with a knife, and cut off both ends. Cut each bean into three pieces, boil tender, add butter when they are done, pepper and salt, and serve hot.

Boiled Beans.—Dried beans must soak over night in soft water; put them in a strong bag, leaving room for them to

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swell; let them boil in a plenty of water until done; hang up the bag that all the water may drain off; then season with butter, pepper, and salt to the taste.

Baked Beans.—Put the beans to soak early in the evening, in a dish that will allow plenty of water to be used. Change the water at bed-time. Next morning early, parboil two hours; pour off nearly all the water; take raw pork, scored on top; put the beans in a *deep dish*, a stoneware jar is very nice, the pork in the middle, sinking it so as to have it just level with the surface. Add half a teaspoonful of soda, two tablespoonfuls of molasses, and bake at least six hours. As the beans bake dry, add more water, a little at a time, until the last hour, when it is not necessary to moisten them.

Boiled Green Peas.—The peas should be young and freshly shelled; wash and drain them carefully; put them into fast-boiling, salted water; when quite tender drain, and add pepper, butter, and a little milk. Serve hot.

Boiled Asparagus.—Scrape the stems of the asparagus lightly, but make them very clean, throwing them into cold water as you proceed. When all are scraped, tie them in bunches of equal size; cut the hard ends evenly, that all may be of the same length, and put into boiling water. Prepare several slices of delicately browned toast half an inch thick. When the stalks are tender, lift them out and season with pepper and salt. Dip the toast quickly into the liquor in which the asparagus was boiled, and dish the vegetable upon it, the points, or the butts, meeting in the centre of the dish. Pour rich melted butter over it, and send to the table hot.

Boiled Beets.—Wash, but do not cut them, as cutting destroys the sweetness; let them boil from two to three hours, or until they are perfectly tender; then take them up, peel and slice them, and pour vinegar, or melted butter, over them, as may be preferred.

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Boiled Turnips.—Pare and cut into pieces; put them into boiling water well salted, and boil until tender; drain thoroughly and then mash and add a piece of butter, pepper, and salt to taste. Stir until they are thoroughly mixed, and serve hot.

Boiled Onions.—Skin them carefully and put them to boil; when they have boiled a few minutes, pour off the water, add clean cold water, and then set them to boil again. Pour this away also, and add more cold water, when they may boil till done. This change of waters will make them white and clear, and very mild in flavor. After they are done, pour off all the water, and dress with a little cream, salt, and pepper to taste.

Fried Onions.—Peel and slice fresh, solid onions very evenly, then fry them in a pan of hot butter till slightly browned.

Boiled Leeks.—Trim off the coarser leaves of young leeks, cut them into equal lengths, tie them in small bunches, and boil in plenty of water, previously salted. Serve on toast, and send melted butter to the table with them.

Boiled Squash.—Remove the seeds; boil till very tender; then press out all the water through a colander, and mash, with butter, pepper, and salt.

Fried Squash.—Pare the squash, cut in slices, dip in egg seasoned with pepper and salt, then into cracker dust, and fry to a nice brown.

Boiled Parsnips.—Scrape thoroughly, then wash and boil in a little water well salted. When done, dress with butter and a little pepper, or drawn butter, if desired.

Fried Parsnips.—Having boiled your parsnips, split open the largest ones, season with pepper and salt, dredge a little flour over them, and fry to a light brown.

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Fried Egg-plant.—Pare and cut in slices quarter of an inch thick; sprinkle with salt; cover and let stand for an hour. Pour off the juice or water which exudes; wipe each slice dry; dip first in beaten egg, then in rolled cracker or bread crumbs. Season with pepper and salt, and fry brown in butter. Serve very hot.

Fried Egg-plant No. 2.—Put into water and boil until soft, then cut in two and scoop out all the inside; season; take a tablespoonful of the remaining pulp at a time, dip in egg and bread-crumbs, and fry in hot lard. Serve hot.

Baked Egg-plant.—Boil them till somewhat tender, in order to remove the bitter flavor. Then slit each one down the side, and take out the seeds. Have ready a stuffing made of grated cracker, butter, minced herbs, salt, pepper, nutmeg, and beaten yelk of eggs. Fill with this the cavity left by the seeds, and bake the plants in a hot oven. Serve with well-seasoned gravy poured around them in the dish.

Boiled Cabbage.—Strip off the loose or withered leaves, and wash well; then split in two, or if the head be very large, into four pieces, and put into boiling water with some salt; let it boil slowly, skimming carefully and frequently. When done, strain through a colander. Serve in a vegetable-dish and lay inside, among the leaves, some bits of butter; season with pepper, and serve while hot.

Boiled Cauliflower.—Trim off all the outside leaves; wrap in a cloth and put into boiling water well salted; boil until tender, and then serve with drawn butter.

Cabbage a la Cauliflower.—Cut the cabbage fine, as for slaw; put it into a stewpan, cover with water, and keep closely covered; when tender, drain off the water; put in a small piece of butter, with a little salt, one-half a cupful of cream, or one cupful of milk. Leave on the stove a few minutes before serving.

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Boiled Spinach.—Boil the spinach in plenty of water, drain, and press the moisture from it; chop it small, put it into a clean saucepan, with a slice of fresh butter, and stir the whole until well mixed and very hot. Smooth it in a dish, and send it quickly to table.

Boiled Greens.—Turnip-tops, mustard-tops, cabbage-leaves, beet-tops, cowslips, dandelions, and various similar articles are much relished in the spring, boiled in salt and water or with salt pork. When done sufficiently they will sink to the bottom.

Stewed Celery.—Clean the heads thoroughly; take off the coarse, green, outer leaves; cut the stalks into small pieces, and stew in a little broth; when tender, add some rich cream, a little flour, and butter enough to thicken the cream. Season with pepper, salt, and a little nutmeg, if that is agreeable.

Boiled Artichokes.—Soak the artichokes and wash them in several waters; cut the stalks even; trim away the lower leaves, and the ends of the other leaves; boil in salted water with the tops downward, and let them remain until the leaves can be easily drawn out. Before serving, remove the surrounding leaves, and send the remainder to the table with melted butter.

Broiled Mushrooms.—In order to test mushrooms, sprinkle salt on the gills; if they turn *yellow*, they are poisonous; if they turn *black*, they are good. When satisfied at this point, pare, and cut off the stems, dip them in melted butter, season with salt and pepper, broil them on both sides over a clear fire, and serve on toast.

Stewed Mushrooms.—Being sure you have the genuine mushrooms, put them in a small saucepan, season with pepper and salt, add a spoonful of butter and a spoonful or two of gravy from roast meat, or, if this be not at hand, the

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same quantity of good, rich cream; shake them about over the fire, and when they boil they are done.

Boiled Rice.—Wash a cupful of rice in two or three waters; let it lie for a few minutes in the last water, then put it into three quarts of fast-boiling water, with a little salt; let it boil twenty minutes, then turn into a colander, drain, and serve, using such sauce or dressing as may be desired.

Boiled Hominy.—Soak one cupful of fine hominy over night in three cupfuls of water, and salt to taste; in the morning turn it into a quart pail; then put the pail into a kettle of boiling water, cover tightly, and steam one hour; add one teacupful of sweet milk, and boil fifteen minutes additional, then serve hot.

Stewed Macaroni.—Break the macaroni into small pieces, wash it, and put into salted hot water; cook about twenty minutes; drain, and put in a vegetable dish a layer of macaroni, sprinkle with grated cheese, bits of butter, pepper and salt; proceed in this manner until the dish is full, but omit the cheese at the last. Set the dish in the oven for a few minutes, and let it get thoroughly *hot.*

Baked Macaroni.—For baked macaroni, proceed as in stewed, but, when prepared fully as above, pour a few spoonfuls of milk over the top, and bake half an hour.

Macaroni with Tomatoes.—Have water boiling in a large saucepan; throw into it macaroni, broken, but not too short; let it cook twenty to thirty minutes, pour over it some cold water, and strain it quite dry; cut an onion into small dice, throw it into cold water and squeeze it dry in a cloth; put some olive oil, butter, or clarified fat into a saucepan; the oil, of course, is best. Throw into it the onion, and let it cook, shaking occasionally, until the onion is almost melted away. Have some cooked tomatoes ready to add to this

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sauce. If it is too thick, add some cold water by teaspoonfuls at a time. Let all simmer for ten minutes longer. Sprinkle some grated cheese over your macaroni, which must be piping hot, in a dish. Pour the sauce over this and serve. A quarter of a pound of macaroni makes a large dish, and takes about a third of a can to half a can of tomatoes.

Sliced Cucumbers.—Peel and slice the cucumbers as thin as possible; lay the slices in salted water for an hour; then pour off the water; cover them with vinegar, half a teaspoonful of pepper, and salt as may be necessary.

Stewed Oyster-plant.—Cut off the tops of a bunch of salsify, or oyster-plant, close to the root; scrape and wash well, and slice lengthwise or round; stew until tender in salted water; drain and put in a stewpan, cover with milk; to one pint of salsify add a tablespoonful of butter rolled in flour; season with salt and pepper; let it stew a few minutes and add a little vinegar, if liked.

Mock Fried Oysters.—Scrape one bunch of salsify, and boil until tender; mash through a colander, add one beaten egg, a small piece of butter, salt and pepper to taste; drop by the spoonful into hot lard and fry brown.

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VII.—SALADS AND SAUCES.

SALADS DEFINED—HOW DRESSED, COMBINED, AND SERVED. SAUCES DEFINED—THEIR USES AND COMPOSITION. HOW TO PREPARE INGREDIENTS FOR SALADS, WHAT VEGETABLES TO EMPLOY, FRESHNESS, EXCELLENCE, ETC. FORTY-SIX RECIPES FOR SALADS AND SAUCES.

UNDER the head of salads all preparations of uncooked herbs or vegetables is placed. They are usually dressed with salt, vinegar, oil, and spices. Sometimes they are combined with meat or shell fish, as chicken, veal, lobster, etc. They are used chiefly as relishes with other food.

Sauces are generally used to impart a relish to articles of food. Sometimes vegetables are employed as the basis of sauces, but they are compounded chiefly of savory condiments, that they may add zest to eating.

Meat or fish used in salads should not be minced, but rather picked apart, or cut in pieces of moderate size. Cabbage, celery, asparagus, cauliflower, water-cress, and all kinds of lettuce are the vegetables best adapted for use in salads. They must be used when quite fresh and crisp, and all the ingredients used in their dressing must be of the best quality and flavor.

All condiments are in some sense sauces, but the term is usually confined to those which are the result of compounding a variety of articles.

RECIPES.

Coldslaw.—With a sharp knife, or, better, with a knife made for the purpose, cut up into fine shavings a firm head of cabbage; sprinkle with as much salt and pepper as you

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deem necessary; beat up the yelk of one egg, add a lump of butter the size of a walnut, a gill of cream, the same quantity of vinegar, a tablespoonful of sugar, an even teaspoonful of mustard, and a pinch of bruised celery seed. Heat these condiments together, without boiling, and pour over the sliced cabbage; then toss it with a fork until thoroughly mixed. Allow time for it to cool before serving.

Coldslaw, No. 2.—Take equal parts of chopped cabbage and the green stalks of celery. Season with salt, pepper, and vinegar.

Maryland Coldslaw.—Halve the cabbage and lay it in cold water for one hour; shave down the head into small slips with a sharp knife. Put in a saucepan a cup of vinegar, and let it boil; then add a cup of cream, with the yelks of two eggs, well beaten; let it boil up, and pour over the cabbage. As soon as the cabbage is cut it should be sprinkled with a little salt and pepper.

Cabbage Salad.—Take one head of fine, white cabbage, minced fine; three hard-boiled eggs; two tablespoonfuls of salad oil; two teaspoonfuls white sugar; one teaspoonful salt; one teaspoonful pepper; one teaspoonful made mustard; one teacupful vinegar. Mix and pour upon the chopped cabbage.

Lettuce Salad.—Take a good-sized head of lettuce and pull the leaves apart. Wash them a moment, then shake off the water and dry the leaves. Examine them carefully, wipe off all grit, and reject those that are bruised. Take the yelks of two hard-boiled eggs; add one-half teaspoonful of mixed mustard, and mix to a paste with a silver fork; then add slowly, mixing carefully, about one-half a cup of vinegar, one teaspoonful of sugar, and salt to taste; cut the lettuce small as may be desired with a sharp knife, and pour the dressing over it; garnish with hard-boiled eggs.

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Potato Salad.—Steam and slice the potatoes; add a very little raw onion chopped very fine, and a little parsley, and pour over the whole a nice salad dressing. Serve either warm or cold, as may be preferred.

Potato Salad, No. 2.—Cut up three quarts of boiled potatoes, *while hot*, into neat pieces; add a tablespoonful of chopped parsley, a tablespoonful of chopped onion, a teaspoonful of pepper, and one of salt; also add a cupful of oil, and mix; then add a cupful of warm stock, a wineglassful of vinegar (from the mixed-pickle bottle); mix the ingredients together carefully, and do not break the potatoes any more than is absolutely unavoidable. Set the whole in the ice-box and serve cold. The onion and parsley may be omitted, and boiled root celery added, or a little stalk celery chopped fine.

Chicken Salad.—Boil a small chicken until very tender. When entirely cold, remove the skin and fat, cut the meat into small bits, then cut the white part of the stalks of celery into pieces of similar size, until you have twice as much celery as meat. Mix the chicken and celery together; pour on Durkee's Salad Dressing, and stir all thoroughly. Cold veal used in place of chicken will also make a very excellent salad.

Chicken Salad, No. 2.—Take three chickens, boil until very tender; when cold, chop them, but not too fine; add twice the quantity of celery cut fine, and three hard-boiled eggs sliced. Make a dressing with two cups of vinegar, half a cup of butter (or two tablespoonfuls of oil), two eggs beaten, with a large tablespoonful of mustard, saltspoonful of salt, two tablespoonfuls of sugar, tablespoonful of pepper, or a little cayenne pepper; put the vinegar into a tin pan and set in a kettle of boiling water; beat the other ingredients together thoroughly and stir slowly into the vinegar until it thickens. Cool it and pour over the salad just before serving.

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Lobster Salad.—To a three-pound lobster take the yelk of one raw egg beaten very lightly; then take the yelks of three hard-boiled eggs (cold), and add to the raw yelk, beating all the time; add, a few drops at a time, one-half bottle of the finest olive oil, stirring all the while; then add one and a half tablespoonfuls of the best English mustard, salt and pepper to taste; beat the mixture until light and add a tablespoonful of strong vinegar. Cut the lobster into small pieces and mix with it salt and pepper; pour over it the dressing just before sending to the table; garnish with the white of boiled eggs, celery tops, and the small claws.

Salmon Salad.—For a pound can of salmon, garnished with lettuce, make a dressing of one small teacupful of vinegar, butter half the size of an egg, one teaspoonful of mustard, one-half teaspoonful of cayenne pepper, one-half teaspoonful of salt, one teaspoonful of sugar, two eggs. When cold, add one-half teacupful of cream and pour over the salmon.

Mixed Mustard.—One tablespoonful of mustard, one teaspoonful of sugar, one saltspoonful of salt, enough vinegar to blend into a paste.

Plain Horse-radish is grated and merely covered with sharp vinegar.

Horse-radish Sauce.—Take one tablespoonful of grated horse-radish, a dessertspoonful of mustard, half a teaspoonful of sugar; then add vinegar, and stir it smooth. Serve in a sauce-tureen.

Tomato Sauce.—Stew one-half dozen tomatoes with a little chopped parsley; salt and pepper to taste; strain, and when it commences to boil add a tablespoonful of flour, stirred smooth with the same quantity of butter. When it boils it is ready to take up.

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Tomato Sauce, No. 2.—Halve the tomatoes and squeeze out the seeds and watery pulp. Stew the solid portions gently with a little gravy or strong broth until they are entirely softened. Strain through a hair sieve and reheat with additional gravy, a little cayenne pepper and salt. Serve hot.

Green Tomato Sauce.—Cut up two gallons of green tomatoes; take three gills of black mustard seed, three tablespoonfuls of dry mustard, two and a half of black pepper, one and a half of allspice, four of salt, two of celery seed, one quart each of chopped onions and sugar, and two and a half quarts of good vinegar, a little red pepper to taste. Beat the spices and boil all together until well done.

Chili Sauce.—Take ten pounds of ripe tomatoes, peeled and sliced; two pounds of peeled onions chopped fine; seven ounces of green peppers finely chopped, without the seeds; six ounces of brown sugar; four ounces salt; a pint and a half of vinegar. Boil all together in a porcelain-lined kettle for several hours, until thick as desired; put up in tight cans or jars, and use with soups and gravies.

Celery Sauce.—Pick and wash two heads of celery; cut them into pieces one inch long, and stew them in a pint of water, with one teaspoonful of salt, until the celery is tender. Rub a large spoonful of butter and a spoonful of flour well together; stir this into a pint of cream; put in the celery, and let it boil up once. Serve hot with boiled poultry.

Mint Sauce.—Wash the sprigs of mint, let them dry on a towel, strip off the leaves, and chop them very fine; put in a sauce-boat with a cupful of vinegar and four lumps of sugar; let it stand an hour, and before serving stir all together. Mint sauce, if bottled, will keep a long time, and be just as good, if not better, than when freshly made.

Asparagus Sauce.—Take a dozen heads of asparagus; two teacupfuls drawn butter; two eggs; the juice of half a

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lemon; salt and white pepper. Boil the tender heads in a very little salt water. Drain and chop them. Have ready a pint of drawn butter, with two raw eggs beaten into it; add the asparagus, and season, squeezing in the lemon juice last. The butter must be hot, but do not cook after putting in the asparagus heads. This is a delightful sauce for boiled fowls, stewed fillet of veal, or boiled mutton.

Mushroom Sauce.—Pick, rub, and wash a pint of young mushrooms, and sprinkle with salt to take off the skin. Put them into a saucepan with a little salt, a blade of mace, a little nutmeg, a pint of cream, and a piece of butter rolled in flour; boil them up and stir till done.

Caper Sauce.—Make a drawn butter sauce, and add two or three tablespoonfuls of French capers; remove from the fire and add a little lemon juice.

Cranberry Sauce.—Cover a quart of cranberries with water and let it simmer gently till thoroughly cooked. Strain the skins out through a colander, and add to the juice two cupfuls of sugar; let it simmer again for fifteen minutes, and pour into a mold previously wet in cold water.

Strawberry Sauce.—Rub half a cupful of butter and one cupful of sugar to a cream; add the beaten white of an egg and one cupful of strawberries thoroughly mashed.

Lemon Sauce.—One-half a cupful of butter, one cupful of sugar, yelks of two eggs, one teaspoonful of corn-starch. Beat the eggs and sugar until light; add the grated rind and juice of one lemon. Stir the whole into three gills of boiling water until it thickens sufficiently for the table.

Lemon Sauce, No. 2.—One large tablespoonful of butter, one small tablespoonful of flour, one cupful of sugar, grated rind and juice of one lemon.

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Vanilla Sauce.—Put half a pint of milk in a small saucepan over the fire; when scalding hot add the yelks of three eggs, and stir until it is as thick as boiled custard; remove the saucepan from the fire, and when cool add a tablespoonful of extract of vanilla and the beaten whites of two eggs.

Venison Sauce.—Mix two teaspoonfuls of currant jelly, one stick of cinnamon, one blade of mace, grated white bread, ten tablespoonfuls of water; let the whole stew till thoroughly cooked, when done serve with venison steak.

Anchovy Sauce.—Stir two or three teaspoonfuls of prepared essence or paste of anchovy, into a pint of melted butter; let the sauce boil a few minutes, and flavor with lemon juice.

Lobster Sauce.—Break the shell of the lobster into small pieces. Pour over these one pint of water or veal-stock and a pinch of salt; simmer gently until the liquid is reduced one-half. Mix two ounces of butter with an ounce of flour, strain the liquid upon it and stir all, over the fire, until the mixture thickens, but do not let it boil. Add two tablespoonfuls of lobster meat chopped fine, the juice of half a lemon, and serve.

Oyster Sauce.—Strain fifty oysters; put the juice into a saucepan; add one pint of new milk; let it simmer, and then skim off whatever froth may rise. Rub a large spoonful of flour and two of butter together; stir this into the liquor; add a little salt and pepper. Let this simmer five minutes, but do not add the oysters till just as they are to be sent to the table, as oysters much cooked are hard. For turkeys, etc., this is a splendid dressing.

Plain French Dressing.—A plain French dressing is made simply of salt, pepper, oil, and vinegar. Three tablespoonfuls of oil to one of vinegar, saltspoon heaping full of salt, an even saltspoonful of pepper mixed with a little cayenne.

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Mayonnaise Sauce.—Work the yelks of two raw eggs to a smooth paste, and add two saltspoonfuls of salt, half a saltspoonful of cayenne, a saltspoonful of dry mustard, and a teaspoonful of oil; mix these thoroughly and add the strained juice of half a lemon. Take what remains of half a pint of olive oil and add it gradually, a teaspoonful at a time, and every fifth teaspoonful add a few drops of lemon juice until you have used two lemons and the half-pint of oil.

Mayonnaise Sauce, No. 2.—Rub the yelks of three hard-boiled eggs with the yelk of one raw egg to a smooth paste; add a heaping teaspoonful of salt, two saltspoonfuls of white pepper, and two saltspoonfuls of made mustard; mix thoroughly and work a gill of oil gradually into the mixture, alternated with a teaspoonful of vinegar, until you have used three tablespoonfuls of vinegar. Should the sauce appear too thick, add a wineglassful of cream.

Butter Sauce.—Mix well together two tablespoonfuls of butter, some chopped parsley, juice of half a lemon, salt, and pepper. For broiled meat or fish.

Brown Butter Sauce.—Put butter into a frying-pan and let it stand on the fire until very brown; then add a little parsley and fry a moment longer.

Drawn Butter Sauce.—Take one-quarter pound of butter; rub with it two teaspoonfuls of flour. When well mixed, put into a saucepan with one-half pint of water; cover it, and set the saucepan into a larger one full of boiling water. Shake it constantly till completely melted and beginning to boil; season with salt and pepper.

Boiled Egg Sauce.—Add to half a pint of drawn butter sauce two or three hard-boiled eggs, chopped.

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White Sauce.—Thicken half a pint of new milk with a little flour or arrowroot. After it has boiled, stir in slowly about two ounces of fresh butter, cut into small pieces. Continue to stir until the butter is completely dissolved. Add a few thin strips of lemon rind, a little salt, and pounded mace.

White Sauce, No. 2.—Boil a few thin strips of lemon peel in half a pint of good veal gravy just long enough to give it their flavor. Stir in a thickening of arrowroot, or flour and butter; add salt and a quarter of a pint of boiling cream.

Cream Sauce.—Beat the yelks of three eggs, three tablespoonfuls of white sugar, and vanilla flavor. Turn on it a pint of boiling milk, and stir well.

Brandy Sauce.—Four ounces of sugar and two ounces of butter, well creamed together; then beat an egg into it, with two ounces of brandy.

Wine Sauce.—Take one pint bowl of white sugar, not quite a quarter of a pound of butter, one glass of wine, one grated nutmeg, and a tablespoonful of warm water; beat together steadily for half an hour.

Hard Sauce.—One cupful butter, three cupfuls sugar; beat very hard, flavoring with lemon juice; smooth into shape with a knife dipped into cold water.

Sauces in General.—Worcestershire, Challenge, Annear, and other sauces in the market have each their specially good points. Trial of them should be made and the best used.

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VIII.—CROQUETTES AND FRITTERS.

CROQUETTES DEFINED; FRITTERS DEFINED; USES OF BOTH. TWENTY-FOUR RECIPES FOR CROQUETTES AND FRITTERS.

THE term *croquette* (pronounced cro-ket) is from a French verb, meaning "to crunch." It designates all that class of preparations made of minced meat, or other ingredients, highly seasoned and fried in bread-crumbs.

Fritters, like croquettes, are fried, but they are made of batter containing other ingredients, as taste may dictate. Both these preparations are used as accessories of the dinner or tea table rather than as principal dishes.

RECIPES.

Rice Croquettes.—Put a quarter of a pound of rice into a pint of milk. Let it simmer gently until the rice is tender and the milk absorbed. It must then be boiled until thick and dry, or it will be difficult to mold. Add three tablespoonfuls of sugar, one of butter, one egg, and flavor to taste with vanilla or cinnamon; beat thoroughly for a few minutes, and when cold form into balls or cones, dip these into beaten egg, roll lightly in bread-crumbs, and fry in hot butter.

Hominy Croquettes.—To a cupful of cold boiled hominy (small grained) add a tablespoonful of melted butter and stir hard; moisten by degrees with a cupful of milk, beating to a soft, light paste. Put in a teaspoonful of white sugar and a well-beaten egg. Roll into oval balls with floured hands, dip in beaten egg, then in cracker-crumbs, and fry in hot lard.

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Potato Croquettes.—Season cold mashed potatoes with pepper, salt, and nutmeg. Beat to a cream, with a tablespoonful of melted butter to every cupful of potato. Add two or three beaten eggs and some minced parsley. Roll into small balls; dip in beaten egg, then in bread-crumbs, and fry in hot lard.

Oyster-Plant Croquettes.—Wash, scrape, and boil the oyster-plant till tender; rub it through a colander, and mix with the pulp a little butter, cream, salt, cayenne, and lemon juice; mix the ingredients thoroughly together to a smooth paste, and set the dish in the ice-box to get cold; then shape it into small cones, dip them in beaten egg, roll in crumbs, and fry crisp and brown.

Chicken Croquettes.—Add to the quantity of minced chicken; about one-quarter the quantity of bread-crumbs, also one egg well beaten to each cupful of meat; pepper, salt, and chopped parsley to taste, add the yelks of two hard-boiled eggs rubbed smooth. Add gravy or drawn butter to moisten it, make into cones or balls, roll in cracker-dust or flour, and fry in hot lard.

Veal Croquettes.—Make these the same as chicken croquettes, by substituting for the chicken cold minced veal and ham in equal parts. The salt may be omitted, as the ham usually supplies it sufficiently. Turkey, duck, or the remains of any cold game or meat may be used in the same way with very satisfactory results.

Oyster Croquettes.—Take the hard ends of the oysters, leaving the other end for a soup or stew; scald them, then chop fine, and add an equal weight of potatoes rubbed through a colander; to one pound of this combination add two ounces of butter, one teaspoonful of salt, half a teaspoonful of pepper, half a teaspoonful of mace, and one-half gill of cream, make in small rolls, dip them in egg and grated bread, fry in deep, hot lard.

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Lobster Croquettes.—Chop the lobster very fine; mix with pepper, salt, bread-crumbs, and a little parsley; moisten with cream and a small piece of butter; shape with your hands; dip in egg, roll in bread-crumbs, fry in hot lard.

Plain Fritters.—Take one pint of flour, four eggs, one pint of boiling water, and one teaspoonful of salt. Stir the flour into the boiling water gradually, and let it boil three minutes, stirring constantly. Remove from the fire and stir in the yelks of the eggs, afterward the whites, they having been well beaten. Drop this batter by large spoonfuls into boiling lard and fry to a light brown. Serve hot, powdered with white sugar.

Bread Fritters.—Grate stale bread until you have a pint of crumbs; pour a pint of boiling milk upon these, a tablespoonful of butter having been dissolved in it, and let the whole stand for an hour. Then beat up the mixture and flavor with nutmeg. Stir in gradually a quarter pound of white sugar, two tablespoonfuls of brandy, six well-beaten eggs, and currants enough to flavor the whole. The currants should be washed, dried, and floured. Drop by large spoonfuls into boiling lard and fry to a light brown. Serve with wine and powdered sugar.

Potato Fritters.—Break open four nicely baked potatoes; scoop out the insides with a spoon, and mix with them a wineglassful of cream, a tablespoonful of brandy, two tablespoonfuls of powdered sugar, the juice of one lemon, half a teaspoonful of vanilla extract, and well-beaten yelks of four and the whites of three eggs; beat the batter until it is quite smooth; drop large tablespoonfuls of the mixture into boiling fat and fry to a light brown; dust them with powdered sugar and send to table hot.

Corn Fritters.—Scrape twelve ears of corn, mix with two

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eggs, one and one-half cups of milk, salt and pepper to taste, and flour enough to hold all together. Fry in hot fat.

Hominy Fritters.—Two teacupfuls of cold boiled hominy; stir in one teacupful of sweet milk and a little salt, four tablespoonfuls of sifted flour, and one egg; beat the white separately and add last; drop the batter by spoonfuls in hot lard and fry to a nice brown.

Rice Fritters.—Boil a quarter of a pound of rice in milk till it is tender, then mix it with a pint of milk, two eggs, one cup of sugar, a little salt and cinnamon, and as much flour as will make a thick batter. Fry them in thin cakes and serve with butter and white powdered sugar.

Parsnip Fritters.—Boil four good-sized parsnips in salted water until tender; drain them, beat them to a pulp, and squeeze the water from them as much as possible; bind them together with a beaten egg and a little flour. Shape into cakes and fry in hot lard.

Fruit Fritters.—The following recipe will serve for many kinds of fruit or vegetable fritters: Make a batter of ten ounces of flour, half a pint of milk, and two ounces of butter; sweeten and flavor to taste; stir in the whites of two eggs well beaten; dip the fruit in the batter and fry. Small fruit and vegetables should be mixed with the batter.

Apple Fritters.—Take one egg, two tablespoonfuls of flour, a little sifted sugar and ginger, with milk enough to make a smooth batter; cut a good sized apple into slices and put them into the batter. Put them into a frying-pan, with the batter which is taken up in the spoon. When fried, drain them on a sieve and sift on powdered sugar.

Currant Fritters.—Take two cupfuls dry, fine bread-crumbs, two tablespoonfuls prepared flour, two cups of milk, one-half pound currants, washed and well dried; five eggs

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whipped very light and the yelks strained, one-half cup powdered sugar, one tablespoonful butter, one-half teaspoonful mixed cinnamon and nutmeg. Boil the milk and pour over the bread. Mix and put in the butter. Let it get cold. Beat in, next, the yelks and sugar, the seasoning, flour, and stiff whites, finally the currants dredged white with flour. The batter should be thick. Drop great spoonfuls into the hot lard and fry. Drain them and send hot to table. Eat with a mixture of wine and powdered sugar.

Oyster Fritters.—Take one and one-half pints of sweet milk, one and one-fourth pounds of flour, four egg (the yelks having been beaten very thick); add milk and flour; stir the whole well together, then beat the whites to a stiff froth and stir them gradually into the batter; take a spoonful of the mixture, drop an oyster into it, and fry in hot lard; let them be a light brown on both sides.

Clam Fritters.—Take a dozen chopped clams, one pint of milk, three eggs. Add liquor from the clams, with salt and pepper, and flour enough to produce thin batter. Fry in hot lard.

Cream Fritters.—Take one cup of cream, the whites of five eggs, two full cups prepared flour, one saltspoonful of nutmeg, a pinch of salt. Stir the whites into the cream in turn with the flour, put in nutmeg and salt, beat all hard for two minutes. The batter should be rather thick. Fry in plenty of sweet lard, a spoonful of batter for each fritter. Drain and serve upon a hot, clean napkin. Eat with jelly sauce. Do not cut them open, but break or pull them apart.

French Fritters.—Take two cupfuls of flour, two teaspoonfuls of baking powder, two eggs, milk enough for stiff batter, and a little salt. Drop into boiling lard and fry light brown. Serve with cream and sugar or sauce.

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Spanish Fritters.—Cut stale bread into small, round slices about an inch thick ; soak them in milk, and then dip them into well-beaten egg which has been sweetened to taste. Sprinkle thickly with cinnamon and fry in hot lard.

Venetian Fritters.—Take three ounces of whole rice, wash and drain into a pint of cold milk. Let it come slowly to a boil, stirring often, and let it simmer till quite thick and dry. Add two ounces of powdered sugar, one of fresh butter, a pinch of salt, the grated rind of half a lemon. Let the whole cool in the saucepan, and while still a little warm mix in three ounces of currants, four ounces of chopped apples, a teaspoonful of flour, and three well-beaten eggs. Drop the batter in small lumps into boiling fat, allowing them to fry till the under side is quite firm and brown ; then turn and brown the other side. When done, drain through a hair sieve, and powder with white sugar when about to serve.

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IX.—EGGS.

NUTRITIOUS VALUE OF EGGS—TEST OF FRESHNESS—PACKING EGGS —PRESERVING EGGS. TWENTY-EIGHT WAYS OF COOKING EGGS.

HIGH chemical authorities agree that there is more nutriment in an egg than in any substance of equal bulk found in nature or produced by art. They are much used for food the world over, and few articles are capable of more varied employment.

The freshness of an egg may be determined in various ways. In a fresh egg, the butt end, if touched on the tongue, is sensibly warmer than the point end. If held toward the light and looked through (" candled "), a fresh egg will show a clear white and a well-rounded yelk. A stale egg will appear muddled. Probably the surest test is to put the eggs into a pan of cold water. Fresh eggs sink quickly; bad eggs float; suspicious ones act suspiciously, neither sinking nor floating very decidedly. Of all articles of food, doubtful eggs are most certainly to be condemned.

On the packing of eggs, the following conclusions may be regarded as established among egg-dealers: By cold storage, temperature forty to forty-two degrees Fahrenheit, kept uniform, with eggs packed properly or in cases, they will keep in good condition from six to nine months; but they must be used soon after being taken out of the cold storage, as they soon spoil. Eggs become musty from being packed in bad material. They will become musty in cases, as a change of temperature causes the eggs to sweat and the wrapping-paper to become moist and taint the eggs.

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Well-dried oats, a year old, makes the best packing. Eggs become "mixed" by jarring in shipping. Fresh eggs mix worse than those kept in cold storage. Eggs which have been held in cold storage in the West should be shipped in refrigerator cars in summer. Eggs will keep thirty days longer if stood on the little end than in any other position. They must be kept at an even temperature and in a pure atmosphere. Eggs laid on the side attach to the shell and are badly injured. To prevent imposition as to the freshness of the eggs, the egg gatherers should "candle" them when they get them from the farmers. Eggs keep better in the dark than in the light.

Methods of preservation for domestic purposes are, to pack them in bran or salt, the small end down; to grease them with linseed oil, or dip them in a light varnish. For extra long keeping, slack one pound of lime in a gallon of water; when this is entirely cold, place it in a jar and fill with fresh eggs. Do not agitate the contents when eggs are removed from the jar. Eggs kept so will continue good for a year.

The French method of preserving eggs is to dissolve beeswax and olive oil and anoint the eggs all over. If left undisturbed in a cool place, they will remain good for two years.

RECIPES.

Boiled Eggs.—Put into a saucepan of *boiling* water with a tablespoon, being careful not to break or crack them. Boil steadily three minutes, if you want them soft; ten, if hard.

Another way is to put them on in cold water, and let it come to a boil. The inside, white and yelk, will be then of the consistency of custard.

Still another way is to put them in water, heated to the boiling point, and let them stand from five to seven minutes without boiling. If desired for salad, boil them ten minutes;

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then throw them in cold water; roll them gently on a table or board, and the shell can be easily removed. Wire egg racks, to set in boiling hot water with the eggs held in place, are exceedingly convenient.

Boiled Eggs, with Sauce.—Boil hard, remove the shell, set in a hot dish, and serve with seasoning and sauce to taste.

Poached Eggs.—Have the water well salted, but do not let it boil hard. Break the eggs separately into a saucer, and slip them singly into the water; when nicely done, remove with a skimmer, trim neatly, and lay each egg upon a small thin square of buttered toast, then sprinkle with salt and pepper. Some persons prefer them poached rather than fried with ham; in which case substitute the ham for toast.

Poached Eggs with Ham Sauce.—Mince fine two or three slices of boiled ham, a small onion, a little parsley, pepper, and salt; stew together for a quarter of an hour; put the poached eggs in a dish, squeeze over them the juice of a lemon, and pour on the sauce hot but not boiling.

Poached Eggs a la Creme.—Nearly fill a clean frying-pan with water boiling hot; strain a tablespoonful of vinegar through double muslin, and add to the water with a little salt. Slip your eggs from the saucer upon the top of the water (first taking the pan from the fire). Boil three minutes and a half; drain, and lay on buttered toast in a hot dish. Turn the water from the pan and pour in half a cupful of cream or milk. If you use the latter, thicken with a very little corn-starch. Let it heat to a boil, stirring to prevent burning, and add a great spoonful of butter, some pepper, and salt. Boil up once and pour over the eggs. Or better still, heat the milk in a separate saucepan, that the eggs may not have to stand. A little broth improves the sauce.

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Steamed Eggs.—Butter a tin plate and break in your eggs; set in a steamer; place over a kettle of boiling water, and steam until the whites are cooked; they are more ornamental when broken into patty tins, as they keep their form better; the whites of the eggs, when cooked in this manner, are tender and light, and not tough and leathery, as if cooked by any other process.

Eggs in this style can be eaten by invalids, and are very much richer than by any other method.

Whirled Eggs.—Put a quart of water, slightly salted, into a saucepan over the fire, and keep it at a fast boil. Stir with wooden spoon or ladle in one direction until it whirls rapidly. Break six eggs, one at a time, into a cup and drop each carefully into the centre, or vortex, of the boiling water. If kept at a rapid motion, the egg will become a soft, round ball. Take it out carefully with a perforated spoon, and put it on a slice of buttered toast laid upon a hot dish. Put a bit of butter on the top. Set the dish in the oven to keep warm, and proceed in the same way with another egg, having but one in the saucepan at a time. When all are done, dust lightly with salt and pepper and send up *hot.*

Eggs a la Mode.—Remove the skin from a dozen tomatoes, medium size, cut them up in a saucepan, add a little butter, pepper, and salt; when sufficiently boiled, beat up five or six eggs, and just before you serve, turn them into a saucepan with the tomato, and stir one way for two minutes, allowing them time to be well done.

Baked Eggs.—Mix finely chopped ham and bread-crumbs in about equal proportions, season with salt and pepper, and moisten with milk and a little melted butter; half fill your small patty pans with the mixture, break an egg over the top of each, sprinkle with fine bread-crumbs, and bake; serve hot.

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Baked Eggs, No. 2.—Butter a clean, smooth saucepan, break as many eggs as will be needed into a saucer, one by one, and if found good, slip each into the saucepan. No broken yelk must be allowed, nor must they crowd so as to risk breaking the yelk after put in. Put a small piece of butter on each, and sprinkle with pepper and salt. Set into a well-heated oven, and bake till the whites are set. If the oven is rightly heated, it will take but a few minutes, and the cooking will be far more delicate than fried eggs.

Eggs sur le Plat.—Melt butter on a stone-china or tin plate. Break the eggs carefully into this; dust lightly with pepper and salt, and put on top of the stove until the whites are well set. Serve in the dish in which they are baked.

Scrambled Eggs.—Put into a frying-pan enough butter to grease it well; slip in the eggs carefully without breaking the yelks; add butter, and season to taste; when the whites begin to set, stir the eggs from the bottom of the pan, and continue stirring until the cooking is completed. The appearance at the end should be *marbled*, rather than *mixed.*

Scrambled Eggs with Ham.—Put into a pan, butter, a little pepper and salt, and a little milk; when hot, drop in the eggs, and with a knife cut the eggs and scrape them from the bottom as the whites begin to set; add some cold ham chopped fine, and when done, serve in a hot dish.

Toasted Eggs.—Cover the bottom of an earthenware or stone-china dish with rounds of delicately toasted bread, or with rounds of stale bread dipped in beaten egg and fried quickly to a golden-brown in butter or nice dripping. Break an egg carefully upon each, and set the dish immediately in front of a glowing fire. Toast over this as many slices of *fat* salt pork or ham as there are eggs in the dish, holding the meat so that it will fry very quickly and all the dripping fall upon the eggs. When these are well set, they are done. Turn the dish several times while toasting the

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meat, that the eggs may be equally cooked. Do not send the pork to table, but pepper the eggs lightly and remove with the toast to the dish in which they go to the table.

Egg Toast.—Beat four eggs, yelks and whites, together thoroughly; put two tablespoonfuls of butter into a sauce-pan and melt slowly; then pour in the eggs and heat, without boiling, over a slow fire, stirring constantly; add a little salt, and when hot spread on slices of nicely browned toast and serve at once.

Egg Baskets.—Boil quite hard as many eggs as will be needed. Put into cold water till cold, then cut neatly into halves with a thin, sharp knife; remove the yelk and rub to a paste with some melted butter, adding pepper and salt. Cover up this paste and set aside till the filling is ready. Take cold roast duck, chicken, or turkey, which may be on hand, chop fine and pound smooth, and while pounding mix in the paste prepared from the yelks. As you pound, moisten with melted butter and some gravy which may have been left over from the fowls; set this paste when done over hot water till well heated. Cut off a small slice from the end of the empty halves of the whites, so they will stand firm, then fill them with this paste; place them close together on a flat, round dish, and pour over the rest of the gravy, if any remains, or make a little fresh. A few spoonfuls of cream or rich milk improves this dressing.

Fricasseed Eggs.—Boil six eggs hard; when cold, slice with a sharp knife. Have ready some slices of stale bread, fried to a nice brown in butter or drippings. Put a cupful of good broth in drawn butter over the fire, season it with pepper, salt, and a trace of onion; let it come to a boil. Dip the slices of egg first into raw egg, then into cracker dust or bread-crumbs, and lay them gently into the gravy upon the side of the range. Do not let it actually boil, lest the eggs should break, but let them lie thus in the gravy at

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least five minutes. Place the fried bread upon a platter, lay the sliced eggs evenly upon this, pour the gravy over all, and serve hot.

Curried Eggs.—Boil six or eight fresh eggs quite hard, and put them aside until they are cold. Mix well together from two to three ounces of good butter, and from three to four dessertspoonfuls of currie-powder; shake them in a stewpan, or thick saucepan, over a clear but moderate fire for some minutes, then throw in a couple of mild onions finely minced, and fry gently until they are soft; pour in by degrees from half to three-quarters of a pint of broth or gravy, and stew slowly until they are reduced to pulp; mix smoothly a small cup of thick cream with two teaspoonfuls of wheaten or rice flour; stir them to the currie, and simmer the whole until the raw taste of the thickening is gone. Cut the eggs into half-inch slices, heat them through in the sauce without boiling them, and send to the table as hot as possible.

Plain Omelet.—Beat thoroughly yelks of five eggs, and a dessertspoonful of flour, rubbed smooth in two-thirds of a cupful of milk. Salt and pepper to taste, and add a piece of butter the size of a hickory-nut. Beat the whites to a stiff froth, pour the mixture into the whites, and without stirring pour into a hot, buttered omelet pan. Cook on top of the range for five minutes; then set pan and all into the oven to brown the top nicely.

Baked Omelet.—Beat the yelks of six eggs, and add the whites of three eggs beaten very light; salt and pepper to taste, and a tablespoonful of flour mixed in a cup of milk. Pour into a well-buttered pan and put into a hot oven; when thick, pour over it the whites of three eggs beaten light; then brown nicely, without allowing the top to become crusted. Serve immediately.

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Omelet a la Mode.—Beat the yelks and whites of six eggs separately until light, then beat together and add one tablespoonful of cream. Have in the omelet pan a piece of butter; when the butter is boiling hot, pour in the omelet and shake until it begins to stiffen, and then let it brown, and season to taste. Fold double and serve hot.

If a larger omelet is desired, a tablespoonful of milk to each egg may be added, and one teaspoonful of corn-starch or flour to the whole.

Cheese Omelet.—Butter the sides of a deep dish and cover with thin slices of rich cheese; lay over the cheese thin slices of well-buttered bread, first covering the cheese with a little red pepper and mustard; then another layer of cheese; beat the yelk of an egg in a cup of cream or milk, and pour over the dish, and put at once into the oven; bake till nicely browned. Serve hot, or it will be tough and hard, but when properly cooked it will be tender and savory.

Meat or Fish Omelet.—Make the same as plain omelet. When it is done, scatter thickly over the surface cold, boiled ham, tongue, poultry, fish, or lobster, chopped fine, and season nicely to taste; slip the broad knife under one side of the omelet and double, inclosing the meat. Then upset the frying-pan upon a hot dish, so transferring the omelet without breaking. Or the minced meat may be stirred in after the ingredients are put together, and before cooking. Be careful not to scorch the egg.

Omelet with Oysters.—Allow one egg for each person, and beat yelks and whites separately, very light; season to taste, and just before cooking add the oysters, which have been previously scalded in their own liquor.

Egg Sandwiches.—Hard boil some fresh eggs, and, when cold, cut them into moderately thin slices, and lay them between slices of bread and butter cut thin, and season well

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with celery salt. For picnic parties or for traveling, these sandwiches are very nice.

Deviled Eggs.—Boil the eggs hard, remove the shell, and cut in two as preferred. Remove the yelks, and add to them salt, cayenne pepper, melted butter, and mixed mustard to taste; then stuff the cavities of the hard whites, and put the halves together again. Serve garnished with parsley. For picnics, etc., each egg can be wrapped in tissue paper to preserve its form.

Pickled Eggs.—Boil the eggs until very hard; when cold, shell them, and cut them in halves lengthways. Lay them carefully in large-mouthed jars, and pour over them scalding vinegar, well seasoned with whole pepper, allspice, a few pieces of ginger, and a few cloves of garlic. When cold, tie up closely, and let them stand a month. They are then fit for use. With cold meat, they are a most delicious and delicate pickle.

Egg Balls.—Rub the yelks of hard-boiled eggs with the raw yelk of an egg, well beaten, and season to taste. Roll this paste into balls the size of marbles, adding flour if necessary to thicken, and boil two minutes. A valuable embellishment and enrichment of soups.

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X.—BREAD, BISCUIT, HOT CAKES, ETC.

AN immense department is opened up by the title of this chapter; and it is a department of immense importance. Bread is confessedly the "staff of life," and, therefore, it should be good. And whatever takes the place of bread, be it biscuits, hot cakes, muffins, or what not, should also be good, or nothing is gained by the exchange. Many a housekeeper can make excellent pies, cakes, etc., but when bread is needed, she flies to the bakery, confessing her total inability to prepare this indispensable commodity.

But even bread may become distasteful as a steady diet. To vary it with the long line of splendid substitutes which are possible, and which are discussed in this chapter, is a most desirable ability. This department, therefore, is worthy of every housewife's devout study.

I.—BREAD.

ESSENTIALS TO MAKING GOOD BREAD; HOW TO KNOW GOOD FLOUR; YEAST; RAISING BREAD; BAKING BREAD. TWELVE RECIPES FOR BREAD.

THREE things are essential to the making of good bread, namely, good flour, good yeast, and judicious baking. A fourth might be added, experience, without which none of the domestic arts can be successfully carried on.

In selecting flour, first look to the color. If it is white, with a yellowish straw-color tint, buy it. If it is white, with a bluish cast, or with black specks in it, refuse it. Next, examine its adhesiveness; wet and knead a little of it be-

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tween your fingers; if it works soft and sticky, it is poor. Then throw a little lump of dried flour against a smooth surface; if it falls like powder, it is bad. Lastly, squeeze some of the flour tightly in your hand; if it retains the shape given by the pressure, that too is a good sign. It is safe to buy flour that will stand all these tests.

Good yeast may easily be obtained in cities, in the form of fresh yeast cakes or at the baker shops. Where access cannot be had to these aids, home-made yeast must be depended on, which see under "Yeast," at the end of this chapter. After the yeast is properly added, the dough must stand several hours in an even temperature of moderate warmth, so that the process of "rising" may go on. This is simply a fermenting, or leavening, or lightening of the dough. If this process, by too much heat or other causes, goes too fast or too far, sour bread is the result; if it goes too slow, or not far enough, heavy bread is the result. It must go just far enough, and just at the right moment the process must be arrested by baking. The walls of dough which inclose the innumerable vesicles of gas formed in the fermenting are thus made firm around those open spaces, and what we know as "light bread" is secured.

The baking is the final test in the case. The oven must be just right at the outset, and must be kept so as the operation proceeds. Experience must decide the exact heat required, but an oven in which the bared arm may be held for about half a minute is regarded as approximately correct.

Hot bread, or hot cake, should always be cut with a hot knife. If so cut, it will not become clammy.

RECIPES.

Wheat Bread.—Put seven pounds of flour into a breadpan; hollow out the centre, and add a quart of lukewarm water, a teaspoonful of salt, and a wineglassful of yeast. Have

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ready more warm water, and add gradually as much as will make a smooth, soft dough. Knead it well, dust a little flour over it, cover it with a cloth, and set it in a warm place four hours; then knead it again for fifteen minutes and let it rise again. Divide it into loaves, and prick them with a fork, and bake in a quick oven from forty minutes to an hour.

Potato Bread.—Three and one-half quarts of sifted flour, three boiled potatoes, one quart warm water, one teacupful of yeast, one even tablespoonful salt. Mix at night; put the flour in a large bowl; hollow a place in the centre for the mashed potatoes, water, and salt. Stir in flour enough to make a smooth batter; add yeast; stir in the rest of the flour. Put the dough on the floured board; knead fifteen minutes, using barely enough flour to prevent sticking. Flour the bowl, lay the dough in it, cover and leave it to rise. In the morning, divide in four parts; mold into loaves; when light, prick, and bake in a moderate oven.

Salt Rising Bread.—Pour a pint of hot water in a two-quart pail or pitcher on one-half tablespoonful of salt; when it has cooled a little, add one and one-third pints of flour; mix well, and leave the pitcher in a kettle of water, as warm as that used for mixing. Keep it at the same temperature until the batter is nearly twice its original bulk, which will be in from five to eight hours. It may be stirred once or twice during the rising. Add to this a sponge made of one quart of hot water, two and one-half quarts of flour—adding as much more as may be necessary to make a soft dough; mix well, and leave in a warm place to rise. When light, mold into loaves, keeping them as soft as possible; lay in buttered tins. When light again, prick and bake.

Milk Bread.—Let two quarts of milk come to a boil; stand it aside to cool, and when it becomes tepid, add flour to it gradually until it makes a batter just soft enough to beat up

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with a spoon. To this add one cake of compressed yeast thoroughly dissolved in lukewarm water. The batter should then be well beaten. Cover with a towel and set in a warm place to rise. When light, add two tablespoonfuls of salt, one of lard, one of light brown sugar, and flour enough to make a soft dough. Knead steadily for about half an hour. This quantity should make four or five medium-sized loaves. Put them in greased pans and let them rise again. When light, prick with a fork and bake in a quick oven.

Vienna Bread.—The Vienna bread that became so famous on the Centennial Exhibition grounds in 1876 was made on the following recipe: Sift in a tin pan four pounds of flour; bank up against the sides; pour in one quart of milk and water, and mix into it enough flour to form a thin batter, and then quickly and lightly add one pint of milk, in which is dissolved one ounce of salt and one and three-quarter ounces of yeast; leave the remainder of the flour against the sides of the pan; cover the pan with a cloth, and set in a place free from draught for three quarters of an hour; then mix in the rest of the flour until the dough will leave the bottom and sides of the pan, and let it stand two and a half hours; finally, divide the mass into one-pound pieces, to be cut in turn into twelve parts each; this gives square pieces about three and a half inches thick, each corner of which is taken up and folded over to the centre, and then the cases are turned over on a dough-board to rise for half an hour, when they are put in a hot oven that will bake them in ten minutes.

Rye Bread.—Scald two handfuls of corn-meal with a quart of boiling water, and add a quart of milk and a tablespoonful of salt. When cool, add a teacupful of yeast, and enough rye flour to make it as stiff as wheat-bread dough. After it has risen put it in pans and bake an hour and a half.

Brown Bread.—Take one cup of bread-crumbs, one pint of

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sweet milk, one cup of molasses, butter the size of an egg, one teaspoonful of soda, corn-meal enough to make a stiff batter, with salt to taste. Turn the whole into a buttered basin and steam for two hours; then bake in a quick oven half an hour.

Boston Brown Bread.—Take three and three-fourth cupfuls of Indian corn-meal, two and one-half cupfuls rye-meal, two-thirds cupful molasses, one quart milk, either sweet or sour; two even teaspoonfuls soda, dissolved in the milk; steam in a tin pudding boiler five hours; take off the cover and set in the oven to brown.

Corn Bread.—Two heaping cupfuls Indian meal, one cupful wheat flour, two heaping teaspoonfuls Durkee's baking-powder; mix well together while dry; one teaspoonful salt, two tablespoonfuls white sugar, two eggs, one tablespoonful lard, two and a half cupfuls cold milk; beat the eggs, melt the lard, and dissolve the salt and sugar in the milk before adding them to the flour; bake in buttered pans in a *quick* oven.

Graham Bread.—Three quarts of Graham flour; one quart of warm water; one gill of yeast; one gill of sirup; one tablespoonful of salt; one even teaspoonful of soda. Mix thoroughly and put in well-buttered pans to rise. Bake about an hour and a half.

This same mixture may be thinned and baked in gem pans for Graham gems.

Rice Bread.—After a pint of rice has been boiled soft, mix it with two quarts of rice flour or wheat flour. When cold, add half a teaspoonful of yeast, a teaspoonful of salt, and enough milk to make a soft dough. When it has risen, bake in small buttered pans.

Unleavened Bread.—Mix wheat flour into a stiff dough with warm water or milk; add a little lard, or suet, and bake in thin cakes. Bake as soon as mixed, and eat hot.

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II.—TOAST.

WHAT TOAST IS GOOD FOR. SIX METHODS OF PREPARING TOAST

AS a palatable method of disposing of stale bread, as well as to furnish a variety of agreeable dishes, toast is an important factor in the culinary economy of the home. As a dish for invalids it is indispensible.

RECIPES.

Dry Toast is produced by browning stale baker's bread over glowing coals. A toasting fork, or rack, of which there are various patterns, is a great convenience. Do not burn the toast, nor allow it to be so browned as to harden it. It should be eaten hot, as it becomes tough when allowed to cool.

Buttered Toast.—For buttered toast, the slices should be thicker than for dry toast. Butter the slices as toasted, and keep warm until served. Excessive buttering should be avoided.

Egg Toast.—On slices of buttered toast lay poached eggs. Serve with Worcestershire sauce for breakfast.

French Toast.—Beat three eggs light, add one cupful of milk, with pepper and salt to taste. Dip into this slices of bread, then fry them in hot butter to a delicate brown.

Milk Toast.—Toast the bread an even, delicate brown, and pile into a hot dish. Boil milk with a little salt, a teaspoonful of flour, and one of butter, rubbed together; pour it over the toast and serve hot.

Cream Toast.—Take slices of baker's bread from which the crust has been pared and toast it to a golden brown. Have on the range a shallow bowl or pudding-dish, more than half full of boiling water, in which a tablespoonful of butter has been melted. As each slice is toasted, dip in this

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for a second, sprinkle lightly with salt, and lay in the deep heated dish in which it is to be served. Have ready, by the time all the bread is toasted, a quart of milk scalding hot, but not boiling. Thicken this with two tablespoonfuls of corn-starch or best flour; let it simmer until cooked; put in two tablespoonfuls of butter, and when this is melted, the beaten whites of three eggs. Boil up once, and pour over the toast, lifting the lower slices one by one, that the creamy mixture may run in between them. Cover closely, and set in the oven two or three minutes before serving.

III.—FANCY BREADS.

FANCY BREADS AND PLAIN CAKES; THEIR GENERAL USEFULNESS. EIGHT RECIPES FOR FANCY BREADS.

SOME special preparations come naturally between bread and cake. For convenient classification, they are grouped here under the title of Fancy Breads, though they might as well be classed as Plain Cakes. They serve a good purpose for variety, for luncheon, etc. See plainer forms of cakes.

RECIPES.

Sally Lunn.—One quart of flour, a piece of butter the size of an egg, three tablespoonfuls of sugar, two eggs, two teacupfuls of milk, two teaspoonfuls of cream tartar, one of soda, and a little salt. Scatter the cream of tartar, the sugar, and the salt into the flour; add the eggs, the butter (melted), and one cup of milk; dissolve the soda in the remaining cup, and stir all together steadily a few moments. Bake in two round pans.

Sally Lunn, No. 2.—Rub into a quart of flour two teaspoonfuls of baking-powder; beat together nearly half a cup of

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butter and two tablespoonfuls of sugar; put into the flour and mix with a pint of milk; then add two eggs, beaten light. Mix and bake as above.

Johnny Cake.—One quart of buttermilk or sour milk, one quart Indian meal, one quart of flour, one cup of molasses, a teaspoonful of soda, two scant teaspoonfuls if the milk is sour, a teaspoonful of salt. Bake in shallow pans in a quick oven.

Hoe Cake.—Scald one quart of Indian-meal in enough water to make a thick batter; add a teaspoonful of salt, one of molasses, and two of butter. Bake on a board before a hot fire or in a pan.

Scotch Short-cake.—Two pounds of fine flour, one pound of fresh, sweet butter, half a pound of finest sifted sugar; throughly knead together without water; roll out to half an inch in thickness, and place it on paper in a shallow pan; bake very slowly until of proper crispness. The cake, to be good, must be very brittle.

Pumpkin Bread.—Stew and strain a sufficient quantity of pumpkin; add enough Indian-meal to stiffen it, with yeast and a little salt; when sufficiently raised, bake as in ordinary bread.

Pone.—This is a dish prepared by the Indians, called also *paune*. Take two cupfuls of corn-meal, two of wheat flour, one of sugar, and half a cup of melted butter. Add one egg, one teaspoonful of salt, one of soda, and two of cream of tartar. Mix with enough milk to make a moderately stiff batter, and bake in a hot oven.

Barley Bread.—In Scotland, Norway, and other climates where wheat is not grown, barley bread is used extensively. It is both wholesome and palatable. Mix the barley meal with warm water and a little salt, but no yeast. Mix to a stiff dough, roll into flat cakes, and bake before the fire or in an oven. Eat hot, with butter.

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IV.—ROLLS.

A FAVORITE BREAKFAST DISH. SEVEN VARIETIES OF ROLLS.

A FAVORITE departure from the ordinary forms of bread is furnished in rolls. They are exceedingly popular for breakfast, served warm. There are sufficient variations in rolls to make them suitable for use day after day, if this be desired.

RECIPES.

Plain Rolls.—Boil six potatoes in two quarts of water, and when done pour and press the whole through the colander; when cool, but not cold, add flour to make a thick batter; add half a cup of yeast, or one-half cake of compressed yeast, and set to rise; when light, add half a cup of lard and butter mixed, a tablespoonful of sugar, teaspoonful of salt, and flour to make a soft dough; knead well and set again to rise; when light, knead down again; repeat three or four times; an hour before they are to be used cut in small pieces, roll out, spread with melted butter, and fold over, laying them in a pan so that they will not touch each other; set them in a warm place, and when light bake quickly. Or, make into an oblong roll without spreading and rolling, and just before putting them into the oven, gash deeply across the top with a sharp knife.

English Rolls.—Two pounds of flour, two ounces of butter, three tablespoonfuls of yeast, one pint of warm milk; mix well together, and set in a warm place to rise; knead, and make into rolls; let them rise again and bake twenty minutes.

Breakfast Rolls.—One quart of sifted flour, three teaspoonfuls baking-powder, half teaspoonful salt; mix well together dry, then add three and half gills of cold milk, or enough to make it the consistency of batter, and drop with a spoon

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into gem baking-pans, which should have been previously heated very *hot* and buttered.

French Rolls.—One pint of milk, scalded; put into it while hot half a cupful of sugar, and one tablespoonful of butter; when the milk is cool, add a little salt and half a cupful of yeast, or one cake of compressed yeast; stir in flour enough to make a stiff sponge, and when light mix as for bread. Let it rise until light, punch it down with the hand, and let it rise again, and repeat this process two or three times; then turn the dough on to the molding board, and pound with rolling-pin until thin enough to cut. Cut out with a tumbler, brush the surface of each one with melted butter, and fold over. Let the rolls rise on the tins; bake, and while warm brush over the surface with melted butter to make the crust tender.

Vienna Rolls.—One quart sifted flour, two heaping teaspoonfuls of a good baking-powder; mix well while dry; then add a tablespoonful of butter or lard, made a little soft by warming and stirring, and about three-fourths of a pint, or enough cold, sweet milk for a dough of usual stiffness, with about half a teaspoonful of salt dissolved in it. Mix into a dough easily to be handled without sticking; turn on the board and roll out to the thickness of half an inch, cut it out with a large cake-cutter, spread very lightly with butter, fold one-half over the other, and lay them in a greased pan without touching. Wash them over with a little milk, and bake in a hot oven.

Parker House Rolls.—One teacupful of yeast, or one cake of compressed yeast, a little salt, one tablespoonful sugar, piece of lard size of an egg, one pint milk, flour sufficient to mix. Put the milk on the stove to scald with the lard in it. Prepare the flour with salt, sugar, and yeast. Then add the milk, not too hot. Knead thoroughly, and when mixed set to rise; when light, knead again slightly. Then roll out

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and cut with large biscuit-cutter. Spread a little butter on each roll and lap together. Let them rise again very light, and bake in a quick oven.

Geneva Rolls.—Into two pounds of flour break three ounces of butter, add a little salt, and make into a sponge with yeast, previously mixed with milk and water. Allow the batter to rise; then mix in two eggs, made lukewarm by the adding of hot milk, and work the sponge to a light dough. Let it stand for three-quarters of an hour longer; mold into small rolls; place them in buttered pans. When light, brush them with beaten yelks of eggs, and bake for twenty minutes or half an hour. Serve hot.

V.—BISCUIT, RUSK, AND BUNS.

SPECIAL CARE REQUISITE IN THIS DEPARTMENT; ATTENTION TO INGREDIENTS, OVEN, ETC.; HOW TO BAKE THEM; BAKING-POWDER BISCUITS, SODA BISCUITS, ETC.; CARE OF PANS. FIFTEEN RECIPES FOR BISCUITS, BUNS, ETC.

GREAT care is requisite in making biscuits that quantities be accurately observed and that the ingredients used are of proper quality. Flour should be a few months old. New flour will not make good biscuits. It should always be sifted.

The oven, too, needs careful attention. On its condition the success of biscuit baking will depend. Rolls and biscuit should bake quickly. To make them a nice color, rub them over with warm water just before putting them into the oven; to glaze them, brush lightly with milk and sugar.

Baking-powder biscuit and soda biscuit should be made as rapidly as possible, laid into hot pans, and put in a quick oven. Gem pans should always be heated and well greased.

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RECIPES.

Potato Biscuit.—Pare ten potatoes, boil them thoroughly, and mash fine; add two cups of lukewarm milk, two tablespoonfuls of white sugar, half a cup of yeast, and flour enough to make a thin batter. Mix well and allow it to rise. Then add four tablespoonfuls of melted butter, a little salt, and enough flour to make a soft dough. Let this rise again; roll into a sheet about an inch thick, and cut into cakes. Set to rise again, and bake in a quick oven.

Light Biscuit.—When kneading bread, set aside a small loaf for biscuits. Into this, work a heaping tablespoonful of lard and butter mixed and a teaspoonful of sugar. The more it is worked the whiter it will be. As it rises, mold it down twice before making into biscuit. Roll out and cut with a biscuit-cutter. The dough should be quite soft.

Soda Biscuits.—One quart of flour, a tablespoonful of butter and two of lard, a teaspoonful of salt, and one teaspoon even full of cream of tartar, one teaspoonful of soda; sift the cream tartar with the flour dry; rub the butter and lard very thoroughly through it; dissolve the soda in a pint of milk and mix all together. Roll out, adding as little flour as possible; cut with a biscuit-cutter, and bake twenty minutes in a quick oven.

Tea Biscuit.—Take one quart sifted flour, one tablespoonful shortening, half teaspoonful salt, and two teaspoonfuls Durkee's baking-powder; mix well together dry, then add sufficient cold milk or water to form a very soft dough; bake immediately in a quick oven.

Cream Biscuits.—Dissolve one teaspoonful of soda in a quart of sour cream, add to it flour sufficient to make a soft dough and a little salt; or use sour *milk*, and rub a tablespoonful of butter into the flour.

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Graham Biscuits.—Take one quart of water or milk, butter the size of an egg, three tablespoonfuls sugar, two of baker's yeast, and a pinch of salt; take enough white flour to use up the water, making it the consistency of batter cakes; add the rest of the ingredients and as much Graham flour as can be stirred in with a spoon; set it away till morning; in the morning grease the pan, flour your hands; take a lump of dough the size of a large egg, roll it lightly between the palms, and let the biscuits rise twenty minutes, then bake in a tolerably hot oven.

Maryland Biscuits.—Take three pints of sifted flour, one tablespoonful of good lard, one pint of cold water, salt to the taste; make into a stiff dough; work it till it cracks or blisters, then break, but do not cut it, into suitable portions, and make into biscuits; stick the top of each with a fork and bake.

Yorkshire Biscuits.—Make a batter with flour sufficient and one quart of boiling hot milk. When the batter has cooled to lukewarmness, add a teacupful of yeast and a half teaspoonful of salt. Set to rise again and let it become very light; then stir in a half teaspoonful of soda, two eggs, and a tablespoonful of melted butter. Add flour enough to make the dough into small, round cakes; let them rise fifteen minutes, and bake in a slow oven.

Short Biscuits.—Mix one quart of flour with a quarter pound of butter melted in boiling water. Add enough cold milk to make a stiff dough. Work into small biscuits and bake in a quick oven.

Flavored Biscuits.—Biscuit dough made as for Light Biscuit may be flavored with any essence, or with lemon or orange peel, as desired.

Tea Rusk.—Three cups of flour, one cup of milk, three-

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fourths of a cup of sugar, two heaping tablespoonfuls of butter, melted; two eggs, three teaspoonfuls baking-powder. Let them rise, and bake in a moderate oven. Glaze while hot with white of egg, in which has been stirred, not beaten, a little powdered sugar, or sift the powdered sugar in while the egg is still moist on the top. Rusks should never be eaten hot.

Sweet Rusk.—One pint of warm milk—new is best—one-half cup of butter, one cup of sugar, two eggs, one teaspoonful of salt, two tablespoonfuls of yeast; make a sponge with the milk, yeast, and enough flour to make a thin batter, and let it rise over night. In the morning add the sugar, butter, eggs, and salt, well beaten up together, with enough flour to make a soft dough; let it rise again; then work out into round balls, and set to rise a third time. Bake in a moderate oven.

Buns.—One cupful of warm water, one cupful of sweet milk, yeast and sugar, with flour enough to make a stiff batter; let this rise over night; in the morning add a cupful of sugar, a cupful of raisins or currants, mold well; let it rise till light, then make into buns; rise again till very light, and bake. Use any spice desired.

Hot Cross Buns.—Three cupfuls sweet milk; one cupful of yeast; flour to make thick batter. Set this as a sponge over night. In the morning add one cupful of sugar; one-half cupful butter, melted; half a nutmeg; one saltspoonful salt, and flour enough to roll out like biscuit. Knead well, and set to rise five hours. Roll half an inch thick, cut into round cakes, and lay in rows in a buttered baking-pan. When they have stood half an hour, make a cross upon each with a knife, and put instantly into the oven. Bake to a light brown, and brush over with a feather or soft bit of rag, dipped in the white of an egg beaten up stiff with white sugar.

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Pop Overs.—Mix four cupfuls of flour, four cupfuls of milk, four eggs, and a little salt. This quantity will make about twenty puffs in gem-pans, which must be baked quick and done to a nice brown.

VI.—MUFFINS AND WAFFLES.

HOW MUFFINS AND WAFFLES DIFFER; THEIR RELATION TO OTHER KINDRED PREPARATIONS; MUFFIN-RINGS AND WAFFLE-IRONS; WHEN TO USE MUFFINS AND WAFFLES; HOW TO SERVE THEM. ELEVEN RECIPES FOR MUFFINS AND WAFFLES.

MUFFINS are baked in rings on a griddle, or in gem-pans, over a quick fire. Waffles are baked in waffle-irons, which inclose the batter and imprint both sides of the cake as it rises in the process of baking. Both muffins and waffles form a medium between bread and biscuits on the one side and griddle-cakes on the other. Muffin-rings were formerly about four inches in diameter, but now, with better taste, they are used much smaller. The approved waffle-irons of to-day are circular, baking four waffles at once, and suspended on a pivot that permits them to be turned with a touch of the fork. Both muffins and waffles are suitable for tea, and with stewed chicken and such delicacies they are really delicious. They should always be served hot and with the best of butter. Waffles and catfish are a famous dish at some eating-houses.

RECIPES.

Muffins.—Two eggs lightly beaten, one quart of flour, one teaspoonful of salt, three teaspoonfuls of Durkee's baking-powder, one tablespoonful of melted butter, one pint of milk, and two teaspoonfuls of vanilla extract, if liked. Beat up quickly to the consistency of a cake batter; bake in buttered gem-pans in a hot oven.

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Muffins, No. 2.—One cup of home-made yeast or half of a compressed yeast cake, one pint of sweet milk, two eggs, two tablespoonfuls of melted butter, two tablespoonfuls of sugar. Beat the butter, sugar, and eggs well together; then stir in the milk, slightly warmed, and thicken with flour to the consistency of griddle-cakes. When light, bake in muffin-rings or on a griddle. If wanted for tea, the batter should be mixed immediately after breakfast. Muffins should never be cut with a knife, but be pulled open with the fingers.

Rice Muffins.—Take one quart of sour milk, three well-beaten eggs, a little salt, a teaspoonful of soda, and enough of rice flour to thicken to a stiff batter. Bake in rings.

Hominy Muffins.—Substitute hominy, well cooked and mashed, for the rice, and proceed as above.

Bread Muffins.—Cut the crust off four thick slices of bread; put them in a pan and pour on them just enough boiling water to soak them thoroughly. Let them stand an hour, covered; then drain off the water and stir the bread to a smooth paste. Stir in two tablespoonfuls of flour, a half pint of milk, and three well-beaten eggs. Bake to a delicate brown in well-buttered muffin-rings.

Graham Muffins.—One quart of Graham flour, two teaspoonfuls of baking-powder, a piece of butter the size of a walnut, one egg, one tablespoonful of sugar, one-half teaspoonful of salt, milk enough to make a batter as thick as for griddle-cakes. Bake in gem-pans or muffin-rings in a hot oven.

Corn Muffins.—Mix two cupfuls of corn-meal, two cupfuls of flour, one cupful of sugar, half a cupful of melted butter, two eggs, and one teaspoonful of salt. Dissolve one teaspoonful of soda and two of cream tartar in a little milk, and beat it through. Add milk enough to make a moderately stiff batter, and bake in rings or gem-pans.

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Crumpets.—Three cupfuls of warm milk, half a cupful of yeast, two tablespoonfuls of melted butter, one saltspoonful each of salt and soda dissolved in hot water, flour enough to make a good batter. Set these ingredients—leaving out the butter and soda—as a sponge. When very light, beat in the melted butter, with a *very* little flour; stir in the soda hard, fill patty-pans or muffin-rings with the mixture, and let them stand fifteen minutes before baking.

Raised Waffles.—One quart of warm milk, one tablespoonful of butter, three eggs, one gill of yeast, one tablespoonful of salt, and flour to make a stiff batter. Set to rise, and bake in waffle-irons, which must be well heated before used.

Quick Waffles.—One quart flour, two teaspoonfuls Durkee's baking-powder, one teaspoonful salt; mix dry; then stir in one tablespoonful melted butter, two well-beaten eggs, and enough cold, sweet milk for a batter thin enough to pour; bake at once in waffle-irons.

Rice Waffles.—Mix a teacupful and a half of boiling rice with a pint of milk, rubbing it smooth over the fire. Take from the fire and add a pint of cold milk and a teaspoonful of salt. Stir in four well-beaten eggs with enough flour to make a thin batter, and bake as above. Waffles should always be served hot. Powdered sugar with a flavor of powdered cinnamon makes a pleasing dressing for them.

VII.—GRIDDLE-CAKES.

WHAT GRIDDLE-CAKES ARE; HINTS ABOUT GRIDDLES; HOW TO COOK GRIDDLE-CAKES; HOW TO SERVE THEM; WHEN TO SERVE THEM; WITH WHAT TO SERVE THEM. TEN RECIPES FOR GRIDDLE-CAKES.

CAKES made of a batter so thin that it flows easily upon a griddle, and that can, therefore, be quickly baked and be served hot, are griddle-cakes, and great favorites they are.

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All new griddles are hard to manage, but as the only way to get old ones is to make them out of new ones, we are shut up to the necessity of using the new, though they do not work so well Opinions divide between iron griddles and those of soapstone. The latter require no greasing. Hence trouble is saved, and the smoke of the fat used in the constant greasing of a hot iron griddle is entirely avoided. But still, many housekeepers prefer the old style.

A hot griddle is essential to good griddle-cakes. But it must not be hot enough to burn before it bakes. A cold griddle will make cakes tough, unpalatable, and decidedly unwholesome.

Hot cakes may be served with powdered sugar, molasses, maple sirup, or any other of the many excellent sirups in the market. Cold days are the gala days for hot cakes. Time immemorial, buckwheat cakes and sausage have gone to the table side by side. There is delightful harmony in this union; but to serve hot cakes and fish together would introduce discord into the best regulated family. There is an eminent fitness between hot cakes and certain other dishes, and it must never be disregarded.

RECIPES.

Buckwheat Cakes.—One quart of buckwheat-meal, one pint of wheat-flour or Indian-meal, half a teacupful of yeast, salt to taste; mix the flour, buckwheat, and salt with as much water moderately warm as will make it into a thin batter; beat it well, then add the yeast; when well mixed, set it in a warm place to rise; as soon as it is very light, grease the griddle and bake the cakes to a delicate brown. Butter them with good butter and serve hot.

Graham Griddle-cakes.—Scald a cupful of Indian-meal in a pint of boiling water, and strain it over night. Thin it with a quart of milk, and make into a sponge with a cupful of

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Graham flour, a large tablespoonful of molasses, and half a cupful of yeast. In the morning, add salt to taste, a cupful of white flour, half a teaspoonful of soda, dissolved in hot water, and a tablespoonful of butter or lard. Stir in enough water to make batter of the right consistency, and bake on a hot griddle.

Flannel Cakes.—Three eggs, one quart of sweet milk, about one quart of flour, a small teaspoonful of salt, two tablespoonfuls of prepared baking-powder; beat the yelks, and half of the milk, salt, and flour together; then the remainder of the milk; and last, the whites of the eggs well beaten. Bake in small cakes on a hot griddle.

Flannel Cakes, No. 2.—One quart of milk, three eggs, one cupful of yeast, one dessertspoonful of salt, flour enough for a thinnish batter, and a teaspoonful of butter; set to rise; bake like buckwheat cakes. Cakes half Indian and half wheat are very nice, and good cakes may be made even without the eggs.

Rice Cakes.—Soak a cupful of rice five or six hours in enough warm water to cover it. Then boil slowly till soft. While still warm, but not hot, stir in a tablespoonful of butter, a tablespoonful of sugar, a teaspoonful of salt, and a quart of milk. When cold, add three eggs, beaten very light. Sift a half teaspoonful of cream of tartar into a quarter cupful of rice flour, and add them to the batter, first beating into it a quarter teaspoonful of soda dissolved in hot water.

Rice Cakes, No. 2.—Boil a cupful of rice until quite soft, setting it aside until cool. Beat three eggs very light, and put them into the rice, with a pint of flour, into which you have sifted three teaspoonfuls of prepared baking-powder. Add a teaspoonful of butter and one of salt, making it into a batter with a quart of milk. Bake on a griddle.

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Hominy Cakes.—Mix with cold boiled hominy an equal quantity of white flour until perfectly smooth; add a teaspoonful of salt and thin off with buttermilk, in part of which a teaspoonful of soda has been dissolved; when of the proper consistency for griddle cakes, add a dessertspoonful of melted butter, and bake as usual.

Sour Milk Cakes.—One pint sour milk, one teaspoonful of soda, a little salt, two eggs, and flour to make a thin batter; bake on a hot griddle.

Indian Griddle Cakes.—One large cupful Indian-meal, four tablespoonfuls of wheat flour, two tablespoonfuls of Durkee's baking-powder, one teaspoonful salt, mix together dry, then add sufficient cold water for a batter; bake at once on a hot griddle.

Slapjacks.—One pint of milk, three eggs, one teaspoonful of soda, and one of salt, flour enough to make a thin batter. Butter your griddle, and fry them the size of a teaplate; when one is done, turn it on the dish, sprinkle with a little white sugar, and continue in this way till they are all fried. Always fry them with butter. A little nutmeg may be grated with the sugar on each cake.

VIII.—YEAST AND YEAST CAKES.

NATURE OF YEAST; ACTION OF YEAST IN DOUGH; CAUSES OF LIGHT BREAD AND HEAVY BREAD; CARE OF YEAST. SIX RECIPES FOR YEAST AND YEAST CAKES.

IN this chapter, yeast has been so often referred to that its special consideration seems important just here. Analytically considered, it consists of an innumerable quantity of infinitesimal fungi, called the *yeast-plant*. The remarkable characteristic of these minute plants is, that under favoring conditions they multiply to an incredible

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extent in a very short time. Thus the production of yeast, in proper mixtures, is an easy matter.

When yeast is placed in dough, it immediately produces fermentation, in the process of which gases are generated, which permeate the dough, filling it with gas-vessels and so producing the spongy appearance so familiar in raised bread. If this process goes too far, it sours the dough and unfits it for food. If arrested by placing the dough in a hot oven, the gases will be driven off by the heat, and the thin dough walls will be set and baked. If the oven be slow, the gases will be driven off, the dough walls will collapse, and heavy bread will be the result. The proper use of yeast is most important, therefore. It must be watched as carefully as any other tender plant. Excessive heat or cold, or rough mechanical usage will quickly destroy it.

RECIPES.

Brewer's Yeast.—This yeast is produced during the process of fermenting malt liquors. It is the most effective yeast in use, being about eight times the strength of any other kind.

Hop Yeast.—Boil four pounds of pared potatoes in three quarts of water and stir through a colander. Boil a handful of hops in one quart of water for ten minutes, and strain this upon the potatoes. Add a half pint of salt, a half pint of sugar, and a tablespoonful of ginger. The quantity should now measure five quarts. If it be less, add enough tepid water to make the quantity correct. When lukewarm, add a half pint of home-brewed yeast, mix thoroughly, and stand in a warm place till bubbles form on the surface, which indicate that it has become light. Cover the vessel containing the yeast, and allow it to stand in a dry, cool place. It will keep well for months. A gill of this yeast will suffice for an ordinary baking, requiring a quart of water or milk.

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Patent Yeast.—Boil two ounces of hops in four quarts of water for a half hour. Strain and cool till lukewarm, then add a handful of salt, a half pound of sugar, and a pound of flour, all mixed well and beaten up together. After it has stood forty-eight hours, add three pounds of potatoes, boiled and well-mashed. Let it stand twenty-four hours, stirring it often; then strain and bottle. It is ready for immediate use, or will keep several months. Keep in a cool place.

Potato Yeast.—Pare and boil six potatoes; mash them through a colander and mix with them six tablespoonfuls of flour. Pour on a quart of boiling water from that in which the potatoes were boiled. Add half a teacupful of sugar, a tablespoonful of salt, and when cool, a teacupful of homemade yeast, or one-fourth the quantity of brewer's yeast.

Yeast Cakes.—Thicken good yeast with Indian-meal till it becomes a stiff batter. A little rye will make it adhere better. Make into cakes an inch thick and two by three inches in area. Dry them in the air, but not in the sun. Keep them in a bag in a cool, dry place. One of these cakes is enough for four quarts of flour. To use them, soak in milk or water several hours and use as other yeast.

Compressed Yeast.—There are many valuable preparations of this yeast, excellent in quality, and convenient to use. They must be fresh, however, or they will fail of their purpose.

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XI.—PASTRY AND PUDDINGS.

CARE IN INGREDIENTS AND MANIPULATION ESSENTIAL; KEEP INGREDIENTS COOL; MIX QUICKLY; HOW TO SHORTEN; HOW TO ROLL; THE FILLING; THE BAKING. SEVENTY-NINE RECIPES FOR PASTRY AND PUDDINGS.

THAT pastry may be wholesome and appetizing, great care in the selection of ingredients and in their manipulation is absolutely essential. One fact must always be borne in mind—that inferior ingredients cannot be made into superior compounds—though the finest ingredients may be ruined by careless or unskillful handling. Some suggestions of general application are therefore desirable.

Be careful to have all the materials *cool*, and the butter and lard hard; use cold water (ice-water if convenient); use a cool knife, and work on a marble slab if it can be had.

Put the ingredients together quickly, handling as little as possible; slow mixing and much contact with the hands or fingers make tough crust. Always use well-sifted flour.

Except in puff-paste, lard and butter in about equal proportions make the best crust; if made of butter alone, it is almost sure to be tough. That of lard alone, though tender, is usually white and insipid. Beef drippings, or the drippings of fresh pork, make a very light and palatable crust, lighter and more tender indeed than that made with butter alone, much better tasted than that made with lard alone, and quite equal to that made with butter and lard combined. Never use mutton drippings in crust.

Use very little salt and very little water; pour the latter in gradually, only a few drops at a time, unless you want tough crust.

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Use plenty of flour on your paste-board, to keep the paste from sticking. Work the crust of one pie at a time, and always roll from you—one way only.

The filling for the pie should be perfectly cool when put in, or it will make the bottom crust heavy.

In making juicy pies, cut a slit in the top to let the steam escape, else the pie will be puffed unduly.

The oven should be hot, but not sufficiently so to scorch or to set the paste before it has had time to rise; if too slack, the paste will not rise at all, but will be white and clammy. The best paste has a tinge of yellow. If permitted to scorch or brown, even the best paste becomes rancid.

RECIPES.

Pie Crust.—Take one-half cupful of lard, one-half cupful of butter, one quart of sifted flour, one cupful of cold water and a little salt. Rub the butter and lard *slightly* into the flour; wet it with the water, mixing it as little as possible. This quantity will make two large or three small pies.

Pie Crust Glaze.—To prevent juice from soaking the under crust, beat up the white of an egg, and before filling the pie, brush over the crust with the beaten egg. Brush over the top crust also, to give it a beautiful yellow brown.

Puff Paste.—Take one pound of sifted flour, on which sprinkle a very little sugar; take the yelks of one or two eggs, and beat into them a little ice-water, and pour gently into the centre of the flour, and work into a firm paste, adding water as is necessary; divide three-quarters of a pound or a pound of firm, solid butter, as you prefer, into three parts; roll out the paste, and spread one part of the butter on half of the paste; fold the other half over, and roll out again, repeating the process until the butter is all rolled in; then set the paste on the ice for fifteen or twenty

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minutes, after which roll out again three times, each time rolling it the opposite direction; then put on the ice again until cold, when it is ready for use. Such paste will keep several days in a refrigerator, but should not be allowed to freeze.

Paste Shells.—Take sufficient rich puff-paste prepared as in the preceding recipe, roll very thin, cut to shape, and bake in a brisk oven in tin pans. Baked carefully, before filling with fruit, the paste rises better. When cool, the shells may be filled with stewed fruit, jelly, preserves, rich cream whipped to a stiff froth, raspberries, strawberries, or sliced peaches. These are delicious light desserts. Raspberries, strawberries, or sliced peaches, smothered with whipped cream on these shells, are really exquisite.

Apple Pie.—Line a pie plate with paste, and fill it heaping full with tart apples, sliced very thin. Sweeten and spice to taste, mixing well into the apples. Put in plenty of butter, and moisten well with cream. Bake until the apples are thoroughly done. Use no upper crust.

Apple Meringue Pie.—Stew and sweeten ripe, juicy apples. Mash smooth, and season with nutmeg. Fill the crust, and bake until just done. Spread over the apple a thick meringue, made by whipping to a stiff froth the whites of three eggs for each pie, sweetening with a tablespoonful of powdered sugar for each egg. Flavor this with vanilla; beat until it will stand alone, and cover the pie three-quarters of an inch thick. Set back in the oven until the meringue is well set. Eat cold.

Peach Meringue Pie.—Proceed as above in all respects, simply substituting peaches for apples. Whipped cream will make a delightful substitute for the whipped egg in either of these meringue pies.

Peach Pie.—Bake rich shells about two-thirds done; if your peaches are fully ripe, cut them into halves or quarters,

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put in the shell, sweeten and flavor to taste, cover or not as you choose, and finish baking in a *quick* oven; if the peaches are ripe, but not soft, it will improve the flavor to sugar them down some hours before you wish to use them; if not ripe, they should be stewed.

Gooseberry Pie.—Stew the gooseberries with plenty of white sugar, and use plain puff-paste for crust.

Cherry Pie.—Having removed the stones, put in sugar as may be needed, and stew the cherries slowly till they are quite done, if you use shells, or till nearly done if you use paste. A few of the pits added in stewing increase the richness of the flavor; but they should not go into the pies. If baked slowly the cherries need not be stewed at all.

Rhubarb Pie.—Remove the skin from the stalks; cut them in small pieces; pour boiling water over and let stand for ten minutes; drain thoroughly; then fill the pie-dish evenly full; put in plenty of sugar, a little butter, and dredge a trifle of flour evenly over the top; cover with a thin crust, and bake the same as apple pie. Equal quantities of apple and rhubarb used in the same manner make a very good pie.

Pumpkin Pie.—Stew the pumpkin until thoroughly done, and pass it through a colander. To one quart of stewed pumpkin, add three eggs, and one pint of milk. Sweeten, and spice with ground ginger and cinnamon to taste. Add butter, rose water, and a little brandy. The quantity of milk used will vary as the pumpkin may be moist or dry.

Sweet Potato Pie.—Scrape clean two good-sized sweet potatoes; boil; when tender, rub through the colander; beat the yelks of three eggs light; stir with a pint of sweet milk into the potato; add a small teacupful of sugar, a pinch of salt; flavor with a little fresh lemon, or lemon extract; bake to a nice brown; when done, make a meringue top with the whites of eggs and powdered sugar; brown this a moment in the oven.

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Custard Pie.—Take one quart of milk, five eggs, four tablespoonfuls of sugar, a small piece of butter. Sift over the top Durkee's mixed spice.

Lemon Pie.—Let two cupfuls of water come to a boil; put in two tablespoonfuls of corn-starch dissolved. When it has boiled enough, take it from the stove, add the juice and rind of two lemons, two cupfuls of sugar, a piece of butter the size of a walnut, and the yelks of two eggs. Beat the whites of these eggs with pulverized sugar, and put on the top of the pies when done. Put into the oven to brown.

Orange Pie.—Beat the yelks of three eggs until light, and add to them the juice and grated rind of one orange, three-quarters of a cupful of sugar, and a tablespoonful of corn-starch mixed in half a cupful of water. Bake without upper crust, using the whites of the eggs for meringue.

Cream Pie.—One pint of milk, scalded; two tablespoonfuls of corn-starch, three tablespoonfuls of sugar, yelks of two eggs. Wet the starch with a little cold milk; beat the eggs and sugar until light, and stir the whole into the scalding milk. Flavor with lemon or vanilla, and set aside to cool. Line a plate with pie-crust and bake; fill it with the cream, and cover with frosting made of the whites of the eggs, beaten dry, with two tablespoonfuls of sugar. Bake to a delicate brown.

Cocoanut Pie.—One quart of milk, half a pound of grated cocoanut, three eggs, six tablespoonfuls of sugar, butter the size of an egg. Bake in open shells.

Cheese-cake Pie.—This may be made from the above recipe, substituting cottage-cheese for the cocoanut. Sprinkle the top with Durkee's mixed spices.

Mince Pie.—Seven pounds of beef, three and a half pounds of beef suet, five pounds of raisins, two pounds of currants, one-half peck of apples, four pounds of sugar, three-quarters

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of a pound of citron, one-quarter of a pound of preserved lemon, two large oranges, four nutmegs, half an ounce of cinnamon, half an ounce of cloves, and three pints of brandy. This quantity of mince-meat will make from twenty to twenty-five pies. When making the pies, moisten the meat with sweet cider.

Tarts.—Use the best of puff-paste; roll it out a little thicker than pie-crust, and cut with a large biscuit-cutter twice as many as you intend to have of tarts. Then cut out of half of these a small round in the centre, which will leave a circular rim of crust; lift this up carefully, and lay it on the other pieces. Bake in pans, so providing both the bottom and the top crusts. Fill with any kind of preserves, jam, or jelly.

Pineapple Tart.—Take a fine, large, ripe pineapple; remove the leaves and quarter it without paring, grate it down till you come to the rind; strew plenty of powdered sugar over the grated fruit; cover it, and let it rest for an hour; then put it into a porcelain kettle, and steam in its own sirup till perfectly soft; have ready some empty shells of puff-paste, or bake in patty-pans. When they are cool, fill them full with the grated pineapple; add more sugar, and lay round the rim a border of puff-paste.

Tea Baskets.—Make a short, sweetened pie-crust; roll thin, and partly bake in sheets; before it is quite done take from the oven, cut in squares of four inches or so, take up two diagonal corners and pinch together, which makes them basket-shaped; now fill with whipped cream, or white of egg, or both, well sweetened and flavored, and return to the oven for a few minutes.

Strawberry Short-cake.—Make a good biscuit crust, and roll out about one-quarter of an inch thick, and cut into two cakes the same size and shape; spread one over lightly with melted butter, and lay the other over it, and bake in a

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hot oven. When done, they will fall apart. Butter them well as usual. Mix the berries with plenty of sugar, and set in a warm place until needed. Spread the berries and cakes in alternate layers, berries on the top, and over all spread whipped cream or charlotte russe. The juice that has run from the fruit can be sent to the table in a tureen and served with the cake as it is cut.

Strawberry Short-cake, No. 2.—Take one quart of flour and sift into it two teaspoonfuls of sea-foam, a little salt, quarter of a pound of butter rubbed in, with milk enough to moisten properly. Handle as little as possible, divide into two parts, roll each flat, and place in two jelly pans. Bake quickly, then split apart the top and bottom of each crust; spread on plenty of butter, have the strawberries washed and drained in a sieve, crush them slightly, and sweeten well. Spread plenty of berries over each layer of the crust, and have some of the crushed and sweetened berries in a deep dish. When the cake is cut and served, cover each piece with the crushed berries, using this as sauce.

Batter Pudding.—Beat the yelks and whites of four eggs separately, and mix them with six or eight ounces of flour and a saltspoonful of salt. Make the batter of the proper consistency by adding a little more than a pint of milk; mix carefully; butter a baking-tin, pour the mixture into it, and bake three-quarters of an hour. Serve with vanilla sauce.

Apple Batter Pudding.—Core and peel eight apples, put in a dish, fill the places from which the cores have been taken with brown sugar, cover and bake. Beat the yelks of four eggs light, add two teacupfuls of flour, with three even teaspoonfuls of baking-powder sifted with it, one pint of milk, and teaspoonful of salt, then the whites well beaten; pour over the apples and bake. Use sauce with it.

Suet Pudding.—Take a pint of milk, two eggs well beaten, half a pound of finely chopped suet, and a teaspoonful of

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salt. Add flour gradually till you have a pretty thick batter; boil two hours, and eat with molasses.

Suet Pudding, No. 2.—One cupful of suet or butter, one cupful of molasses, one bowlful of raisins and currants, one egg, one cupful of sweet milk, one teaspoonful of saleratus dissolved in milk; one-fourth teaspoonful of cloves, and one-half of nutmeg. Mix stiff with flour and steam three hours. A fine sauce for this pudding may be made thus: One cupful of butter and two cupfuls of sugar, beat into a cream; add three eggs beaten very light; stir in two tablespoonfuls of boiling water. Flavor with wine, brandy, or vanilla.

Hasty Pudding.—Wet a heaping cupful of Indian-meal and a half cupful of flour with a pint of milk; stir it into a quart of boiling water. Boil hard for half an hour, stirring from the bottom almost constantly. Put in a teaspoonful of salt and a tablespoonful of butter, and simmer ten minutes longer. Turn into a deep, uncovered dish, and eat with sugar and cream, or sugar and butter with nutmeg.

Baked Hasty Pudding.—Take from a pint of new milk sufficient to mix into a thin batter two ounces of flour, put the remainder, with a *small* pinch of salt, into a clean saucepan, and when it boils quickly, stir the flour briskly to it; keep it stirred over a gentle fire for ten minutes, pour it out, and when it has become a little cool, mix with it two ounces of fresh butter, three of powdered sugar, the grated rind of a small lemon, four large or five small eggs, and half a glass of brandy or as much orange-flower water. Bake the pudding half an hour in a gentle oven.

Minute Pudding.—Take six eggs, two tablespoonfuls of sugar, one cupful of flour, a lump of butter large as an egg, and half a nutmeg; you may add, if desired, a half pound of raisins; mix well and bake quick.

Corn Pudding.—Twelve ears of sweet corn grated to one

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quart of sweet milk; add a quarter of a pound of good butter, quarter of a pound of sugar, and four eggs; bake from three to four hours.

Farina Pudding.—Boil one quart of milk, stir in slowly three tablespoonfuls of farina, let it boil a few minutes; beat two eggs and four tablespoonfuls of sugar with one pint of milk, and mix thoroughly with the farina; when it has cooled so as to be little more than lukewarm, put in pans, and bake in a *moderate* oven. Serve with cream sauce.

Plain Tapioca Pudding.—A cup not quite full of tapioca to a quart of milk; let it stand on the side of the range till it swells; add while hot a tablespoonful of butter and a cupful of white sugar, and let it cool; then add five eggs (three will do quite well), well beaten, and flavor to your taste. To be baked from three-quarters of an hour to an hour. It is very nice when dressed with wine sauce, but may be eaten with plainer dressing.

Tapioca and Apple Pudding.—One coffeecupful of Durkee's farina-tapioca, one dozen good-flavored, tart apples, pared and cored, one quart of water, a little salt. Cover the tapioca with the water, and set it in a tolerably warm place to soak five or six hours, stirring occasionally. Lay the apples in a deep dish, put a little sugar and spice in the centre, pour over the tapioca, and bake one hour.

Peaches may be substituted for apples, which will make a delightful dish. Serve with hard sauce.

Vermicelli Pudding.—Into a pint and a half of boiling milk drop four ounces of fresh vermicelli, and keep it simmering and stirred up gently ten minutes, when it will have become very thick; then mix with it three and one-half ounces of sugar, two ounces of butter, and a little salt. When the whole is well blended, pour it out, beat it for a few minutes to cool it, then add by degrees four well-beaten eggs, and the

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grated rind of a lemon ; pour a little clarified butter over the top ; bake it from one-half to three-fourths of an hour.

Sago Pudding.—Two large spoonfuls of sago boiled in one quart of water, the peel of one lemon, a little nutmeg ; when cold add four eggs and a little salt. Bake about one hour and a half. Serve with sugar and cream.

Arrow-root Pudding.—Boil one quart of milk, and stir into it four heaping tablespoonfuls of arrow-root dissolved in a little milk, mixed with four well-beaten eggs and two tablespoonfuls of white sugar. Boil three minutes. Eat with cream and sugar. This pudding is improved by flavoring with lemon. It should be prepared for table by pouring into wet molds.

Cocoanut Pudding.—One cocoanut finely grated (use both the meat and milk), one quart of milk, one cupful of sugar, five eggs, half a cupful of butter, a little salt, and a teaspoonful of rose-water. Boil the milk, and pour upon the cocoanut, add the eggs well beaten, and the other ingredients, and bake in a deep dish, with or without an undercrust.

Cocoanut Pudding, No. 2.—Put a pint of milk to boil in a farina kettle. Take four tablespoonfuls of corn-starch and dissolve it in a little cold milk, then stir it into the boiling milk. Add half a cupful of sugar, the well-beaten whites of four eggs, half a grated cocoanut, and a teaspoonful of vanilla extract ; turn into a mold to cool. For a suitable sauce put a pint of milk to boil, beat the yelks of four eggs with two tablespoonfuls of sugar till light, then add the boiling milk, with a tablespoonful of vanilla extract. Cook for two minutes in a farina kettle, then turn out to cool.

Rice Pudding.—One quart of milk, three eggs, half a cupful of rice, three-fourths of a cupful of sugar, half a cupful of butter, one cupful of raisins, seeded. Soak the rice in a

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pint of the milk an hour, then set the saucepan containing it where it will slowly heat to a boil. Boil five minutes; remove and let it cool. Beat the eggs, add the sugar and butter, the rice and the milk in which it was cooked, with the pint of unboiled milk, and finally the raisins. Grate nutmeg on the top, and bake three-quarters of an hour, or until the custard is well set and of a light brown. Serve with hard brandy sauce.

Rice Pudding, No. 2.—Three-quarters of a cupful of soaked rice, one cupful of sugar, three pints of milk, one tablespoonful of butter. Season with lemon rind or spice to taste. Bake three-quarters of an hour.

Cottage Pudding.—Three cupfuls flour, or sufficient to make the batter; one teaspoonful butter, one cupful sugar, two eggs, one cupful milk, half a teaspoonful soda, one teaspoonful each of cream of tartar and salt; mix the cream of tartar with the flour, beat the whites of the eggs; put the butter, sugar, and yelks of the eggs together; then work in the milk, soda, and salt, adding gradually the flour and whites of the eggs; there should be flour enough to make a fairly stiff batter; butter a mold or dish, and bake; it may be turned out or served from the dish; to be eaten with any liquid sauce.

Rennet Pudding.—Take one quart of milk, and warm it enough to remove the chill; in summer it does not need warming at all; stir into it three tablespoonfuls of granulated sugar, two of rose-water, and four of rennet wine; stir it gently, not more than a minute; let it stand, and do not move it till it is curdled, then place it gently in the ice chest and grate nutmeg on the top. Be careful not to shake it in moving, for if the curd is disturbed it will turn to whey.

Lemon Pudding.—Take the yellow part of the rind of one, and the juice of two large, juicy lemons. Beat to a cream half a pound of butter, and the same of powdered sugar. Beat

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six eggs very light, and stir them gradually into the mixture. Add a glass of wine or brandy. Put the whole into a dish with a broad edge; put round two or three layers of puff-paste. Bake half an hour, and when cold sprinkle white sugar over it. Oranges may be used in the same way. To be eaten cold.

Orange Pudding.—Two oranges—the juice of both and grated peel of one; juice of one lemon; one half-pound lady's-fingers—stale and crumbled; two cupfuls of milk; four eggs, one-half cupful sugar; one tablespoonful corn-starch, wet with water; one tablespoonful butter, melted. Soak the crumbs in the cold milk, whip up light, and add the eggs and sugar, already beaten to a cream with the batter. Next add the corn-starch, and when the mold is buttered and water boiling hard, stir in the juice and peel of the fruit. Do this quickly, and plunge the mold directly into the hot water. Boil one hour; turn out and eat with very sweet brandy sauce.

Apple Pudding.—Fill an earthen baking-dish with finely chopped apples; season with sugar and nutmeg, add a little water, set it on the back of the range until the apples are tender; then make a crust of one teacupful of sweet milk, one tablespoonful of butter, a little salt, one teaspoonful baking-powder, flour enough to roll out; lay the crust on top of the apples and bake. To be eaten hot with sweet sauce, flavored with lemon or vanilla. Other kinds of fruit may be used in the same manner.

Bread Pudding.—One pint bread-crumbs; one quart milk; rind of one lemon grated into milk; yelks four eggs, beaten and mixed with one-half cupful sugar. Bake one-half hour. Spread meringue on top.

Fruit Bread Pudding.—Soak three large cupfuls of very fine bread-crumbs, through which has been mixed two teaspoonfuls of cream tartar, in a quart of milk; next, beat in three

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eggs well whipped, and a cupful of sugar; add half a cupful of finely chopped suet, a little salt, nutmeg, and cinnamon. Whip the batter very light, and then add fruit as follows, it having been well dredged with flour: Half pound of raisins, seeded and cut in too; one tablespoonful of finely sliced citron; half a pound of Sultana raisins, washed well and dried. Add a teaspoonful of soda, dissolved in hot water; heat for three minutes; put into a buttered mold, and boil hard for two hours. Eat with brandy sauce.

Delmonico Pudding.—One quart of milk, four eggs, using the white of one only; three tablespoonfuls of sugar, two tablespoonfuls of corn-starch, one cupful of cocoanut, a little salt. Put the milk in a farina boiler to scald; wet the starch in cold milk; beat the eggs and sugar, and stir all into the scalding milk; add the cocoanut, and pour the whole into a pudding-dish; whip dry the three whites, reserved as above, with three tablespoonfuls of sugar; flavor with lemon or vanilla; spread over the pudding and bake a light brown. Eat hot or cold.

Almond Pudding.—Turn boiling water on to three-fourths of a pound of sweet almonds; let it remain until the skin comes off easily; rub with a dry cloth; when dry, pound fine with one large spoonful of rose-water; beat six eggs to a stiff froth with three spoonfuls of fine white sugar; mix with one quart of milk, three spoonfuls of pounded crackers, four ounces of melted butter, and the same of citron cut into bits; add almonds; stir all together, and bake in a small pudding-dish with a lining and rim of pastry. This pudding is best when cold. It will bake in half an hour in a quick oven.

Cup Custard.—One quart of milk, five eggs, teaspoonful of butter, sugar to taste. Pour into buttered cups, season with Durkee's mixed spices, and bake. This can be baked in a pudding-pan, if preferred.

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Rice Custard.—Into a quart of boiling water stir two tablespoonfuls of rice flour, dissolved in a little cold milk; add two well-beaten eggs to the boiling mixture; sweeten and flavor to taste.

Chocolate Custard.—Three pints of sweet milk, four tablespoonfuls of grated chocolate, three tablespoonfuls of corn-starch, and two eggs. Put the chocolate and a little milk on to boil, stir it until smooth, then add a little cold milk. Beat up the eggs in the remainder of the milk, and pour all into the chocolate. Stir until it thickens; take off the fire, and add sugar and vanilla to taste. Place in a glass dish, and when cold, drop large spoonfuls of the whites of eggs, beaten very light with sugar, over the top, in the centre of each, a little currant jelly. This makes a very ornamental, as well as palatable dish.

Chocolate Pudding.—Make a corn-starch pudding with a quart of milk, three teaspoonfuls of corn-starch, and three tablespoonfuls of sugar. When done, remove about half and flavor to taste, and then to that remaining in the kettle add an egg beaten very light and two ounces of vanilla chocolate. Put in a mold, alternating the dark and light, and serve with whipped cream.

Baked Indian Pudding.—Boil one pint of milk; while boiling stir in one cupful of Indian-meal; let it cool a little, and add three eggs well-beaten, one pint of cold milk, one tablespoonful of flour, one-half cupful of sugar, one cupful of molasses, one teaspoonful of ginger, one of cinnamon, and a little salt. Bake an hour and a half.

Queen's Pudding.—One pint of bread-crumbs, one quart of milk, yelks of four eggs, rind of one lemon; sweeten to taste. Bake as a custard. After baking, spread the top with currant jelly. Beat the whites of the eggs, add to them one cupful of sugar dissolved in the juice of a lemon. Spread this over the pudding, and brown.

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Brown Betty.—One loaf of stale bread crumbled fine, one-half cupful of milk, and twelve apples. Alternate layers of bread and sliced apples, sugared, buttered, and spiced. Moisten with the milk. Bake in a tin pudding-pan for three hours.

Poor Man's Plum Pudding.—One cupful of molasses, one cupful of suet chopped very fine, beaten smoothly together; one teaspoonful of salt and one of soda mixed through a half-pound of flour, one pint of milk, one pound of raisins, seeded and chopped, and a half-pound of sliced citron. Boil three hours.

English Plum Pudding.—Two pounds of chopped suet, three pounds of seeded raisins, two pounds of currants, one-half pound of citron, two pounds of sugar, five eggs, one pint of milk, one-half pint of brandy, two nutmegs, a little salt, flour sufficient to make it very stiff. Put it into one or two bags, and boil in a large quantity of water seven or eight hours. Serve with sauce.

Spice Pudding.—One cupful of sour milk, one cupful of butter, four cupfuls of flour, two cupfuls of currants, one cupful of sugar, four eggs, four teaspoonfuls of cinnamon, one teaspoonful of cloves, and one teaspoonful of soda. Bake in a quick oven, and serve with brandy sauce.

Paradise Pudding.—Stew until tender three ounces of rice in a pint and a quarter of milk, add four ounces of raisins, three ounces of suet chopped fine, two and a half ounces of sugar, two eggs, a little nutmeg and lemon peel. Boil three hours. Serve with hard sauce.

Jelly Pudding.—Two cupfuls *very* fine stale biscuit or bread-crumbs; one cupful of rich milk—half cream, if you can get it; five eggs, beaten very light; one-half teaspoonful of soda, stirred in boiling water; one cupful of sweet jelly, jam, or marmalade. Scald the milk and pour over the

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crumbs. Beat until half cold, and stir in the beaten yelks, then whites, finally the soda. Fill large cups half full with the batter; set in a quick oven and bake half an hour. When done, turn out quickly and dexterously; with a sharp knife make an incision in the side of each; pull partly open, and put a liberal spoonful of the conserve within. Close the slit by pinching the edges with your fingers. Eat warm with sweetened cream.

Cabinet Pudding.—Take of the remains of any kind of cake broken up two cupfuls, half a cupful of raisins, half a can of peaches, four eggs, one and a half pints of milk. Butter a plain pudding mold and lay in some of the broken cake, one-third of the raisins, stoned, one-third of the peaches; make two layers of the remainder of the cake, raisins, and peaches. Cover with a very thin slice of bread, then pour over the milk beaten with the eggs and sugar. Set in a saucepan of boiling water to reach two-thirds up the side of the mold, and steam three-quarters of an hour.

Turn out carefully on a dish, and serve with peach sauce, made as follows: Place the peach juice from the can into a small saucepan; add an equal volume of water, a little more sugar, and eight or ten raisins; boil ten minutes, strain, and just before serving add six drops of bitter almond.

Delicious Pudding.—Bake a common sponge cake in a flat-bottomed pudding-dish; when ready for use, cut in six or eight pieces; split and spread with butter, and return them to the dish. Make a custard with four eggs to a quart of milk, flavor and sweeten to taste; pour over the cake and bake one-half hour. The cake will swell and fill the custard. Any stale cake will do about as well as sponge cake.

Bird's-nest Pudding.—Make the foundation of the nest of corn-starch or blanc-mange. Cut strips of lemon peel, boil in a sirup of water and sugar till tender, and arrange around the blanc-mange to represent straw. Extract the contents

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of four eggs through a small hole, and fill the shells with hot blanc-mange or corn-starch. When cold, break off the shells, and lay the molded eggs in the nest.

Snow Pudding.—Soak an ounce of gelatine in a pint of cold water for one hour; then place it over the fire, stir gently, and remove as soon as it is dissolved; when almost cold, beat to a stiff froth with an egg-beater. Beat the whites of three eggs to a stiff froth, and add it to the gelatine froth, together with the juice of three lemons, and pulverized sugar to the taste. Mix the whole well together, pour into a mold, and set aside to cool. Serve on a dish with soft custard made from the yelks of the eggs.

Cherry Pudding.—Two eggs, one cupful sweet milk, flour enough to make a stiff batter, two teaspoonfuls of baking-powder, and as many cherries as can be stirred in. Eat with sauce made of the cherries.

Blackberry Mush.—Put the berries into a preserving kettle and mash with sugar enough to make sweet; set over the fire, and when it begins to simmer, stir in very gradually one tablespoonful, or more if needed, of corn-starch to a quart of fruit; stir until well cooked, and eat either hot or cold with cream; raspberries also may be used this way.

Roley-poley.—Make a good biscuit dough, and roll about three-quarters of an inch thick, and spread with berries, preserves, or slices of apple; roll up and tie in a cloth; boil or steam an hour and a half.

Berry or Fruit Puddings.—One quart sifted flour, two tablespoonfuls shortening, half teaspoonful salt, and two teaspoonfuls baking-powder; mix well, then form a soft dough of milk or water, roll out thin, and spread with any kind of berries, fruit, or preserves; roll it up, tie in a cloth, and place in the steamer, or boil in a mold. This makes fine dumplings.

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German Puffs.—Two cups of sweet milk, two cups of flour, three eggs, and a little salt. Bake in buttered cups.

Indian Puffs.—Into one quart of boiling milk stir eight tablespoonfuls of corn-meal and four tablespoonfuls of brown sugar; boil five minutes, stirring constantly; when cool, add six well-beaten eggs · bake in buttered cups half an hour. Eat with sauce.

White Puffs.—One pint rich milk; whites of four eggs whipped stiff; one heaping cupful prepared flour; one scant cupful powdered sugar; grated peel of half a lemon; a little salt. Whisk the eggs and sugar to a meringue, and add this alternately with the flour to the milk. Cream, or half cream half milk, is better. Beat until the mixture is very light, and bake in buttered cups or tins. Turn out, sift powdered sugar over them, and eat with lemon sauce.

Oak Balls.—Three cupfuls each of flour and milk, three eggs, whites and yelks beaten separately and very light, three tablespoonfuls of melted butter, a little salt. Pour in well-buttered muffin-rings, and bake to a nice brown.

Apple Dumplings.—Make a biscuit dough, and cover the apples (pared and cored), singly; tie in cloths and drop in boiling water. Let it boil half an hour. If preferred, mix flour and a little salt, and scald with boiling water. When cold enough to handle, roll it out and cover the apples. Or a pie-crust may be made for a cover and the dumplings may be baked in the oven.

Peach Dumplings.—These may be made according to the preceding recipe, substituting peaches for apples.

Lemon Dumplings.—Take suet, four ounces; moist sugar, four ounces; bread-crumbs, one-half pound; one lemon. Grate the rind of the lemon, squeeze out the juice, mix all the ingredients. Put in buttered teacups and bake three-quarters of an hour.

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XII.—CREAMS, JELLIES, AND LIGHT DESSERTS.

LIGHT DESSERTS FOR HOME USE; FROZEN PREPARATIONS; FREEZERS; HOW TO FREEZE CREAMS, ETC.; HOW TO TURN OUT THE MOLDS; WHIPPED CREAMS, JELLIES, ETC. FORTY-FIVE RECIPES FOR CREAMS, JELLIES, BLANC-MANGES, ETC.

THERE is a delightful range of light desserts which need to be introduced more generally into our homes. They have too long been allowed to rest in the confectioner's under the erroneous notion that they were beyond the capacity of the ordinary housekeeper.

Prominent among these desserts are ice-cream and water-ices with all their splendid possibilities of variety. For hints concerning freezers and other tools for the home manufacture of these preparations, see the last chapter of this department.

In making ice-cream, use only the best materials. Avoid milk thickened with arrow-root, corn-starch, or any farinaceous substance. Pure cream, ripe natural fruits, or good extracts of the same, and sugar of the purest quality, combine to make a perfect ice-cream. To freeze the cream, assuming it be already flavored, first pound up ice and mix with it a quantity of coarse salt, in the proportion of about one-third the quantity of salt to the amount of ice used. Put the freezing-can in the centre of the tub, taking care that the lid is securely fastened down, and pile the mixed ice and salt around it to within three inches of the top, or certainly as high as the cream reaches on the inside.

Begin to stir the cream at once, and stir rapidly and constantly. This is essential to make the cream smooth. If

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the cream is allowed to freeze to the sides of the can without being quickly removed, there will inevitably be lumps of ice through it. The freezing has progressed sufficiently far when the cream will stand heaped upon a spoon.

When a small can of cream has been made for table use, it is desirable to serve it in a cylindrical form as it comes solid from the can. To remove it in this form, take the can from the ice and wipe off all the salt and ice which adheres to it. Remove the lid and invert the can upon a plate. Wrap about the can a towel wet with warm water. This will sufficiently relax the freezing within the can to allow the cream to slide out in compact form. Molds of cream may be removed in the same manner, by dipping them in warm water for a moment. Water-ices and frozen fruits need the same general treatment.

For whipping cream, etc., some of the improved beaters, described at the end of this department, will be found to be superior to the old hand methods. In all delicate dishes the best ingredients must invariably be used.

RECIPES.

Vanilla Ice-cream.—Two quarts of pure cream, fourteen ounces of white sugar, flavored with vanilla bean or extract of vanilla to taste; mix well, and freeze as directed above. Pure cream needs no thickening or boiling. Milk may be boiled or thickened with arrow-root or cornstarch, but it will not produce ice *cream*.

Lemon Ice-cream.—For the same quantity of cream and sugar, as above, stir in the juice of from four to eight lemons, according to size and juiciness, and grate in a little of the rind. Then freeze as above.

Orange Ice-cream.—Proceed as in lemon cream, using oranges, and regulating the quantity of sugar as the fruit is more or less sweet.

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Chocolate Ice-cream.—For one gallon of ice-cream, grate fine about one-half cake of Baker's chocolate; make ice-cream as for the recipe above; flavor lightly with vanilla and stir in the chocolate.

Strawberry Ice-cream.—Mash one pint of fresh, ripe strawberries; sprinkle them with half a pound of fine sugar; let it stand about an hour; strain though a fine sieve, or a cloth; if the sugar is not dissolved, stir it well; add a little water; stir this juice into the cream prepared as above and freeze.

Raspberry Ice-cream.—Make the same as strawberry, substituting the raspberries merely.

Peach Ice-cream.—Take fine, ripe freestone peaches; pare, chop fine, mash, and work as for strawberry cream.

Pine-apple Ice-cream.—Pare the fruit, shred fine, and work as in strawberry cream.

Orange Water-ice.—Take one dozen oranges; grate the skin and squeeze out the juice; add six quarts of water and ten ounces of white sugar to each quart of water; mix well and put into the freezer. Be careful to stir steadily while freezing, or the mixture will cake into lumps. The amount of sugar and of orange-juice may be varied to suit taste.

Lemon Water-ice.—To one quart of water, add the juice of four lemons and one pound of sugar. Then proceed as above. Currants, raspberries, strawberries, and all the juicy fruits may be treated in the same way.

Tutti Frutti.—One quart of rich cream, one and one-half ounces of sweet almonds, chopped fine; one-half pound of sugar; freeze, and when sufficiently congealed, add one-

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half pound of preserved fruits, with a few white raisins chopped, and finely sliced citron. Cut the fruit small, and mix well with the cream. Freeze like ice-cream, and keep on ice until required.

Frozen Fruits.—Take two quarts of rich cream and two teacupfuls of sugar, mix well together and put into a freezer with ice and salt packed around it. Have ready one quart of peaches, mashed and sweetened. When the cream is very cold, stir them in and freeze all together. Strawberries can be used in the same way, but will require more sugar. Cherries are specially delightful in this form.

Whipped Cream.—To one quart of cream whipped very thick, add powdered sugar to taste; then add one tumbler of wine. Make just before using.

Italian Cream.—Divide two pints of cream equally in two bowls; with one bowl mix six ounces of powdered sugar, the juice of two large lemons, and two glassfuls of white wine; then add the other pint of cream, and stir the whole very hard; boil two ounces of isinglass with four small tea-cupfuls of water till reduced one-half; then stir the isinglass, lukewarm, in the other ingredients; put them in a glass dish to harden.

Syllabub.—Whip a small cupful of powdered sugar into a quart of rich cream, and another cupful of sugar into the whites of four eggs. Mix these together, and add a glass of white wine and flavoring to taste.

Spanish Cream.—Three half-pints of milk, half a box of gelatine, five tablespoonfuls of white sugar, three eggs, and two teaspoonfuls of vanilla. Soak the gelatine in cold milk; put on to boil; when boiling, add the yelks of the eggs with the sugar and flavoring extract beaten together. When it thickens to the consistency of cream, or after about three

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minutes' boiling, take off the fire, and stir in the whites of the eggs well beaten. Pour into molds, and set aside to cool. To be eaten cold, with or without cream.

Tapioca Cream.—Soak half a cupful of tapioca in water over night. Let a quart of milk get steaming hot, and add to it the tapioca. Let it boil three minutes, then mix five tablespoonfuls of white sugar with the yelks of four eggs; stir them into the milk and tapioca, and let it come to a boil again. Beat the whites up stiff; stir them rapidly and thoroughly through the boiling tapioca; add two tablespoonfuls of wine and a pinch of salt. Let it stand till cold and garnish with macaroons.

Orange Cream.—Put half a box of gelatine to soak for half an hour in cold water enough to cover it. Take three half-pints of cream, whip half of it, and heat the other half; dissolve the gelatine in the heated cream; then strain it, and return to the boiler again. Take the yelks of five eggs and a cupful of sugar; beat them together till light, and add to the boiling cream; cook about two minutes, stirring constantly; take from the fire, and while it cooks, stir in the whipped cream and the juice of four oranges, and pour into a mold to stiffen. Stir the cream constantly before putting into the mold, to prevent it from thickening in lumps.

Pink Cream.—Three gills of strawberry or currant juice; mix with one-half pound of powdered sugar, one-half pint of thick cream; whisk until well mixed; serve in a glass dish.

Chocolate Bavarian Cream.—Whip one pint of cream to a stiff froth, laying it on a sieve; boil a pint of rich milk with a vanilla bean and two tablespoonfuls of sugar until it is well flavored; then take it off the fire and add half a box of gelatine, soaked for an hour in half a cupful of water in a warm place near the range; when slightly cooled, add two tablets of Baker's chocolate, soaked and smoothed. Stir in the eggs

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well-beaten. When it has become quite cold and begins to thicken, stir it without ceasing a few minutes, until it is very smooth; then stir in the whipped cream lightly until it is well mixed. Put it into a mold or molds, and set it on ice or in a cool place.

Turret Cream.—Soak one box of gelatine in a cupful of milk four hours. Scald three cupfuls of milk; add one cupful of the sugar; when this is dissolved, add the soaked gelatine. Stir over the fire until almost boiling hot; strain and divide into two equal portions. Return one to the fire and heat quickly. When it nears the boiling-point, stir in the beaten yelks of three eggs. Let all cook together two minutes, and turn out into a bowl to cool. When it has cooled, churn one pint of cream very stiff, and beat the whites of the eggs until they will stand alone. Divide the latter into two heaps. As the yellow gelatine begins to "form," whip one-half of the whites into it, a little at a time. To the white gelatine add the rest of the whites in the same manner, alternately with the whipped cream. Season the yellow with vanilla, the white with lemon juice beaten in at the last. Wet the inside of a tall, fluted mold with water, and arrange in the bottom, close to the outside of the mold, a row of crystallized cherries. Then put in a layer of the white mixture; on this crystallized apricots or peaches cut into strips; a layer of the yellow, another border of cherries, and so on until your mold is full. When firm, which will be in a few hours if set on ice, wrap a cloth wrung out in hot water about the mold, and invert upon a flat dish. Eat with sweet cream, or, if you like, with brandied fruit. Not only is this a very palatable dish, but it is also very beautiful, well repaying the trouble of its preparation.

Velvet Cream.—Half an ounce of isinglass dissolved in one and a half cupfuls of white wine; then add the juice and grated peel of a lemon, three-quarters of a pound of loaf

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sugar; simmer all together until mixed well; strain and add one and a half pints of rich cream, and stir until cool; pour into molds, and let it stand till stiff enough to turn out.

Calf's Foot Jelly.—Take one pair of calf's feet, and put them into a gallon of water; let it boil half away and skim constantly; strain it when cold; take the fat from the top and bottom; then warm it; add sugar, the juice of three lemons, a pint of Madeira wine, and the whites of seven eggs; boil it half an hour, strain through a flannel bag, and cool in molds.

Wine Jelly.—One box of Coxe's gelatine dissolved in one pint of cold water, one pint of wine, one quart of boiling water, two cupfuls of granulated sugar, and three lemons. Cool in molds.

Wine Jelly, No. 2.—Soak one package of sparkling gelatine in a large cupful of cold water. Add to this all the juice and half the rind of a lemon, two cupfuls of white sugar, and a half teaspoonful of bitter almond or two peach leaves, and cover for half an hour; then pour on boiling water, stir, and strain. After adding two cupfuls of pale sherry or white wine, strain again through a flannel bag. Wet a mold and set it in a cold place until the next day.

Jelly Oranges.—Soak a package of Coxe's gelatine about three hours in a cup of cold water. Cut from the top of each of a dozen fine oranges a round piece, leaving a hole just large enough to admit the bowl of a small spoon or the handle of a larger. The smaller the orifice, the better your dish will look. Clean out every bit of the pulp very carefully, so as not to tear the edges of the hole. Scrape the inner skin from the sides with your fore-finger, and when the oranges are emptied lay them in cold water while you make the jelly. Strain the juice of all and grated peel of three of the oranges through coarse, thin muslin over three cupfuls of sugar, squeezing rather hard to get the coloring matter.

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Stir this until it is a thick sirup, and add a quarter teaspoonful of cinnamon. Pour two cupfuls of boiling water upon the soaked gelatine, and stir over the fire until well dissolved; add the juice and sugar, stir all together, and strain through a flannel bag into a pitcher, not shaking or squeezing it, lest it should become cloudy. Wipe off the outside of the oranges, set them close together in a dish, the open ends uppermost, and fill *very* full with the warm jelly, as it will shrink in cooling. Set it away in a cold place where there is no dust. Next day cut each in half with a sharp knife, taking care to sever the skin all around before cutting into the jelly. If neatly divided, the rich amber jelly will be a fan counterfeit of the orange pulp. Pile in a glass dish, with green leaves around, as you would the real fruit. This is a delicious dish, and it is highly ornamental on the table.

Apple Jelly.—Soak half a package Coxe's gelatine in one cupful of cold water. Pare, core, and slice a dozen well-flavored pippins, throwing each piece into cold water as it is cut to preserve the color. Pack them in a glass or stoneware jar with just cold water enough to cover them; cover the jar loosely that the steam may escape; set in a pot of warm water and bring to a boil. Cook until the apples are broken into pieces. Have ready in a bowl the soaked gelatine, two cupfuls of powdered sugar, the juice of two lemons, and the grated peel of one. Strain the apple pulp scalding hot over them; stir until the gelatine is dissolved; strain again through a flannel bag, without shaking or squeezing it; wet a mold with cold water, fill it, and set in a cold place until firm. This preparation is greatly improved if formed in a mold with a cylinder in the centre, the cavity being filled and heaped with whipped cream or syllabub.

Peach Jelly.—Proceed as in apple jelly, using peaches, with a few peach-kernels broken up and boiled with the fruit.

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Lemon Jelly.—Stir together two large cupfuls of sugar, the juice of six lemons and grated peel of two, and a package of well-soaked gelatine. Cover for an hour. Pour three pints of boiling water over them; stir until the gelatine is quite melted; strain through a close flannel bag, and pour into a wet mold.

Orange Jelly.—Soak a package of gelatine in two cupfuls of water; add two cupfuls of sugar, the juice of six large oranges, and grated peel of one, the juice of two lemons, and peel of one, and cover for an hour. Pour three pints of boiling water over them; stir until the gelatine is quite melted; strain through a flannel bag; add a little good brandy if desired and strain again; pour into a wet mold.

Orange Trifle.—Stir half a package of soaked gelatine into a cupful of boiling water. Mix the juice of two oranges and rind of one with a cupful of powdered sugar, and pour the hot liquid over them. Should the gelatine not dissolve readily, set all over the fire and stir until clear. Strain, and stir in the beaten yelks of three eggs. Heat quickly within a vessel of boiling water, stirring constantly lest the yelks curdle. If they do curdle, strain again through coarse flannel. Set aside until perfectly cold and slightly stiff, then whip in a pint of frothed cream. Wet a mold, fill, and set it on ice.

Orange Dessert.—Pare five or six oranges; cut into thin slices; pour over them a coffeecupful of sugar. Boil one pint of milk; add, while boiling, the yelks of three eggs, one tablespoonful of corn-starch (made smooth with a little cold milk); stir all the time; as soon as thickened, pour over the fruit. Beat the whites of the eggs to a froth; add two tablespoonfuls of powdered sugar; pour over the custard, and brown slightly in the oven. Serve cold.

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Apple Snow.—Grate half a dozen apples to a pulp; press them through a sieve; add half a cupful of powdered sugar and a teaspoonful of extract of lemon; take the whites of six eggs, whip them for several minutes, and sprinkle two tablespoonfuls of powdered sugar over them; beat the apple pulp to a froth, and add the beaten egg; whip the mixture until it looks like stiff snow; then pile it high in rough portions on a glass dish; garnish with small spoonfuls of currant jelly.

Floating Island.—Beat the yelks of six eggs until very light; sweeten and flavor to taste; stir into a quart of boiling milk; cook till it thickens; when cool, pour into a low glass dish; whip the whites of the eggs to a stiff froth; sweeten, and place over a dish of boiling water to cook. Take a tablespoon and drop on the whites of the cream, far enough apart so that the "little white islands" will not touch each other. By dropping little specks of bright jelly on each island a pleasing effect will be produced.

Blanc-mange.—Take one quart of milk, one ounce gelatine, and sugar to sweeten to taste; put it on the fire, and keep stirring until it is all melted, then pour it into a bowl and stir until cold; season with vanilla; pour it into a mold, and set in a cool place to stiffen.

Tapioca Blanc-mange.—Take one pint of new milk, half a pound of the best farina-tapioca soaked in water four hours, three-fourths of a cupful of sugar, two teaspoonfuls of almond or vanilla extract, a little salt. Heat the milk, and stir the soaked tapioca. When it has dissolved, add the sugar. Boil slowly fifteen minutes, stirring all the time; take from the fire, and beat until nearly cold. Flavor and pour into a mold dipped in cold water. Sago blanc-mange may be made in the same manner.

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Corn-starch Blanc-mange.—One quart of milk, four tablespoonfuls of corn-starch, wet with a little water, three eggs, whites and yelks beaten separately, one cupful of sugar, a little salt, flavor with lemon extract. Heat the milk to boiling; stir in the corn-starch and salt, and boil together five minutes; then add the yelks, beaten light, with the sugar; boil two minutes longer, stirring all the while; remove the mixture from the fire, and beat in the whipped whites while it is boiling hot. Pour into a mold wet with cold water, and set in a cold place. Eat with sugar and cream.

Chocolate Blanc-mange.—Heat a quart of milk; stir in a cupful of sugar and half a package of soaked gelatine; strain through flannel; add three large spoonfuls of grated chocolate; boil ten minutes, stirring all the time. When nearly cold, beat until it begins to stiffen. Flavor with vanilla; whip up once, and put into a wet mold. It will be firm in six or eight hours.

Neapolitan Blanc-mange.—Dissolve one-third of a box of gelatine, and stir into one quart of milk. Add three-fourths of a cupful of sugar. As soon as the gelatine is thoroughly dissolved, remove from the fire, and divide into three parts. Flavor one with vanilla; color another with the beaten yelk of one egg; color the third with grated chocolate. Set away, and when quite cold and a little stiff, pour into a mold—first the white, then the yellow, and last the brown.

Peach Meringue.—Put on to boil a scant quart of new milk, omitting half a teacupful, with which moisten two tablespoonfuls of corn-starch. When the milk boils, add corn-starch, stir constantly, and when it commences to thicken, remove from the fire; add one tablespoonful of perfectly sweet butter; let cool; then beat in the yelks of three eggs until the custard seems light and creamy; add one-half teacupful of fine sugar; cover the bottom of a well-buttered baking-dish with ripe, juicy peaches, that have been pared,

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oned, and halved; sprinkle two tablespoonfuls of sugar over the fruit, pour the custard over gently, and bake in a quick oven twenty minutes; draw it out, and cover with the well-beaten whites of the three eggs; sprinkle a little fine sugar over the top, and set in the oven until brown. Eat warm with sauce, or cold with cream.

Charlotte Russe.—Dissolve half a box of gelatine in cold water. Beat the yelks of four eggs with two cupfuls of white sugar. Whip one quart of sweet cream very stiff, add flavoring, then the yelks and sugar, and blend all the ingredients. Add the whites, turn into a bowl lined with sponge cake or lady-fingers, and set away to cool.

Charlotte Russe, No. 2.—Two tablespoonfuls gelatine soaked in a little cold milk two hours; two coffeecupfuls rich cream; one teacupful milk. Whip the cream stiff in a large bowl or dish; set on ice. Boil the milk and pour gradually over the gelatine until dissolved, then strain; when nearly cold add the whipped cream, a spoonful at a time. Sweeten with pulverized sugar and flavor with vanilla. Line a dish with lady-fingers or sponge cake; pour in the cream and set in a cool place to harden.

Chocolate Charlotte Russe.—Soak in cold water one ounce of isinglass or of gelatine; shave down three ounces of the best chocolate, without spice or sugar, and mix it gradually into one pint of cream, adding the soaked isinglass; set the cream, chocolate, and isinglass over the fire in a porcelain kettle, and boil slowly till the isinglass is dissolved, and the whole well mixed; take it off the fire and let it cool; have ready eight yelks of eggs and four whites beaten together until very light; stir them gradually into the mixture with half a pound of powdered sugar; simmer the whole, but do not let it boil; then take it off, and whip to a strong froth; line the molds with sponge cake, fill with the paste, and set them on ice.

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Figs a la Genevieve.—Dissolve two ounces of best sugar in half a pint of cold water in an enameled stewpan, with half the very thin rind of a large lemon; when this is done, put into it half a pound of Turkey figs, and put the stewpan over a moderate fire, so that the figs may stew very slowly; when quite soft, add one glassful of common port or any other wine, and the strained juice of half a lemon; serve them cold for dessert. About two hours or two hours and a half is the average time for stewing the figs, and the flavor may be varied by using orange peel and juice instead of lemon, and by boiling two or three bitter almonds in the sirup.

Biscuit Glace.—Make a quart of rich boiled custard, flavor it with vanilla, and let it cool. Then mix with it a quart of grated pineapple or mashed peaches. Stir them well together, and add enough sugar to allow for the loss in freezing. Freeze in the usual way, stirring in a pint of cream, whipped, when it is beginning to set in the freezer. Partly fill little paper cases with the mixture, and smooth the tops nicely. Place them carefully in the cleaned and dried freezer, and let them remain embedded in ice for several hours. Sometimes the cases are filled with pistachio or chocolate ice-cream, in which case blanched almonds are laid over the top, when they are served. Or they may be filled with frozen whipped cream, and served with a spoonful of some bright sherbet upon the top of each.

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XIII.—CAKES AND CAKE-BAKING.

BEST MATERIALS REQUISITE FOR CAKE-MAKING; WHAT THEY SHOULD BE; WEIGHING AND MEASURING INGREDIENTS; HOW TO MIX CAKE; FRUITS AND FLAVORS FOR CAKE; HOW TO BAKE CAKE; HOW TO TEST IT; HOW TO KEEP IT; HOW TO ICE IT. NINETY-SEVEN RECIPES FOR CAKES.

IN cake-making it is absolutely essential that the best materials be employed. Stale eggs, strong butter, musty flour, or common sugar are not so much as to be thought of in this connection. The idea that such refuse "will do for cooking" is most unworthy. When a luxury, such as cake, is attempted, the maker should certainly be willing to luxuriate in acceptable ingredients.

Flour for cake should be white and dry. It should always be carefully sifted. Sugar should be white, dry, and free from lumps. Eggs and butter should be sweet and fresh; the milk rich and pure. Fruit and extracts must be of the best. The weighing and measuring of ingredients must be accurately done. Guessing at quantities has spoiled many a cake.

For mixing cake, an earthen or wooden dish and a wooden spoon are requisite. Butter and sugar should be beaten together to a cream before using. Butter may be softened for this purpose, if too hard to manage readily, but it must not be melted. Whites and yelks of eggs must be beaten separately, until there is no stringiness visible, and the froth can be taken up on a spoon. Beat eggs in a broad, shallow dish, and in a cool place. It is well to lay the eggs in cold water for an hour before beating them, as they will beat the lighter for such treatment. Sweet milk is best for

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solid cake; sour milk, for light cake. The two should never be mixed.

Baking-powder should be mixed dry through the flour. Soda and cream of tartar should be dissolved in milk. Flavoring extracts, fruit, and spices must be added the last thing, and fruit should always be well sprinkled with flour before it is put in the dough. Currants and such fruit should be washed, picked over, and dried before using. Almonds should be blanched by pouring boiling water over them till they pop from their skins. Cake should be beaten as little as possible after the flour has been added. When it requires long baking, the bottom and sides of the pan should be lined with paper well buttered. This will insure the easy turning out of the cake when done.

Much of the success in cake-baking depends on the heating of the oven. If the oven is very hot when the cake goes in, it will bake on top before it becomes light. If the oven is too cool, it will rise and fall again before done. If the top of the cake browns too fast, cover it with thick paper. Try it by inserting a broom-splinter or knitting-needle in the thickest part of the cake, and if nothing adheres when it is drawn out, it is done. Turn out of the tins at once, taking care not to expose the cake to draft.

Cake should be kept in earthen pans or crocks, or tin boxes, but never in wooden boxes or drawers. It will keep better for being wrapped in a cloth, and more than is needed should not be cut.

Cake that is to be frosted should be baked in pans with perpendicular sides. The icing should be put on as soon as the cake is removed from the oven. This will insure its drying smooth and hard.

RECIPES.

Loaf Dutch Cake.—Take one cupful of light bread dough, one egg, sugar and salt to taste, half a teaspoonful of soda,

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half a pound of raisins, and, if desired, a little butter and nutmeg; work all together very smooth; let the dough rise about half an hour, and bake as bread.

Bread Cake.—Two coffeecupfuls of bread dough, two teacupfuls of sugar, two eggs, one teacupful of butter, two teaspoonfuls essence of lemon, one nutmeg, a teaspoonful each of cloves, cinnamon, and allspice, a wineglass of brandy, and a coffeecupful of raisins. Let it rise before baking.

Cinnamon Bun.—Put one pint of milk on to boil and mix a cupful of butter in a little lukewarm water; add a teaspoonful of salt, and half an yeast cake dissolved in lukewarm water; add two quarts of sifted flour; mix all together, and let it stand over night till morning. Now beat two eggs and half a cupful of sugar until light, and mix it with the dough; use just flour enough on the board to keep the dough from sticking; roll the dough out into a sheet one-fourth of an inch in thickness; spread a little butter, and sprinkle a little sugar on it, then some pulverized cinnamon, a few currants or chopped raisins. Now roll the sheet up into one long roll and cut in pieces about one inch thick; a sharp knife must be used for this purpose; put the pieces in a baking-pan, the cut side or end downward, and let them stand in a warm place for an hour, when they will be ready for the oven, which must be moderately heated.

Soft Molasses Cake.—Into one pint of molasses, put one tablespoonful of ginger, one teaspoonful of cinnamon, one tablespoonful of butter; add one teaspoonful of soda and two teaspoonfuls cream of tartar in one-half cupful of milk, one egg, and two and a half cupfuls of flour. Bake half an hour.

Gingerbread.—One cupful of molasses, one cupful of butter, two cupfuls of sugar, one cupful of sour milk, four eggs, three cupfuls of flour, one tablespoonful of ginger, and one teaspoonful of soda. Mix well and bake quickly.

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Ginger Snaps.—Mix one pint of flour, one cupful of sugar, a piece of butter the size of two eggs; three heaping tablespoonfuls of ginger, and a little salt. Pour into this two cupfuls of heated molasses. Add flour enough to make it roll out thin. Bake three or four minutes.

Cookies.—Six cupfuls of flour, two of sugar, one of butter, one of milk, teaspoonful of soda, flavored with cinnamon or nutmeg, as you like. Roll thin, cut with biscuit-cutter, and bake quick.

Small Sugar Cakes.—One heaping teacupful of sugar; three-quarters teacupful of butter; one-quarter teacupful sweet milk; two eggs, well beaten; two teaspoonfuls cream tartar; one teaspoonful soda, dissolved in hot water; use flour sufficient to enable you to roll out the dough; one saltspoonful salt, nutmeg and cinnamon to taste. Cut into round cakes and bake quickly.

Knickerbocker Cakes.—Beat half a pound of fresh butter to a cream; add half a pound of powdered sugar, three-quarters of a pound of sifted flour, a tablespoonful of orange-flower water, and one of brandy, and four ounces of washed currants; add five well-beaten eggs, and beat the mixture until very light. Line some shallow cake-tins with buttered paper, pour in the mixture until they are half full, and bake in a quick oven.

Scotch Wafers.—Take one pound of sugar, half a pound of butter, one pound of flour, two eggs, two teaspoonfuls of cinnamon. Roll thin and bake quickly.

Shrewsbury Cakes.—Mix a pound of flour and a half pound of butter; stir in a pound of brown sugar and two tablespoonfuls of cinnamon. Mix all thoroughly into a paste with three eggs, roll very thin, using as little flour as possible, and bake in a quick oven.

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Soft Cookies.—One egg, two cupfuls of sugar, two cupfuls of cream, one even teaspoonful of soda, salt and flavor to taste. Flour to stiffen so they will drop from the spoon; leave a space between them, as they spread in baking.

Apees.—One cupful of butter, one large cupful of sugar, three eggs, half a teaspoonful of soda, one teaspoonful of cream tartar, and flour enough to roll out thin. Bake quickly.

Cinnamon Cakes.—Take six ounces of butter, a pound of fine, dry flour, three-quarters of a pound of sifted sugar, and a dessertspoonful of pounded cinnamon. Make these ingredients into a firm paste with three eggs, or four, if needed. Roll it, not very thin, and cut out the cakes with a tin shape. Bake them in a very gentle oven from fifteen to twenty minutes, or longer, should they not be done quite through.

Lemon Cakes.—Lemon cakes can be made on the above recipe by substituting for the cinnamon the rasped or grated rinds of two lemons, and the strained juice of one, when its acidity is not objected to.

Seed Cakes.—Two pounds of flour, one pound of sugar, fourteen ounces of butter, one tablespoonful of caraway seed, half a pint of milk, two tablespoonfuls of saleratus. Rub the butter, sugar, and flour together, then add all the other ingredients; knead all well together into a smooth dough; roll it out quite thin, cut with a round cutter, place the cakes on tins, and bake in a *moderate* oven.

Walnut Cakes.—One pound of sugar, six eggs, three teaspoonfuls of yeast-powder, half a pound of butter, flour to make a dough, and one cupful of walnut kernels; bake in a moderate oven.

Jumbles.—Three-fourths of a cupful of butter, one and a half cupfuls of sugar, three eggs, three tablespoonfuls of

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milk, flour enough to make it roll, and a teaspoonful of baking-powder; roll; sprinkle with granulated sugar and gently roll it in; cut out, with a hole in centre, and bake.

Currant Jumbles.—One pound each of flour and powdered loaf sugar, half a pound each of butter and currants, eight eggs, brandy to taste; cut out as in plain jumbles and bake on tins.

Cocoanut Cookies.—One cupful of butter, two cupfuls of sugar, two cupfuls of prepared or grated cocoanut, two eggs, flour enough to make a stiff batter, and one teaspoonful of soda; drop on buttered paper in pans.

Doughnuts.—Two teacupfuls of sugar, three eggs, one and a half teacupfuls of buttermilk or sour milk, two teaspoonfuls of saleratus, one teaspoonful of salt, six tablespoonfuls of melted lard, flour enough to roll out nicely; boil or fry in lard enough to cover them. If not well covered in the cooking they will be tough.

Raised Doughnuts.—One pint of sweet milk, one half pint of lard, one pint of sugar, three eggs. Mix soft at night, using the milk, one-half the sugar and lard, and one-half pint of yeast. In the morning, add the rest with the eggs, one nutmeg, two tablespoonfuls of whisky, and a little soda. Knead well, and allow to rise. When light, roll out thin, and after cutting, let rise again before frying. One-half beef suet and one-half lard is better to fry them in than all lard.

Crullers.—Two cupfuls of sugar, one-half cupful of butter, one-half cupful of milk, two eggs, one teaspoonful of soda, two of cream tartar. Roll out, and cut according to fancy, and boil in fat.

French Straws.—Mix well eight eggs, ten ounces of sugar, and half a teaspoonful of cinnamon and nutmeg with flour enough to form a dough; beat the eggs very thick and add

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the sugar, spices, and flour; knead well, and roll to about half an inch thick; cut in strips, give each a twist, and boil them in plenty of lard to a rich yellow; sift sugar on when cool.

Love Knots.—Five cupfuls of flour, two of sugar, one of butter, a piece of lard the size of an egg, two eggs, three tablespoonfuls of sweet milk, half a teaspoonful of soda; rub the butter, sugar, and flour together fine, add the other ingredients, roll thin, cut in strips one inch wide and five inches long, lap across in true-love knots, and bake in a quick oven.

One, Two, Three, Four Cake.—One cupful of butter, two cupfuls of sugar, three cupfuls of flour, four eggs; rub well together, and add some milk or cream, with one teaspoonful of soda and two teaspoonfuls of cream of tartar; flavor with grated lemon rind and juice; bake carefully in a quick oven.

Tea Cake.—Three and a half cupfuls of flour, two of sugar, one of butter, four eggs, a teaspoonful of soda in a tablespoonful of milk or wine, and a half grated nutmeg. Bake carefully in quick oven.

Tumbler Cake.—Five tumblerfuls of flour, three of sugar, two of butter, four eggs, one of milk, one pint and a half of raisins, stoned, one nutmeg, one teaspoonful of allspice, a teaspoonful of soda dissolved in the milk. Bake in deep pan with a hot oven.

Cider Cake.—Two cupfuls of sugar, one cupful of butter, five eggs, one and one-half cupfuls of cider, with one teaspoonful of soda dissolved in it; spices or nutmeg to taste; four and one-half cupfuls of flour, two cupfuls of fruit. Bake quickly.

Puff Cake.—Two cupfuls of sugar, one of butter, one of sweet milk, three of flour, three eggs, one and one-half teaspoonfuls of yeast powder, extract of lemon. Bake quickly

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Pinafore Cake.—One cupful of butter, three half cupfuls of sugar, three half cupfuls of flour, one-half cupful of corn-starch, one-half cupful of milk, four eggs, one teaspoonful of cream of tartar, one-half teaspoonful of soda, and a pinch of salt. Flavor to taste.

Cork Cake.—Two cupfuls of sugar, two-thirds of a cupful of butter, three eggs, one cupful of warm milk, three cupfuls of flour, a teaspoonful of baking-powder, and a half pound of currants. Use the whites of two of the eggs for icing. and put the yelks into the cake.

Poor Man's Cake.—One cupful of cream, one of sugar, two of flour, one egg, one teaspoonful of soda, and two of cream tartar.

Cup Cake.—One cupful of butter, two cupfuls of sugar, half a cupful of molasses, one teaspoonful of soda, two of cream tartar in half a cup of milk, two eggs, and two and a half cups of flour.

Moravian Cake.—Two cupfuls of sugar, one cupful of butter, five eggs, two cupfuls of flour, half a cupful of sour milk, one teaspoonful of cream tartar, and half a teaspoonful of soda. Flavor with a little grated nutmeg and a teaspoonful of vanilla.

Silver Cake.—Whites of twelve eggs, five cupfuls of flour, three cupfuls of sugar, one cupful of butter, one and one-half cupfuls of sweet milk, one teaspoonful of soda, two tea-spoonfuls of cream tartar, one teaspoonful of almond extract.

Gold Cake.—Substitute the yelks for whites of eggs, and flavor with vanilla, then make it same as preceding recipe.

Lincoln Cake.—Two cupfuls of sugar, half a cupful of butter, two eggs, one cupful of cream or sour milk, three cupfuls of flour, one teaspoonful of cream tartar, half a tea-spoonful of soda, and one teaspoonful of essence of lemon.

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Washington Cake.—One pound of flour, one pound of sugar, half a pound of butter, five eggs, one pound of raisins, one cupful of brandy and water, one teaspoonful of soda, two of cream tartar.

Pound Cake.—One pound of butter, one pound of sugar, one pound of flour, and eight eggs. Bake one hour.

White Pound Cake.—Beat to a cream one pound of sugar and one-half pound of butter; two teaspoonfuls of baking-powder in one pound of flour; whites of sixteen eggs beaten very stiff and added last. Cover with frosting before it cools.

Sponge Cake.—Five eggs, half a pound of sugar, quarter pound of flour, juice and rind of half a lemon. Beat yelks of eggs, sugar, and lemon together till light; add half the beaten whites, then half the flour, the balance of the whites and balance of flour. Avoid beating after the ingredients are all together.

Almond Sponge Cake.—Take half a pound of loaf sugar; rub the rind of a lemon on a few of the lumps, and crush the whole to a powder; separate the whites from the yelks of five eggs, beat the yelks, and add the sugar gradually; then beat the whites to a stiff froth; add it to the dish, and sift in flour enough to make a batter; add a tablespoonful of essence of almonds; butter and paper a tin, pour in the mixture until the tin is two-thirds full, and bake one hour in a moderate oven. The bottom of the tin may be studded with small pieces of almonds.

Cream Sponge Cake.—Beat together a cupful of sugar and the yelks of three eggs. Add a half teaspoonful of soda, a teaspoonful of cream tartar, a cupful of flour, and the whites of the eggs. Bake in three layers, and put between them the following filling: One egg, a half cupful of cream, a cupful of sugar, and a piece of butter the size of a walnut. Boil till like a cream, and when cold flavor to taste.

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Snow Cake.—Take one pound of arrowroot, quarter of a pound of powdered white sugar, half a pound of butter, the whites of six eggs, flavoring to taste. Beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture; whisk the whites of the eggs to a stiff froth; add them to the other ingredients, and beat well for twenty minutes; flavor with essence of almond, vanilla, or lemon, as may be preferred; pour into a buttered mold or tin, and bake in a *moderate* oven.

Spice Cake.—One cupful each of butter and cold water, three cupfuls of flour, two cupfuls of sugar, three eggs, one teaspoonful of soda, two teaspoonfuls of ground cinnamon, one-fourth pound each of currants and raisins.

Spice Cake, No. 2.—One cupful of butter, two cupfuls of sugar, four eggs, a teaspoonful of cream tartar, half a teaspoonful of soda, half a cupful of sour milk, one cupful of molasses, three cupfuls of flour, a teaspoonful of ground cloves, two teaspoonfuls of cinnamon, two teaspoonfuls of ginger, one nutmeg, and a small pinch of Cayenne pepper.

Coffee Cake.—One cupful of brown sugar, one cupful of butter, one cupful of strained coffee, one cupful of molasses, three eggs well beaten, one pound of raisins, two cupfuls of flour, two teaspoonfuls of baking-powder.

Wine Cake.—Beat to a cream half a cupful of butter with two full cups of powdered sugar; add the yelks of four eggs, and half a glass of sherry wine; beat till very light; add half a cupful of cream with a pinch of soda in it; beat two minutes, and stir in very quickly the whites of the eggs, three and a half cupfuls of prepared flour, and a little grated nutmeg.

Fig Cake.—One cupful butter, two and a half cupfuls sugar, one cupful of milk, six cupfuls of flour, three teaspoonfuls baking-powder, whites of sixteen eggs, and, at the

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last, one and a quarter pounds of figs, cut and floured. Bake well but do not burn.

Walnut Cake.—One coffeecupful of sugar, two of raisins (stoned and chopped), one cupful and a half of flour, half a cupful of butter, half a cupful of sweet milk, three eggs, two teaspoonfuls of baking-powder, half a nutmeg grated, one teaspoonful of lemon or vanilla, one cup heaping full of nuts, which must be cracked and picked, before anything else is done to the cake. Bake slowly, with a buttered paper in the bottom of the tin.

Hickorynut Cake.—One pound of flour, three-quarters of a pound of sugar, half a pound of butter, half a pint of milk, five eggs, two quarts of hickorynuts, one teaspoonful of soda, and two of cream tartar.

Cocoanut Cake.—One pound of grated cocoanut, one pound of sugar, one-half pound of butter, six eggs, three-quarters of a pound of flour. Flavor to taste.

New Year's Cake.—One and a quarter pound of raisins, seeded, one and a quarter pounds of currants, half a pound of sliced citron, half a pound of butter, half a pound of brown sugar, half a pound of flour, five eggs, half a tumbler-ful of brandy, half a bottle of rose-water, one teaspoonful of cinnamon, two of cloves, two of mace, and a grated nut-meg.

Currant Cake.—One cupful of butter, two cupfuls of pow-dered sugar, four eggs, half a cupful of sweet milk, three cupfuls of prepared flour, half a nutmeg grated, and half a pound of currants washed, dried, and dredged with flour.

Citron Cake.—Six eggs, beaten light and the yelks strained; two cupfuls of sugar, three-quarters of a cupful of butter, two and one-half cupfuls of prepared flour, or enough to make good pound cake batter. With some brands you may need three cupfuls; one-half pound of citron cut in thin

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shreds; juice of an orange, and one teaspoonful of grated peel. Cream the butter and sugar; add the yelks, the whites, and flour by turns, then the orange, and lastly, the citron, dredged with flour. Beat all up hard, and bake in two loaves.

Plum Cake.—Two and a half pounds of raisins, two and a half pounds of currants, one pound of citron, one pound of butter, one pound of sugar, ten eggs, one pound of flour, one-half pint of brandy, and a little molasses.

Fruit Cake.—Take of butter two cupfuls; sugar, four cupfuls; molasses, one cupful; sour milk, two cupfuls; flour, eight cupfuls; eggs, eight; soda, one tablespoonful; cloves, two tablespoonfuls; cinnamon, two tablespoonfuls; raisins, two pounds; currants, two pounds; almonds, one pound; citron, half a pound; two nutmegs; two lemons cut fine; bake four hours.

Wedding Cake.—One pound of powdered sugar, one pound of butter, one pound of flour, twelve eggs, one pound of currants well washed and dredged, one pound of raisins, seeded and chopped, one-half pound of citron cut in slips, one tablespoonful of cinnamon, two teaspoonfuls of nutmeg, one teaspoonful of cloves, one wineglass of brandy. Cream the butter and sugar, add the beaten yelks of the eggs, and stir all *well* together before putting in half of the flour. The spice should come next, then the whipped whites stirred in alternately with the rest of the flour, lastly the brandy. The above quantity is for two large cakes. Bake at least two hours in deep tins lined with well-buttered paper. The icing should be laid on stiff and thickly. Bake this well, and, if kept in a cool, dry place, it will not spoil in two months. Test the cakes well, and be sure they are quite done before taking them from the oven.

Black Cake.—One pound of browned flour, one pound of brown sugar, one pound of citron, two pounds of currants,

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three pounds of stoned raisins, three-quarters of a pound of butter, one teacupful of molasses, two teaspoonfuls of mace, two teaspoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful of soda, twelve eggs.

Farmers' Fruit Cake.—Three cupfuls of dried apples, two cupfuls of molasses, one cupful of butter, one cupful of brown sugar, one pound of raisins, one quarter pound of citron, two eggs, one lemon (both juice and rind), two teaspoonfuls of soda, one pound and small cup of flour. Soak the apples over night, chop fine, and boil till done in the molasses and one cupful of the water they were soaked in. Flavor with nutmeg, cinnamon, and a very little cloves. Bake three hours.

Chocolate Cake.—One cupful butter, two cupfuls sugar, two and one-half cupfuls flour, five eggs, one cupful sour milk, one teaspoonful soda, dissolved in a little boiling water; one-half cake Baker's chocolate, grated and put in the cake before stirring in the flour, with one teaspoonful of vanilla. Bake in jelly tins in four layers.

Chocolate Cake, No. 2.—One cupful of butter, two cupfuls of sugar, three cupfuls of flour, half cupful sweet milk, half teaspoonful soda, one teaspoonful of cream tartar, seven eggs. Bake in layers, and put between the layers the following filling: Quarter of a pound of Baker's best vanilla chocolate, one gill of sweet milk, one egg, sugar to taste. Scald the gill of milk and the chocolate together; beat one egg thoroughly, and stir it in; add sugar and vanilla to taste.

Chocolate Cake, No. 3.—Two cupfuls of sugar, one of butter, five eggs, half a teaspoonful of soda, a teaspoonful of cream tartar, half a cupful of sour milk. Grated nutmeg and vanilla. Bake in layers, and put between the layers the following filling: One cupful of Baker's chocolate, grated, and a small cupful of sugar. Put in a dry bowl, and stand

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the bowl in a pan of boiling water. Stir until the heat of the bowl dissolves the chocolate and sugar into a thick paste. Add a tablespoonful of clear table sirup and two eggs well beaten. Let this cook in the boiling water about ten minutes, then add two teaspoonfuls of vanilla.

Jelly Cake.—Beat three eggs well, the whites and yelks separately; take a cupful of fine white sugar, and beat that in well with the yelks, and a cupful of sifted flour, stirred in gently; then stir in the whites, a little at a time, and a teaspoonful of baking-powder and one tablespoonful of milk; pour it in three jelly-cake plates, and bake from five to ten minutes in a well-heated oven, and when cold spread with currant jelly, and place each layer on top of the other and sift powdered sugar on the top.

Jelly Roll.—Add one cupful of powdered sugar and one cupful of flour to three well-beaten eggs; stir well, and add one teaspoonful of cream of tartar, half a teaspoonful of saleratus dissolved in three teaspoonfuls of water; bake in two pie-pans; spread as evenly as possible; as soon as done, turn the cake, bottom side up, on to a dry towel; spread it evenly with jelly, roll up quickly, and wrap closely in the towel.

Peach Cake.—Bake sponge cake in layers; cut peaches in very thin slices, and spread upon the cake; sweeten, flavor, and whip some sweet cream, and spread over each layer and over the top.

Pineapple Cake.—One cupful of butter, two cupfuls of sugar, one cupful milk, three cupfuls of flour, whites of six eggs and yelks of four, three teaspoonfuls of baking-powder well mixed through flour; bake in jelly-cake pans; grate a pineapple; sprinkle with sugar, spread between the layers; pineapple jam may be substituted; frost the outside; beat two tablespoonfuls of the pineapple into the frosting.

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Cocoanut Cake.—Two eggs, one cupful white sugar, one-half a cupful sweet milk, one-quarter cupful of butter, one and one-half cupfuls of flour, one and one-half teaspoonfuls baking-powder. Bake in a moderate oven in pans one inch deep. To prepare the desiccated cocoanut, beat the whites of two eggs to a stiff froth, add one cupful of pulverized sugar and the cocoanut, after soaking it in boiling milk. Spread the mixture between the layers of cake and over the top.

White Mountain Cake.—Make the cake with one pound of flour, one pound of sugar, half a pound of butter, six eggs, one cupful of milk, one small teaspoonful of saleratus dissolved in the milk. Bake four thin cakes in flat pie plates; frost each of these cakes, laying one on another. When all are done, even the edges with a knife and frost the sides. Use the following frosting preparation: Beat to a standing froth the whites of four eggs made thick with sifted, refined sugar, and add the sugar and juice of one lemon.

Delicate Cake.—Two cupfuls of pulverized sugar, half a cupful of butter, three cupfuls of flour, nearly three-fourths of a cupful of milk, whites of eight eggs, half a teaspoonful of cream tartar, one-fourth teaspoonful soda. This may be baked in jelly cake tins and put together with icing.

Cream Cake.—Take two cupfuls of sugar, two-thirds of a cupful of butter, one cupful milk, one teaspoonful of soda, one and a half teaspoonfuls of cream of tartar, two and a half cupfuls of flour, three eggs. Make the custard for the cake with one cupful of milk, and one teaspoonful of corn-starch dissolved in it, and brought to a boiling heat, with the yelk of one egg dropped in to color it. Flavor with lemon or vanilla; let it cool. Bake your cake in round pie-tins; use just enough batter in the tin so that when they are baked two of them put together will make one proper sized cake. Make the custard first, and let it cool; put the

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cakes together when they are warm, with plenty of custard between them.

Orange Cake.—Two cupfuls of sugar, one of butter, five eggs, half a cupful of sour milk, one teaspoonful of cream tartar, half a teaspoonful of soda, and two cupfuls of flour. Bake in four layers, and put between the layers the following filling: Beat two eggs, add to them a small cupful of sugar, heaping tablespoonful of butter. Simmer gently until it thickens. Remove from the fire, add the juice, grated pulp, and part of the rind of one large orange.

Ice-Cream Cake.—Two cupfuls of sugar, half a cupful of butter, three eggs, a cupful of milk, three cupfuls of flour, two teaspoonfuls of baking-powder. Bake in layers. Boil two small cupfuls of sugar and two-thirds of a cupful of water for ten minutes. Beat the white of an egg, and pour it over the mixture when it cooks a little. Beat till cold and stiff, and put between the layers.

Union Cake.—Two-thirds of a cupful of butter, two cupfuls of sugar, one cupful of milk, three cupfuls of flour, four eggs, two-thirds of a teaspoonful of cream tartar, and one-third of a teaspoonful of soda. Divide into three equal parts, and into one part put a cupful of seeded raisins, two-thirds of a cupful of currants, and one-quarter pound of citron. Bake in three pans of the same size. Put icing, flavored with extract of lemon, between the layers and on the top and sides.

Marble Cake.—Two cupfuls of white sugar, one cupful of butter, the whites of seven eggs, two teaspoonfuls of cream tartar, one of soda, three and a half cupfuls of flour, and half a cupful of milk. In another bowl three cupfuls of brown sugar, one of butter, one of molasses, the yelks of seven eggs, two tablespoonfuls of cinnamon, two of allspice, one teaspoonful of cloves, half a nutmeg, half a cupful of milk, three cupfuls of flour, one teaspoonful of soda, and two of

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cream tartar. Arrange by dropping in first a tablespoonful of dark batter, then of the light, to imitate marble.

Watermelon Cake.—White part: One-half cupful of butter, one cupful of powdered sugar, whites of three eggs, one-third of a cupful of sweet milk, half a tablespoonful of baking-powder, and three half cupfuls of flour.—Red part: One-half cupful of butter, one cupful of red sugar, yelks of five eggs, one-third of a cupful of sweet milk, one tablespoonful of baking-powder, two cupfuls of flour, and half a pound of seeded raisins. Put the red part in the centre of the pan, with the white on the outside. Raisins may be introduced in the red part to represent seeds. Red sugar can be had of the confectioners.

Neapolitan Cake.—Mix a *yellow* portion thus: Two cupfuls of powdered sugar, one cupful of butter stirred to light cream with sugar; five eggs beaten well, with yelks and whites separately; half a cupful of sweet milk, three cupfuls of prepared flour, a little nutmeg.

Mix a *pink and white* portion thus: One pound of powdered sugar, one pound of prepared flour, half a pound of butter creamed with sugar, the whites of ten eggs whisked stiff. Divide this batter into two equal portions. Leave one white, and color the other with a very little prepared cochineal or with red sugar.

Mix a *brown* portion thus: Three eggs beaten light, one cupful of powdered sugar, quarter cupful of butter creamed with sugar, two tablespoonfuls of cream, one *heaping* cupful of prepared flour, two tablespoonfuls of vanilla chocolate grated and rubbed smooth in the cream, before it is beaten into the cake.

Bake each of these parts in jelly-cake tins. The above quantities should make three cakes of each color.

Mix a filling for the cake thus: Two cupfuls of sweet milk, two tablespoonfuls of corn-starch, wet with milk, two

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eggs, two small cupfuls of fine sugar. Heat the milk, stir in the sugar and corn-starch, boil five minutes, and put in the eggs. Stir steadily until it becomes quite thick. Divide this custard into two parts. Stir into one two tablespoonfuls of grated chocolate and a teaspoonful of vanilla; into the other, bitter almond.

Prepare another filling thus: Whites of three eggs, whisked stiff, one heaping cup of powdered sugar, juice and half the grated peel of one lemon. Whip all together well. Lay the brown cake as the foundation of the pile; spread with the yellow custard; add the pink, coated with chocolate; then add the white and yellow with the frosting between them. Vary the order as fancy dictates. Cover the top with powdered sugar or with icing.

Angel's Food.—Use the whites of eleven eggs, a scant pint of granulated sugar, a large half pint of flour, one teaspoonful of cream tartar (even full), and a teaspoonful of vanilla. Sift the flour four times, then measure; add cream of tartar, and then sift again. Sift the sugar four times, then measure it. Beat the eggs to a stiff froth on a large dish, and on same dish add the sugar quickly and lightly; add the flour in the same way, and last of all the vanilla. Put at once into a moderate oven, and bake forty minutes or more. Do not grease the pans. Turn upside down to cool, putting small blocks of wood under the edges that air may reach the cake.

Macaroons.—Blanch half a pound of almonds with boiling water, and pound them to a smooth paste. Add a tablespoonful of essence of lemon, half a pound of powdered sugar, and the whites of two eggs. Work the paste well together with the back of a spoon. Wet your hands, and roll them in balls the size of a nutmeg, and lay them an inch apart on a sheet of paper. Wet your finger, and press gently over the surface to make them shiny. Bake three-quarters of an hour in a very moderate oven.

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Chocolate Macaroons.—Put three ounces of plain chocolate in a pan, and melt on a slow fire; then work it to a thick paste with one pound of powdered sugar and the whites of three eggs; roll the mixture down to the thickness of about one-quarter of an inch; cut it in small, round pieces with a paste-cutter, either plain or scalloped; butter a pan slightly, and dust it with flour and sugar in equal quantities; place in it the pieces of paste or mixture, and bake in a hot but not quick oven.

Cream Puffs.—Stir one-half pound of butter into a pint of warm water, set it on the fire in a saucepan, and slowly bring it to a boil, stirring often. When it boils, put in three-quarters of a pound of flour, and let it boil one minute, stirring constantly. Take from the fire, and turn into a deep dish to cool. Beat eight eggs light, and whip into this cool paste, first the yelks, then the whites. Drop in great spoonfuls on buttered paper so as not to touch or run into each other, and bake ten minutes. Split them, and fill with the following cream: One quart of milk, four tablespoonfuls of corn-starch, two eggs, two cupfuls of sugar. Stir while boiling, and when thick, add a teaspoonful of butter. When cold, flavor.

Kisses.—Beat the whites of four eggs very stiff, add one-half pound of pulverized sugar, and flavor to taste. Beat until very light, then lay in heaps the size of an egg on paper. Place the paper on a piece of wood half an inch thick, and put in a hot oven. Make the surface shiny by passing over it a wet knife. Bake until they look yellowish, when they are done.

Chocolate Kisses.—Beat stiff the whites of two eggs; beat in gradually one-half pound of powdered sugar. Scrape fine one and a half ounces of chocolate; dredge with flour, mixing the flour well; add this gradually to the eggs and sugar, stirring the whole very hard. Cover the bottom of a pan with

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white paper, and place on it spots of powdered sugar the size of half-dollars. Heap the mixture on these spots, smooth with a broad knife, sift with powdered sugar, and bake quickly.

Cocoanut Steeples.—One pound of powdered sugar; one-half pound of grated cocoanut; whites of five eggs. Whip the eggs as for icing, adding the sugar as you go on until it will stand alone, then beat in the cocoanut. Mold the mixture with your hands into small cones, and set these far enough apart not to touch one another upon buttered paper in a baking-pan. Bake in a very moderate oven.

Meringues.—Mix the whites of four eggs, beaten to a stiff froth, with one pound of pulverized sugar, and flavored to the taste. Beat stiff, bake the same as macaroons, when light brown, slip them from the papers, and put the smooth sides together, with jelly between.

Lady-fingers.—One-half pound pulverized sugar and six yelks of eggs, well stirred; add one-fourth pound flour, whites of six eggs, well beaten. Bake in lady-finger tins, or squeeze through a bag of paper in strips two or three inches long.

Lady-fingers, No. 2.—Rub half a pound of butter into a pound of flour; to this add half a pound of sugar, the juice and grated rind of one large lemon, and, lastly, three eggs, the whites and yelks beaten separately, and the whites stirred in after all the other ingredients are well mixed together. This dough, if properly made, will be stiff enough to make rolls about the size of a lady's finger; it will spread when in the oven, so that it will be of the right size and shape. If you wish them to be especially inviting, dip them in chocolate icing after they are baked, and put two together. See that the icing is so hard that it will not run, and set the cakes on a platter in a cool room until the icing is firm.

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Eclairs a la Creme.—Three-fourths pound flour, one pint water, ten eggs, one-half cupful butter. Put the water on the fire in a stewpan with the butter; as soon as it boils stir in the sifted flour; stir well until it leaves the bottom and sides of the pan, when taken from the fire; then add the eggs, one at a time. Put the batter in a bag of paper, and press out in the shape of fingers on a greased tin. When cold, fill with cream, prepared as follows: One and one-half pints of milk, two cupfuls sugar, yelks of five eggs, one tablespoonful butter, three large tablespoonfuls corn-starch, two teaspoonfuls extract vanilla. Frosted with chocolate, they are much improved in appearance and flavor.

Icing for Cakes.—In making icing, use at least a quarter of a pound of pulverized sugar to the white of each egg; if not stiff enough, add more sugar. Break the whites into a broad, cool dish, and throw in a small handful of sugar. Begin whipping it in with long, even strokes of the beater, adding the sugar gradually. Beat until the icing is smooth and firm, then add the flavoring. Spread it on the cake with a broad-bladed knife, dipped in cold water. If ornamentation of the icing is desired, it may be done by affixing prepared leaves, flowers, etc., which can be had at the confectioners' stores or at their supply stores. To make letters, tracery, etc., for cakes, roll into a funnel shape a piece of thick, white paper; fill this with icing in the soft state, allowing it to drip out slowly from the small end of the paper cone. Apply this carefully, and allow it to harden.

Orange Icing.—Whites of two eggs, one-half pound of pulverized sugar, and the juice of a large orange, treated as above.

Lemon Icing.—Whites of two eggs, one-half pound of pulverized sugar, juice and part of the rind of one lemon.

Chocolate Icing.—Whites of two eggs, one-half pound of

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pulverized sugar, and three tablespoonfuls of grated chocolate.

Almond Icing.—The whites of three eggs, one cupful of pounded blanched almonds, three-quarters of a pound of pulverized sugar, and a little almond extract.

Banana Icing.—Whites of two eggs, one-half pound of pulverized sugar, and one banana finely crushed through it. This cake should be eaten the same day it is made, as the banana discolors over night.

Cocoanut Frosting.—Whites of two eggs, one-half pound of pulverized sugar. Spread on the cake, then sprinkle thickly with grated cocoanut. This will make a whiter frosting than results from stirring in the cocoanut.

Cooked Frosting.—One cupful of granulated sugar, wet with a little water. Let it boil without stirring until it begins to thicken. Beat the whites of two eggs very light. Strain the boiled sugar into them slowly, beating all the time. Flavor to taste.

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XIV.—FRESH FRUITS AND NUTS.

VALUE OF FRESH FRUITS ON THE TABLE; ABUNDANCE OF FRUITS; NUTRITIVE VALUE OF FRUITS; WHERE TO GATHER AND HOW TO STORE FRUITS. TWENTY-TWO RECIPES FOR SERVING FRESH FRUITS AND NUTS.

FRESH fruits are a most delightful accessory to the table supply of both rich and poor. They are so great in variety, so rich in flavor, so beautiful in appearance, so healthful, and of so long continuance in most parts of the country, that it behooves every housekeeper to familiarize herself with the best methods of using fresh fruits to advantage.

A few years ago each locality depended upon its own local crop of fruits. Now the railroads bring early fruits from the far South and late fruits from the far North, so that at the centres of population the several fruit seasons are delightfully prolonged. Nor are we restricted to our own country's production. Such are the facilities for rapid and safe communication from distant points, that the world lays her tribute of fruits, sweet and sound, at the door of the enlightened nations.

Fruits do not take an important place as nutrients. They belong rather among the luxuries, and yet, as an agreeable stimulant to digestion, they occupy a front rank. In many conditions of health, some of the fruits are the only articles the invalid can enjoy, and their genial influences contribute greatly to the general improvement of a patient's appetite.

Fruits intended for immediate use should be gathered early in the morning, while the coolness of the night dews

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is upon them. They should be just ripe, neither overdone nor underdone, in nature's great process of preparing them for human food. Fruit for storage is best gathered at the middle of a dry day. It should be *nearly* ripe. If unripe, or overripe it will not keep well. A moist atmosphere, but not one positively damp, is best for the storing of fruit. An ordinary cellar does better than a dry storeroom. Fruit keeps better in the dark than in the light.

All varieties of nuts belong to the albuminous fruits and are very nutritious, though the richer nuts are not easy of digestion owing to their oily properties.

The supply of peanuts once came wholly from Africa, but our Southern States have so successfully cultivated this popular nut that we are now independent. The bulk of the supply is from Virginia, North Carolina, and Tennessee. During a single season the crop of Virginia rose to one million one hundred thousand bushels, of Tennessee, five hundred and fifty thousand bushels, and of North Carolina, one hundred and twenty thousand bushels.

The Texas pecan is especially in demand. While a few years ago several barrels of pecans abundantly supplied the demand, carloads and invoices of one or two hundred barrels are not now uncommon.

In the Eastern States hickory nuts are sufficiently plentiful to ship to New York half a dozen carloads a week when demanded.

The chestnut is becoming scarcer every year, but their great popularity will probably prevent their total disappearance, as they are already being successfully cultivated, and it is expected that in a few years the cultivated nut will equal in quality the high-priced Italian chestnuts.

RECIPES.

Watermelons.—Wipe watermelons clean when they are taken from the ice. They should lie on ice for at least four

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hours before they are eaten. Cut off a slice at each end of the watermelon, then cut through the centre; stand on end on platter, and slice down, allowing each slice a part of the centre, or heart.

Nutmegs, etc.—Wash nutmegs and muskmelons; wipe dry; cut in two; shake out the seeds lightly, and put a lump of ice in each half. Eat with pepper and salt. A silver spoon is a neat and pleasant article with which to eat small, ripe melons.

Pineapples.—Slice on a slaw-cutter, or very thin with a knife; mix with finely powdered sugar. Set on ice till ready to serve.

Oranges are nice served whole, the skins quartered and turned down. Form in a pyramid with bananas and white grapes.

Orange and Cocoanut.—A layer of oranges sliced, then sugar, then a layer of cocoanut, grated; then another of oranges, and so on until the dish is full. This is by many known as *Ambrosia.*

Sliced Peaches.—Peel and slice ripe peaches. Lay them in a dish with plenty of sugar for an hour or two, till tea time. Eat with cream.

Stewed Peaches.—Make a sirup of sugar and water; halve the peaches, leaving the stone in one half, and drop into sirup. Allow the whole to simmer slowly until fruit is tender; then remove fruit, and let sirup boil till thick; then pour over fruit and serve at once.

Frosted Peaches.—Put half a cupful of water and the beaten whites of three eggs together; dip in each peach, using fine, large freestones, after you have rubbed off the fur with a clean cloth; and then roll in powdered sugar. Set them on the stem end, upon a sheet of white paper, in a sunny window. When half dry, roll again in the sugar.

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Expose to the sun and breeze until perfectly dry. Until ready to arrange them in the glass dish for table, keep in a cool, dry place. Decorate with green leaves.

Fried Peaches.—Cut the peaches in two, and remove the stones. Dust a little flour on the side from which the stone is taken, and fry, only on that side, in a little butter. When done, add sugar and a little butter.

Baked Apples.—Pare and core good, sound, tart apples. Fill them with sugar, butter, and a flavor of spice. Put a little water in the pan, and bake until the apples are thoroughly tender.

Apple Sauce.—Pare, core, and slice nice, juicy apples that are not very sweet; put them in a stewpan with a little grated lemon peel, and water enough to keep them from burning. Stew till soft and tender; mash to a paste, and sweeten well with brown sugar, adding a little butter and nutmeg.

Apples with Lemon.—Make a sirup of sugar and water. Slice a lemon into it, and let boil until clear. Pare and core sound, tart apples, cut into quarters, and lay them carefully into the sirup; let them cook gently until a straw can be run through them, taking care not to break them. Lay the pieces of apple in a glass dish, boil down the sirup, and when slightly cool, pour over the apples.

Apple Float.—Pare, slice, and stew six large apples in as much water as will cover them; when well done, press them through a sieve and sweeten highly with crushed sugar; while cooling, beat the whites of four eggs to a stiff froth, and stir into the apples; flavor with lemon or vanilla; serve with plenty of sweet cream.

Transparent Apple.—Boil tart, ripe, and juicy apples in a little water; then strain through a fine cloth, and add a pound of white sugar to a pint of juice. Boil till it jellies,

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and then put into molds. It is very nice served with blanc-mange in saucers.

Baked Pears.—Place in a stone jar, first a layer of pears, with their skins on, then a layer of sugar, then pears, and so on until the jar is full. Then put in as much water as it will hold. Bake three hours.

Quinces.—Bake ripe quinces thoroughly; when cold, strip off the skins, place the quinces in a glass dish, and sprinkle them with white sugar; serve with rich cream.

Bananas and Cream.—Peel, slice, and heap up in a glass dessert-dish, and serve raw, with fine sugar and cream.

Fried Bananas.—Cut the bananas into slices, and fry in a little butter. This makes a very rich dish.

Stewed Rhubarb.—Carefully remove the outer stringy skin; then cut in pieces an inch long, and simmer gently till tender in water and sugar, and the rind and juice of a lemon. When done add a bit of butter and nutmeg.

Crystallized Fruit.—Pick out the finest of any kind of fruit; leave in the stones; beat the whites of three eggs to a stiff froth; lay the fruit in the beaten egg, with the stems upward; drain them, and beat the part that drips off again; select them out, one by one, and dip them into finely powdered sugar; cover a pan with a sheet of fine paper, place the fruit on it, and set it in a cool place; when the icing on the fruit becomes firm, pile them on a dish, and set them in a cold place.

Candied Fruits.—Make a very rich sirup with one pound of granulated sugar to a gill of water. Heat over boiling water till the sugar is dissolved. Pare and halve fine, ripe, but solid peaches. Put a single layer of them in the sirup, in a shallow vessel; cook slowly until clear; drain from the sirup, and put to dry in a moderately heated oven. When fairly dry they may be eaten at once; or, after drying

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twenty-four hours, they may be packed for future use. Plums, cherries, and pears may be candied in the same manner.

Nuts.—Almonds are inseparably joined with raisins in table service; so for evening uses, hickory nuts and apples form a pleasant combination. All the harder-shelled nuts should be well cracked before they are served. With the softer-shelled, nut crackers should be furnished. Nut picks should always be at hand.

Sweet almonds, which are used for dessert, are of several varieties. Those known as the Syrian, or Jordan almonds, are regarded as the best. Those with hard shells are generally richer in flavor than those with the soft. Certainly the harder shell offers the more effective protection. The skin of almonds is not easily digested. For use in cooking they should be *blanched*, but for table use this is not desirable. Walnuts keep well and improve with age. Of the hickory-nut family, the *shell-bark* is considered best. These, too, are the better for age.

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XV.—JELLIES, JAMS, AND PRESERVES.

FRUIT FOR JELLIES, JAMS, AND PRESERVES; HOW PREPARED; PROPER SUGAR TO USE; QUANTITY OF SUGAR NEEDED; SUITABLE PRESERVING-KETTLES; WHAT NOT TO USE; THE FIRE; CANS AND JARS; WHERE STORED; MOLDING THE JELLY; THE JELLY-BAG; STRAINING JELLY; COVERING JELLY. FORTY-FOUR RECIPES FOR JELLIES, JAMS, AND PRESERVES.

TO insure success in preserving fruits, the first thing to be looked after is the fruit itself. This should be fully ripe, fresh, sound, and scrupulously clean and dry. It should be gathered in the morning of a sunny day, as it will then possess its finest flavor. Care should be taken to remove all bruised or decayed parts. Allowing them to remain will darken the sirup, and consequently impair the beauty of the preserves. Fruit requiring to be pared should be laid in water to preserve the color after the paring. The best sugar is the cheapest; indeed, there is no economy in stinting the sugar, either as to quality or proper quantity, for inferior sugar is wasted in scum, and the preserves will not keep unless a sufficient proportion of sugar is boiled with the fruit. At the same time, too large a proportion of sugar will destroy the natural flavor of the fruit, and in all probability make fruit candy, instead of the result sought.

The usual proportion in making preserves, is a pound of sugar to a pound of fruit. There are a few fruits which require more sugar. In making the sirup, use a small cupful of water to a pound of fruit. The sirup should always be boiled and strained before putting the fruit in.

Fruit should be cooked in brass kettles, or those of bell-metal. Modern kettles, lined with porcelain, are much used

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for this purpose. The kettle should be broad and shallow, so that there will be no necessity for heaping the fruit. Never use tin, iron, or pewter spoons, or skimmers, for preserves, as they will convert the color of red fruit into a dingy purple, and impart, besides, a very unpleasant flavor.

Great care should be taken not to place the kettle flat upon the fire, as this will be likely to burn at the bottom.

Glass jars are much the best for preserves, as the condition of the fruit can be observed more readily. Whatever jars are used, however, the contents should be examined every three weeks for the first two months, and if there are any signs of either mold or fermentation it should be boiled over again. Preserves should be stored in a cool, dry place, but not in one into which fresh air never enters. Damp has a tendency to make the fruit mold, and heat to make it ferment.

A jelly-bag should be in every kitchen. It should be made of flannel, pointed at the bottom, so that the jelly will run out chiefly at one point. It is a good plan to sew a strong loop to the top of the bag, so that it may be hung upon a nail near the fire, that the juice of the fruit may run through gradually into a vessel below. The bag should not be squeezed with the hands, if you wish a very clear jelly. After the clear juice has been obtained, the remainder may be pressed, to make a very excellent, but inferior article of jelly or marmalade.

Rinse the tumblers or bowls to be used in cold water just before filling with jelly or marmalade. When the jelly is cold, fit a circle of tissue-paper, dip it in brandy, and place it directly on the surface of the fruit. This simple precaution will save the housekeeper much annoyance by protecting the conserve from mold. Should the fungus form inside the upper cover of the glass, the inner will effectually shield the contents. Paste thick paper over the top of the glass to exclude the air.

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RECIPES.

Currant Jelly.—Never gather currants or other soft or small seed fruit immediately after a rain for preserving purposes, as they are greatly impoverished by the moisture absorbed. In this climate, the first week in July is usually considered the time to make currant jelly. Weigh the currants without removing the stems; do not wash them, but remove leaves and whatever may adhere to them; to each pound of fruit allow half the weight of granulated or pure loaf sugar; put a few currants into a porcelain-lined kettle, and press them with a potato-masher, or anything convenient, in order to secure sufficient liquid to prevent burning; then add the remainder of the fruit and boil freely for twenty minutes, stirring occasionally to prevent burning; take out and strain through a jelly-bag, putting the liquid into earthen or wooden vessels. When strained, return the liquid to the kettle, without the trouble of measuring, and let it boil thoroughly for a moment or so; then add the sugar; the moment the sugar is entirely dissolved, the jelly is done, and must be dished, or placed in glasses; it will jelly upon the side of the cup as it is taken up, leaving no doubt as to the result.

Currant Jelly, No. 2.—Take three quarts of fine, ripe, red currants, and four of white; put them into a jar, tie paper over the top, and put them into a cool oven for three or four hours, or else into a pan of boiling water, or set them on the side of the range; when they are thoroughly heated, strain through a jelly-bag. To every pint of juice, add one pound of granulated sugar, and boil from five to fifteen minutes; turn while hot into wet tumblers.

Currant Jelly without Cooking.—Press the juice from the currants and strain it; to every pint put a pound of fine white sugar; mix them together until the sugar is dissolved; then

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put it in jars; seal them and expose them to a hot sun for two or three days.

Black Currant Jelly.—Boil the currants till the juice flows, then strain through a jelly-bag, and set it over the fire for twenty minutes, after which add half a pound of sugar to a pound of juice, and boil for about ten minutes.

White Currant Jelly.—Strip the fruit off the stems, and pound it in a clean wooden bowl. Drip the juice gently through a jelly-bag. Prepare a very pure, clear sirup of the best white sugar; allow a pint of juice to a pound of sugar; boil it ten minutes only. Put it in glass preserve-tumblers, cover with paper to fit exactly, and keep it dry and cool.

Apple Jelly.—Take twenty large, juicy apples; pare and chop; put into a jar with the rind of four large lemons, pared thin and cut in bits; cover the jar closely, and set in a pot of boiling water; keep water boiling all around it until the apples are dissolved; strain through a jelly-bag, and mix with the liquid the juice of four lemons; to one pint of mixed juice use one pound of sugar; put in kettle, and when the sugar is melted set it on the fire, and boil and skim about twenty minutes, or until it is a thick, fine jelly.

Apple Jelly, No. 2.—Peel and core sour apples; boil them in a very little water, and strain them through a jelly-bag. Measure, and allow a pound of granulated sugar to a pint of juice. Mix the sugar and juice well together, and let it boil from five to ten minutes. Put it warm into glasses; cut some white paper to fit the top, dip it in brandy, and lay on when the jelly is cool; paste or tie thick paper over the glasses, and when cold put away in a dark, dry place.

Crab-apple Jelly.—Wash and quarter Siberian crab-apples. Cover with cold water and let cook until thoroughly tender. Strain through a jelly-bag, and to every pint of juice add one pound of sugar. Let cook until it will jelly A slight flavoring of essence of cinnamon is an improvement.

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Quince Jelly.—Take very ripe quinces; peel and core, and boil in a little water till very soft; drain off the juice through a coarse towel, add an equal measure of sugar, and boil twenty minutes.

Grape Jelly.—Mash the grapes thoroughly and strain out the juice. Add an equal measure of sugar, and boil twenty minutes.

Barberry Jelly.—Pick the berries from the stalks, mash them, and boil fifteen minutes. Squeeze through a jelly-bag; allow a pound of white sugar to a pound of juice; melt the sugar in the juice, and boil half an hour.

Raspberry Jelly.—Crush the raspberries and strain through a wet cloth. Add an equal measure of sugar, and boil from ten to twenty minutes.

Apple Marmalade.—Pare, core, and slice two or three dozen tart, juicy apples; three-quarters of a pound of sugar to every pint of juice. Stew until tender in just enough cold water to cover them. Drain off the juice through a colander, and put into a preserving-kettle, stirring into it three-quarters of a pound of sugar for every pint of the liquid. Boil until it begins to jelly; strain the juice of two lemons into it; put in the apples, and stew pretty fast, stirring almost constantly, until it becomes thick and smooth. If the apples are not entirely soft, rub them through the colander before adding them to the boiling sirup.

Quince Marmalade.—Take very ripe quinces; wash, pare and core them; to each pound of fruit allow one pound of loaf sugar. Boil the parings and cores together, with water enough to cover them, till quite soft; strain the liquid into the preserving-kettle with the fruit and sugar. Boil the whole over a slow fire, stirring frequently until the mass becomes thick.

Pear and Quince Marmalade.—Pare and core two dozen juicy pears and ten fine, ripe quinces. Add three-quarters

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of a pound of sugar to every pound of fruit and the juice of three lemons. Throw them into cold water, and stew the parings and cores in a little water to make the sirup. When they have boiled to pieces, strain off the liquid; when cold, put in the sliced fruit and bring to a fast boil. When the mass is thick and smooth, cook steadily for an hour or more, working with a wooden spoon to a rich jelly.

Pineapple Marmalade.—Take ripe, juicy pineapples; pare, cut out the specks very carefully, and grate on a coarse grater all but the core. Weigh, and allow a pound of sugar to a pound of fruit. Cook from twenty minutes to half an hour.

Orange Marmalade.—Take eighteen sweet, ripe oranges, six pounds best white sugar. Grate the peel from four of these and reserve it for the marmalade. The rinds of the others will not be needed. Pare the fruit carefully, removing the inner white skin as well as the yellow. Slice the orange; remove the seeds; put the fruit and grated peel in a porcelain kettle, and boil steadily until the pulp is reduced to a smooth mass. Take from the fire, and put through a colander. Stir in six pounds of the best white sugar; return to the fire, and boil fast, stirring constantly half an hour or until thick.

Grape Marmalade.—Put green grapes into a preserving-pan with sufficient water to cover them. Put them on the fire, and boil until reduced to a mash; put the pulp through a sieve which will strain out the seeds; to each pound of pulp add two pounds of the best loaf sugar, and boil to the consistence of a jelly.

Peach Marmalade.—Select peaches which are quite ripe; pare and cut them in small pieces; to every pound of fruit add one pound of sugar; put the fruit and sugar into a preserving-kettle, and mash well together; place it over the fire, and when it begins to boil, stir until it becomes quite thick.

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Cherry Jam.—First stone and then weigh some freshly gathered preserving cherries; boil them over a brisk fire for an hour, keeping them almost constantly stirred from the bottom of the pan, to which they will otherwise be liable to stick and burn. Add for each pound of the fruit half a pound of good sugar roughly powdered, and boil quickly for twenty minutes, taking off the scum as it rises.

Blackberry Jam.—To four bowls of blackberries add four bowls of sugar; boil until it jellies.

Raspberry Jam.—Mash the raspberries, and allow a pound of sugar to a pound of fruit. Boil twenty minutes. A few currants added to raspberry jam is considered by many a great improvement.

Barberry Jam.—The barberries should be quite ripe, though they should not be allowed to hang until they begin to decay. Strip them from the stalks, throw aside such as are spotted, and for each pound of fruit allow eighteen ounces of well-refined sugar; boil this, with one pint of water to every four pounds, until it becomes white and falls in thick masses from the spoon; then throw in the fruit, and keep it stirred over a brisk fire for six minutes only; take off the scum, and pour it into jars or glasses.

Strawberry Jam.—Use fine, scarlet berries; weigh and boil them for thirty-five minutes, keeping them constantly stirred; add eight ounces of good sugar to the pound of fruit; mix them well off the fire, then boil again quickly for twenty-five minutes. One pound of white currant juice added at the outset to four of the strawberries will greatly improve this preserve.

White Currant Jam.—Boil together quickly for seven minutes equal quantities of fine white currants, picked very carefully, and of the best white sugar pounded and passed through a sieve. Stir the preserve gently the whole time,

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and skim it thoroughly. Just before it is taken from the fire, throw in the strained juice of one good lemon to four pounds of the fruit.

Damson Jam.—The fruit for this jam should be freshly gathered and quite ripe. Split, stone, weigh, and boil it quickly for forty minutes; then stir in half its weight of good sugar roughly powdered, and when it is dissolved, give the preserve fifteen minutes additional boiling, keeping it stirred and thoroughly skimmed.

Green Gage Jam.—Rub ripe green gages through a sieve; put all the pulp into a pan with an equal weight of loaf sugar pounded and sifted. Boil the whole until sufficiently thick, and put into glasses.

Preserved Peaches.—Weigh the peaches, and allow three-quarters of a pound of sugar to every pound of fruit. Throw about half the sugar over the fruit, and let it stand over night. In the morning drain the sirup off the fruit, add the rest of the sugar, and let that come to a boil. Put the peaches in, and let them boil until you can stick a straw through them. In cooking the peaches, put a few at a time only in the sirup to cook.

Preserved Peaches, No. 2.—Weigh the fruit after it is pared and the stones extracted and allow a pound of sugar to every pound of peaches. Put the sugar in a preserving-kettle, and make the sirup; let it just boil; lay the peaches in, and let them boil steadily until they are tender and clear. Take them out with a perforated skimmer and lay upon flat dishes, crowding as little as possible. Boil the sirup almost to a jelly, until it is clear and thick, skimming off all the scum. Fill the jars two-thirds full of the peaches, pour on the boiling sirup, and, when cold, cover with brandied tissue-paper, then with thick paper tied tightly over them. Or put them in air-tight jars.

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Preserved Quinces.—Use a pound of sugar to each pound of quince after paring, coring, and quartering; take half of the sugar and make a thin sirup; stew in this a few of the quinces at a time till all are finished. Make a rich sirup of the remaining sugar, and pour over them.

Pineapple Preserves.—Use pineapples as ripe as can be had. Pare and cut them into thin slices, weigh them, and allow one pound of the best granulated sugar to each pound of fruit. Take a deep china bowl or dish, and in it put a layer of fruit and sugar alternately, a coating of sugar on the top; let it stand all night. In the morning, take out the fruit and put the sirup into a preserving-kettle. Boil and skim it until it is perfectly clear; then, while it is boiling hot, pour it over the fruit, and let it stand uncovered until it becomes entirely cold. If it stands covered, the steam will fall into the sirup and thin it.

Preserved Pears.—Preserved pears are put up precisely as are peaches, but are only pared, not cored or divided. Leave the stems on.

Watermelon Rind Preserves.—Select rind which is firm, green, and thick; cut in any fanciful shape, such as leaves, stars, diamonds, etc. Then weigh, and to each pound of rind allow one and a half pounds of loaf sugar. To green them, take a brass or copper kettle, and to a layer of grape-vine leaves, which should be well washed, add a layer of the rind, and so on until the last, which should be a thick layer of the leaves, and well covered with a coarse linen cloth. To each pound of the rind, add a piece of alum the size of a pea; then fill up with warm water sufficient to cover the whole, and let it stand upon the stove, where it will steam, but not boil, until the greening is completed, which will be in two or three hours. When green, lay them in clear, cold water, and make your sirup. To each pound of sugar add one and a half pints of water; clarify, put in

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your rind; slice lemons, two to each pound of rind, and when about half done add the lemons. Boil until the rind is perfectly transparent. A few pieces of ginger-root may be added, which will impart a high flavor, and will blend very delightfully with the lemons.

Preserved Citron.—Proceed the same as above, substituting citron for the watermelon rind.

Preserved Strawberries.—Procure fresh, large strawberries when in their prime, but not so ripe as to be very soft; hull and weigh them; take an equal weight of sugar, make a sirup, and when boiling hot, put in the berries. A small quantity only should be done at once. If crowded, they will become mashed. Let them boil about twenty minutes, or a half an hour; turn into tumblers or small jars, and seal with egg papers while hot.

Preserved Cherries.—Wash, stem, and stone the cherries; save every drop of the juice, and use it in place of water in making the sirup. Make a sirup, allowing a pound of sugar to every pound of fruit; add the fruit, and let it simmer gently for half an hour, skimming as is necessary.

Damson Preserves.—To four pounds of damsons use three pounds of sugar; prick each damson with a needle; dissolve the sugar with one-half pint of water, and put it on the fire; when it simmers, put in as many damsons as will lie on the top; when they open, take them out and lay them on a dish, and put others in, and so on until all have been in; then put them all in the kettle together and let them stew until done; put them in jars and seal them.

Green Gage Preserves.—When the fruit is ripe, wipe them clean, and to one pound of fruit put one-quarter pound of sugar, which will make a fine sirup; boil the fruit in this sirup until it is perfectly done; then use a fresh sirup of one pound of fruit to one pound of sugar; moistening the sugar

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with water. When the sirup boils put in the fruit, and leave for fifteen minutes; then put the fruit in jars; boil the sirup until thick; when cooled to milkwarm, pour it over the fruit; tie the jars tightly and keep in a warm place.

Strawberries in Wine.—Put a quantity of the finest large strawberries in a bottle, strew in a few spoonfuls of powdered sugar, and fill the bottle up with Madeira or Sherry wine.

Grapes in Brandy.—Take some close bunches of grapes, white or black, not overripe, and lay them in a jar. Put a good quantity of pounded white candy upon them, and fill up the jar with brandy. Tie them close down, and keep in a dry place. Prick each grape with a needle three times.

Brandy Peaches.—Take large, juicy freestone peaches, not so ripe as to burst or mash on being handled. Rub the down from them with a clean thick flannel. Prick every peach down to the stone with a large silver fork, and score them all along the seam or cleft. To each pound of peaches allow a pound of granulated sugar and half a pint of water mixed with half a white of egg, slightly beaten. Put the sugar into a porcelain kettle and pour the water upon it. When it is quite melted, give it a stirring, set it over the fire, and boil and skim it till no more scum rises. Then put in the peaches, and let them cook (uncovered) in the sirup till a straw will penetrate them. Then take the kettle off the fire, and take out the fruit with a wooden spoon, draining it over the kettle. Let the sirup remain in the kettle a little longer. Mix a pint of the very best white brandy for each pound of peaches, with the sirup, and boil them together ten minutes or more. Transfer the peaches to large glass jars, making each about two-thirds full, and pour the brandy and sirup over them, filling the jars full. When cool, cover closely.

Spiced Peaches.—Seven pounds of fruit, one pint vinegar,

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three pounds sugar, two ounces cinnamon, one-half ounce cloves. Scald together the sugar, vinegar, and spices; pour over the fruit. Let it stand twenty-four hours; drain off, scald again, and pour over fruit, letting it stand another twenty-four hours. Boil all together until the fruit is tender. Skim it out, and boil the liquor until thickened. Pour over the fruit and set away in a jar.

Apple Butter.—Boil down a kettleful of cider to two-thirds the original quantity. Pare, core, and slice juicy apples, and put as many into the cider as it will cover. Boil slowly, stirring often with a flat stick, and when the apples are tender to breaking, take them out with a perforated skimmer, draining well against the sides of the kettle. Put in a second supply of apples and stew them soft, as many as the cider will hold. Take from the fire, pour all together into a tub or large crock; cover and let it stand twelve hours. Then return to the kettle and boil down, stirring all the while until it is the consistency of thick custard and brown in color. Spice well with Durkee's ground mixed spices.

Peach Butter.—To one bushel of peaches allow from eight to ten pounds of granulated sugar; pare and halve the peaches, put into the kettle, and stir constantly, to prevent sticking to the kettle, until perfectly smooth and rather thick; a part of the peach-stones thrown in and cooked with the peaches give it a nice flavor, and they can be afterward skimmed out; add the sugar a short time before taking from the fire; put in jars and cover tight; peaches for butter should be neither too mealy nor too juicy.

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XVI.—CANNED FRUITS AND VEGETABLES.

WIDESPREAD USE OF CANNED GOODS; PHILOSOPHY OF CANNING FRUITS; HOW TO FILL THE JARS; WHAT JARS ARE BEST; SELECTION OF THE FRUIT; WHERE TO STORE THE CANS; NEED OF WATCHING THE CANS. TWELVE RECIPES OF CANNING FRUIT AND VEGETABLES.

CANNED fruits and vegetables of all kinds may now be found abundantly in the stores. Their prices are so low that they present a strong inducement to the housekeeper to omit the labor incident to home canning, and simply to purchase what is needed.

What is aimed at in all these processes is the entire exclusion of air from the fruit. Its expulsion from them is effected by using heat enough to cook them, after which the hermetical sealing does the remaining service. Solder, wax, and rubber bands do this sealing work.

If it is desired to preserve the fruit whole, it may be put into the jars before heating. Fill the jars with water, and set them into a wash-boiler of cold water, the water reaching three-fourths of the way to the tops of the jars. Do not set them directly on the bottom, but on a little hay, lest the heat cause them to crack. Bring the water slowly to a boil, and let it boil about five minutes. The cans may then be taken out, stirred lightly, or shaken, to expel any remaining air bubbles; then fill to the brim with boiling water and close the jars. No air bubbles should remain in the can. If the fruit can be cooked before canning, the process is much simpler, as the boiling material itself expels the air. The cans in this case need simply to be filled and then sealed.

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While filling jars, be careful that no current of cold air strike them, as this would suffice to crack a glass jar. When a jar has cracked, it is hardly safe to use its contents, as fragments of glass may be contained in the fruit, which would be fatal if swallowed.

Cans should be of glass or stoneware, as the acids of fruit act chemically on tin or other metals, often destroying the flavor of the fruit, and sometimes rendering it absolutely unwholesome. Do not use a metal spoon even. Either self-sealing cans, or those which require wax, may be used successfully, but probably the former are best for those of little experience, and they are unquestionably more convenient. There are several varieties of self-sealing cans, all of them highly recommended, and doubtless all of them sufficiently good. The "Valve Jar," the "Mason," and the "Hero" are among the best known and most reliable.

Fruit should be selected with the greatest care. Some varieties cannot be preserved at all, unless canned when perfectly fresh, and success is more certain with all kinds in proportion to freshness and soundness. The fruit should be nearly or quite ripe, but not over-ripe, and all which bears signs of decay should be rejected.

In canning, as in preserving, granulated sugar should always be used, and also a porcelain-lined kettle. Peaches, pears, or other large fruit may, by the aid of a fork, be tastily arranged in the jars, piece by piece. The boiling juice may be added afterward to cover them. Thus arranged they appear prettier in the jars, though, of course, the flavor is not improved.

All canning work should be done expeditiously, and the cans be set away to cool. They should be kept in a cool, dark place and closely watched for a few days, to see that the sealing is perfect. If the fruit shows signs of not being perfectly sealed, it should be at once taken out, scalded, and sealed again.

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RECIPES.

Canned Strawberries.—Fill glass jars with fresh strawberries sprinkled with sugar, allowing a little over one-quarter of a pound of sugar to each pound of berries; set the jars in a boiler, with a little hay laid in the bottom to prevent the jars from breaking; fill with cold water to within an inch or two of the tops of the jars; let them *boil* fifteen minutes, then move back to the boiler, wrap the hand in a towel, and take out the jars; fill the jars to the top before sealing, using one or more of the filled jars for that purpose if necessary.

Canned Gooseberries.—Fill very clean, dry, wide-necked bottles with gooseberries gathered the same day and before they have attained their full growth. Cork them tightly, wrap a little hay round each of them, and set them up to their necks in a kettle of cold water, which should be brought very gradually to boil. Let the fruit be gently simmered until it appears shrunken and perfectly scalded; then take out the bottles, and with the contents of one or two fill up the remainder. Use great care not to break the fruit in doing this. When all are ready, pour *scalding* water into the bottles and cover the gooseberries entirely with it, or they will become moldy at the top. Cork the bottles well immediately, and cover the necks with melted resin; keep them in a cool place; and when they are used pour off the greater part of the water and add sugar as for the fresh fruit.

Canned Peaches.—Peel and quarter choice peaches. To peel, place them in a wire basket, dip into boiling water a moment and then into cold water, and strip off the skins. Have a porcelain-kettle with boiling water and another with sirup made with granulated sugar; drop the peaches into boiling water (some previously boil the pits in the water for their flavor) and let them cook until tender; then lift them out carefully into a can, pouring over them all the sirup the

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can will hold, and seal immediately. Cook only peaches enough to fill one can at a time.

Canned Peaches, No. 2.—Pare and stone peaches enough for two jars at a time. If many are pared, they will become dark colored by standing. Rinse in cold water; then cook in a rich sirup of sugar and water about fifteen or twenty minutes, or until they are clear. Put into jars all that are not broken; fill up with the hot sirup, about as thick as ordinary molasses, and seal. The same sirup will do to cook several jars. After the sirup becomes dark, it, with the broken peaches, can be used for marmalade or peach butter. The same method can be used for pears, plums, and all light fruits.

Canned Pineapple.—Use three-fourths of a pound of sugar to one pound of fruit. Pick the pineapple to pieces with a silver fork. Scald and can while hot.

Canned Grapes.—Squeeze the pulp from the skin; boil the pulp until the seeds begin to loosen, having the skins boiling hard and separately in a little water. When the pulp seems tender, put it through the sieve; then add the skins, if tender, with the water they boil in, if not too much. Use a large coffeecupful of sugar for a quart can; boil until thick, and can in the usual way.

Canned Plums.—Prick each plum with a needle to prevent bursting; prepare a sirup, allowing a gill of pure water and a quarter of a pound of sugar to every three quarts of fruit. When the sugar is dissolved and the water blood-warm, put in the plums. Heat slowly to a boil. Let them boil five minutes—not fast or they will break badly—fill up the jars with plums, pour in the scalding sirup until it runs down the sides, and seal. Green gages are very fine put up in this way, also damsons for pies.

Canned Pears.—Select finely flavored fruit; either halve and core them or core whole; make a sirup of sugar and water,

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using as little water as will dissolve the sugar. Add a quarter of a pound of sugar to a pound of fruit. Place the fruit in the kettle carefully, and let it come to a boil or until the fruit is well scalded. Turn into the jars hot, and seal at once.

Canned Tomatoes.—Pour boiling water over the tomatoes to loosen the skins. Remove these; drain off all the juice that will come away without pressing hard; put them into a kettle and heat slowly to a boil. The tomatoes will look much nicer if all the hard parts be removed before putting them on the fire. Rub the pulp soft with your hands. Boil half an hour; dip out the surplus liquid, pour the tomatoes, boiling hot, into the cans, and seal. Keep in a cool, dark place.

Canned Beans.—Remove the strings at the sides, and cut into pieces about an inch long; put them into boiling water and scald, then can them.

Canned Asparagus.—Cut away all the hard part of the stem and boil the top portion until nearly done, just as if about to serve at once. Flat cans are best, into which the stems can be laid regularly, the water in which they were boiled being poured over them boiling hot, and the can sealed. If jars or high cans are used, pack the asparagus into them until they are full. Fill the cans with water; set them on hay in a boiler of cold water reaching to within an inch of their tops; then bring to a boil and nearly finish cooking the stems. Wrap the hand in a towel; take out the cans and seal or solder them as in other vegetables.

Canned Corn.—Boil sweet corn till nearly done; cut close from the cobs and fill the jars; pour on water in which the corn was boiled; place in a boiler and just bring to a boil, as above; then take out and seal.

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XVII.—PICKLES AND CATSUPS.

PICKLES MORE POPULAR THAN WHOLESOME; GREENING PICKLES; WHAT KETTLES AND JARS SHOULD NOT BE USED IN PICKLING; CHOOSING THE FRUIT, SPICES, ETC.; HOW TO KEEP PICKLES; CATSUPS, HOW MADE, ETC. THIRTY-THREE RECIPES FOR PICKLES AND CATSUPS.

PICKLES are very popular as a relish, but it must be confessed that they are not the most wholesome diet This is due chiefly to the fact that they are made of hard, crude, and often of unripe fruit. Then, too, the excess of acid and the high seasoning disagree with many constitutions.

It is deemed important that pickles for the market be well greened. To accomplish this end, copperas and other chemicals are employed or copper kettles are used. All this is poisonous, and should be shunned. No metal kettles or spoons should be tolerated in pickling. Glazed jars are not desirable either, as salt and vinegar decompose the glazing and set free the lead which it contains. An ordinary stone jar is the vessel to use, or a porcelain-lined kettle.

Be careful to select perfectly sound fruit or vegetables for pickling, and use none but the very best cider vinegar. Good white wine vinegar does well for some sorts of pickles, but be ever watchful against chemical preparations called vinegar, that destroy instead of preserving the articles put away in them. In the selection of spices there is so much diversity of taste that no general directions will be of practical value. But get the purest articles you can find.

Pickles must be kept from the air. It is a good plan to

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put them up in large jars, and for use to empty the large jar at once into smaller ones, using these one at a time. Keep them wholly covered with the vinegar. Water will soon cause the jar of pickles to spoil.

The same hints given above apply to the making of catsup, which is really but a pickle cooked to a more advanced point. It needs to be tightly corked and sealed, that it may keep well.

RECIPES.

Cucumber Pickles.—Make a weak brine, hot or cold; if hot, let the cucumbers stand in it twenty-four hours; if cold, forty-eight hours; rinse and dry the cucumbers with a cloth, take vinegar enough to cover them, allow one ounce of alum to every gallon of vinegar, put it in a brass kettle (or porcelain-lined, if the *greening* is not desired) with the cucumbers, and heat slowly, turning the cucumbers from the bottom frequently; as soon as they are heated through, skim them out into a crock, let the vinegar boil up, turn it over the pickles, and let them stand at least twenty-four hours; drain off the vinegar. Take fresh vinegar, and to every gallon allow two tablespoofuls of white mustard-seed, one of cloves, one of celery-seed, one of stick cinnamon, one large, green pepper, a very little horse-radish, and, if you like, one-half pint of sugar. Divide the spices equally into several small bags of coarse muslin, scald with the vinegar, and pour over the pickles. If you like your pickles hard, let the vinegar cool before pouring over them.

Cucumber Pickles, No. 2.—To a gallon of water add a quart of salt, put in the cucumbers, and let them stand over night. In the morning, wash them out of the brine, and put them carefully into a stone jar. Boil a gallon of vinegar, put in, while cold, quarter of a pound of cloves, and a tablespoonful of alum; when it boils hard, skim it well and turn over the cucumbers. In a week they will be fit for use.

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Pickled Onions.—Select small white onions, put them over the fire in cold water with a handful of salt. When the water becomes scalding hot, take them out and peel off the skins, lay them in a cloth to dry; then put them in a jar. Boil half an ounce of allspice and half an ounce of cloves in a quart of vinegar. Take out the spice and pour the vinegar over the onions while it is hot. Tie up the jar when the vinegar is cold, and keep it in a dry place.

Pickled Onions, No. 2.—Take small, white onions and peel them; lay them in salt water for two days; change the water once; then drain and put them in bottles. Take vinegar enough to cover them, spice with whole mixed spices, scald it, and pour over the onions.

Pickled Garlic and Eschalots.—Garlic and eschalots may be pickled in the same way as onions.

Pickled Nasturtiums.—Nasturtiums should be gathered quite young, and a portion of the buds, when very small, should be mixed with them. Prepare a pickle by dissolving an ounce and a half of salt in a quart of pale vinegar, and throw in the berries as they become fit, from day to day. They are used instead of capers for sauce, and by some persons are preferred to them. When purchased for pickling, put them at once into a jar and cover them well with the vinegar.

Pickled Watermelon.—Take the outer part of the rind of the melon, pare and cut in small pieces. To one quart of vinegar add two pounds of sugar, one ounce of cassia buds. In this boil the rind until clear and tender.

Pickled Walnuts.—Walnuts for this pickle must be gathered while a pin can pierce them easily. When once the shell can be felt, they have ceased to be in a proper state for it. Make sufficient brine to cover them well, with six ounces of salt to the gallon of water; take off the scum, which will

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rise to the surface as the salt dissolves, throw in the walnuts, and stir them night and morning; change the brine every three days, and if they are wanted for immediate eating, leave them in it for twelve days; otherwise, drain them from it in nine, spread them on dishes, and let them remain exposed to the air until they become black; this will be in twelve hours, or less. Make a pickle for them with something more than half a gallon of vinegar to the hundred, a teaspoonful of salt, two ounces of black pepper, three of bruised ginger, a drachm of mace, and from a quarter to half an ounce of cloves (of which some may be stuck into three or four small onions), and four ounces of mustard-seed. Boil the whole of these together for about five minutes; have the walnuts ready in a stone jar, or jars, and pour the vinegar on them as soon as it is taken from the fire. When the pickle is quite cold, cover the jar securely and store it in a dry place. Keep the walnuts always well covered with vinegar, and boil that which is added to them.

Pickled Red Cabbage.—Slice the red cabbage into a colander, and sprinkle each layer with salt; let it drain two days, then put it into a jar and pour boiling vinegar enough to cover, and put in a few slices of red beet-root. Use the purple red cabbage. Cauliflower cut in bunches, and thrown in after being salted, will take on the color of a beautiful red.

Pickled Mushrooms.—Rub the mushroom heads with flannel and salt, throw them in a stewpan with a little salt over them; sprinkle with pepper and a small quantity of mace; as the liquor comes out, shake them well, and keep them over a gentle fire until all the liquor is dried into them again; then put as much vinegar into the pan as will cover them; give it a scald, and pour the whole into bottles.

Pickled Beets.—Wash the beet perfectly, not cutting any of the fibrous roots, lest the juice escape; put in sufficient

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water to boil it, and when the skin will come off easily it is sufficiently cooked, and may be taken out and laid upon a cloth to cool. Having rubbed off the peel, cut the beet into thick slices, pour over it cold vinegar prepared as follows: Boil a quart of vinegar with an ounce of whole black pepper and an equal weight of dry ginger, and let it stand until quite cold. Keep closely corked.

Pickled Peppers.—Do not pick them till just as they begin to turn red; then soak them for ten or twelve days in strong salt and water; take them from the brine and soak them in clear water for a day. Wipe them dry, and put them away in cold vinegar; or if you wish them milder, remove the seeds and scald the vinegar, but do not boil.

Pickled Bell Peppers.—Cut a slit in the side of each pepper and take out all the seeds. Let them soak in brine (strong enough to float an egg) two days. Then, washing them in cold water, put them into a stone jar. Pour over them vinegar boiled with cinnamon, mace, and nutmeg. Whenever they are wanted to be served, stuff each one with a boiled tongue cut into dice and mixed with a *mayonnaise* dressing. Or little mangoes may be made, stuffing each one with pickled nasturtiums, grapes, minced onions, red cabbage, or cucumbers, seasoned with mustard-seed, root ginger, and mace.

Pepper-hash.—Take four dozen peppers, two very large cabbages, one ounce of *light* mustard-seed. Chop the peppers fine, cut the cabbage on a cabbage-knife, mix together, salt well, and let it stand over night, putting the dish or tub so the juice will run down; pour off in the morning. Add one ounce of cloves, one ounce of allspice; mix all through, and put the vinegar on cold.

Flint Pickles.—Make a brine of a gallon of water and a cupful of salt. This must be poured boiling hot on the cucumbers six days in succession. Rinse them in cold water;

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put them in a kettle with a teaspoonful of allspice and a teaspoonful of cloves, a handful of cinnamon sticks, a little sliced horse-radish, and cider vinegar to cover them. Let them come to a boil, then take out and put in jars.

East India Pickle.—One hundred cucumbers (large and small), one peck of green tomatoes, one-half peck of onions, four cauliflowers, four red peppers (without the seeds), four heads of celery, one pint of bottled horse-radish. Slice all, and stand in salt twenty-four hours, then drain; pour on weak vinegar; stand on stove until it comes to a boil; then drain again. Take one ounce of ground cinnamon, one ounce of ground tumeric, one-half pound of mustard, one-quarter pound of brown sugar; wet these with cold vinegar; add to this sufficient vinegar to moisten all the pickles. Cook all together ten minutes. Seal in bottles while hot.

French Pickle.—Take one peck of green tomatoes, sliced; six large onions. Throw on them a teacupful of salt over night. Drain thoroughly, then boil in two quarts of water and one quart of vinegar fifteen or twenty minutes; drain in colander; then take four quarts of vinegar, two pounds of brown sugar, one-half pound of white mustard-seed, two tablespoonfuls of cloves, two tablespoonfuls of cinnamon, two tablespoonfuls of ginger, two tablespoonfuls of ground mustard, one teaspoonful of cayenne pepper; put all together and cook fifteen minutes.

Piccallily.—One peck of green tomatoes sliced, one-half peck of onions sliced, one cauliflower, one peck of small cucumbers. Leave in salt and water twenty-four hours; then put in a kettle with a handful of scraped horse-radish, one ounce of tumeric, one ounce of whole cloves, one-quarter pound of whole pepper, one ounce of cassia buds or cinnamon, one pound of white mustard-seed, one pound of English mustard. Put in kettle in layers, and cover with cold vinegar. Boil fifteen minutes, constantly stirring.

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Chow-chow.—One quart of large cucumbers, one quart of small ones; two quarts of onions, four heads of cauliflower, six green peppers, one quart of green tomatoes, one gallon of vinegar, one pound of mustard, two cupfuls of sugar, two cupfuls of flour, one ounce of tumeric. Put all in salt and water one night; cook all the vegetables in brine until tender except the large cucumbers. Pour vinegar and spices over all.

Sweet Pickles.—Such fruit as peaches, plums, cherries, grapes, etc., are very palatable when sweet pickled. The process is the same as for other light pickles, except that the vinegar is sweetened to taste.

Sweet Tomato Pickles.—Eight pounds of peeled tomatoes, four of powdered sugar. Of cinnamon, cloves, and allspice, each one ounce. Boil one hour, and add a quart of boiling vinegar.

Tomato Catsup.—Take one bushel of tomatoes; boil soft, and pass through a sieve. Add half a gallon of cider vinegar, one pint of salt, two ounces of cloves, a quarter pound of allspice, a half ounce of cayenne pepper. Boil until reduced to half the quantity. When cool, bottle and cork tightly.

Tomato Catsup, No. 2.—Take one peck of ripe tomatoes, cut up, boil tender, and strain through a wire sieve; add one large tablespoonful of ground cloves, one large tablespoonful of allspice, one large tablespoonful of cinnamon, one teaspoonful of cayenne pepper, one-quarter pound of salt, one-quarter pound of mustard, one pint of vinegar. Boil gently three hours. Bottle and seal while warm.

Green Tomato Catsup.—One peck of green tomatoes, one dozen large onions, one-half pint of salt; slice the tomatoes and onions. To a layer of these add a layer of salt; let stand twenty-four hours, then drain. Add one-quarter pound

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of mustard-seed, three dessertspoonfuls of sweet oil, one ounce of allspice, one ounce of cloves, one ounce of ground mustard, one ounce of ground ginger, two tablespoonfuls of black pepper, two teaspoonfuls of celery-seed, one-quarter pound of brown sugar. Put all into a preserving-pan, cover with vinegar, and boil two hours.

Chili Sauce.—Thirty tomatoes, three large onions, three peppers, one tablespoonful each of allspice, cloves, and cinnamon, two nutmegs, two tablespoonfuls of salt, one quart of vinegar, one cupful of sugar. Chop the onions and peppers very fine. Cook the tomatoes somewhat first. Mix thoroughly.

Tomato Soy.—One-half bushel of green tomatoes, three onions, three green peppers, one-quarter pound of mustard-seed, three cupfuls of sugar, three cabbages. Chop the tomatoes and onions together fine; add to one gallon of the tomatoes one cupful of salt; let stand twenty-four hours, drain, and add the peppers (chopped fine), mustard-seed, sugar, and other spices to taste. Moisten all with vinegar and cook until tender. Before bottling, add the cabbages (chopped), and one cupful of chopped horse-radish.

Grape Catsup.—Take five pints of grapes; simmer until soft, then put through a colander; add to them two pints of brown sugar, one pint of vinegar, two tablespoonfuls of allspice, two tablespoonfuls of cinnamon, two tablespoonfuls of cloves, one and one-half teaspoonfuls of mace, one teaspoonful of salt, one and one-half teaspoonfuls of red pepper. Boil till thick; then bottle and seal tightly.

Walnut Catsup.—The vinegar in which walnuts have been pickled, when they have remained in it a year, will generally answer all the purposes for which this catsup is required, particularly if it be drained from them and boiled for a few minutes, with a little additional spice and a few eschalots; but where the vinegar is objected to, it may be made by

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boiling either the expressed juice of young walnuts for an hour, with six ounces of fine anchovies, four ounces of eschalots, half an ounce of black pepper, a quarter ounce of cloves, and a drachm of mace to every quart.

Walnut Catsup, No. 2.—Pound in a mortar a hundred young walnuts, strewing among them as they are done half a pound of salt; then pour to them a quart of strong vinegar and let them stand until they have become quite black, keeping them stirred three or four times a day; next add a quart of strong, old beer, and boil the whole together for ten minutes; strain it, and let it remain until the next day; then pour it off clear from the sediment, add to it one large head of garlic bruised, half an ounce of nutmegs bruised, the same quantity of cloves and black pepper, and two drachms of mace; boil these together for half an hour, and the following day bottle and cork the catsup well.

A bottle of port wine may be added before bottling, if desired, and a large bunch of sweet herbs.

Oyster Catsup.—Take fine, large fresh oysters, opened carefully, and wash them in their own liquor. To take any particle of shell that may remain, strain the liquor after. Pound the oysters in a mortar, add the liquor, and to every pint put a pint of sherry; boil it up and skim; then add two anchovies, pounded, an ounce of common salt, two drachms of pounded mace, and one of cayenne. Let it boil up, then skim, and rub it through a sieve. Bottle when cold and seal it. What remains in the sieve will do for oyster sauce.

Oyster Catsup, No. 2.—One quart oysters, one tablespoonful salt, one tablespoonful cayenne pepper, one tablespoonful mace, one teacupful cider vinegar, one teacupful sherry. Chop the oysters, and boil in their own liquor with the teacupful of vinegar, skimming the skum as it rises. Boil three minutes, strain through a hair cloth, return the liquor to the

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fire; add the wine, pepper, salt, and mace. Boil fifteen minutes, and when cold, bottle for use.

Mushroom Catsup with Spice.—Take full-grown and fresh-gathered mushrooms; put a layer of these at the bottom of a deep earthen pan and sprinkle them with salt; then another layer of mushrooms; sprinkle more salt on them, and so on alternately. Let them stand for two or three hours, by which time the salt will have penetrated the mushrooms and have made them easy to break; then pound them in a mortar, or break them well with your hands; let them remain in this state for two days, not more, washing them well once or twice a day; then pour them into a stone jar, and to each quart add an ounce and a half of whole black pepper and half an ounce of allspice; stop the jar very close, and set it in a saucepan of boiling water and keep it boiling for two hours at least. Take out the jar and pour the juice clear from the settlings through a hair sieve into a clean stewpan, and boil it very gently on a slow fire for half an hour.

Mushroom Catsup without Spice.—Sprinkle a little salt over your mushrooms. Three hours after, mash them; next day, strain off the liquor and boil it till it is reduced to half. It will not keep long, but an artificial mushroom bed will supply this, the very best mushroom catsup, all the year round.

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XVIII.—BEVERAGES.

HINTS ON HOME BEVERAGES; USE GOOD MATERIALS; WHAT TEA IS; KINDS OF TEA; ITS VALUE AS A BEVERAGE; KINDS OF COFFEE; ADULTERATIONS OF COFFEE; HOW TO GET IT PURE; HOW TO RETAIN ITS FLAVOR; THE COFFEEPOT; CHOCOLATE AND ITS PREPARATION; OTHER BEVERAGES. THIRTY-THREE RECIPES FOR BEVERAGES.

ASIDE from the spirituous and malt liquors, the composition of which is not attempted in the household, there is a long line of beverages concerning which some hints are of value. In general, it may be said, employ good materials, and do not stint them in quantity, if you want good results. What is worth doing at all in culinary lines is worth doing well, and beverages, being in the line of luxuries, should be good, if not positively luxuriant.

Tea is the leaf of the tea-tree cured in various ways, and so appearing in the various forms known to commerce. Black teas are subjected to the action of heat far beyond the green teas. The green teas go through a *greening* process also, the healthfulness of which may well be questioned.

Of the black teas, the *Pekoe* is the earliest gathered and mildest, while the *Souchong*, the *Congou*, and the *Bohea* are respectively older in growth and stronger in flavor.

Of the green teas, the *Young Hyson* is from the tenderest and mildest leaf, the *Gunpowder*, *Hyson*, and *Twankay* being of older growth respectively and of stronger flavor. The treatment of all these leaves, as well as their age, are important factors in their final quality.

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The nutritive value of tea is not appreciable, but as an excitant of respiratory action and a promoter of digestion it is very valuable. Tea should be kept closely covered in airtight canisters, in order that the flavor may be retained.

Coffee will grow in any climate where the temperature does not fall below fifty-five degrees. The best brands are the *Mocha* and the *Java*, but South America supplies the largest amount used in this country, which is sold under the general name of *Rio*. Coffee is often wretchedly adulterated, especially when sold in the roasted and ground form. It is safer to buy it green and to roast and grind it at home.

Roasted coffee should be kept in tight canisters or boxes, and it should be ground only as it is wanted for use. The coffeepot must be scalded clean and occasionally with soda, so that the inside may be absolutely pure.

Chocolate should never be made except it is intended to be used immediately. By allowing it to become cold or by boiling it again, the flavor is injured, the oily particles of the cocoa are separated and rise to the surface also, and they will never blend pleasantly again.

Other beverages are in occasional use, but those already mentioned are the standards in this land.

RECIPES.

Tea.—People must consult their own tastes as to the kind of tea. A mixed tea is generally preferred, combining the flavors of both green and black. Allow one teaspoonful for each person. Use boiling water, but do not boil the tea, and use while fresh. Tea is best made in an earthen teapot. It should never be made in tin.

Iced Tea.—Iced tea should be made several hours before it is needed and then set upon ice. When ready to use it, sweeten and drink without milk or cream. Use cracked ice

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to put into the glass. The tea must be extra strong, and do not stint the ice.

Tea a la Russe.—Slice fresh, juicy lemons; pare them carefully, lay a piece in the bottom of each cup; sprinkle with white sugar and pour the tea, very hot and strong, over them.

Iced Tea a la Russe.—To each goblet of cold tea (without cream) add the juice of half a lemon. Fill up with pounded ice and sweeten well. A glass of champagne added to this makes what is called Russian punch.

Coffee.—To make choicest coffee, take equal quantities of Java and Mocha; grind finely together, allowing about two teaspoonfuls of ground coffee to each person; add an egg with its shell and a very little cold water; stir this thoroughly together and turn on boiling water. Set the pot on the back of the range for five minutes; then draw forward and allow it to boil up just an instant; clear the spout by pouring from it and returning it in the top of the pot. Then serve at once with plenty of cream and sugar.

Iced Coffee.—Make the coffee extra strong. When it is cold, mix with an equal quantity of fresh cream; sweeten to taste, and freeze as in ice-cream, or serve with abundance of broken ice.

Cafe Noir.—This is the strongest preparation of coffee, its very essence, indeed. It is used after dessert at course dinners. Make the coffee strong and clear as possible, but use only one-third the ordinary quantity of water. Serve with lump sugar, with which it should be highly sweetened, and use very small cups. Cream may be added if desired.

Meringued Coffee.—For six cupfuls of coffee take about one cupful of sweet cream, whipped light, with a little sugar. Put into each cup the desired amount of sugar and about a tablespoonful of boiling milk. Pour the coffee over these,

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and lay upon the surface of the hot liquid a large spoonful of the frothed cream. Give a gentle stir to each cup before sending it from the tray.

Frothed Cafe au Lait.—Pour into the table urn one quart of strong, clear coffee, strained through muslin, and one quart of boiling milk, alternating them, and stirring gently. Cover and wrap a thick cloth about the urn for five minutes before it goes to table. Have ready in a cream-pitcher the whites of three eggs, beaten stiff, and one tablespoonful of powdered sugar, whipped with them. Put a large spoonful of this froth upon each cupful of coffee as you pour it out, heaping it slightly in the centre.

Chocolate.—Scrape fine one square of a cake, which is one ounce; add to it an equal weight of sugar; put these into a pint of boiling milk and water, each one-half, and stir well for two or three minutes until the sugar and chocolate are well dissolved. This preparation may be improved by adding a well-beaten egg or two and stirring briskly through the mixture with a Dover egg-beater. A teaspoonful of vanilla extract added just before sending to table is a valuable addition.

Frothed Chocolate.—One cupful of boiling water; three pints of fresh milk; three tablespoonfuls of Baker's chocolate, grated; five eggs, the whites only, beaten light, and two tablespoonfuls of powdered sugar for froth. Sweeten the chocolate to taste; heat the milk to scalding; wet up the chocolate with the boiling water, and when the milk is hot, stir this into it; simmer gently ten minutes, stirring frequently; boil up briskly once; take from the fire; sweeten to taste, taking care not to make it too sweet, and stir in the whites of two eggs, whipped stiff, without sugar; pour into the chocolate pot or pitcher, which should be well heated. Have ready in a cream-pitcher the remaining whites,

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whipped up with the powdered sugar; cover the surface of each cup with the sweetened *meringue* before distributing to the guests.

Choca.—This beverage, a favorite with many, is made by mixing coffee and chocolate, as prepared for the table, in equal quantities, and serving hot for breakfast.

Broma.—Dissolve a large tablespoonful of Baker's broma in as much warm water; then pour upon it a pint of boiling milk and water, in equal proportions, and boil it two minutes longer, stirring it frequently; add sugar at pleasure.

Breakfast Cocoa.—Into a breakfast cup put a teaspoonful of the powder, add a tablespoonful of boiling water, and mix thoroughly. Then add equal parts of boiling water and boiled milk, and sugar to the taste. Boiling two or three minutes will improve it.

Cocoa Shells.—Take a small quantity of cocoa shells (say two ounces), pour upon them three pints of boiling water, boil rapidly thirty or forty minutes; allow it to settle or strain, and add cream or boiling milk and sugar at pleasure.

Lemonade.—Squeeze the juice of lemons, and add sugar and ice-water to taste.

Concentrated Lemonade.—Make a rich sirup of two and a half pounds of sugar and one pint of cold water and boil gradually. Pour it hot on one and a half ounces of citric acid. Bottle tight while hot. One tablespoonful will make a tumblerful of lemonade.

Portable Lemonade.—Mix a quarter pound of white sugar with the grated rind of a large, juicy lemon. Pour upon this the strained juice of the lemon and pack in a jar. One tablespoonful will suffice for a glass of water.

Egg Nog.—To the yelks of six eggs, add six tablespoonfuls of powdered sugar, one quart of new milk, a half pint

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of French brandy, and one pint of Madeira wine. Beat the whites up separately, and stir them through the mixture just before pouring into glasses for use.

Roman Punch.—Beat stiff the whites of three eggs, with a half pound of powdered sugar. Add three teacupfuls of strong, sweet lemonade, one wineglassful each of rum and champagne, and the juice of two oranges. Ice abundantly, or freeze.

Milk Punch.—Boil one quart of milk, warm from the cow. Beat up the yelks of four eggs and four tablespoonfuls of powdered sugar together; add two glasses of the best sherry wine; pour into a pitcher, and mix with it the boiling milk, stirring all the time. Pour from one vessel to another six times; add cinnamon and nutmeg to taste, and serve as soon as it can be swallowed without scalding the throat.

Currant and Raspberry Shrub.—Pound four quarts of ripe currants and three quarts of red raspberries in a stone jar or wide-mouthed crock with a wooden beetle. Squeeze out every drop of the juice; put this into a porcelain, enamel, or very clean bell-metal kettle, and boil hard ten minutes. Put in four pounds of loaf sugar at the end of the ten minutes, and boil up once to throw the scum to the top; skim and let it get perfectly cold; then skim off all remaining impurities; add one quart of the best brandy and shake hard for five minutes. Bottle, seal the corks, and lay the bottles on their sides in dry sawdust.

Currant Wine.—One quart of currant juice, three pounds of brown sugar, and one gallon of water; dissolve the sugar in the water, then add the juice; when it ferments, add a little fresh water each day till it is done fermenting, which will be in from a month and a half to two months; turn it off, scald the keg, put it in again, and cork tightly.

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Raspberry Wine.—Bruise the raspberries with the back of a spoon; strain them through a flannel bag; add one pound of loaf sugar to one quart of juice; stir well and cover closely, letting it stand for three days, stirring well each day. Pour off the clear juice and add one quart of juice to two quarts of sherry wine; bottle it and use in two weeks.

Raspberry Brandy.—Using brandy instead of wine, as above, will produce a very valuable medicinal drink, Raspberry Brandy.

Raspberry Vinegar.—Take three pints of red berries; pour over them one pint of cider vinegar and let stand twenty-four hours. Strain, and to one pint of juice add one pound of sugar; boil one-half hour, and when cold, bottle for use.

Cherry Brandy.—Use either morello cherries or small black cherries; pick them from the stalks; fill the bottles nearly up to the necks, then fill up with brandy (some use whisky, gin, or spirit distilled from the lees of wine). In three weeks or a month strain off the spirit; to each quart add one pound of loaf sugar clarified, and flavor with tincture of cinnamon or cloves.

Sherbet.—In a quart of water boil six or eight sticks of rhubarb ten minutes; strain the boiling liquor on the thin shaved rind of a lemon. Two ounces of clarified sugar, with a wineglassful of brandy, stir to the above, and let it stand five or six hours before using.

Ginger Beer.—Two ounces of ginger to a pint of molasses; add a gallon of warm water; stir it well, and add half a pint of lively yeast. If you wish it sweeter or hotter, add ginger or molasses before putting in the yeast, to suit your taste.

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Spruce Beer.—To three gallons of boiling water, add two pounds of molasses and two ounces of essence of spruce. Let the mixture cool, and when lukewarm, add a scant gill of yeast and set aside to ferment. While the fermentation goes on, skim frequently. When it becomes inactive, put in stone bottles and tie the corks down. White sugar may be used instead of molasses, and will give a better color.

Quick Beer.—To fourteen quarts of water add one quart of molasses, one quart of hop yeast, and four tablespoonfuls of ginger. Mix well; strain through a fine sieve; bottle immediately. Ready for use in twenty-four hours.

Imperial.—Mix in a jug one-half ounce of cream tartar and one quart of boiling water; flavor with lemon peel or essence of lemon, and sweeten to taste. This is a refreshing and pleasantly stimulating summer drink.

Mead.—Mix six gallons of water with six quarts of strained honey; add the yellow rind of two large lemons, pared thin, and the whites of three eggs beaten to a stiff froth. Mix well and boil three-quarters of an hour, skimming thoroughly. Pour into a tub, add three tablespoonfuls of good yeast, and leave it ferment. When it is well worked, pour into a barrel with some lemon peel, and let it stand six months. Then bottle and tie down the corks. It is ready for immediate use, or will keep for months in a cool place.

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XIX.—CANDIES.

CARE NEEDED TO COOK CANDY; WHEN COOKED ENOUGH; FLAVORING, COOLING, AND PULLING. TWENTY-ONE RECIPES FOR CANDY.

THE great danger in candy-making is that of burning the sugar. To properly cook the candy requires a heat of about two hundred and fifty degrees. Less than that heat will leave the candy soft and sticky. A very little more than two hundred and sixty degrees will burn it. Here, then, is the need of care in candy-making.

In the cooking, allow the heat to reach the bottom of the pan only. Have a quick fire that the work may be done in the shortest possible time. When cooked for about fifteen minutes, test a spoonful of the mass upon a cold plate. If it form a viscid, tenacious mass, which forms a long, adherent thread when drawn out, then it is nearly done, and it needs special care lest it burn before the work be completed. Test frequently now, dropping a little in cold water. When the hardened portion is crisp as a pipestem, the cooking has gone far enough. Then comes the flavoring and coloring.

When the mass has cooled on a stone or buttered plate, so that it can be handled, it is ready for *pulling*, rolling into sticks, shaping into forms, etc. The pulling process is simply a mechanical means of whitening the candy. It is literally a *pulling*, the candy being thrown on a hook and pulled out from it, then being thrown on it again and again pulled, and so on, as may be desired, the longer pulling giving the whiter candy.

For home-made candies use pure materials and good fruit. Enough of earths and starch and decayed fruits are bought in the cheap candies of the stores.

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RECIPES.

Molasses Candy.—Three cupfuls of brown sugar, one-half cupful of molasses, one cupful of water, one-half teaspoonful of cream tartar, butter the size of a walnut. Bring to a boil, and when crisp by testing in cold water, flavor; pour out on a buttered plate, and pull to whiteness if desired.

Butter Scotch.—Two cupfuls of sugar, two tablespoonfuls of water, a piece of butter the size of an egg. Boil without stirring, until it hardens on a spoon. Pour out on buttered plates to cool.

Ice-cream Candy.—Take two cupfuls of granulated sugar, half a cupful of water, and add one-quarter of a teaspoonful of cream tartar dissolved in a teaspoonful of boiling water. Put it in a porcelain kettle, and boil ten minutes without stirring it. Drop a few drops into a saucer of cold water or on snow. If it become brittle, it is done; if not, boil till it is. Add a piece of butter half as large as an egg while it is on the fire, and stir it in. Pour into a buttered tin, and set on ice or snow to cool enough to pull it white. Flavor with vanilla just before it is cool enough to pull. Work into strands and cut into sticks.

Cream Candy.—One pound of white sugar, three tablespoonfuls of vinegar, one teaspoonful of lemon extract, one teaspoonful of cream tartar. Add a little water to moisten the sugar, and boil until brittle. Put in the extract, then turn quickly out on buttered plates. When cool, pull until white, and cut in squares.

Cocoanut Candy.—Grate very fine a sound cocoanut, spread it on a dish, and let it dry naturally for three days, as it will not bear the heat of an oven, and is too oily for use when freshly broken. Four ounces will be sufficient for a pound of sugar for most tastes, but more can be used at pleasure. To one pound of sugar, take one-half pint of water, a very

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little white of egg, and then pour over the sugar; let it stand for a short time, then place over a very clear fire, and let it boil for a few minutes; then set it one side until the scum is subsided, clear it off, and boil the sugar until very thick; then strew in the nut, stir and mix it well, and do not quit for an instant until it is finished. The pan should not be placed on the fire, but over it, as the nut is liable to burn with too fierce a heat.

Almond Candy.—Proceed in the same way as for cocoanut candy. Let the almonds be blanched and perfectly dry, and do not throw them into the sugar until they approach the candying point.

Candied Nuts and Fruits.—Three cupfuls of sugar, one cupful of water; boil until it hardens when dropped in water, then flavor with lemon. It must not boil after the lemon is put in. Put a nut on the end of a fine knitting needle, take out, and turn on the needle until it is cool. If the candy gets cold, set on the stove for a few minutes. Malaga grapes, and oranges quartered, may be candied in the same way.

Chocolate Caramels.—Two cupfuls of sugar, one cupful of warm water, one-half cupful of grated chocolate, three-fourths of a cupful of butter. Let it boil without stirring until it snaps in water.

Chocolate Caramels, No. 2.—One cupful of rich, sweet cream; one cupful of brown sugar; one cupful of white sugar; seven tablespoonfuls of vanilla chocolate; one tablespoonful of corn-starch, stirred in the cream; one tablespoonful of butter; vanilla flavoring; soda, the size of a pea, stirred into cream. Boil all the ingredients, except the chocolate and vanilla extract, half an hour, stirring to prevent burning. Reserve half of the cream, and wet up the chocolate in it, adding a very little water if necessary. Draw the saucepan to the side of the range, and stir this in well; put back on

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the fire and boil ten minutes longer, quite fast, stirring constantly. When it makes a hard, glossy coat on the spoon, it is done. Add the vanilla after taking it from the range. Turn into shallow dishes, well buttered. When cold enough to retain the impression of the knife, cut into squares.

Lemon Taffy.—Two cupfuls of white sugar, one cupful of boiling water, one-quarter cupful of vinegar, one-half cupful of butter; flavor with lemon; pour in buttered plates to cool.

Butter Taffy.—One tablespoonful of vinegar, one cupful of sugar, two tablespoonfuls of molasses, and a piece of butter the size of an egg. When done, add a little soda.

Cream Chocolates.—For the *creams*, boil two cupfuls of white sugar and one-half cupful of milk for five minutes; add one teaspoonful of vanilla, then beat until stiff enough to handle and make into drops.

For the *chocolate*, take three-quarters of a half-pound cake of Baker's chocolate, grate and steam over the teakettle. Drop the creams when hard, one at a time, into the hot chocolate, using two forks to take them out quickly; set the drop on one fork on the bottom, using the other fork to scrape the chocolate off the cream; gently slip the drop upon a buttered dish. If, when cool, the drops stick to the dish, hold it over the steam of the teakettle for an instant.

Chocolate Creams.—*Inside:* Two cupfuls of sugar; one cupful of water; one and a half tablespoonfuls of arrow-root; one teaspoonful of vanilla. Mix the ingredients, except the vanilla; let them boil from five to eight minutes; stir all the time. After this is taken from the fire, stir until it comes to a cream. When it is nearly smooth, add the vanilla and make the cream into balls.

Outside: Melt a half pound of Baker's chocolate, but do not add water to it. Roll the cream balls into the chocolate while it is warm.

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Cream Walnuts.—Two cupfuls sugar, two-thirds cupful water. Boil without stirring until it will spin a thread; flavor with vanilla. Set off into a dish with a little cold water in it; stir briskly until white and creamy. Have the walnuts shelled; make the cream into small, round cakes with your fingers; press half a walnut on either side, and drop into sifted granulated sugar.

Cream Dates.—For cream dates, take fresh California dates, remove the stones, and fill the centre of dates with the same cream as used in cream walnuts. Drop into sugar.

Peanut Candy.—Boil one scant pint of molasses until it hardens in cold water. Stir in two tablespoonfuls of vanilla, then one teaspoonful of soda, dry. Lastly, the shelled peanuts, taken from four quarts measured before shelling. Turn out into shallow pans well buttered, and press it down smooth with a wooden spoon.

Philadelphia Groundnut Cakes.—Boil two pounds of light brown sugar in a preserving kettle, with enough water to wet it thoroughly and form a sirup. Have ready a quarter of a peck of groundnuts (peanuts). When the sugar begins to boil, throw in the white of an egg to clear it. Skim and try by dropping a little into cold water to see if brittle or done. When it is brittle, remove from the fire, and stir in the nuts. Drop on wet plates, free from grease. The white of egg may be omitted.

Gum Drops.—Dissolve one pound of gum arabic in one and a half pints of water; strain and add one pound of refined sugar; beat until the sugar is entirely dissolved. Flavor to taste, and add coloring if desired. Then evaporate with a slow heat until the mass is thick as honey. Have a shallow box, or dish of fine starch; in this make a series of dents with a rounded stick, the size desired for the gum drops. Into each of these indentations drop from a spout, or a

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spoon, just enough of the thickened mass to fill the cavity, then set away in a warm place till the drops become sufficiently set to allow handling. This may require several days.

Jujube Paste.—Dissolve gum arabic, and add sugar as for gum drops. Evaporate till very thick, and while still warm flavor and pour out into shallow tin pans to cool.

Fig Paste.—Chop up one pound of figs, and boil in a pint of water till reduced to a soft pulp. Strain through a fine sieve, and add three pounds of sugar. Evaporate over boiling water till the paste becomes stiff, then pour it into a mold of wooden strips tied together. When cool, cut into squares; sugar each well, and put away for use. Flavors may be added to taste, or fresh fruits may be mingled with the paste.

Peppermint Drops.—Mix granulated sugar with enough water to form a paste, and put it to boil in a saucepan having a lip from which the contents can be poured or dropped. Allow it come almost, but not entirely, to a boil. Stir continually. Allow it to cool a little, and flavor to taste with strong essence of peppermint. Then drop the mass on sheets of tin or of white paper. To drop it properly, allow just enough to gather at the lip of the saucepan, and then stroke it off with a piece of stiff wire. They should dry in a warm place.

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XX.—INVALID DIET.

INVALIDS NEED THE BEST OF DIET; WHAT INVALID DIET SHOULD FURNISH; "SICK-DIET KITCHENS;" HOME COOKING FOR THE SICK. THIRTY RECIPES FOR SICK-ROOM DIET.

WHAT is more disgusting to an invalid than to be served with a liberal supply of food adapted to a laboring man or to a person in robust health? Delicate appetites need to be delicately appealed to with dainty dishes, nicely served. But these dishes must be nourishing and easily digested. In short, the problem in sick-room diet is, how to furnish the patient the most valuable nutrition in the pleasantest form, and with the least tax upon his enfeebled powers.

To meet this need, organized movements have been made in many cities in the line of "Sick-Diet Kitchens." Benevolent contributions and skilled work are the corner-stones of these institutions. The foods are well prepared by competent hands. The sick who choose to purchase delicacies which can be relied on, can find them at these places. Those who are too poor to purchase, but who are deserving, can have them free. Instruction concerning diet for the sick is given also.

But many cannot reach such establishments, and do not care to if they can; hence the chapter of directions given below. If anywhere in cookery good materials and skillful manipulation are of value it is in cooking for the sick.

RECIPES.

Beef Tea.—One pound of lean beef, cut into small pieces. Put into a jar without a drop of water, cover tightly, set in

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a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags and the juice all drawn out. Season with salt to taste, and when cold, skim. The patient will often prefer this ice-cold.

Beef Tea, No. 2.—Take lean, juicy beef, chopped very finely; cover with cold water, and set on back of the range for two hours; then draw forward, allowing it to heat gradually; then boil for five minutes. Season and strain.

Mutton Broth.—One pound of lean mutton, cut small; one quart of water, cold; one tablespoonful of rice or barley, soaked in a very little warm water; four tablespoonfuls of milk, salt and pepper, with a little chopped parsley. Boil the meat, unsalted, in the water, keeping it closely covered, until it falls to pieces. Strain it out, add the soaked barley or rice; simmer half an hour, stirring often; stir in the seasoning and the milk, and simmer five minutes after it heats up well, taking care it does not burn. Serve hot, with cream crackers.

Chicken Broth.—Proceed precisely as above, but substitute chicken for mutton.

Chicken Jelly.—Half a raw chicken, pounded with a mallet, bones and meat together; plenty of cold water to cover it well, *about* a quart. Heat slowly in a covered vessel, and let it simmer until the meat is in white rags and the liquid reduced one-half. Strain and press, first through a colander, then through a coarse cloth. Salt to taste, and pepper if you think best; return to the fire, and simmer five minutes longer. Skim when cool. Give to the patient cold—just from the ice—with unleavened wafers. Keep on the ice, or make into sandwiches by putting the jelly between thin slices of bread spread lightly with butter.

Soft Boiled Eggs.—Put in a pan of *boiling* water, and set on a part of the range where they will not boil for several min-

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utes. At the end of that time they will be like jelly, perfectly soft, but beautifully done, and quite digestible by even weak stomachs.

Egg Gruel.—Beat the yelk of one egg with one tablespoonful of sugar; pour one teacupful of boiling water on it; add the white of the egg beaten to a froth, with any seasoning or spice desired. To be taken warm.

Raw Egg.—Break a fresh egg into a glass, beat until very light, sweeten to taste, and add two tablespoonfuls of port wine, then beat again.

Egg Cream.—Beat a raw egg to a stiff froth; add a tablespoonful of white sugar and a half wineglass of good blackberry wine; add half a glass of cream; beat together thoroughly, and use at once.

Indian-meal Gruel.—One tablespoonful of fine Indian-meal, mixed smooth with cold water and a saltspoonful of salt; pour upon this a pint of boiling water and turn into a saucepan to boil gently for half an hour; thin it with boiling water if it thickens too much, and stir frequently; when it is done, a tablespoonful of cream or a little new milk may be put in to cool it after straining, but if the patient's stomach is weak it is best without either. Some persons like it sweetened and a little nutmeg added, but to many it is more palatable plain.

Oatmeal Gruel.—Soak a handful of oatmeal over night in water, in order that the acid gases which oatmeal contains may be withdrawn. Pour off the water, and add a pint of fresh; stir it well, add salt, and boil an hour and a half. This is much used, prepared in this way, by dyspeptics.

Sago.—Soak and wash it well; add a pint of water, a little salt, and boil till clear. Add lemon-juice or wine, if permitted.

Arrow-root Jelly.—Boil a pint of water with a few bits of

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cinnamon or yellow rind of lemon; stir into it two table-spoonfuls of arrow-root, dissolved in a little water; boil ten minutes; strain, salt, and season with sugar, wine, and nutmeg, if proper.

Arrow-root Broth.—Put half a pint of water into a saucepan; add a little lemon-juice, sugar and nutmeg, and a very little salt. Boil it up, and stir in a teaspoonful of dissolved arrow-root; boil five minutes. It should be taken warm and be very thin.

Cracked Wheat.—To one quart of hot water take one small teacupful of cracked wheat and a little salt; boil slowly for half an hour, stirring occasionally to prevent burning. Serve with sugar and cream or new milk.

Cracker Panada.—Six Boston crackers, split; two table spoonfuls of white sugar, a good pinch of salt, and a little nutmeg; enough *boiling* water to cover them well. Split the crackers, and pile in a bowl in layers, salt and sugar scattered among them. Cover with boiling water and set on the hearth, with a close top over the bowl, for at least an hour. The crackers should be almost clear and soft as jelly, but not broken. Eat from the bowl with more sugar sprinkled in.

Bread Panada.—Set a little water on the fire in a very clean saucepan; add a glass of wine, if allowed, some sugar, nutmeg, and lemon-peel. The moment it boils up stir in a few crumbs of stale baker's loaf. Let it boil very fast for five minutes. It should be only thick enough to drink.

Chicken Panada.—Boil a chicken; take a few bits of the breast and pound fine in a mortar. Season it with a little salt, a grate of nutmeg, and a bit of lemon-peel; boil gently till a little thick, but so that it can be drank.

Soft Toast.—Some invalids like this very much indeed, and nearly all do when it is nicely made. Toast well, but not

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too brown, a couple of thin slices of bread; put them on a warm plate and pour over *boiling* water; cover quickly with another plate of the same size, and drain the water off; remove the upper plate, butter the toast, put it in the oven one minute, and then cover again with a hot plate and serve at once.

Milk Porridge.—Two cupfuls of best oatmeal, two cupfuls of water, two cupfuls of milk. Soak the oatmeal over night in the water; strain in the morning, and boil the water half an hour. Put in the milk with a little salt, boil up well, and serve. Eat warm, with or without powdered sugar.

Thickened Milk.—With a little milk, mix smooth a tablespoonful of flour and a pinch of salt. Pour upon it a quart of boiling milk, and when both are thoroughly mingled put all back into the saucepan and boil up once, being careful not to burn, and stirring all the time to keep it perfectly smooth and free from lumps. Serve with slices of dry toast. It is excellent in diarrhœa, and becomes a specific by scorching the flour before mixing with the milk.

Toast Water.—Toast stale bread until quite brown, but do not burn it; put it into a large bowl, and pour over it boiling water; let it stand for an hour or so, strain, and put in a piece of ice before drinking.

Barley Water.—Soak one pint of barley in lukewarm water for a few minutes; then drain off the water. Put the barley in three quarts of cold water and cook slowly until the barley is quite soft, skimming occasionally. This barley water, when cold, flavor with a little jelly or lemonade.

Rice Milk.—Pick and wash the rice carefully; boil it in water until it swells and softens; when the water is partly boiled away, add some milk. It may be boiled entirely in milk, by setting the vessel in which the rice is in boiling water; sweeten with white sugar and season with nutmeg. It also may be thickened with a little flour or beaten egg.

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Flaxseed Tea.—One-half pound of flaxseed, one-half pound of rock candy, and three lemons pared and sliced; pour over this two quarts of boiling water; let it stand until very cold; strain before drinking. This is good for a cough.

Appleade.—Cut two large apples in slices, and pour on them one pint of boiling water; strain well and sweeten. Ice it before drinking.

Apple Water.—Roast two large, tart apples until they are soft. Put them in a pitcher, pour a pint of cold water on them, and let them stand in a cool place for an hour. No sweetening is needed. This drink will be found very refreshing if the patient have fever or eruptive diseases.

Roast Apples.—Good-sized, juicy, tart apples are best for roasting. Wipe them clean, and put in a slow oven, allowing an hour for the work of roasting. When entirely done, sift fine, white sugar over them, and serve warm or cold, as desired.

Wine Whey.—Sweeten one pint of milk to taste, and when boiling throw in two wineglassfuls of sherry; when the curd forms, strain the whey through a muslin bag into tumblers

Blackberry Sirup.—One quart of blackberry juice, one pound of sugar, one-half ounce of nutmeg, one-half ounce ot cinnamon, one-fourth of an ounce of cloves, one-fourth of an ounce of allspice.

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XXI.—MODERN FACILITIES FOR COOKING.

IMPROVEMENTS multiply on all sides in these days of rapid progress, and they have not failed to leave their impress on culinary matters. The rude methods of the now barbarous nations were once the only methods of cookery. But the better people struggled for better methods, and improvements came. These ran to refinements here and there, which the richer and more luxurious only could adopt. Among those who could afford it, means of cooking fairly good won their way rapidly, but the masses knew nothing of such indulgences. They long continued to put up with inconvenient and inefficient methods.

Real progress is made when the people as a whole are made more comfortable. What lifts up the lower classes is real elevation. A spire may tower high amid surroundings where the people grovel in marsh and malaria. The spire itself may be the best of its kind, but genuine improvement would raise the grade where it stands and better the condition of the masses at its base. So in cookery. Those astounding feasts of the olden time were but spires, shooting into conspicuous view, while the people were in beggary about them.

But the culinary grade has been raised. The people are better off to-day than ever they were. They have better material for food; they have better knowledge of the uses of food, and better facilities for its proper, savory, and healthful preparation. To some of these facilities attention may properly be given.

Open wood fires—mere bonfires, in fact—were the first and simplest means of cooking. Over these, boiling could be

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done, or broiling, or frying; before them *cabobs* could be roasted, or toasted, on the end of a stick; or better viands could be cooked on the "spit," or some kindred contrivance that would hold the meat in the direct radiation of the fire, and turn it continually, so that all sides might be equally cooked. In the hot ashes of such fires, vegetables could be roasted, and even meats could be prepared.

From open fires it was but a step to inclosed fire-places, by which the draft might be improved, the smoke disposed of to better advantage, and the heat be confined and concentrated for more economical employment. Ovens, for baking and roasting, naturally followed. As metals came into more general use and became cheaper, their employment to form stoves was natural. These, at first, were for wood and the lighter fuels, but they soon were adapted to coal as its employment became general.

Rivalry among manufacturers rapidly led to improvement upon improvement, until we have our splendid stoves—so numerous, so beautiful, and yet so effective. An exterior view of a standard modern cooking stove, adaptable for either wood or coal, is given on the following page; not that it is in appearance novel or unusual, but that it is a fine specimen of this splendid line of domestic appliances.

The best coal stoves of this day, whether for cooking or heating purposes, are fitted with the anti-clinker grates. By this apparatus, access to the bottom of the fire is had directly, and clinkers can be removed as well as the fine ashes. The clear bottom, so essential to a strong fire and a good heat, can always be secured by this improvement. The necessity of letting the fire go out occasionally, so as to secure a clear, strong heat, is entirely done away with. A perpetual fire may be maintained, and it may always be clear and strong.

The cooking capacity of modern stoves is marvelous. The largest family roasts can be managed, with all the vege-

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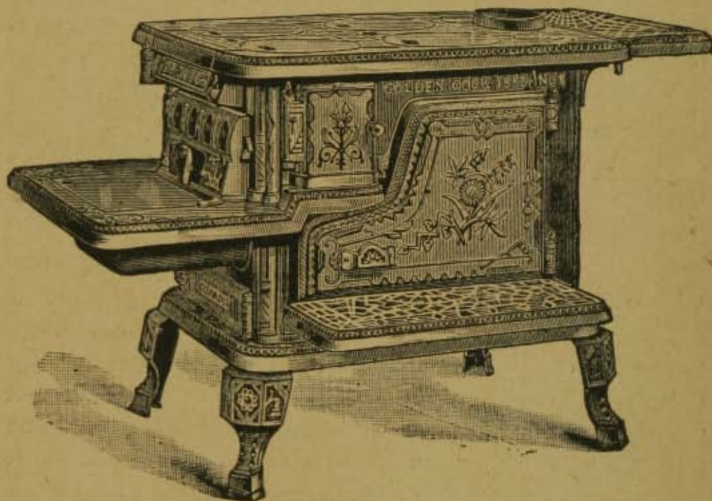
tables pertaining thereto, while at the same time a tank of warm water is maintained, dishes are kept warm, etc., etc., to the heart's content of the most exacting housewife. The home where these facilities are lacking is a home that is behind the times and below its privileges. The wives and mothers should no more confine themselves to old appliances for cooking than the men should confine themselves to old methods of agriculture and travel.



MODERN COOKING-STOVE FOR WOOD OR COAL.

Permanent ranges have superseded cook-stoves very generally in the cities and in the more substantial houses. There is much in their favor, not the least item being their compactness. In a recess, not of much value for other purposes, the range may do its all-important work. It never projects into the room, or occupies central space, as does the stove. Its capacity for union with a system of water distribution, so that *hot* water may be supplied to the whole house, is a very valuable consideration. Without attention

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of any kind it does this work, and for the bath, the laundry, and all incidental purposes, its supply is always ready. A permanent range may have its ash-pit also, into which the entire waste falls, without raising dust or doing damage, and

MODERN RANGE WITH ALL APPLIANCES.

from which it may be removed, as occasion requires, through the cellar, and without interference with the living or working parts of the house.

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The cut of a modern range just given shows most of its features of excellence. The anti-clinker grate, with its peculiar contrivance for cleaning the bottom of the fire, is seen. This work can be done every morning with less trouble than it takes to rake the old kind of ranges, and a continuous fire may be kept going always fresh on the grate. By this means a quicker fire and hotter oven can be produced. The dish-warmer, top shelf, circulating boiler for hot water, ovens, draft dampers, etc., etc., all appear. The open oven shows the hot-air circulation about it, when the heat is turned to it for roasting purposes. Such a range is not much more expensive than a stove of equal cooking capacity, but the setting and the plumbing, if it be added, increase the cost. For ranges of this construction, experts claim many marked advantages, among them these: A perpetual fire, free from slate or clinkers; a perfectly heated oven, without causing the range to become red hot on top, so avoiding the burning out of centre plates and covers; perfection in baking, broiling, boiling, stewing, and every variety of cooking; ample room in the oven; durability of grates and fire-brick and great economy in fuel. These ranges have also a hinged broiler plate, which need not be lifted off when broiling, but may be simply swung back; also an improved feeder door, which allows perfect control of the fire.

When the stove and range for domestic use are passed by, and those for eating-houses, hotels, etc., are to be considered, marvels of size and completeness are found. Special adaptations are added to these immense culinary machines, by which all kinds and almost all amounts of work can be done at one time with the utmost possible ease. Steam is used very extensively in these operations, especially in boiling, but apparatuses on this scale are hardly applicable to domestic uses. For most housekeepers, the kitchen of a mammoth hotel would be a genuine show,

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not only in the immensity of its equipment, but also in the sublime carelessness with which its operations are carried on.

But coal, wood, and steam are not the only powers applied for cooking in domestic circles. Another claimant for recognition, and one rapidly winning his way to the front, is found in

MODERN GAS STOVES.

These can be used wherever natural or artificial gas is supplied for illuminating purposes, either by public or private means. Wherever heat is needed and gas can be had, gas stoves have a province. Whether for warming apartments, supplying heat for mechanical purposes, or for cooking, gas stoves are carefully adapted to meet the varied demands. The purpose in this discussion is not to give the pre-eminence to any of the several gas stoves which claim public favor, but simply to present the subject as met by stoves of one standard make, allowing those who are interested to work out the remaining problems for themselves.

The convenience and comfort of cooking by gas, especially during the summer months, when fire is not otherwise required, can be thoroughly appreciated only by those who have had experience in its use for that purpose. It has many advantages, among them these: With a good gas cooking-stove the difficulty arising from *slow* fires, *quick* fires, and *bright* fires vanish at once and forever in the simple turning of a tap, admitting more or less gas, the cook controlling the fire instead of the fire controlling the cook. The cook, having the fire directly under her control, the heat can be regulated to a nicety; it is not variable, and it is as readily obtained as it is easy to be got rid of when no longer required. Not the least difficult of the many branches of a cook's education is the acquirement of experience in roasting. She has to calculate and weigh with much nicety both the size of the joints and the power of the fire. A good gas

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oven, however, can be controlled so easily than an even and suitable heat is guaranteed.

Then, too, it is claimed that the waste in meat cooked by gas is greatly diminished as compared with that cooked by a coal fire. Meat roasted by a coal fire loses one-third in weight, or thirty-three and one-third per cent., while the same cooked by gas loses only about one-seventh, or fourteen per cent. This difference is due to the fact, that by the usual methods of roasting, the meats are shut up in a tight oven, which, by its dry and highly heated air, extracts and consumes the moisture of the meats. The gas oven, on the other hand, is open. The heating is by direct radiation from the reflectors. Less loss results, therefore, by evaporation of juices than from the tight oven, as the atmosphere about the meat is not exhausted of its natural moisture, so becoming a drain upon the moisture in the meat.

The lighting and extinguishing of gas is an instantaneous operation, neither entailing the drudgery, waste of fuel, of time, or of patience belonging to other methods. And in this case there is no coal to bring up, no ashes to empty, no kindling-wood needed, no waste of fuel, but a single match kindles it all, and the work goes on.

There has been strong prejudice against cooking by gas, which has greatly retarded its general use. Within the last few years, however, this has been giving away, as the advantages of gas for this purpose are becoming more widely recognized, and the construction of the stoves has been so greatly improved.

The objections to thus utilizing gas have been chiefly a belief in its flavoring the meat, the difficulty of burning it so as to avoid smoking and dirt, and its expense as compared with other fuel. There can be no doubt that some gas stoves are very extravagant and wasteful, nevertheless, the objections raised are not regarded as well founded. It can be shown satisfactorily that real economy results from their use.

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A series of carefully conducted experiments between a standard coal range and a standard gas stove is summed up in the tables which follow.

In these experiments the Sun Dial Gas Stove, of the Goodwin Gas Stove Company, was used. The results were communicated officially to the Convention of Gas Operators at the Franklin Institute of Philadelphia, October 16th, 1879.

RECORD OF THE COAL RANGE.

ARTICLE.	How Cooked.	Weight.		Loss per cent.	Time.
		Before Cooking.	After Cooking.		
Blue Fish, ...	Baked.	3 lbs.	2 lbs. 1 oz.	32	31 m.
Rib of Beef, ...	Roasted.	9 lbs. 7 oz.	6 lbs. 8 oz.	32	1 h. 37 m.
Chicken, ...	Roasted.	3 lbs.	2 lbs. 2 oz.	30	1 h. 6 m.
Beef Steak, ...	Broiled.	1 lb. 2 oz.	13½ oz.	25	11 m.
Lamb Chops, ...	Broiled.	1 lb. 1 oz.	11 oz.	35	12 m.
Sweet Potatoes, ...	Steamed.	3 lbs. 5 oz.			
White Potatoes, ...	Steamed.	3 lbs. 8 oz.			
Cauliflower, ...	Boiled.	3 lbs. 12 oz.			
Tomatoes, ...	Stewed.	4 lbs.			
Bread, ...	Baked.		5 lbs. 2 oz.		46 m.
Sago Pudding, ...	Baked.		3 lbs. 5 oz.		27 m.
Lemon Pie, ...	Baked.		2 lbs. 12 oz.		30 m.

Sauces for fish, beef, and cauliflower were cooked also.

Total time from lighting of fire until everything was ready to serve, two hours and forty minutes. Of this time thirty minutes was required to heat the oven, leaving two hours and ten minutes actual cooking time. Weight of coal, including lighting of fire, forty-four pounds. At the end of the time the fire was ready for more coal. Cost of coal, forty-four pounds at five dollars and fifty cents per ton, ten and ninety-five hundredths cents. Kindling, one cent. Total, eleven and ninety-five hundredths cents.

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RECORD OF THE GAS STOVE.

ARTICLE.	How Cooked.	Weight.		Loss per cent.	Time.
		Before Cooking.	After Cooking.		
Blue Fish, ...	Baked.	3 lbs.	2 lbs. 6 oz.	20	35 m.
Rib of Beef, ...	Roasted.	9 lbs. 4 oz.	7 lbs. 11 oz.	17	1 h. 25 m.
Chicken, ...	Roasted.	3 lbs. 1 oz.	2 lbs. 10 oz.	14	1 h.
Beef Steak, ...	Broiled.	1 lb. 2 oz.	15 oz.	16⅔	8 m.
Lamb Chops, ...	Broiled.	1 lb.	13½ oz.	15	10 m.
Sweet Potatoes, . . .	Steamed.	3 lbs. 5 oz.			
White Potatoes, . . .	Steamed.	3 lbs. 8 oz.			
Tomatoes, ...	Stewed.	4 lbs.			
Cauliflower, ...	Boiled.	3 lbs. 12 oz.			
Bread, ...	Baked.		5 lbs. 7 oz.		37 m.
Sago Pudding, ...	Baked.		3 lbs. 3 oz.		28 m.
Lemon Pie, ...	Baked.		2 lbs. 14 oz.		22 m.

Sauces for fish, beef, and cauliflower were cooked also.

Total time from lighting of gas until everything was ready to serve, one hour and fifty minutes. Consumption of gas by test meter, thirty-eight feet. At two dollars and fifteen cents per thousand feet, cost, eight and seventeen hundredths cents.

These tests were made with the utmost care by a competent expert. In each case the cooking was done so that all the dishes would be completed at once. The tests were illustrative of three points: 1st, of the less *expense* in fuel; 2d, of the less *shrinkage* of the material; 3d, of the less *time* required from the outset to the completing of the cooking. By this test, in short, the gas stove saved as follows:

In cost of fuel	$1\frac{78}{100}$	cents.
In shrinkage of articles cooked . .	$33\frac{11}{16}$	"
In time from the start till ready . .	50	minutes.

Through lack of knowledge, skill, and attention many persons will waste shamefully where others will save, but

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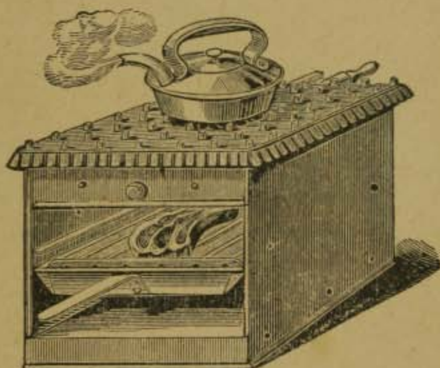
the above results go far to settle the question of relative economy. Experience has settled the question of flavor also. There is no more need of ill-flavor in food cooked by gas than in food cooked otherwise. In any case, it is a result of bad management, not of the kind of fuel.

After this general survey of gas stoves, a more detailed view of them will be in order. Beginning with the smaller stoves, the first cut presents one employing a single burner only. This stove is only seven inches wide, seven and a half inches high, nine inches deep. It has a front tin reflector to pan, whereby the heat is thrown back upon the meat, thereby greatly increasing the cooking power. This stove will broil a steak, chops, bacon or fish, toast bread, boil water, stew or fry with one burner only. Three feet of gas, at a cost of less than one cent, will broil a chop and boil a pint of water. Consumption, ten cubic feet of gas per hour.



SINGLE BURNER GAS STOVE.

Departing from the old system of gas cooking, which was open to many grave objections, the gas burner in the best stoves, like those shown here, is placed above the meat, and not under it; over this burner is fixed a radiating metal plate to reflect the heat; the same burner being above the meat and beneath the oven, where the oven attachment exists, answers both for the purpose of roasting and baking at the same time. By another simple contrivance, of surrounding the oven with a case or jacket, the heat is increased, the combustion is rendered complete, and a regular

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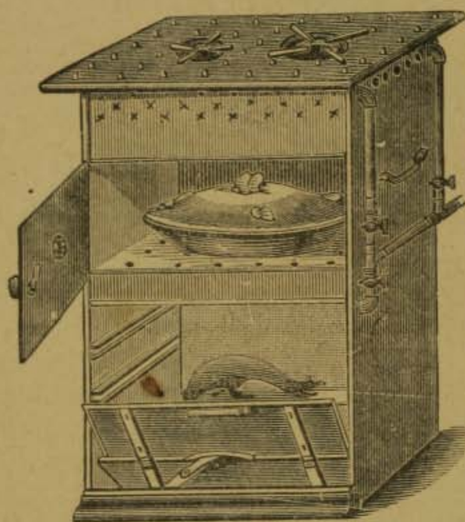
distribution of heat all over the oven is secured. In all the stoves now in use, the oven is always hottest in that part nearest the fire, consequently it is a common occurence for food to be raw in one part and burnt in another. This is prevented by the hot air jacket surrounding the oven.

The next cut shows the oven attachment, the heat being applied beneath it and over the roast, and the heat both above and below the oven. The size of the stove represented in this picture is twelve inches wide, twenty-two inches high, eleven inches deep. Its oven is twelve inches wide, six and a half inches high, ten and a half inches deep. Its roaster is twelve inches wide, nine inches high, ten and a half inches deep. Its hot plate is thirteen and a half inches wide, sixteen inches long. It has two extra burners in the hot plate. Its consumption, with all burners in use, is twenty cubic feet of gas per hour.



GAS COOKING-STOVE WITH OVEN.

A still larger stove is shown in the next cut. Its size is thirty inches high, fifteen inches wide, and twelve and a half inches deep. The oven and roaster are of proportionate size, as the cut shows. It has the non-conducting jacket, by means of which all of the heat is retained and utilized. It will roast a seven-pound joint or a couple of fowls; it

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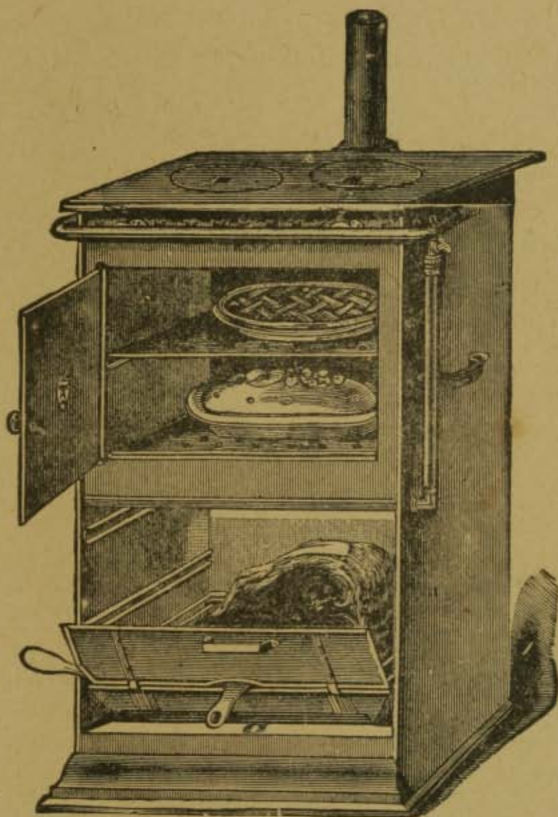
will broil chops, steak, bacon and fish, toast bread, bake pastry, rice puddings, potatoes, etc., boil, fry, or stew. The roasting chamber is lined with bright tin plate, and is fitted



GAS COOKING-STOVE WITH OUTLET PIPE.

with a movable apparatus for supporting the pan at various heights. Consumption, with all burners in use, thirty-two cubic feet per hour.

By means of the outlet pipe, a complete carrying away of the products of combustion is secured. A system of tubing

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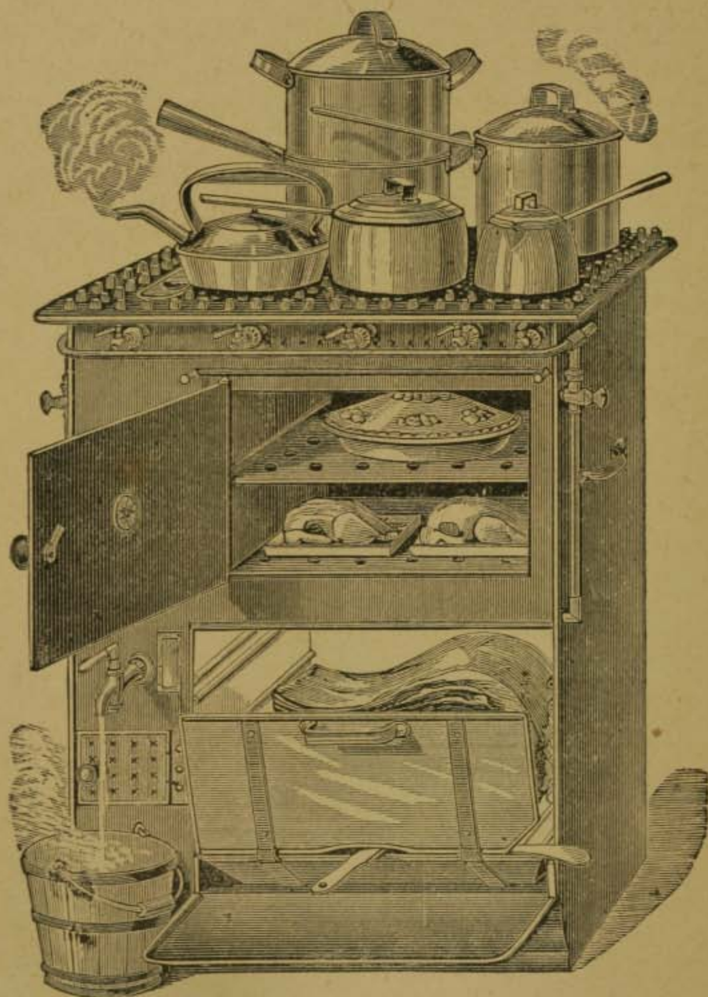
collects all such products in the pipe, shown at the back of the stove, to which must be further added such pipe as may



GAS COOKING-STOVE OF THE MOST COMPLETE FORM.

be necessary to connect it with the chimney, thereby producing the same effect in conveying away the products of

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combustion as is accomplished by similar means in the ordinary kinds of fuel. This arrangement fills a want that has long been felt by those who have objected to the use of gas stoves for the reason of there being no adequate means to remove the products of combustion and odors from the roasting chambers, ovens, and boiling burners, all of which is now effectually accomplished.

The possibilities of the gas stove are not exhausted, however, by the forms already shown. Still another cut is given of one of the most complete gas-stoves. This size will do all the work for a large family. The size of this stove is thirty-six inches high, twenty-four and a half inches wide, and twelve and a half inches deep. The oven is nine and a half inches high, fifteen inches wide, and eleven inches deep. The roaster is thirteen inches high, eighteen inches wide, and twelve inches deep. The hot plate is twenty-eight inches wide, sixteen and a half inches deep, with two single and one double burner; tray underneath for removing dirt, etc. The oven has double jacket for retaining heat. The tinned copper boiler, with brass draw-off tops, holds about two gallons, and is heated by an atmospheric burner with separate tap at side. This stove is capable of doing the work of any wood or coal range or stove for a large family; and when a family once get a little accustomed to its use, they will find it superior in every respect. Consumption, with all burners in use, forty-two cubic feet per hour.

Such is a brief showing of the cooking-stoves using gas as fuel. With them a household can be relieved of much of the work which makes life a burden; but these helps do not apply to family uses only. Hotels have adopted them. Stoves and ranges can be furnished to cook for any number of persons. At the new hotel at Pullman, Ill., the cooking for a thousand guests is done by gas. The great range of this house, if extended in a direct line, would reach forty-eight feet. Parts of it stand five feet high. To build it cost

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one thousand five hundred dollars. It includes a complete set of fish broilers, two large hot closets for warming dishes, a sixty-gallon tank for the supply of hot water, and six large roasting and broiling chambers, over which are forty-eight burners for boiling, stewing, and frying. Three large ovens, with twenty-four burners over them, are also included in the complete apparatus.

Another feature in the great gas range of this hotel is its carving-table and hot closets. The water in this table is heated by a hot-water generator with gas heat, and the closets are supplied with two burners each, by which they can be raised to any desirable temperature. Egg boilers, vegetable boilers, and cake griddles complete this elaborate cooking apparatus.

Water-heating apparatus is a great point in connection with the Pullman Range. There are very many of these applications which are available in private houses. From the little arrangement for heating a pint of water, there are others of larger capacity, up to those capable of heating a bath-tub full or of providing for a family wash. A very convenient apparatus for supplying hot water to a wash basin which has cold water only is shown in the opposite cut. The "generator" is placed on a little bracket, and an attachment is made from the gas burner, and also from the cold-water pipe. On lighting the gas, hot water is generated almost instantly, and is supplied in quantity sufficient for all probable demands, as the generator contains a coil of pipe in passing through which the water can hardly fail of being thoroughly heated. The generator can be had in ornamental or plain forms, and its consumption of gas is but ten cubic feet per hour.

Rural homes which supply water from a tank can adopt this generator with ease. Indeed, wherever water flows and a gas jet is available, hot water can be had at pleasure.

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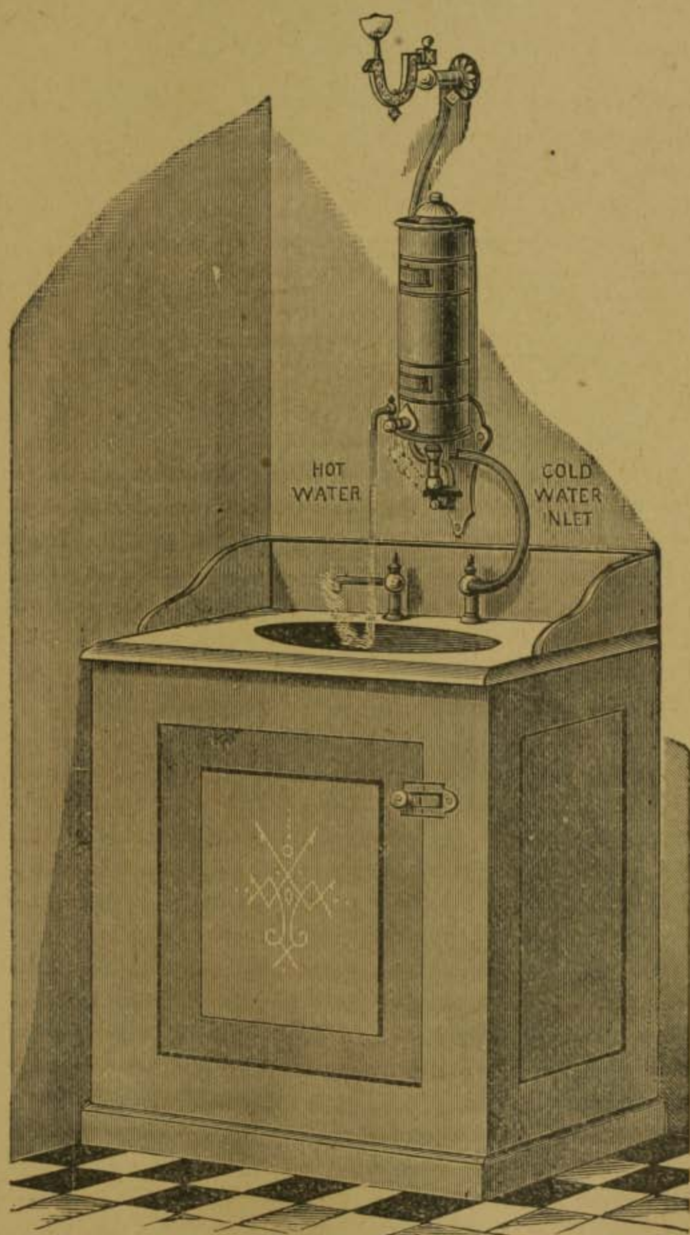

269 HOT-WATER GENERATOR FOR BASINS.

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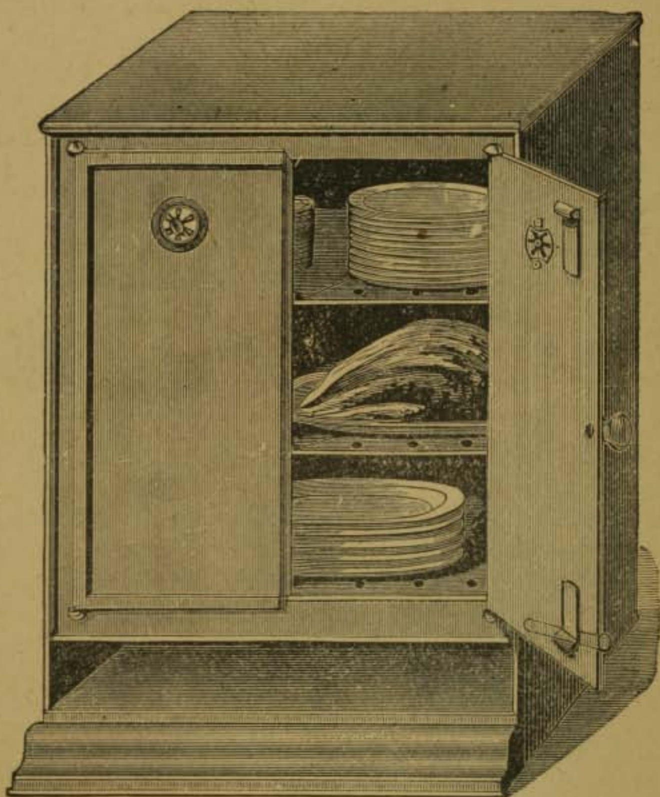
Hot closets are made of sizes suitable for domestic purposes also. That shown in the adjoining cut is but thirty-four inches high, twenty-five inches wide, and eighteen



GAS HOT CLOSET FOR DISHES, MEATS, ETC.

inches deep. The closet is useful to heat dishes and keep meats and pastry warm. It can be made of any desired dimensions, and can be finished with a high degree of ornamentation if so preferred.

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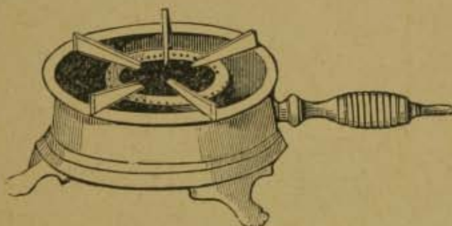
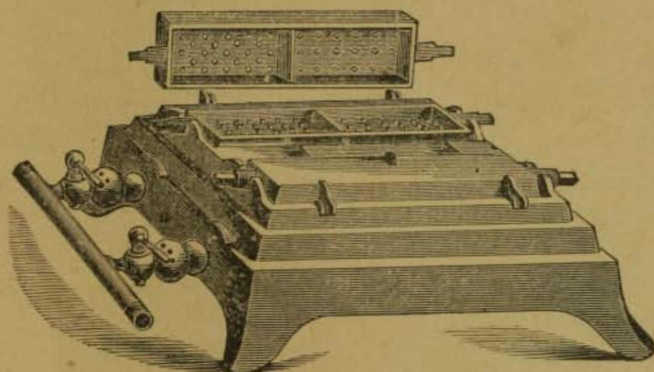
Gas stoves supply many incidental conveniences also that are worthy of note. The cut of a simple boiling stove below illustrates this. These are of various diameters, from five inches upward. They consume from seven cubic feet per hour upward, and for all incidental small cookery they are very useful.



GAS STOVES FOR BOILING.

Another gas-stove specialty is the Waffle Baker, also shown in an illustration. This little apparatus consumes about twelve cubic feet of gas per hour, but it does its baking work quickly and well, wholly avoiding the burning, so apt to spoil waffles baked in other ways. Restaurants find this apparatus very helpful, and families, too, will enjoy it, as long waiting for hot cakes is avoided, and the cakes, when served, are just right. The baking molds are so arranged, that by a crank attached to the projecting spindle they may



WAFFLE BAKER.

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be turned over to secure equal baking on both sides. Thus the arrangement is perfectly effective while entirely simple.

In view of what may be done with gas, it is not strange that in discussing "The Fuel of the Future" it should receive special recognition. Many there are who look to the time when coal and wood fires will be virtually unknown in the cities, and when arrangements for heating will be like those for illumination, furnished by outside parties, and paid for as used. In localities where natural gas is found, this is already practically realized to a great extent. But there are other views as to the fuel of the future, as the next discussion will show. Of course, these novelties in domestic operations are resisted. Our grandmothers did not do things in this way. But again the old text may be quoted: "Prove all things; hold fast that which is good."

OIL STOVES.

MODERN facilities in the way of cook-stoves are not restricted to places where gas is available. In small villages, and in purely rural homes, oil may be used for cooking, as for illuminating purposes, in the place of gas. Which of various oil stoves is the best is not our province to decide, nor is such a decision necessary. But it is our province to illustrate the subject of oil stoves fully, which will be done by reference to one good standard stove, from which others do not differ, probably, in any very important respects.

In the Florence oil stove there is a cast-iron base, more or less elevated, which is the receiver of the oil, which should be of the best quality. Such oils, being purer than others, are less liable to produce smoke and unpleasant odor, which are certainly objectionable.

From this oil-receiver the wick, or wicks, proceed, each

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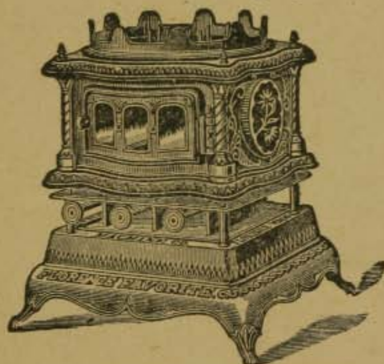
furnishing a flame four inches in width, and regulated, as in oil-lamps, by thumb-screws. Over these wicks is the stove apparatus, with various adaptations for warming or for cooking, and of varying powers, as may be desired. The chamber immediately above the flame is capable of easy removal or of being thrown backward on a hinge joint, to allow access to the wicks for trimming and to facilitate cleansing the apparatus. The oil-receiving base, the regulating screws for three wicks, the heat chamber, with the flames seen through the mica doors, and the top work, capable of various applications, are all shown in the adjacent cut.



OIL STOVE WITH COOKING DRUM.

For some uses the amount of flame secured by three wicks is more than is needed. Smaller contrivances are, therefore, prepared, one of which, called the Nursery Stove, is shown in the cut. Much less oil is required here, one wick only is used, and yet the kettle may be boiled, an iron heated, or almost any light culinary work be done. Beyond the nursery, this little stove is especially adapted for use by milliners, dressmakers, druggists, barbers, saloon-keepers, and for manufacturers, to heat glue, to heat irons, etc. It is perfectly safe for use in the home, or in factories and shops. It is strong enough to sustain a weight of two hundred pounds, and cooking utensils of any kind can be used upon it when desired. Offices, libraries, etc., will find it of great value too.

NURSERY STOVE.

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A very helpful use of small oil stoves is found by parties camping out or going on picnics. The whole apparatus is easily carried, and it is ready to boil a kettle, to fry a mess of fish, or to do any of the many little things for which a fire is needed on a camp-ground. It is often desirable to have a little heat in the home late in the spring or early in the fall, or on a cool and rainy summer day, or in case of sickness, when the chill needs to be taken from a room. The stoves are down; the furnace is dismantled; there is no fireplace in the room; but you have an oil stove. All right then. Remove the cooking top, and add a heating drum; in other words, transform the stove as shown in the first cut to the stove as seen in adjoining cut. This is ornamental and effective, affording ample heat in all ordinary weather for rooms of usual size. One wick only of the three shown in this stove may be used at a time if less heat is desired.

OIL STOVE WITH HEATING ATTACHMENT.

Adhering to the same three-wick base, it may, however, become desirable to enlarge the cooking resources. This may be easily accomplished. On the cooking drum a broad Extension Top is readily adjustable. This is of cast iron, and it is so fitted with dampers that heat can be concentrated at any one point of the extension, or diffused with available cooking power among them all. The cut on the next page shows the oven, the teakettle, the Steam

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Cooker, and the saucepan, all in operation. The Steam Cooker is a contrivance to economize room. In its lower part is a waterpan, over which are other tiers of pans, in each of which a different vegetable may be cooked at one and the same time by means of steam from the boiling water below. Thus a little stove may do a great work.

OIL STOVE WITH EXTENSION TOP AND EQUIPMENTS.

For a heavier culinary demand an enlarged apparatus may be employed. This is nothing more nor less than a doubling of what has already been described. The cut on page 276, illustrates a double stove, with elevating stand and extension top. This is regarded as ample accommodation for a family of six persons. It performs all the offices of the most elaborate kitchen range, and for roasting meats, broiling and baking is unequaled by them, for the reason that in no stove or range is the fire and consequent heat so completely under control of the cook. Various designs of these stoves are prepared, which contain all the most approved principles of construction, and are especially happy in the effects obtained, the trimmings being elaborately nickled and really very handsome.

In the running of these stoves, the principles to be

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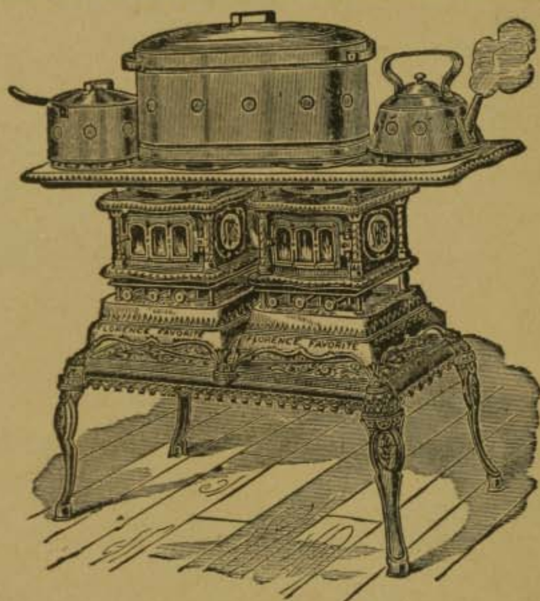
observed are few and simple. The gist of them are added below as illustrative of the processes.

Any good kerosene oil suitable to burn in lamps can be used for the best results in cooking and heating, or to avoid odor tne best water white oil, of not less than one hundred and fifty degrees fire test, is recommended. The best at command will in all cases be found the most satisfactory.



DOUBLE OIL STOVE WITH EXTENSION TOP.

Only such wicks as are furnished for this especial purpose should be used. They can be sent by mail when desired. Be certain the wick fills the wick tube, to prevent escape of gas. New wicks produce best results, because they afford free passage for oil. Wicks which have stood in oil for a length of time become clogged with paraffine and foreign substances. Changing wicks as often as four to six weeks is therefore desirable.

Fill the reservoir with oil, but do not run it over. One

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wick stoves hold one quart; two-wick stoves hold two quarts; three-wick stoves hold three quarts; four-wick stoves hold six quarts. Trim the wicks evenly, slightly rounding the corners. When new wicks are put in, wait until they become saturated with oil before lighting. Use the same care in regulating the flame which is required for an ordinary kerosene lamp. Wicks should never be so turned down that the flame will be below the top of the cones.

It is important that the stove be kept perfectly clean. There should be a regular time (daily when the stove is in constant use) for filling the reservoir and wiping the stove clean in every part. The perforated circular plate which sets over the wick tubes must be kept clean. When the stove is not in use, the wick should be turned down a little below the top of the wick tubes, so that the oil will not flow outside of the base. The wick tubes should be thoroughly cleaned from crusts and deposits, and rubbed bright as often as once a week; a piece of sand-paper is convenient to use for this purpose. This is important to insure a perfect flame and prevent undue heating of the tubes. Before setting the stove aside for a length of time, empty the oil, and before filling it again rinse out well and put in new wicks. A clean stove, new wicks, and fresh oil of the right grade, will insure satisfactory results.

In extinguishing the burners, simply turn the wick down a little below the top of the wick tube and leave the flame to go out of itself. In this way all gases are consumed and smell of oil avoided.

With care in observing such plain hints, the oil stove may become a very helpful and convenient accessory in the affairs of every house. Housekeepers should certainly give them attention when the question of home comfort arises.

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KITCHEN UTENSILS.

POTS, kettles, pans, and such common-place articles have been familiar to every housewife, time immemorial. But even these have not escaped the transforming touch of improvement. Take, as an example, the common soup-pot. Its old style of lid would lie loosely when the heat was doing its work, allowing the rich odors to escape and the steam to waste. Now the lid is clamped tight on the pot, a valve allowing steam to escape when it must, and so retaining in the pot all the heat and flavor which can possibly be held there. The fact is, that business rivalry has stimulated inventors, manufacturers, and dealers to seek for perfect articles. The result is that housekeepers may be splendidly supplied.

When a complete kitchen equipment is urged, penny-wise and pound-foolish housewives cry out against the cost. Better, however, spare some expensive adornment elsewhere, and fit up the kitchen as becomes the cooking department of an intelligent home.

Innumerable things are needed in the kitchen, and they should be good. Good tinware, good ironware, good woodenware, good stock and tools of all kinds are by far the cheapest in the long run. Get fewer articles at first, but get them good. Get, as opportunity offers, knives, forks, spoons, nut picks, steel, cheese scoop, cleaver, salad fork and spoon, coffee mill, ice chisel, nutmeg grater, coal sifter, strawberry huller, potato slicer, cabbage cutter, colander, broiling irons, etc., etc., over the broad range into which we simply peep in this chapter.

Among things rarely used in kitchens, but very valuable, are *cutting boards*, made of hard wood and in various sizes, on which to cut bread, slice meat, chip dried beef, etc.; *deep pans* for frying in the French style, which submerges the articles in boiling fat; *a scale and weights*, to test goods

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purchased and to make accurate use of materials in cooking; *a set of measures*, for the same purpose; plain *egg boilers*, or patent ones which whistle, ring a bell, etc., when the egg is done; *sand glasses* of various sizes for noting time in the boiling of eggs, etc.; *an egg beater*, of which the "Dover" is generally regarded as best; *coffee-pots* in some of the scientific forms; and so onward in another broad sweep.

House-furnishing goods may be catalogued thus: Brass and copper ware; cutlery and hardware; agate and granite wares; britannia ware; planished or block tinware; stamped tinware; japanned ware; wood and willow ware; carved and fancy woodenware; brushes, brooms, etc.; wire goods; papier-mache goods; iron goods, and miscellaneous goods. Such is the usual classification of the catalogues of the leading manufacturers, some of which give over a thousand illustrations of household utensils in forms and fashions the most diverse, and yet, as a rule, strikingly beautiful. Indeed, one who has not consulted the catalogues of extensive dealers can have no idea of the variety of goods offered.

While commending the broad range of appliances which open before the housekeeper, it may be well, however, to quote a paragraph from Ella Rodman Church's bright book, *How to Furnish a Home*. She says: "Some kitchens are fitted up so luxuriously, with a perfect army of porcelain-lined saucepans, folding gridirons, oyster-broilers, flesh-forks, larding-needles, perforated and grooved spoons, pie-crimpers, steamers, marble paste boards and rollers, egg-beaters, and all the thousand-and-one labor-saving contrivances, that their equipment is quite as expensive as that of other portions of the house. Much of this is unnecessary, especially to the young housekeeper; and, where there is not a very full purse, it is better to provide only *must*-haves in the beginning, and leave *would*-haves to be gathered by degrees."

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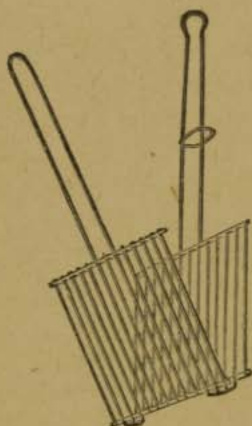
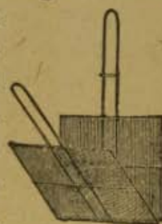
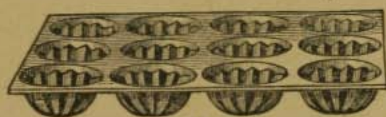
Broilers.—There is great variety in the utensils employed for broiling meats, fish, etc. The two cuts here given show





the large, strong wire broiler suitable for the heaviest pieces, and the fine-wired, small sized broiler adapted for oysters and the most delicate of birds. The double construction of these broilers enables them to be turned over with ease, for the purpose of doing both sides to a nicety. At least two sizes of broilers are needed in every well-stocked kitchen, though more would be of use to meet the many and varied demands of the average American home.

Small Cake Pans.—Pans for biscuits, cookeys, gems, patties, muffins, etc., can be had in all styles, simple and ornamental.



(1)

(2)

(3)

We show the (1) Turk's Head Muffin Pan; (2) the plain Biscuit Pan; and (3) the plain Muffin Pan. But this showing by no means exhausts the variety. Almost every form of the housewife's fancy can be met at the house-furnishing stores, so far as these incidentals to nice cookery are concerned. Every kitchen needs a few such aids to neat and expeditious work. Get them and take care of them.

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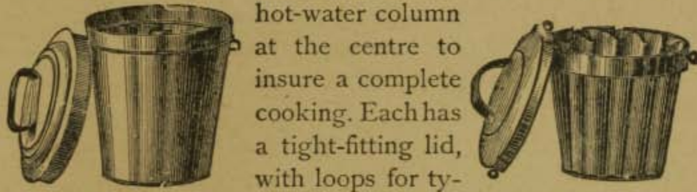
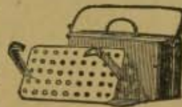
Molds for Puddings, etc.—A plain pudding mold and fluted rice mold are shown in these cuts. They have the hot-water column at the centre to insure a complete cooking. Each has a tight-fitting lid, with loops for tying the lid in position, and thus they form a complete utensil for the cooking of puddings, rice, etc.

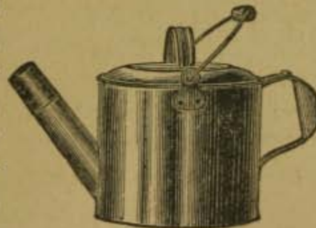


Asparagus Boiler.—Every cook knows the difficulty of removing boiled asparagus from the pot. Here is a utensil of proper size and shape, having a movable deck or shelf, on which the vegetable lies in cooking, and on which it is removed straight and whole when done. Similar boilers are arranged for fish.



Strainers.—Aside from ordinary colanders for straining purposes, there are others adapted specially for soups, jellies, etc., one of which is here shown. The hook opposite the handle holds the cloth in case one is used in the process.

Batter Pails.—In making batter cakes it is better to avoid dipping the batter, as this process cuts the air vesicles in it and promotes heaviness. To pour it neatly and expeditiously is better, and for this the batter pail is adapted. The batter should be mixed in the pail and poured directly from it, so avoiding all unnecessary agitation and consequent injury.



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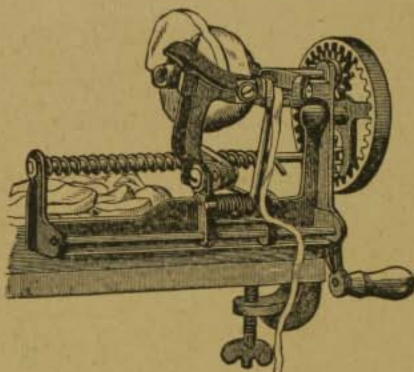
Apple Parer.—So great is the consumption of apples in cookery that an apple parer is a domestic necessity. The one shown in the cut is known as the Bay State Apple Paring and Slicing Machine. It is quite justly regarded as the very best ever made. The little machine is clamped by the thumb-screw to a table. It pares and slices the fruit, and deposits the slices in a dish. Its operation is quick, effective, certain, and simple.



Can Opener.—One of the standing annoyances of housekeepers is the opening of cans containing fruits, vegetables, etc. It is certain that the ordinary tools employed for this purpose are very defective. They are hard to operate, dangerous to handle, and rough in results. The accompanying cut shows the Clipper Can Opener in position for service. It is screwed on to any convenient place. The table on which the can stands is adjusted by a ratchet movement to any height of can. The knife is curved to meet the circle of the can. It can easily be thrust through the tin, when, by a rotary motion, it will cut the top out as cleanly as if cut by straight shears. This cutter is a specialty of the Cowles Hardware Co., of Unionville, Conn.

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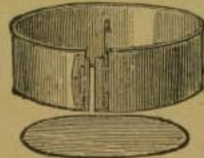
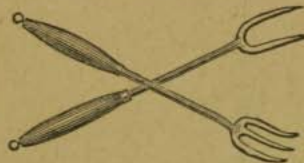
Molds.—For jellies and cakes these are supplied in abundant variety Fine cakes and jellies may be furnished in plain forms, but in the ornamental forms they are far prettier, and can be just as well cooked or cooled.

Cake Pans.—A plain cake mold with hot-air tube in centre is here shown. Also the spring-bottom pan, which is taken off the cake, and not the cake out of it, thus avoiding "sticking," difficulty in "turning out," etc.



Forks.—An assortment of large, strong forks is very desirable in a kitchen. They not only handle meats with ease and safety, but they save the hands from exposure to scalding steam, from which one cannot escape if ordinary forks are employed.



Milk Boilers.—How hard it is to boil milk, or any of the milk preparations, without scorching, is well known by

bitter experience in every household. By using a boiler like these shown here, with water in the lower vessel, all the danger is obviated.

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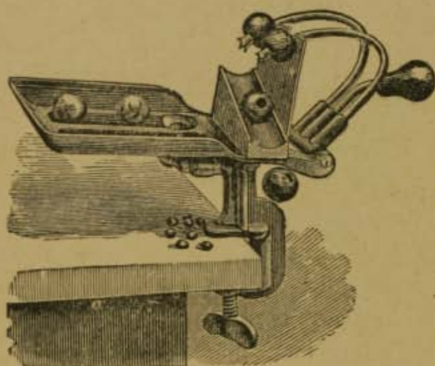
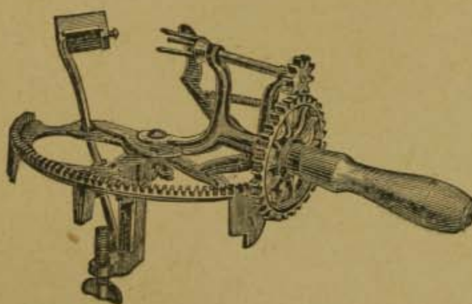
Cherry Stoner.—In preserving cherries or making cherry pies, one of the most troublesome things is to get rid of the stones. The Family Cherry Stoner, here shown, does the work very well, preserving the plumpness of the cherry and saving all its juices, but effectually removing its stone. There are other stoners in the market, but this in preserving the form of the cherry surpasses them all. It is as nearly perfect as any machine can be. It seems endowed with intelligence.



Apple Corer and Slicer.—The contrivance here shown is the Climax Corer and Slicer, a fit companion for the ordinary apple parer. The pared apples are set upon this instrument, which also is clamped to a table, when by a slight movement they are cored and sliced, the slices falling into a pan and the core being held in position until removed by hand.



How wonderful an advance this is over the old method of gouging out cores by means of ordinary knives need not be told. Nor need housewives be reminded of its superiority to the old style of apple-corer, which we show for the sake of contrast.

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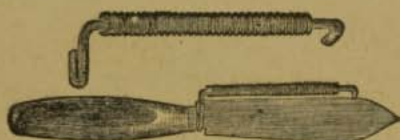
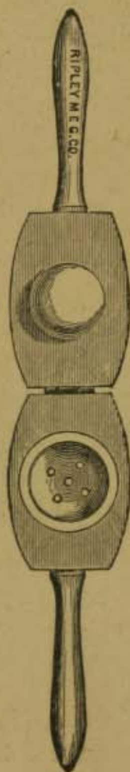
Paring Knife.—A good help in paring vegetables or fruits is shown in the cut here given. It consists simply of a guide attached to the blade of a knife, as here illustrated, by means of which a uniform thickness of paring is secured.



The same attachment will secure uniformity in slicing.

Fish Turner.—How difficult it is to turn a fish without breaking it every cook knows. But trouble may be obviated by the use of such a tool as is here pictured. For many other uses, as a scraper of pie-boards, etc., it will be found very useful. Its blade is thin and full of spring, but not sharp at the edges. Those who have used this article prize it highly. It does good work and does it with great ease.

Lemon Squeezer. — Everybody knows of this valuable kitchen utensil, but of the porcelain bowl and compress shown here all may not know. This arrangement is far superior to the ordinary wooden squeezer. The hinge is tinned to avoid rust, and is strong enough to safely bear all the pressure that may be needed to entirely extract the juices of the lemon. Such an article is far more economical than the old method of squeezing.



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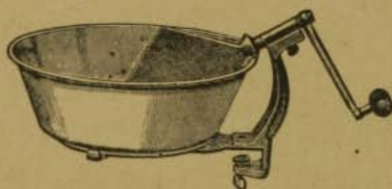
Bread Mixer and Kneader.—The Dutcher Temple Company, of Hopedale, Mass., has patented the Mixer and Kneader shown in the next cut, and known by the name of its inventor, Stanyan. It is claimed that this machine saves time and labor; that it is easily operated, and that, too, by unskilled help; that it saves touching the dough with the hands before baking, thereby insuring clean bread; that it avoids the use of the molding-board and consequent addition of dry flour after raising; and that it is equally well adapted to mixing fruit-cake, mince-meat, etc.



These are high claims, certainly; but Miss Parloa, the accomplished instructress in cookery, speaks concerning it in the following laudatory terms: "I find in it an article the want of which I have always felt. It cuts and beats up the dough at the same time, a process which gives you a fine, light bread." She also says, "No kitchen should be without it," and she certainly ought to know.

Covers.—Who wants cold food when warm can be had? Covers of all sizes and styles can be had whereby much of this evil is avoided. They are made from seven inches to twenty-four in length, at prices from fifty cents upward. The upper style will cover a beefsteak, a plate of chops, a fish, or any such articles which do not stand high upon the plate. The other style may be used for roasts. When ready to carve, they may be removed by the attendant, and the meats will be found steaming hot and very savory.

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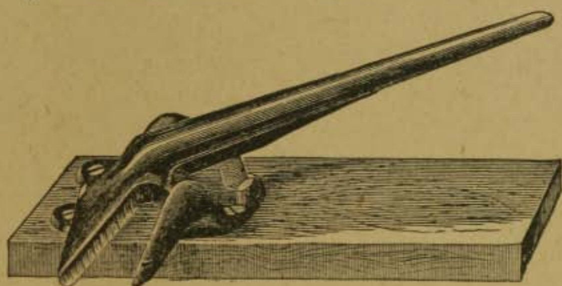
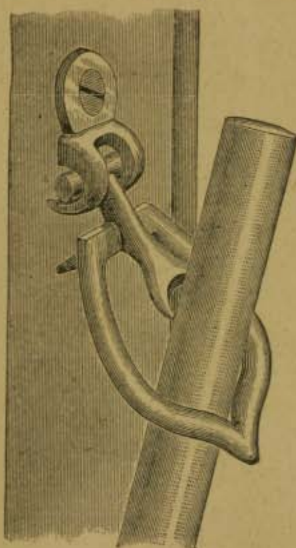
Nut Crack.—Why should people hammer their fingers cracking nuts when such a tool as that here shown can be



had for a few dimes? Half the delight of eating nuts is destroyed by the old style of cracking. By the new style the delight is doubled.

Broom Holder.—This is a neat and simple contrivance, costing but a few cents, and yet capable of holding any broom as shown in the cut. It is screwed to any wood-work. The broom is suspended by simply slipping it in from the underside and withdrawing the hand. The pinch of the leverage holds it firmly. To remove the broom the end of the holder needs simply to be lifted. It does away with all necessity of boring the broom handles and inserting strings, also with the upending of brooms behind doors and in corners. For each broom in use in the home a holder should be procured. Then, having a place for each, see that each is kept in its place. Order, even in so small a matter, is important.



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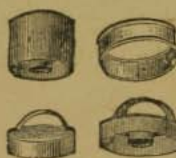

Small Tins.—Tin muffin rings, biscuit cutters, doughnut cutters, tart cutters, etc., can be had in endless variety and at very low rates. Every kitchen should be well stocked with them.

Corn Grater.—The device here illustrated is known as Wood's Green-Corn Grater. It consists of a curved

metal standard, provided with a thumb-screw, and terminating at the upper end in two parallel blades, one serrated, the other plain, as shown in upper part of the engraving.

To operate this grater, clamp it firmly to a table or shelf, place the ear of corn across the parallel blades, at right angles, then push the ear or draw across the blades, the toothed blade first tearing open the kernels, and the plain

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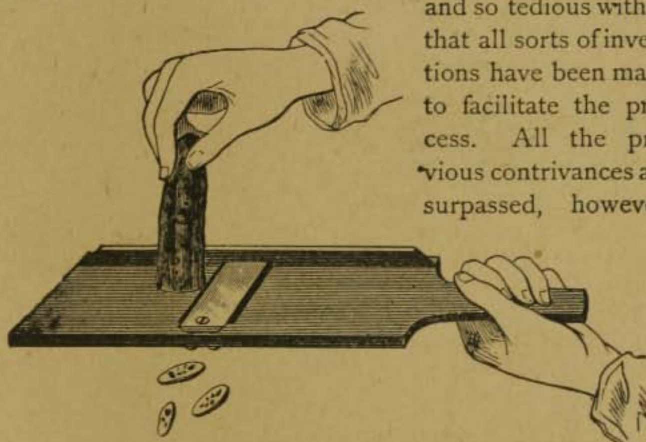
one pressing out the pulp perfectly, leaving the hulls on the cob. The bowl underneath catches the pulp, ready to prepare for the table. Made by the Cowles Hardware Co.

Vegetable Slicer.—To neatly slice vegetables is quite an art. So inaccurate is the movement of an ordinary knife, and so tedious withal, that all sorts of inventions have been made to facilitate the process. All the previous contrivances are surpassed, however,



in the patented slicer shown in the cut. On this the Cowles Hardware Company have secured the exclusive right to use for a vegetable slicer a knife cutting with both edges, which produces a slice at every movement of the hand, enabling the cutter to perform double labor in a given time. Its simplicity of construction enables it to be sold at a very reasonable price.

Clothes Sprinkler.—To sprinkle clothes evenly is desirable, when in preparation for the ironing process. The apparatus shown in the cut is simply a tin tube perforated with very fine holes and set upon a handle, which also acts as a stopper.

Water may be placed in the tube, out of which it will not drip, but it may be shaken in a fine spray as needed.

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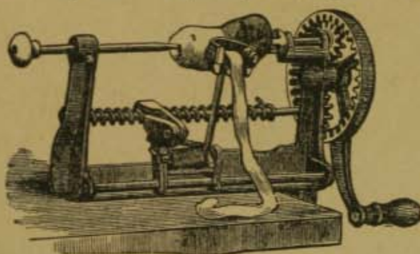
Chafing Dishes.—These valuable aids to warm food can be had in sizes from ten inches to twenty-four and complete at

prices from about two dollars upward. The cuts show the chafing dish stand inclosing the lamps, the water-pan to secure evenness of heat, and the plate for containing the delicacy to be served. Covers, such as have been shown already, are suitable for chafing dishes. Tea urns, coffee-pots, soup tureens, etc., are constructed on the same general methods. We give a sample of the soup tureen with lamp-stand attachment. The form needed for coffee-pots and tea-pots is familiar to all. An alcohol lamp makes the best heating attachment, as its flame is intense and free from smoke. Some of these heating arrangements will be prized in every home.

Potato Parer.—A potato parer differs from an apple parer mainly in its capacity for a greater longitudinal and a freer



vertical movement, to fit the different lengths and the many inequalities of the potatoes. The little machine here shown does all that is needed for potatoes, and does it rapidly, neatly, and economically. It is valuable for a large family.

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XXII.—INCIDENTAL HELPS.

NOTHING can go happily and healthfully in the home without pure water. No residence is complete without it. In promoting health and comfort it is unequaled. More disease and suffering are caused by the use of impure water than arise from any other one source. If the spores brought in the atmosphere from ponds and marshes poison us, how much more surely will we be poisoned by drinking the water which produces them? Few persons would dip a glass of water from a common pond and drink it because in that large body of water the impurities are visible to the eye, giving the water a clouded, muddy appearance; yet the same impurities are in the water when drawn in one's residence, but in the *small quantity* of water the eye does not detect them. A good filter removes all the clay, animal and vegetable matter, giving you clear, sparkling water.

Filters.—Where the water does not flow, but is carried to the house, a device such as the Jewett Filters is needed, though there is the difficulty of cleaning these, which is a serious drawback to their value. These filters combine with water-coolers also, so doubling their advantages.

A cheap domestic filter may be made by taking a common flower-pot, of large size, inserting a sponge in the hole at the bottom, and then filling the pot with alternate layers of sand, charcoal, and small pebbles. The pot, thus filled, may stand so as to drain into a jar or other convenient vessel. Practically this will answer all the purposes of a more elaborate and costly affair.

Where running water is led to a house, filters may be

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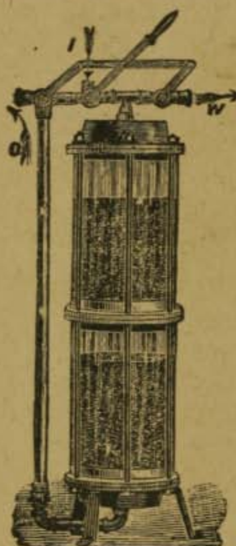
put on each faucet, and may so cleanse, in a measure, what flows through that outlet. But the body of filtering substance contained in such an apparatus is small and the work is correspondingly defective. The most complete filtering apparatus is the Loomis Automatic Filter.



AUTOMATIC FILTER.

This apparatus is connected with the water-supply pipe of the house and filters all the water used there. It varies in size according to the capacity of the supply pipe. It will last as long as the iron pipes, there being absolutely nothing about it to get out of order, or wear out in a lifetime. The filter is cleansed daily, by simply shifting the lever seen in the cut. Any filter that cannot be cleansed daily poisons instead of purifying water after it has been used two days. As the matter arrested by a filter putrifies in two days, if it remain in the filter, the result is obvious. In the cut of this filter, I shows the inlet of the water from the regular supply pipe. The lever being as shown, the water passes into and through the two filtering chambers of the apparatus. Passing out at the bottom, the water is served to the entire house by the outlet O. To cleanse the filtering substances, reverse the lever. This throws the water supply into the bottom and out into the waste-water pipe, by the outlet W. Five minutes per day of this flow will keep the filter sweet and pure indefinitely.

Refrigerators.—Unless one has a very cold cellar, or a model spring house, a refrigerator is a necessity, that food may be kept safely in warm weather. There are refrigerators with chemical action, which secure a temperature

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so low that meats, fish, etc., remain frozen for indefinite periods. But for every-day home uses these are not available, being far too complex and expensive.

The ice-using refrigerator is the suitable one for do-

THE DOUBLE-DOOR "EMPRESS."

mestic uses. The patterns are many, and for each superiority is claimed. There are a few points to be observed in any such article; for instance, the cleanliness of the lining. Wood, slate, and zinc have been employed usually, but

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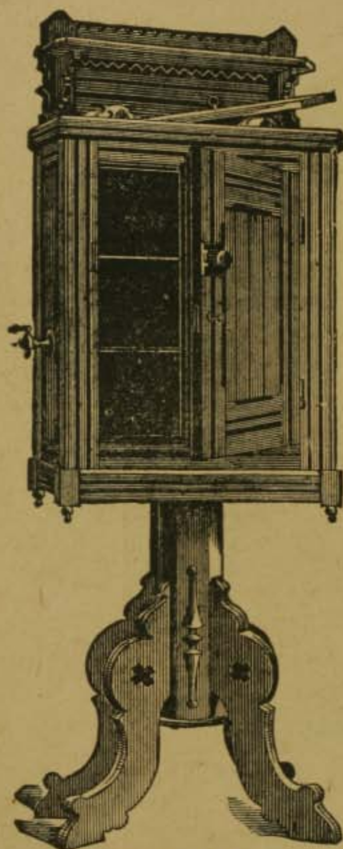
the preponderating sentiment accords superiority to the zinc, as capable of more thorough cleansing, and as least likely to hold grease, odor, or other unpleasantness.


THE "SNOW-FLAKE."

The walls of the refrigerator should be packed with charcoal, or contain an inclosed air-chamber, as non-conductors of heat. In the body of the refrigerator, provision must be made to permit free movement of the cold air from the ice, and yet the drippings from the ice-box must not reach the other parts. A convenient attachment to many refrigerators retains the melting from the ice, that it may be drawn for drinking purposes. It is objected that this method consumes more ice, but it certainly does more work, and avoids all trouble with the ordinary drainage from the ice-box. A purchaser should consider the several points presented here before deciding what choice to make.

Ornamental forms are given to refrigerators when desired, so that they are suitable for even elegantly furnished dining-rooms, as is shown in the "Empress" on the preceding page. This article combines all the modern conveniences with the best external finish. The "Snow-flake" is another ornamental form, intended for use in the nursery.

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It furnishes cold water, while it preserves milk, fruit, etc., with ease. These are but samples of many other forms of cooling apparatus.

Ice-cream Freezers.—A good ice-cream freezer is a valuable accessory in any household. There are many such freezers, and Philadelphia has long enjoyed the distinction of being the centre of their manufacture. Packer's Standard Freezer, shown in the cuts below, is a good illustration of the completeness of these articles. They are

"STANDARD ICE-CREAM FREEZER."

made in size from two quarts to forty quarts. The first cut shows the apparatus ready for use. The second shows it in sections, displaying the internal construction. The dasher or beater has a self-adjusting scraper, fitting closely to the inner surface of the can, which removes the frozen cream as rapidly as formed, while the deflectors direct the unfrozen portions to the sides of the can. By these appliances, the whole body of cream is constantly changing position and is most thoroughly beaten, insuring rapid and uniform freezing, and producing the most perfect smooth-

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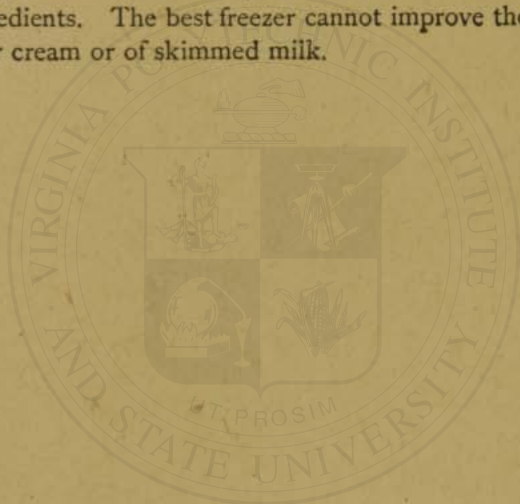
ness and richness with the largest amount of frozen cream that it is possible to make from the amount of pure cream used. The crank arrangement for turning this freezer and its internal machinery is a great labor-saver. It also does much more rapid work than can be done by hand-power alone. From fifteen to thirty minutes is the time usually required to freeze a can of cream, according to its size. No tools, however, can compensate for the absence of good ingredients. The best freezer cannot improve the quality of poor cream or of skimmed milk.



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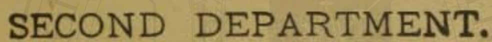

SECOND DEPARTMENT.

HOUSEHOLD MANAGEMENT.

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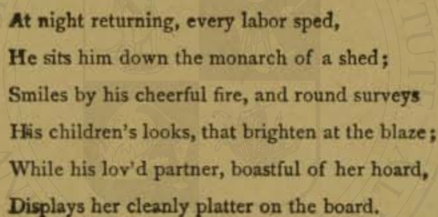

At night returning, every labor sped,
He sits him down the monarch of a shed;
Smiles by his cheerful fire, and round surveys
His children's looks, that brighten at the blaze;
While his lov'd partner, boastful of her hoard,
Displays her cleanly platter on the board.

OLIVER GOLDSMITH.

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HOUSEHOLD MANAGEMENT.

NEXT to good domestic cooking stands good household management. It would be hard to say which is entitled to precedence. There are houses which are kept to a nicety, in which the cooking is execrable. There are others where good cooking is the one thing that makes them endurable. But all good things should be happily combined if a really model home is sought. "I am no cook," said a newly established housekeeper, "but I am a good manager." If her capacity to manage extended to managing her cook, and her cook happened to be a good one, then things might move smoothly; but for the best results the year through, housekeepers should be queens in every part of the home.

Somebody manages the domestic affairs of almost every house. Occasionally it is the man of the house. Sometimes it is his mother, or his wife's mother. Oftener it is the cook. There are homes where the rightful heads are not heads, but are more like tails. Another makes the decisions, and they wag assent, or submissively curl themselves up with ill-concealed disgust. There are some houses where there is no management whatever. Affairs go as a log goes down stream. Now one end leads; again the other. Now it goes

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broadside; again it does not go at all. Alas for those who dwell in such a house, and call it home!

There are private as well as public resting places, where those who travel much occasionally stop, where wonderful contrasts are visible. One of these was a luxurious home in a Southern city. There was no stint because of straitened circumstances nor on the score of parsimony. The gentleman and lady were wealthy, generous, and refined. Their cook had served long in a restaurant, and was fully competent to do any culinary work. The meals were superb. They were cooked to a nicety and served to perfection. There was plenty, and that, too, of the best sort.

But, oh! the condition of the house! The best guest-chamber was laden with odors so offensive that a chance lodger there began an exploration. Stowed in the bottom of the clothes press of the room was accummulated rubbish, musty, moldy, mouse-infested, and disgusting. Having no means to correct the evil, the guest left this closet door wide open in the morning, hoping thereby to attract attention to its condition and secure its cleansing. But when he re-entered the room he found, to his dismay, that the door had been carefully closed upon its unsightliness and unwholesomeness, the skeleton-maker, if not the "skeleton in the closet," being scrupulously retained.

Such gross mismanagement is to be severely condemned. No excuse for it suffices. Common sense and common decency demand better management in every home. But the "happy-go-easy" inmates of that home saw nothing amiss. Of course, management may run to the other extreme. A house may be so orderly that a man instinctively gathers himself together when in it, lest he be caught in some of its machinery and be ground to powder; or, what is equally to be dreaded, be the means of disarranging some part of that intricate family machine.

A golden mean in management must be observed.

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Enough of it is necessary to compel complete and unceasing supervision at every point, so that everything shall be just as it should be. But when it becomes an overshadowing and awe-inspiring presence—subduing the laugh, suppressing the smile, restraining the steps, fettering the words—then it is a bane and not a blessing.

Executive ability is in great part a natural endowment. Some are born to rule. Command is natural and easy for them. They can organize and execute. But the rarest genius in this art will be the better for practice. Experience will improve his natural aptitude. And he will gather valuable lessons from the experiences of others. Where others fail he will shun to tread, unless the reason of their failure he so clearly sees that he is sure of mastery over it. What the person of ability sees in others and experiences in himself is capital on which he trades, and from which he derives his revenues of advancement.

If genuises in executive ability grow by what they learn, surely those less gifted need to learn the more, that they, too, may grow, though their advantages be less. Therefore it is that in this department of household management directions are given on many practical points of home duty. These directions are the results of experience. They may seem unimportant, and possibly excessive, but they will help the most competent, as well as the least competent, by suggesting both what to do and what not to do. The old maxim, "Prove all things; hold fast that which is good," may well be sounded in the ears of all housekeepers. The best housekeepers have reached their proud eminence by this wise course.

As housewives press on to higher and still higher attainments, let the words of one of the noblest of their company, Mrs. Sigourney, inspire them. She says: "The strength of a nation, especially of a republican nation, is in the intelligent and well-ordered homes of the people."

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I.—MARKETING.

OPPORTUNITIES vary so in different localities, that general rules about marketing are hard to frame. In rural places the butcher drives to the door, and the customer must be content with what is found in the wagon. In villages and small cities, the butcher shops and stores, denominated "Markets," afford a variety more or less excellent. Some of the large cities have their market stores, and green-grocers, and butcher shops, and great central markets, where qualities vary with the prices, and where customers of all grades and conditions can be supplied.

In marketing, as in all other business transactions, it may be accepted as a rule, that goods will bring their value. The best usually costs most, and in the long run it is the cheapest. In such perishable goods as meats, fruits, fish, vegetables, etc., there are innumerable chances for fluctuations in price and for variation in quality. A judge of these commodities may "pick up bargains," but the inexpert and uninitiated are more frequently fleeced than favored in catch operations at the markets.

General hints as to the selection of meats, fish, vegetables, etc., have already been given in this volume, under the department of Cookery, but no hints, and no rules, will suffice absolutely. Keen and continuous observation, growing into a large and varied experience, are essential to a good marketer. There is not a family which has not suffered from a want of the knowledge that would enable them to judge the quality of meats offered them. Often at the market an expert is waited on from the best quality and the best cuts, while another, with less knowledge, is served from

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a poorer quality and less desirable cuts. Many a house-keeper has been censured for poor cooking, when the fault was back of that, and in the quality of the meats; and again, the market man has often been censured for furnishing poor meats, when the fault was in the cooking. A good piece of meat may be spoiled in cooking and a poor piece may be made palatable.

To know the parts of the animals sold in the markets, and to understand their relative value and most economical uses, is the first requisite in successful marketing. Cutting of animals varies somewhat among butchers of different places, but the chart given below will fairly set forth the usual methods of cutting, and the ordinary designations of the several portions.

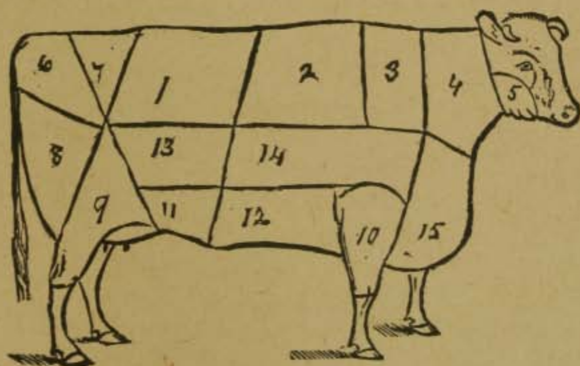

CHART ILLUSTRATING THE CUTTING OF BEEF.

In explanation of the illustration of the cutting of beef the following notes will suffice:

No. 1.—The choice cut of the beef, the *Sirloin*, containing the kidneys and the tenderloin. These are the finest pieces of roasting and steak meat.

No. 2.—The *Standing Rib* piece, also a choice roasting portion, which includes about eleven of the ribs.

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No. 3.—The *Chuck Ribs*, also used for roasting, but of a less desirable quality and usually sold at a lower price.

No. 4.—The neck, with considerable bone, used generally for stewing and for pot roast.

No. 5.—The *Cheek*, or jowl, a fleshy part, used for stewing or for boiling.

No. 6.—The *Rump*, sometimes cut differently from the manner shown in the diagram, which is the usual cutting at the East, for domestic purposes. This part has very little bone and is generally used for choice steaks, and the portion next the tail, left from the steak cutting, is a choice piece for corning.

No. 7.—The *Pin-bone*, a choice piece for roasting, being very tender.

No. 8.—The *Round*, which furnishes common steaks, and is the choice cut for dried beef or for corning.

No. 9.—The *Leg*, the choice soup piece.

No. 10.—The *Shin*, also used for soup.

No. 11.—The *Thin flank*, used for boiling and for corning.

No. 12.—The *Brisket*, used for corning.

No. 13.—The *Plate*, used for family boiling and for corning.

No. 14.—The *Plate* (thick end), extending under the shoulder, used for corning and family boiling.

No. 15.—The *Breast*, or butt end of the brisket, also called the "sticking piece." Used for corning and soup-meat.

If the cutting vary materially from this plan, it is still true that the essential parts of the animal continue to exist and are for sale under some name and in some shape. A polite inquiry of any reputable butcher will secure the desired information as to any part. By this means a person may secure intelligent skill in purchasing beef. Some special points concerning beef need a moment's attention.

The *Tongue* is used fresh, salted, or smoked. It is a very

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desirable and delicate portion, suitable for table use at almost any time. The *Tail*, which affords some meat and much gelatinous substance, is prized for soups, ox-tail soup especially being founded upon it. The *Heart* and *Liver* are used for food—the former being stuffed and roasted, the latter being fried, usually with onions. The *Tripe*, which is the lining of the large, or receiving stomach of the beef, is used for souse, for pepper-pot, etc. It is a cheap article. The *Kidneys* of beef are sold separate from the sirloin, from which they are cut. They are used for stewing, etc. *Suet*, used for pie-crust, plum-puddings, mince-meat, etc., is the solid, clear fat, which incloses the kidney. When pure it is a very desirable article. The *Feet* are used for jellies, though not so delicate as the calf's foot. The *Head* is refuse. The *Marrow-bones* are those of the shin, leg, and round. Any of the round, hollow bones contain marrow. The other remains of beef are refuse, except as available for manufacturing purposes.

VEAL.

Veal is a favorite meat. Consult the points concerning it made upon page 76. Veal is cut as shown below.

No. 1.—*Loin*, the best end. It is the favorite roasting piece, and furnishes the choice chops. It commands the best price.

No. 2.—*Fillet*, or cutlet piece. This too is a choice part, being excellent for steaks and for roasting and filling. It is also very fine for a cold cut.

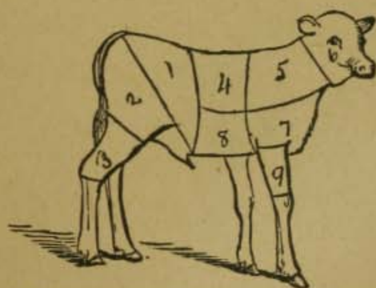

CHART ILLUSTRATING THE CUTTING OF VEAL.

No. 3.—The *Leg*, called knuckle also, used chiefly for stewing and for soup.

No. 4.—The *Rack*, used for chops, and for roasting; less

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desirable and lower priced than the loin, having more bone.

No. 5.—The *Neck*, used for stewing, pies, etc. The best end is quite desirable, that nearer the head being of less value.

No. 6.—*Head.* The brains and tongue are prized by many, the former for frying as a delicacy, the latter for boiling. The head, as a whole, is used in mock turtle and some other fancy soups.

No. 7.—The *Shoulder*, used for roasting, for which it answers a good purpose. It is valuable for a stew also.

No. 8.—The *Breast.* This is the second choice piece for stuffing and roasting. It is too valuable for pies, stews, etc.

No. 9.—The *Shin.* This usually goes with the shoulder, with which it is often roasted. If used separately, it answers fairly well for stewing.

The *Sweetbread*, a very delicate portion, belongs with the breast. It is often sold separately, however. The *Kidneys* are sold with the loin, in the fat of which they are imbedded. The *Heart* and *Liver* are great delicacies for frying, or the heart for stuffing and roasting. The *Feet* are the basis of genuine calves-foot jelly, and are much prized for this purpose. The *Entrails*, cut open and well cleaned, are made into souse by some persons.

MUTTON.

Next to beef, the most profitable and healthful meat is mutton. In all markets this meat is cut substantially in the same manner as shown in the following chart. The names and ordinary uses of the parts are as follows:

No. 1.—The *Loin*, best end. This is the choice piece for filling and roasting and for prime chops. Of course, it commands the best price.

No. 2.—The *Leg.* This joint is nearly always used for roasting and chops, sometimes also for boiling. It has but little bone, as compared with the other parts of the animal,

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and is, therefore, an economical piece to select, though the price per pound be greater than that of any other cut. It is common to find a good leg weighing from seven to twelve pounds.

No. 3.—The *Loin*, second choice. This furnishes "French

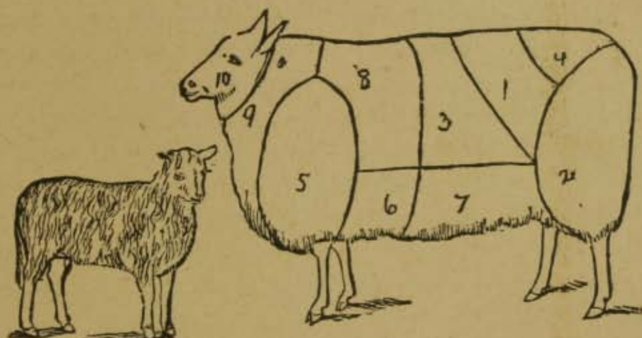

CHART ILLUSTRATING THE CUTTING OF MUTTON.

chops," a favorite dish in eating-houses, and is specially good for a roast.

No. 4.—The *Loin*, rump end. Good for roasting and boiling. It contains considerable bone.

No. 5.—The *Shoulder*, used for boiling and for filling and roasting. It is less in price and nearly as good as the leg, but it has more bone.

No. 6.—The *Breast*, used for stews and for meat pies. A savory, juicy part.

No. 7.—The *Flank*. A continuation of the breast, but somewhat thinner. This with the breast makes a cheap roast, which may be split and filled.

No. 8.—The *Rack*. The best end of the rack is used for second-rate chops. The neck end of the rack is good for stewing only.

No. 9.—The *Neck*. This, with the neck end of the rack, is for stewing only.

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No. 10.—The *Head.* The tongue only is used, the remainder being refuse.

It is customary to split mutton down the back, and then to split each half into parts called hind and fore quarters. The saddle is the middle portion before this quartering is done. Part of it goes with each quarter.

The hind quarter of mutton, consisting of the leg and the loin, is the choice quarter. It makes a very superior large roast, while either of its parts, the leg or the loin, suffices nicely for a small company. A hind quarter from an animal in good condition will weigh from twenty to thirty pounds. The *Kidneys* are used as in beef, so also the heart and liver. The other parts are refuse.

LAMB.

Lamb is cut as mutton, but it is usually dressed with more care, so as to present a more attractive appearance. Lamb proper is in market in the spring only. As the season advances older lamb is in market, but what is called "lamb" in the winter months is usually poor mutton dressed lamb style. The butcher indulges in a quiet smile when his customer, in the winter season, asks for and pays for "lamb." Of course, the superiority and rarity of lamb demand for it the best prices. Indeed, "fancy prices" reign in lamb. For tests, see p. 82.

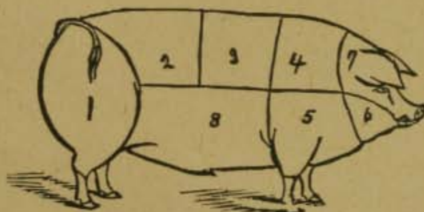

CHART ILLUSTRATING THE CUTTING OF PORK.

PORK.

Fresh pork and salt pork are much used. General facts on pork are given on page 85. The usual method of cutting for domestic use is shown in the accompanying cut. For packing a somewhat different method is pursued.

No. 1.—The *Ham,* the most valuable part of the hog.

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When nicely cured it is a very great delicacy. It is a great article of commerce also.

No. 2.—*Sirloin*, furnishing chops and the finest roasting pieces.

No. 3.—*Rack*, used for second-rate chops and roasts, the meat being as sweet, but the bone being greater than in the sirloin.

No. 4.—*Neck*, used for inferior roasting, and for boiling when fresh, and also for corning.

No. 5.—The *Shoulder*. A fair roasting piece, but chiefly used, like the ham, for pickling and curing, though it is greatly inferior to ham in juiciness and flavor. Either fresh or corned it is a fine boiling piece.

No. 6.—The *Jowl*. Useful for smoking. Sometimes cured with the tongues remaining in them.

No. 7.—The *Head*. Used for puddings and head cheese.

No. 8.—The *Belly* or *Flitch*. A good boiling piece either fresh, salted, or smoked.

No. 9.—*Feet*. These are much used for souse and for pickling. They contain so much gelatinous matter that they are exceedingly desirable.

The *Ears* also are used for souse and head cheese. The *Liver*, *Heart*, and *Kidneys* are used for liver pudding. The *Entrails*, nicely cleaned, are used for sausage skins. The *Fat* about the kidneys furnishes leaf lard. The other fat furnishes common lard. The other parts are refuse.

VENISON.

If the marketer desires venison, it is well to remember that buck venison is best from August 1st to November 1st, and that doe venison is best from the latter date to January 1st, after which no deer should be killed. It is quite common, however, to freeze deer meat, and to keep it for months in that state. This adds to the cost, but it also improves the fibre of the meat.

Venison is cut into parts respectively designated haunch,

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saddle, leg, loin, fore-quarter, and steaks. The latter should not be cut until ready for use. Venison should be fat. It cannot be too fat. Its flavor is better after hanging a few days, but it should not become rank. To test this, pierce it with a skewer and notice the odor. Shun tough venison.

For roasting, choose the haunch, the saddle, the neck, or the shoulder. Cut steaks from the leg. Stew the shoulder, or any part which is too thin for satisfactory roasting.

POULTRY.

Tests of poultry are given on page 61. But the expedients resorted to in order to mislead purchasers are so numerous that even experts are not wholly safe. Technically, the term *chickens* belongs to fowls under a year old, but actually, the entire tribe is included in the name. *Capons* are young roosters, gelded and carefully fed so as to secure the utmost delicacy of flesh. *Pullets* are young hens.

Turkeys reach their maturity in eight or nine months, and hence young, but well-grown turkeys, are in market about the fall and winter holidays. Young hen turkeys are regarded as best, being fatter and more juicy; but the male turkeys will be larger for the same age. The legs of young turkeys are black; of old ones reddish and rough. Young cocks have small spurs; old ones large spurs and very rough legs. Fat turkeys, with broad, full breasts, are preferable. Soft, pliable feet indicate fresh-killed birds.

Wild turkeys are deemed to be finer in flavor than tame ones. They are in season in November, December, and January. They are usually sold with their feathers on. Small birds have their well-defined seasons, as have other kinds of game, but they admit little choice except as fresh.

VEGETABLES.

Every good marketer will supply his table with a variety of vegetables all the year round. There is hardly a vegetable that cannot be had in our markets at any season, either fresh or canned. Railroads and steamers connect the

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different climates so closely that one hardly knows whether he is eating fruits and vegetables in or out of their natural season. But it takes a long purse to buy fresh vegetables at the North while the ground is yet frozen. Still, there are so many vegetables that keep through cold weather that if we did not have new ones from the South, there would be, nevertheless, a variety from which to choose. Late in the spring, when the old vegetables begin to shrink and grow rank, we greatly appreciate what comes from the South.

If one has a good, dry cellar, it is wise to procure in the fall vegetables enough for all winter. But if the cellar is warm, vegetables will sprout and decay before half the cold months have passed. Those best adapted for winter keeping are onions, squashes, turnips, beets, carrots, parsnips, cabbages, and potatoes. Squashes and onions should be kept in a very dry room. The others will keep readily in a cool, dry cellar, or bedded in sand beneath the reach of frost.

If vegetables be bought as needed, care must be used to get them in good condition. In season, they should never appear wilted, but should be fresh and crisp. At no time should they be used if suffering from decay. The utmost prudence is needed at this point. A very little waste will more than counterbalance all you save by purchasing large quantities, and by storing for the winter.

The luxuries of the world are spread at the feet of the customer in our markets; still, extravagant expenditure is by no means necessary. Many delicacies are within the reach of all. Those who content themselves with sending to the markets, miss many golden opportunities. Those who go, see for themselves, and embrace many a favoring chance. Personal observation ripens into experience also, and the experienced purchasers command the situation.

These remarks apply with equal force to purchasing of the grocer, the baker, the milkman, and all, in short, who supply us with the necessaries of life. There are reliable

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dealers and those of doubtful integrity; but in every case the hope of the household is in its provider. Cultivate power in this line.

It is best to deal steadily with persons whom you have tried and found reliable. Do not relinquish your independence, so as to suggest to them the idea that they may impose on you. Be ready to go elsewhere, if the old service falls off; but usually those who are regular dealers at a place get the best attention, and errors or failures can be rectified with ease.

In all marketing and dealing with storekeepers keep your temper. To lose one's temper and scold or threaten, is undignified and worse than useless. State your grievances calmly and plainly. If they are redressed, all right; if not redressed, you can quietly go elsewhere and bestow your patronage. A little suspension of trade with a dealer often works wonders. He does not want to lose customers; but such is the waywardness of human nature, that all of us need reminders to keep us fully up to duty. Let the dealer have these when he needs them, but never at the expense of your own self-possession and courteous dignity.

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II.—CARVING.

THE ART OF CARVING; REQUISITES; CARVING TURKEY, CHICKEN, DUCKS, GEESE, SMALL BIRDS, BEEF, MUTTON, LAMB, VENISON, HAM, PIG, RABBIT, STEAKS, FISH, TONGUE, AND CALF'S-HEAD.

EVERY person who travels or visits much sees numberless illustrations of the varied capacities of carvers. Hotel and restaurant life does not make much display in this line, as the carving is done out of sight. And yet even here the marvelous thinness of the slice, which is so immense in its area, demonstrates that somebody is on hand who is expert in this line. In private houses the meat and the poultry are sometimes carved before they come to the table. By whom done, or with what accompaniments of perspiration and emphatic words, the guests know not. But meat served thus is chilled and juiceless, and generally damaged. It is worthy of better treatment.

Many amusing and not a few irritating examples of clumsy carving occur under everybody's eyes. Meat is condemned as tough, knives as dull, dishes as too small, there is too much gravy, skewers are not drawn, and a thousand other reasons are blurted out by the clumsy carver, as he outwardly sweats and inwardly swears at his task. He slops gravy on to the cloth; he drops part of the meat from the dish; he cuts himself by an unfortunate slip of the knife; and sometimes, like a distinguished wit of whom the story tells, he lands a fowl in the lap of a lady beside him, though probably, unlike that wit, he will not have the grace to say, "I will thank you, madam, to return that chicken."

Every housekeeper should learn to carve. Carving should be done at the table by the gentleman of the house, or, in his

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absence, by the lady, unless some other of the family be an expert carver. Unless a guest is known to be an expert, or unless he volunteers for the duty, he should not be expected to carve. He may be a clumsy hand, and the courtesy of hospitality should protect him from exposure at this point.

The carver at a private table should retain his seat while carving and serving. To facilitate this, his chair should be high, so that he can reach readily to his work. The dish should be large enough to prevent soiling the cloth, except by some unusual accident. The centre of a carving-dish for roast meats should be raised nearly as high as the surrounding edge, so that a horizontal movement of the knife in slicing may be made without interference from the edges. No man can slice meat neatly if the meat is in the bottom of a deep dish, into which he must scoop with his knife as best he may. Elevate the meat, but have a surrounding depression between the centre and the edge, where the rich juices of the meat may accumulate, and where they may be served readily.

Not all knives are suitable for carving, nor is any one knife just the thing for all work in this line. For slicing, a long, thin, broad blade is essential. With a fine roast, elevated on the dish, and with a good, sharp slicing knife in hand, a cool-headed man can hardly help doing neat and rapid work.

But such a knife is not the one for poultry or rib carving. For these uses a shorter blade, which is both narrower and stiffer, must be employed. All knives for carving must be sharp. There should be a good steel at hand to touch up the edge—nothing more, for a dull knife should be ground, or whet up on an oil-stone. Any large fork, with a guard to prevent accidents, will do. A rest for the knife and fork when not in use is desirable. The carver's requisites, therefore, are as follows: A high chair, suitable serving plates, two sharp knives, a good fork, and a knife and fork rest. With these he is ready for work. Without them he is at serious disadvantage.

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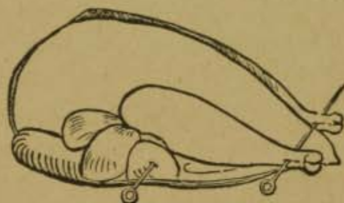
Carving a Turkey.—Nothing delights an expert carver more than the opportunity to cut up a fine roast turkey. Such a man is in doubt whether the eating of the meat even is the greater luxury.

Whether the head of the bird shall lie to the carver's right or left is an open question. Better to the right, as more work is required on the head end, and in this position the knife-hand works less over the hand which holds the fork.

The fork should be inserted astride of the breast-bone, just back of its most prominent point. It should be sunk deep enough to penetrate the encasing bone below the white meat. This secures full command of the bird. If the company be small and the bird fairly large, better do all the cutting from one side, reserving the other in as perfect a form as possible.



TURKEY PROPERLY TRUSSED FOR ROASTING.

Remove all the limbs first unless half the bird is to be reserved. The neat cut is to remove each drum-stick, or lower leg, by a single stroke of the knife, which must exactly hit the joint. To remove the thigh, or upper leg joint, make a V-shaped cut, wide enough at the point whence the drum-stick has been cut to include all the meat, but converging at the joint, which can always be distinctly seen near the back. Two strokes of the knife do this work, each of them cutting down to the carcase. A slight outward pressure of the knife-blade, applied between the carcase and the upper point of the thigh joint, will cause it to drop off neatly on the plate. Outside the lines of these cuts, flakes of dark meat will remain adhering to the carcase, which should now be cut off. They help to meet demands for dark meat.

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In carving the wings, the neat stroke removes the lower part, which contains the two bones, by cutting at the inner part of the joint, and so turning the blade of the knife as to throw that part off in the direction opposite to its natural movement. The first joint of each wing then follows, the cut being deep enough to fully reach the ball and socket joint. A slight motion of the pinion toward the head of the bird will suffice usually to detach this part. If it does not, the point of the knife may be thrust into the socket of the joint to sever the cartilage. This will free it.

When this dismembering is accomplished, proceed to slice the breast meat in thin, broad slices. Clean off all the white meat, unless part only is needed. Placing your knife close to the front of the breast-bone, and cutting toward the neck, you will dislodge the V-shaped bone, corresponding to the "merrythought" or "pull-bone" of chickens. To dislodge the collar-bones is to many a hard task. But cut the cartilages which bind them to the frame of the bird. These cartilages are in the cavity between the neck and the breast-bone. Through this cavity, thrust your knife outwardly under one of these bones; make a fulcrum of the front part of breast-bone, and a lever of the knife, its edge resting on the fulcrum. You can then easily pry up the troublesome bone and turn it off to the side. This movement takes the bone at the best mechanical advantage. It must come, and come at once, if this movement be made.

Now attend to the other end of the bird. Shave off all superfluous meat from the carcase. Turn the carcase on its side, the back toward you. Insert your knife beside the oil-bag and thrust it forward parallel to the spine. It will cut its way very easily. A slight outward movement of the knife will then throw off these side bones, which are choice pieces, yielding the juiciest of the dark meat. The ribs may now be cut through with ease from front to rear, about midway from breast to back. The breast-bone is incapable

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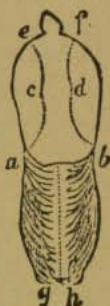
of further division, but the back easily divides into six parts. Turn it back up and hold with the fork; separate the oil-bag, about an inch of the spine with it; lift the projecting spine with the knife back and it will break readily, carrying one rib with it. Cut off from each side of the remaining spine the rib parts adherent to it; then divide the remaining spine just back of the neck.



BACK OF A FOWL.

[*a*, *b*, line of easy breakage. *a*, *c*, *e*, and *b*, *d*, *f*, lines of separation of side-bones. *a*, *g*, *b*, *h*, rib portion.

An entire drum-stick, or second joint, need not be served to any one person, but had better be divided among several. A fair-sized turkey divided on the above method will furnish a good supply for twenty people.

It will be asked, however, how can one become so expert in hitting these joints? Frequently the carver tries, and tries again, but tries in vain, to strike the right place for his knife. There is one way only to succeed in this art. The anatomy of the turkey or chicken, or any other animal, must be carefully studied. Do it in this way. Whenever a turkey is brought into your house and is made ready for the roasting, place it on its back, as it will lie on the plate when it comes to the table. Carefully manipulate it, and note exactly where every joint lies. Imagine yourself about to carve it. Where would you put the knife to throw off that drum-stick? How would you cut to throw off the thigh bone. Read the preceding directions; apply them in fancy to the bird as you see and handle it; then carry it all out at the table when the bird is cooked.

No surgeon could do his work except he had thus practiced on actual subjects in dissection. He must know by actual trial just what to do and how to do it. So must the carver know. Chickens, ducks, geese, small birds, meat, roasting pigs, every article, in short, which he expects to carve must be understood beforehand; then success will be his.

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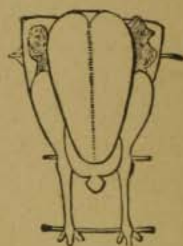
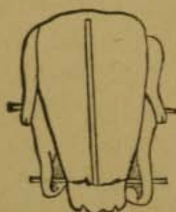
Carving Roast Chicken.—The same course precisely as has been prescribed for carving turkey must be followed with chickens. The only difference is in the formation of the "pull-bone" or "merrythought," but this makes no difference whatever in the cutting of the bird.



CHICKEN PROPERLY TRUSSED FOR ROASTING.
[Feet may be removed at option.]

Carving Roast Ducks and Geese.—These are more difficult than turkey or chickens, for the reason that they are constitutionally more sinewy in the joints and they have far less flesh proportionately. They are barrel-shaped, with thin layers of meat instead of the fine masses of flesh found on the turkey or on fine chickens. The leg joints lie farther to the rear, and higher on the side than in land fowls. They are not so easily reached, therefore Their anatomy must be studied, however. It is the only way to obtain command of the carcase. In carving, dismember the bird as in other cases. Then cut the meat in long, narrow strips, along the sides and breast of the bird, and use these as the choice cuts. The legs and wings may be given out if desired or if the supply be short. Duck is but a side dish, however; it is supposed to be served with

GOOSE PROPERLY TRUSSED FOR ROASTING.



BREAST OF DUCK PROPERLY TRUSSED.
[The lines show the direction of cutting the breast meat.]

BACK OF DUCK PROPERLY TRUSSED.
[Feet twisted to lie on the back.]

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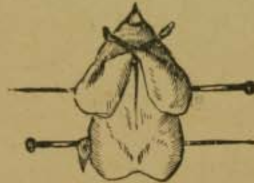
other dishes, and so to be served lightly. Goose is sometimes the main piece, but not often so at elaborate feasts.

Carving Broiled Chickens.—Chickens for broiling are presumably young and tender. If not, thorough steaming before they are broiled will do something for them. They are trussed in such shape usually that joints are not easily struck. But study the bird when trussed. See where joints do lie and cut them. If the birds are really young and tender, however, they may be halved or quartered, cutting through the bones directly and so serving them.

Carving Smaller Birds.—Smaller birds which need carving, may simply be split longitudinally, just beside the breast-bone and the spine. Their bones can be cut easily. This will apply to pigeon, partridge, prairie hen, pheasant, etc.



SMALLER BIRD PROPERLY TRUSSED FOR ROASTING.

Carving Roast Beef.—Pieces of roast beef vary so that no one rule covers all. A safe general direction, however, is to study carefully just what is in the piece before it is cooked. Know your meat before you attempt to carve it. Another general rule, applicable to all meats indeed, is to cut across the grain in all cases. Meat cut with the grain is stringy and fibrous. If cut across the grain, all the longitudinal flakes of flesh and the minute sinews are cut so short that any toughness existing in them is wholly concealed. The first slice, by this process, will always be a brown, outside cut. Slices should always be thin, but not so as to seem ragged. In carving ribs of beef the knife may be thrust along close to the ribs, so as to separate the meat from them. The cuts then made across the grain will separate the slices with ease and neatness. Never cut beef across the bone. It is the easiest way, but also the poorest.

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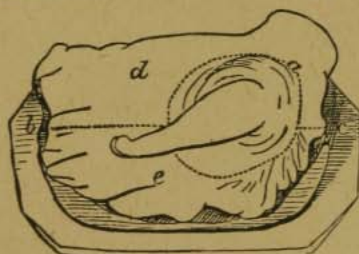
Carving Roasts of Mutton.—A leg of mutton is carved as a ham, by cutting down to the bone, from the outer edge, making the cuts converge on the bone, so freeing each slice as it is cut.

A shoulder of mutton should be carved as the leg. In each case, when the choice cuts are exhausted, clip off the remaining meat as best you can, always across the grain.

Saddle of mutton is carved in several ways: 1st, in longitudinal slices along the backbone; 2d, by transverse slices, each taking in a rib, which makes thick and clumsy portions; 3d, by oblique slices, not taking in the bones, but forming a slight angle with them. The latter method is deemed preferable by most carvers.

In all roasts which include the ribs the backbone should be well and cleanly cut through by the butcher, between every pair of ribs. Otherwise no satisfactory carving can be done.

Carving Roasts of Lamb.—The cut shows a fore-quarter of lamb with its outer side uppermost. This joint is first to be cut so as to divide the shoulder from the rest of the quarter, which is called the target. For this purpose, put the fork firmly into the shoulder joint, and then cut underneath the blade-bone, beginning at *a*, and continue cutting all around in the direction of the circular line, and pretty close to the under part of the blade-bone. Some cut the shoulder large, while others take off no more meat with it than is barely necessary to remove the blade-bone. It is most convenient to place the shoulder on a separate dish. This is carved in the same way as the shoulder of mutton. When the shoulder is removed, a lemon may be squeezed over that part of the remainder of the joint where the knife has



FORE-QUARTER OF LAMB.

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passed; this gives a flavor to the meat which is generally approved. Then proceed to cut completely through from *b* to *c*, following the line across the bones as cracked by the butcher, and this will divide the ribs (*d*) from the brisket (*e*). Tastes vary in giving preference to the ribs or the brisket.

Other parts of lamb are carved as mutton. The fat is very delicate and should be served to all the guests.

Carving Roasts of Venison.—These resemble roasts of mutton so closely that no different directions for their carving need be given.

Carving Ham.—Boiled or baked ham may be served either side up. The inner edge of the ham, which lay adjacent to the body, is rather more tender than the edge, which lay toward the tail. Slices should be cut directly from the edge to the bone, cutting out the middle portions first. Let the cuts converge upon the bone every time, so that each slice is set free at once. When the choice cuts are gone, trim up the remaining parts neatly as possible, and always across the grain. The knuckle end of a ham furnishes the leaner and drier cuts. Some prefer carving hams with a more slanting cut, rather than a direct, right-angled cut upon the bone, beginning at the thick end, and so continuing throughout. This mode is, however, apt to be very wasteful, unless the carver be careful to take away both fat and lean in due proportion.

Carving Roast Pig.—The cut below represents a pig roasted whole and served in the most approved style. Many, however, separate the head before serving, and garnish the body with the ears, jaw, etc. The head may be severed by a

WHOLE ROAST PIG.

neat cut around the neck, and a little sideward motion, but this is not necessary, as the cheek or jaw can be removed

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without removing the head. The shoulder should then be taken off from the body, by passing the knife under it in a circular direction, and the leg separated as shown in the line *d, e, f.* The ribs may then be divided into two or more parts, helping at the same time an ear or jaw with it, with some of the sauce also. Pieces may be cut from the legs and shoulders. Some consider the neck end the finest part, while others give the ribs the preference.

Carving Roast Rabbit.—Begin by cutting longitudinally from head to tail near to the backbone, then make a corresponding cut on the other side of the backbone, leaving the back and the head in one distinct piece. Cut off the legs at the hip-joint, and take off the wing, or fore leg, nearly as you would the wing of a bird, carrying the knife round in a circular line. The ribs are of little importance, as they are bare of meat. Divide the back into three or four equal portions. The head is then to be cut off, and the lower jaw divided from the upper. By splitting the upper part of the head in the middle, you have the brains, which are prized by epicures. The comparative goodness of different parts of a rabbit will depend much on the age, and also upon the cooking. The back and the legs are always the best parts.

RABBIT, OR HARE, PROPERLY TRUSSED FOR ROASTING.

Carving Steaks, etc.—Where there is a tenderloin in a beefsteak, it should be divided among the party with the other portion. If there are too many persons to allow each a share, give ladies and guests the preference. Epicures eat the tenderloin at the last. As a bright boy said, " You

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ought always to eat the best last; then you feel as if you have had all best."

Carving Fish.—This is more a serving than a carving. The meat of fish is usually so tender that cutting is unnecessary. Skillful separation of the flakes is what is needed.

A silver knife, or fish slice, and a silver fish fork, broad at the tines, are desirable. Steel tools impart a disagreeable odor to fish. Fish should be served in neat, unbroken portions, never in scraps and bits.

In many kinds of fish the backbone may be taken out entire, as in all the mackerel family as served for the table. This is a neat proceeding for company; but for home uses the backbone is preferred with the fish, because of the very savory morsels which adhere to it.

The skin and fins of the turbot are regarded as very delicate. It, therefore, should be split along the backbone, at its side, and then cut into cross sections so that part of a fin shall go with each portion. This is the neatest method of serving.

Carving Tongue.—The juicy and fatter part of the tongue is at its thick end or root. Some prefer the smaller and drier end, however. If the whole tongue is not likely to be needed, cut off its tip in one piece, and on the main portion work backward toward the butt end. Do not cut squarely across, as it leaves the slices unduly small; but cut on an angle, so doubling the area of the slices.

Carving a Calf's Head.—Cut the external meat in strips from the nose to the back of the head. Some deem the eye a delicacy. It may be removed with the point of the knife, if requested, but do not puncture it with the fork or the knife. The palate is a choice part. It may be cut from under the head, with its surrounding parts, all of which are delicate morsels. The jawbone may be removed also, and will disclose fine meat.

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III.—SERVING MEALS.

METHODS OF SERVING MEALS; RUSSIAN, ENGLISH, FRENCH, AND AMERICAN STYLES; TABLES, TABLE-CLOTHS, NAPKINS, AND DECORATIONS; FINGER-BOWLS; DUE CEREMONY; WHAT TO AVOID; GARNISHES; ROYAL DISPLAYS.

METHODS of serving meals differ widely. The items of conveniences and pecuniary ability always become important elements in the case. Taste, too, enters largely into it. Some people need the formal and the ceremonious. Others despise these and prefer the free-and-easy plan. There are national methods also, which largely rule among the refined and elegant.

One of these methods, the Russian, decorates the centre of the table elaborately with flowers, and surrounds it at the outset with the dessert tastefully displayed. This secures a delightsome central object. The several dishes are then brought to the table carved and ready for use, each dish being served as a separate course, one vegetable only being allowed to appear with it.

The English method sets the whole of each course at once, no matter how many dishes it may contain. This, it is objected, allows the dishes to cool, and one often vitiates another. The dishes which require carving are by this method first placed on the table, and then removed to a side table for cutting and serving.

The French method serves everything as a separate course, even each vegetable, unless it be simply a garnish for another dish. The American plan, however, serves at least one vegetable with each substantial dish. At the more formal meals among us, carving is done at the side tables, but in the genuine home dinners the work is done at

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the table by the host himself. If, however, he cannot do the honors of the serving with ease, let the work be done by another, at the side table.

When the general plan of the dinner management is settled, those who are to do the various parts of the work must be thoroughly instructed. A servant not sufficiently intelligent to learn the required part well, and to do it properly, is too stupid for satisfactory service with company or at a purely family gathering.

Square end tables are now the proper style. They should be sufficiently roomy to wholly avoid crowding. A spotlessly white table-cloth should be spread, with another under it to deaden sound and make a softer appearance. The cloth should not be very stiffly starched, but it should be nicely polished and beautifully glossy. It should hang two feet from the top edge, the corners gathered up, if needs be, to prevent their drooping on the floor. Napkins should be large and heavy. Such texture does not need much starch. The glass and silverware should be perfect in brightness. It may be of inexpensive kind, but it must be scrupulously clean.

Colored table-cloths of ornamental patterns are allowable for luncheon or tea. They are not in place where hot meats are served. Nor are colored napkins. Too often these deep tinted articles are used "to save washing," which means "to conceal dirt." Not unfrequently covers and napkins of this kind are kept in use when their rank odor cries out for the wash-tub, even though their soiled appearance does not. The doily, or *D'Oiley*, as some will have it from the proper name of its first reputed maker, is a small, colored napkin used with fruits and wines. Stains will not show so readily upon these, but they must always be scrupulously fresh and clean. To conceal filth under rich coloring is sacrilege of the worst sort, but to bring it to the table, and ask guests to wipe their lips with it, is a crime.

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A great variety of ornaments and adornments are admissible on a table, but nothing is so pure and so appropriate as a handsome display of ferns or flowers. The flowers should not be just such as ladies wear so profusely and so beautifully in their belts and on their dresses. Larger blooms are preferable for the table, especially those of the pure white and fine texture belonging to the lily family.

It is quite the proper and beautiful thing to place a neat bouquet beside each plate, in tasteful bouquet-holders. For gentlemen the little bunching suitable for the button-hole is desirable. For ladies the belt bouquet will meet the case. The floral centre-piece may be composed of small bouquets, which at the end of the meal may be distributed.

Fruit pieces and handsome confectionery pieces may be disposed to advantage in ornamenting the table. Tasty folding of spotless napkins is so important a decoration that the subject will be treated fully farther on. These may be perched in polished goblets, while bouquets, or small rolls of bread nestle amid their snowy folds. Little arts like these embellish a table, and delight the guests.

But these embellishments must not be overdone. What will be correct for a large table will be too much for a small one, and what will be just right for a small table will look thin and meagre on a large one. Study the proprieties of every occasion. What suits once does not suit forever.

Embellishments may be liberally bestowed upon the dining-room itself. In addition to its permanent decorations, flowers are always admissible. At the great ball on March 20th, 1883, at the Vanderbilt Mansion in New York, the decorations of the supper-room were absolutely regal. The walls were completely hidden with palms and ferns, from which a countless number of orchids were suspended. Two large fountains were introduced into the far corners of the room. The doors of the main entrance to the supper-room were in an open position and were completely covered with

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roses and lilies of the valley. In the centre of the room a large palm towered almost to the ceiling, and about it from the dome was suspended an immense Bougen Villa vine, the tendrils of which drooped in bunches from the branches of the palm. Throughout the room there were many stands and vases filled with flowers, the entire effect more resembling fairyland than an earthly home. Few can rival such a display, of course, but all enjoy at least a pen-peep upon such princely splendor.

No ornament should be so large as to obscure to any great extent a view of the entire table, or to conceal any of its guests. As many knives, forks, and spoons as will be needed for the various courses may be placed at each plate, though, to avoid the display of so much cutlery, a better style is to supply these accessories as needed. Goblets and wine-glasses, if the latter be used, should be on the table at the start. Large spoons, with salt and pepper casters, should be on the table also. The dessert-plates, finger-bowls, etc., should stand ready on the sideboard, awaiting the time when they shall be needed. The hot closet should be well stocked with dishes needing to be used warm.

Finger-bowls should be half filled with water. In Paris they are served with warm water scented with peppermint. A slice of lemon in cold water answers the purpose entirely, as it removes any grease from fingers or lips. A geranium leaf may float in the water. Its fragrance on the fingers, if it be pressed, will be agreeable. It is customary to place a fruit napkin, or doily, on the dish on which the finger-bowl rests, to avoid the rattle of the bowl, and to protect the dish from injury if it be highly ornamented. Little openworked mats will, however, answer better. Do not summon your company to dinner by a bell. Country hotels and cheap boarding-houses may do that, but not a refined home, especially when guests are present.

Soup is dished by the lady of the house at a home dinner.

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Meat is cut and dished by the gentleman of the house. Vegetables, bread, butter, water, etc., are served by the waiter, dessert by the hostess, except in the case of melons, requiring to be cut at the table, which is the work of the host.

Home meals should all be sufficiently ceremonious to dispense with haste and confusion. On the other hand, they should not run into stiffness and frigidity. Bright, cheery, pleasant chat should enliven every meal. If the leading dish be nothing but hash, let it be served in good style and amid a profusion of genial, social sunshine.

What to Avoid.

1st.—Never use table-linen which is open to the suspicion of being soiled. The napkin-ring business is of questionable propriety. Why not, as at hotels, furnish a clean napkin to each person at every meal?

2d.—Crockery with an abundance of nicks and splints and cracks is not unsightly merely, but, where the glazing is broken, the porous material absorbs grease and dish water, making these spots dense with unsavory and unwholesome matter.

3d.—Partly emptied dishes become unsightly, and sometimes positively repulsive. They look like refuse and scraps. At the great State dinners at the Tuileries, no guest saw a partly emptied dish. A full, beautifully garnished dish was presented for his approval, upon expressing which, his personal plate was taken to a side table and supplied from another serving dish.

4th.—An overloaded table or plate satiates appetite rather than stimulates it. A gracious expectancy of what is to come is a great help at the table.

5th.—A stinted supply is very discouraging. To the apprehension of a lack of food, the moral sense of mortification is added in this case.

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6th.—Beware of ill-assorted dinners or tea-parties. An occasion intended to be a pleasure is often a pest for lack of care in this regard. This caution applies to the selection of guests, and more strongly to the disposition of guests at the table. Secure fitness both in the viands presented and in the parties present.

7th.—Do not inaugurate new features at a dinner party, unless you are sure you have the mastery of them, and that when done in a masterly way they will certainly prove agreeable.

8th.—Beware of the delusion that hospitality is expressed by the weight of its beef and mutton, and the multitude and rarity of its viands.

9th.—Have no meddlesome, noisy, or slovenly service Waiters should be attired neatly, and should wear light shoes or slippers. They should take no part in the social proceedings, not so much, indeed, as to smile at the best things. On formal occasions the man-servant should wear a dress-coat, white vest, and white necktie. The maid-servant should be attired in a neat, inconspicuous dress, with spotless white apron.

10th.—Both haste and slowness should be shunned. At the finished French dinners, the courses will not average more than five minutes each. French waiters are marvelously expert, however, in removing and replacing dishes.

Garnishes.

Much of the attractiveness of a table depends on the *garnishes*, which are added to certain dishes to embellish or beautify them. A few hints on this subject will be of value.

Parsley is the almost universal garnish to all kinds of cold meat, poultry, fish, butter, cheese, etc.

Horse-radish is the garnish for roast beef, and for fish in general; for the latter, slices of lemon are sometimes laid alternately with heaps of horse-radish.

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Slices of lemon for boiled fowl, turkey, and fish, and for roast veal and calf's head.

Carrot in slices for boiled beef, hot or cold. They may be cut into ornamental forms if desired.

Barberries, fresh or preserved, for game.

Fried smelts for turbot.

Red beet-root sliced for cold meat, boiled beef, and salt fish.

Fried sausages or force-meat balls for roast turkey, capon, or fowl.

Fennel for mackerel and salmon, whether fresh or pickled.

Lobster coral and parsley for boiled fish.

Currant jelly for game, also for custard or bread-pudding.

Seville oranges in slices for wild ducks, widgeons, teal, and such game.

Mint, either with or without parsley, for roast lamb, whether hot or cold.

Pickled gerkins, capers, or onions, for some boiled meats, stews, etc.

A red pepper, or small red apple, for the mouth of a roast pig.

Spots of red and black pepper alternated on the fat side of a boiled ham, which side should lie uppermost on the serving dish.

Sliced eggs, showing the white and yellow parts, for chicken salad.

Sprays of celery top for salads, cold meats, etc.

Royal Displays.

A peep at some royal table displays is valuable as suggesting what may be done. Perhaps the grandest display ever made was by Baron Rothschild in honor of the last Napoleon when at the height of his power, some five years before his fall. The entertainment was given at Rothschild's

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regal pleasure-house of Ferriéres, thirty miles out of Paris. The cost of the out-door decorations alone exceeded $100,000. Workmen were put on the road in vast gangs, and had it prepared with asphaltum every inch of the way. Chinese lanterns and Bengal lights rendered it brilliant as day. Forests of new trees in full growth were set out wherever the roadside happened to be bare. The imperial carriage, which left the Tuileries at five o'clock P. M., passed through continuous masses of jubilant spectators. Wine and edibles were given by the Rothschilds' orders to all along the route who bore decorations of any sort.

The chateau itself, which is as roomy as the Capitol at Washington, was a blaze of light and rich drapery. The dining-room and the feast were thus described in a leading journal:

"It was such a scene as the mind conjures in Aladdin's palace, built by the slaves of the gold and jewel caves. At a vast height from the floor a narrow gallery runs around the chamber. From this were suspended folds of golden drapery, in which some legend of Bonapartist glory flashed out in jeweled letters. The walls were encrusted with treasures that the house of Rothschild had been centuries collecting. The tables were a mass of glittering gold, even to the candelabra. The dinner began at nine o'clock and was served by waiters in livery rivaling the imperial in sumptuousness. The knives and forks were of solid gold, and when the dinner was ended the head of the house solemnly directed them gathered together and in presence of the Emperor ordered them melted and the mass sent to the mint, declaring that, having been sanctified by imperial use, they should never be degraded to baser hands."

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IV.—THE BILL OF FARE.

BILLS OF FARE NEEDED; EDIBLES IN SEASON; WHAT TO HAVE FOR BREAKFAST, DINNER, LUNCHEON, TEA, AND SUPPER; PLAIN LUNCHEONS; PLAIN DINNERS; QUANTITIES NEEDED; ODD BILLS OF FARE.

WHAT shall be served for a meal is in most homes a haphazard affair. Somebody wants a certain dish, or something happens to be in the house, or a huckster comes along offering a certain article at a low price, and so the diet for the day is determined. The religious customs of some persons decide the bill of fare for certain days, and so far their domestic management is controlled. Others, especially in cheap boarding-houses, have a bill of fare inflexible as the ancient laws of the Medes and Persians. You know when to look for that greasy vegetable soup, made out of—fortunately for the eater, he knows not what. Then comes cabbage day—regular as the week revolves it comes; and that beefsteak and onions—the house is odorous with it, and you are greeted with its fragrance as you clamber up the front steps. The desserts, too, are fearfully regular. Boiled rice, corn-starch pudding, huckleberry pie in its season, canned peaches both in season and out of season, apple pie or custard pie—these, with a few more of the same family, march on in their ceaseless round with the same old sequence as the figures follow each other in a cheap puppet show. These are travesties on a bill of fare. They burlesque the *menu.*

A housekeeper should plan out her table offerings with great care. Her dishes should suit the seasons. On a frosty day in midwinter substantial, well-seasoned food is needed. It renews a hungry man. It stays by him. It does him good. But the same dinner in midsummer will disgust

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rather than delight. On a hot, exhausting day, heavy soups, substantial meats, and rich desserts are out of harmony. Light meats, delicate vegetables, and cooling desserts are then in demand.

Dishes should suit the days of the week also. What can be furnished by one fire or wash-day or ironing-day is not the same as can be furnished conveniently on other days. The man who proposed dumplings for wash-day dessert because they could be boiled in the same kettle with the clothes was on the true line of progress, though his application was not a happy one. The idea is that harmony shall exist. The washing must not suffer for the dinner, nor the dinner for the washing. Plan the bill of fare to fit the movements of the domestic establishment.

A third point to be gained by planning is unity in each meal. Some articles of food, delicious in themselves, are unpalatable, and even unwholesome, in combination. Cucumbers or beets and milk, fish and milk, lobster and ice-cream, are combinations of this class; while peaches and cream, lamb and green peas, stewed chicken and waffles, catfish and coffee, are fitly wedded, and no man can put them asunder. To secure all the above-named happy coincidences and combinations is the mission of the well-digested bill of fare.

Of course, the pocket controls many of these things. He who cannot have his turkey and venison and plum-pudding on Christmas day, may, nevertheless, find satisfactory chewing on his boiled goose, and savory garnishing in his sour-krout or cabbage. But the poorest meals will be the better, like the artist's colors, when "mixed with brains." Think and plan. How can these things be best done? Settle that question and carry out your conclusion with a queenly grace. But be open for the teachings of experience. What does not work well be ready to change. Those who never change their plans are poor learners.

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When planning home meals, and especially company meals, it is of prime importance to know just what is in season. Particulars on this point vary with different localities, but New York is the metropolis, and its markets are on the grandest scale; its market is made the standard, therefore, in the following table of edible merchandise in its various seasons.

SPRING:—MARCH, APRIL, AND MAY.

Shell Fish.—Clams, hard crabs, lobster, mussels, oysters, prawns, scallops, shrimps, terrapins, turtle.

Fish.—Bass (black, striped, and sea), bluefish, cod, eels, haddock, halibut, herrings, mackerel, muscalonge, pickerel, pompan, prawns, salmon, shad (North River), sheepshead, shrimps, skate, smelts, soles, turbot, trout (brook, lake, and salmon, May to July).

Meat.—Beef, lamb, mutton, sweet-breads, veal.

Poultry.—Capons, chickens, ducks, geese, and turkeys.

Game.—Ducks and geese until May 1st, pigeons, plover, snipe, squabs, after April.

Vegetables.—Asparagus, Jerusalem artichokes, lettuce, potatoes (sweet and white), radishes, spinach, sprouts, water-cresses, and all the vegetables of the winter list.

Fruit.—The winter list, with the addition of pie-plant, pineapple, strawberries.

Nuts.—The winter list, with the addition of Brazil nuts.

SUMMER:—JUNE, JULY, AND AUGUST.

Shell Fish.—Clams, soft crabs, lobster, turtle in August.

Fish.—Bass (black and sea), bluefish, eels, flounders,

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haddock, herring, mackerel, muscalonge, salmon, sheeps-head, turbot, trout (brook, lake, and salmon).

Meat.—Beef, lamb, mutton, and veal.

Poultry.—Chickens, ducks.

Game.—Snipe, woodcock (after July).

Vegetables.—String beans, beets, cabbage, cauliflower, carrots, corn, cucumbers, eggplant, lettuce, macaroni, okra, onions, green peas, potatoes, rice, radishes, summer squash, tomatoes, turnips.

Fruits.—Apples, apricots, cherries, currants, gooseberries, grapes, lemons, oranges, peaches, pears, pineapples, raspberries, strawberries, imported dried fruits.

AUTUMN:—SEPTEMBER, OCTOBER, AND NOVEMBER

Shell Fish.—Clams, soft crabs, lobster, mussels, oysters, scallops, turtle, terrapin.

Fish.—Black bass, bluefish, flounders, mackerel, muscalonge, perch, pickerel, pike, salmon, sheepshead, skates, smelts, soles, sturgeon, trout (brook, lake, and salmon), white fish.

Meat.—Beef, lamb, mutton.

Poultry.—Capons, chickens, ducks, geese, turkeys.

Game.—Brant, duck, goose (September to May), prairie-chicken, ruff-grouse (September to January), venison until February, quail and rabbits (October 1st to January 1st), snipe, woodcock (July 3d to February 1st).

Vegetables.—Artichokes, beans (lima and other shell beans), beets, broccoli, cabbage, cauliflower, carrots, celery, corn, cucumbers, eggplant, lettuce, macaroni, okra, onions, potatoes (white and sweet), rice, squash, tomatoes, turnips.

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Fruits.—Apples, bananas, blackberries, dates, figs, grapes, lemons, oranges, peaches, and pears.

Nuts.—Black walnuts, chestnuts, hazelnuts, shellbarks.

WINTER:—DECEMBER, JANUARY, AND FEBRUARY.

Shell Fish.—Clams, mussels, oysters, scallops, terrapin, turtle.

Fish.—Bass (black and striped), bluefish, cod, eels, flounders, haddock, muscalonge, perch, pickerel, pike, salmon, skate, smelts, sturgeon, white fish.

Meat.—Beef, mutton, pork.

Poultry.—Capons, chickens, ducks, geese, turkeys.

Game.—Brant (until May), duck (wild, until May), wood-duck (until January), geese (until May), prairie-chickens, ruff-grouse, snipe, venison (until February), quail, rabbits (until December), woodcock (until February).

Vegetables.—Artichokes, beets, dried beans, broccoli, cabbage, carrots, celery, macaroni, onions, parsnips, potatoes (sweet and white), rice, salsify, turnips, winter squash, all canned vegetables.

Fruit.—Apples, bananas, cranberries, dates, figs, ginger, lemons, oranges, pears, prunes, raisins, all kinds of canned fruits, and compotes of dried fruits.

Nuts.—Almonds, black walnuts, butternuts, cocoanuts, English walnuts, filberts, pecan nuts, shellbarks.

With such a range accessible, surely, good meals can be selected in abundant variety. But what shall be selected for ordinary use in the family? To suggest answers to this question, standard bills of fare for each season are appended. Remember, however, these are only to *suggest* happy com-

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binations. Try one or more of them entire, or in part, and see whether they suit you or not. At least they will lead toward good results.

FAMILY BREAKFASTS FOR SPRING.

No. 1.—Oatmeal and milk; stewed apples; rolls, butter, coffee, chocolate, broma, or tea; beefsteak, broiled oysters; Lyonnaise potatoes, poached eggs on toast; rice cakes, sirup.

No. 2.—Cracked wheat and milk; stewed prunes; bread or rolls, butter, coffee, etc.; broiled ham with fried eggs; mutton and potato hash, browned; baked potatoes; flannel cakes, powdered sugar.

No. 3.—Fried hominy; stewed dried peaches; rolls or bread, butter, coffee, etc.; mutton-chops, fried bacon; broiled eggs, potatoes, Saratoga style; waffles, cinnamon, and sugar.

FAMILY BREAKFASTS FOR SUMMER.

No 1.—Coarse hominy boiled; strawberries and cream; bread, butter, coffee, etc.; broiled chicken, stewed potatoes; dried beef dressed with cream; radishes, muffins.

No. 2.—Oatmeal and milk; fresh currants and sugar; buttered toast, bread, coffee, etc.; broiled blue or white fish; stewed potatoes; minced mutton served on toast; shirred eggs.

No. 3.—Cracked wheat and milk; fresh raspberries; rolls, butter, coffee, etc.; cold roast beef, sliced thin; frizzled ham with eggs; fried potatoes, sliced cucumbers; Graham gems, or pop-overs.

FAMILY BREAKFASTS FOR AUTUMN.

No. 1.—Oatmeal mush fried in slices; peaches and cream, or blackberries; brown bread, rolls, butter, coffee, etc.;

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lamb chops, fried potatoes; mushrooms baked and served on toast; sliced tomatoes, dressed as a salad.

No. 2.—Hulled corn with cream; baked pears, grapes; bread, butter, coffee, etc.; veal cutlets, potato balls; omelette with grated ham; cornmeal pancakes.

No. 3.—Coarse hominy boiled and browned; peaches and cream; bread, butter, coffee, etc.; beefsteak, oysters on toast; stewed potatoes; muffins.

FAMILY BREAKFASTS FOR WINTER.

No. 1.—Fried mush; baked sweet apples; rolls, bread, butter, coffee, etc.; turkey hash, stewed potatoes; salt mackerel; buckwheat cakes, sirup.

No. 2.—Cracked wheat; baked pears; rolls, Graham bread, butter, coffee, etc.; sausages garnished with fried sour apples; quail on toast, baked potatoes; buckwheat cakes, sirup.

No. 3.—Fried hominy; stewed apples; bread, butter, coffee, etc.; venison steak, cold sparerib, sliced; potatoes, Saratoga style; buckwheat cakes, sirup.

FAMILY DINNERS.

In January.—Beef-soup with vegetables; bream with oyster sauce; boiled potatoes; corned beef with carrots; stewed kidneys; Spanish puffs.

In February.—Ox-tail soup; boiled chicken; fried parsnips, caper sauce; fillets of bass with pickles; mince patties.

In March.—Oysters with lettuce; roast sirloin of beef; potato croquettes; cabbage boiled with cream; baked lemon-pudding.

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In April.—Fried oysters, sliced cucumbers; smelts fried with fat salt pork; baked potatoes; lamb chops with baked macaroni; pumpkin pie and coffee.

In May.—Clam soup; boiled leg of mutton, tomato sauce; mashed potatoes; oyster-plant in batter; lettuce and green onions; raisin-pudding, sherry sauce.

In June.—Salmon; chicken-soup with barley; cold roast mutton with boiled cauliflower; lettuce with cives and olives mixed; Charlotte russe.

In July.—Beef soup with noodles; rock bass with fried potatoes; tomatoes with slices of chicken, dressed in mayonnaise sauce; peaches and cream.

In August.—Clams on the halfshell, pickles; broiled tender-loin steak; green peas and asparagus; strawberry-short-cake and coffee.

In September.—Oyster soup; broiled eels with cucumbers; braised fowl; string-beans; celery with capers; currant tart with whipped cream.

In October.—Beef soup; halibut with parsley sauce; the beef with the vegetables; potato salad; tapioca-pudding, sauce of sliced fruits; cream cakes.

In November.—Mock turtle; turkey, cranberry sauce; rice croquettes; egg-plant stuffed; snipe, fried oysters; water cresses with hard-boiled eggs; German puffs.

In December.—Puree of beans; broiled herring, Dutch sauce; ribs of beef; boiled potatoes; stewed tomatoes; pumpkin pie.

In many of the cities Tea has passed away. Late dinners are in order. Luncheon is served to those at home at mid-day, which includes a cold cut, bread and butter, cheese, a glass of milk or cup of tea, and possibly a light dessert.

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A bowl of hot, light soup is very acceptable at luncheon also. Luncheons are sometimes made quite elaborate, and become very pleasant company occasions.

Late suppers are served by some who have the late dinners, but unless they sit up very much later, the practice must soon affect them very injuriously. For supper, or tea, given at the usual hours, say from six to eight o'clock, the bill of fare suggested for breakfast may serve in substance. The later the supper the lighter it should be. Strong tea or coffee should not be used near bed-time if sound sleep is desired.

Specimen bills of fare are given below. They are in suitable form for the hostess to follow, and also for the printer to follow if it be desired to produce either of them in type.

MENU.

BREAKFAST.

Fine Hominy Buttered Toast

Beefsteak

French Rolls Potatoes a la Creme

Buckwheat Cakes

Tea Coffee Chocolate

Or, in this form:

BREAKFAST.

Broiled Spring Chickens

Parker House Rolls Saratoga Potatoes

Scrambled Eggs Fried Oysters

Rye and Indian Loaf

Coffee Tea Chocolate

Or, in this form:

BREAKFAST

White Fish Potatoes

Muffins

Fried Ham Egg Omelette

Coffee Tea Chocolate

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For lunches, the menu may take either of the forms which now follow.

LUNCH PARTY

Beef-tea served in small porcelain cups
Cold Chicken, Oyster, and other Croquettes
Chicken Salad Minced Ham Sandwiches
Scalloped Oysters
Tutti Frutti Chocolate Cream
Cake-basket of Mixed Cake
Mulled Chocolate
Mixed Pickles Biscuits, etc.
Ice-cream and Charlottes

Or, in this form:

LUNCH PARTY

Oyster-pie Boiled Partridge Cold Ham
Sweet Pickles Sandwiches
Pound and Fruit-cake Pyramids of Wine Jelly
Blanc Mange Snow Jelly
Pineapple Flummery
Kisses Macaroons Ice-cream

For dinners either of the following forms will answer.

DINNER

FIRST COURSE

Oyster Soup with Celery

SECOND COURSE

Roast Turkey
Croquettes of Rice Sweet and Irish Potatoes

THIRD COURSE

Quail on Toast
Vegetables Pickles Escalloped Tomatoes
Macaroni Jelly

DESSERT

Mince Pie Almond Pudding Lemon Pie
Cheese Fruits Nuts
Coffee

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Or, in this form:

DINNER

FIRST COURSE

Raw Oysters — White and Brown Soup

SECOND COURSE

Boiled White Fish with Sauce and Sliced Lemons

THIRD COURSE

Roast Beef

FOURTH COURSE

Roast Turkey — Ducks
Vegetables in Season — Croquettes of Rice or Hominy
Cranberry Sauce — Currant Jelly

DESSERT

Cream Custard — Lemon Pie
Fruit — Nuts
Coffee

For tea, the order below will be found valuable:

TEA COMPANY

Tea — Coffee — Chocolate
Biscuits
Oyster Sandwiches — Chicken Salad
Cold Tongue
Cake and Preserves
[Ice-cream and Cake later in the evening]

Or, in this form:

TEA COMPANY

Tea, Coffee, or Chocolate
Scalloped or Fried Oysters — Muffins
Sliced Turkey and Ham
Cold Biscuits
Sardines and Sliced Lemons
Thin Slices of Bread Rolled — Sliced Pressed Meats
Cake in Variety

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For more substantial supper serve as below:

SUPPER

Cold Roast Turkey
Chicken Salad
Quail on Toast
Ham Croquettes
Fricasseed Oysters
Charlotte Russe
Vanilla Cream
Chocolate Cake
Cocoanut Cake
Mixed Cakes
Fruit
Coffee and Chocolate

Or, in this form:

SUPPER

Cold Roast Partridges or Ducks
Oyster Patties
Cold Boiled Ham
Dressed Celery
Oysters or Minced Ham Sandwiches
Raw Oysters
Chicken Croquettes or Fricasseed Oysters
Wine Jelly
Ice-cream
Biscuit Glace
Cakes
Fruits
Chocolate
Coffee
Pickles and Biscuits

Another authority suggests for supper and luncheons the following suitable dishes from which to make choice, namely:

Soups, sandwiches of ham, tongue, dried sausage, or beef; anchovy, toast or husks; potted beef, lobster, or cheese; dried salmon, lobster, crayfish, or oysters; poached eggs; patties; pigeon pies; sausages; toast with marrow (served on a water plate), cheesecakes; puffs, mashed or scalloped potatoes, brocoli; asparagus, sea-kale with toast, creams, jellies, preserved or dried fruits, salad, radishes, etc.

If a more substantial supper is required, it may consist of fish, poultry, game; slices of cold meat; pies of chickens, pigeons, or game; lamb or mutton chops; cold poultry, broiled with high seasoning, or fricasseed; rations or toasted cheese, etc.

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And now, what more on bills of fare does the good housewife need? Possibly she needs some hints as to cold lunches for wash-days, house-cleaning times, and other days of extra work. She shall have a few such hints:

PLAIN HOME LUNCHEONS.

No. 1.—Cold corn-beef, nicely sliced; baked potatoes; bread, butter, and pickles. Dessert—mince pie and cheese.

No. 2.—Chicken pie, baked potatoes; rolled bread or biscuit. Dessert—cake and custard.

No. 3.—First course: Raw oysters, with lemon and crackers. Second course: Cold veal, with jelly and Saratoga potatoes, bread, and butter. Dessert—pie with cheese.

No. 4.—Casserole of fish, with mushroom catsup; bread and butter. Dessert—cherry pie with cheese.

Possibly some hints as to economical dishes for dinner may be of service. Such hints, adapted to each day of the week, are added to render this needed service.

DINNER FOR EVERY DAY.

Sunday.—Roast beef, potatoes, and greens. Dessert—pudding or pie, cheese.

Monday.—Hashed beef, potatoes, and bread-pudding.

Tuesday.—Broiled beef, vegetables, apple-pudding.

Wednesday.—Boiled pork, beans, potatoes, greens, and pie, or rice-pudding.

Thursday.—Roast or broiled fowl, cabbage, potatoes, lemon pie, cheese.

Friday.—Fish, potato croquettes, escalloped tomatoes, pudding.

Saturday.—*A la mode* beef, potatoes, vegetables, suet-pudding and mince pie, cheese.

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As one who attempts to master the many dishes at the table of a great hotel finds himself worsted, so the housewife who attempts at once to master the foregoing suggestions will find herself. Patient and repeated attention, however, will master the whole.

QUANTITY OF PROVISION NEEDED..

What quantity of the standard articles must be provided for entertainments? This question is a practical one of no small importance. Nobody wishes to run short at a company, nor does a prudent person care to waste good food. How then shall estimates be made which can be fairly depended on? Experience shows the following general principles to hold good.

It is safe to assume that of one hundred and fifty invited guests, but two-thirds of the number will be present. If five hundred are invited, not more than three hundred can be counted upon as accepting. Smaller numbers will be more largely represented in proportion.

Allow one quart of oysters to every three persons present. Five chickens, or, what is better, a ten-pound turkey, boiled and minced, and fifteen heads of celery, are enough for chicken salad for fifty guests; allow one gallon of ice-cream to every twenty guests; one hundred and thirty sandwiches for one hundred guests; and six to ten quarts of wine jelly for each hundred.

For a company of twenty, allow three chickens for salad; one hundred pickled oysters; two molds of Charlotte russe; one gallon of cream, and four dozen biscuits.

CURIOUS DISHES AND BILLS OF FARE.

A recent French fancy is a deep dish of mashed potato filled with hot broiled plover or snipe, and then hidden in a grove of parsley sprigs and celery tops stuck into the

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potato. It comes to the table looking as green and fresh as a salad. But the salad is still to come; you have simply struck a fresh covey of birds.

A royal Chinese banquet was tendered Sir Thomas Brassey, M. P., at Macao, March 6th, 1877. The following was the *menu* of that entertainment:

BILL OF FARE:

Four Courses of Small Bowls, one to each guest, viz.:

Birds'-nest Soup, Pigeons' Eggs,
Ice-fungus (said to grow in ice), Sharks' Fins (chopped).

Eight Large Bowls, viz.:

Stewed Sharks' Fins, Fine Shell Fish, Mandarin Birds'-nest,
Canton Fish Maw, Fish Brain, Meat Balls with Rock Fungus,
Pigeons Stewed with Wai Shan (a strengthening herb), Stewed Mushroom.

Four Dishes, viz.:

Sliced Ham, Roast Mutton, Fowls, Roast Sucking Pig.

One Large Dish, viz.:

Boiled Rock Fish.

Eight Small Bowls, viz.:

Stewed Pig's Palate, Minced Quails, Stewed Fungus (another description),
Sinews of the Whale Fish, Rolled Roast Fowl, Sliced Teals,
Stewed Duck's Paw, Peas Stewed.

A stylish Japanese dinner was served with the following

BILL OF FARE:

Soup,
Shrimps and Seaweed;
Praws, Egg Omelette, and Preserved Grapes;
Fried Fish, Spinach, Young Rushes, and Young Ginger;
Raw Fish, Mustard and Cress, Horseradish and Soy;
Thick Soup of Eggs, Fish, Mushrooms and Spinach, Grilled Fish.
Fried Chicken and Bamboo Shoots,
Turnip Tops and Root Pickled,
Rice ad libitum in a large bowl,
Hot Saki, Pipes, and Tea.

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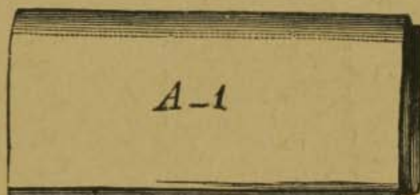
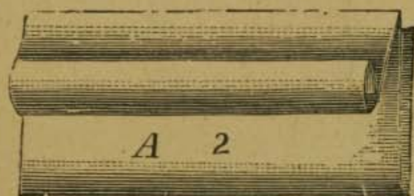
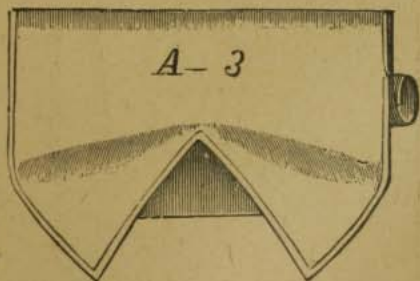
V.—TABLE-LINEN.

VARIETIES OF TABLE LINEN.—FANCY FOLDING OF NAPKINS.

WHEN Solomon described the model woman of his day, among other praiseworthy things he said of her was this: "She maketh fine linen, and selleth it." Into what forms she put this fine linen is not stated, but we may be sure that some was table-linen. With the imperfect appliances of that day she could not equal Brown's Irish linens, which are now the standards; but, doubtless, she kept her fine linen pure and white. Such linen is fitly associated with royalty in many references of antiquity, and with the purity of saints in references of the Scripture.







There is no finer field for the display of a housewife's neatness than is found in table-linen. It adds so much to every meal, or detracts so seriously from it, that everybody appreciates skill in its management.

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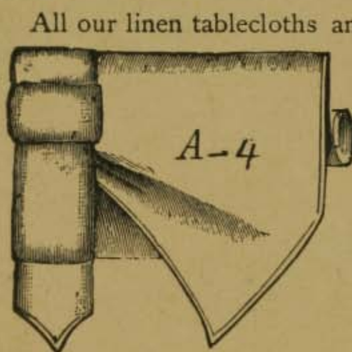
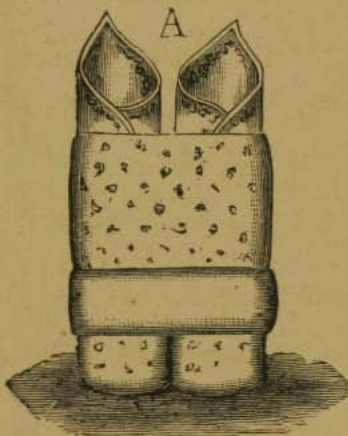
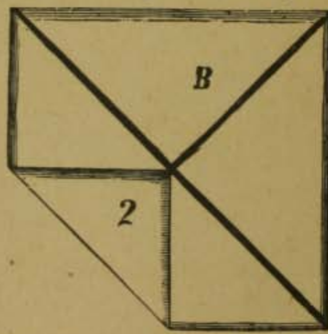
All our linen tablecloths and napkins are imported and



are made of genuine linen. Highly colored cloths are not linen. Flax will not take high coloring. The highly colored cloths and napkins are cotton, and are generally of domestic origin. True linens for table uses are pure white, white and brown, or white with bordering of light colors. They are made plain, with simple figures, or in elaborate patterns. The largest pattern tablecloths regularly in the market are two and a half yards wide by eight yards long. Tablecloths cut from piece goods can be had of any length.



Napkins of regular make are five-eighths, six-eighths, or seven-eighths of a yard



square. They are made to match the standard tablecloths.

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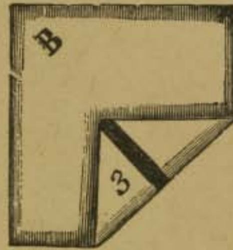
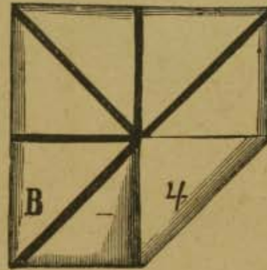
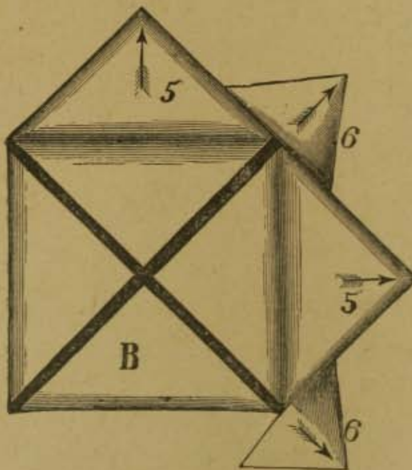
Doilies can be had from four inches square upward. The smallest sizes are used by dentists; the next under finger-bowls; the largest sizes are used with fruit, etc. They, too, can be had to match cloths and napkins of standard colors and styles.



White table-linen is the article for dinners and formal meals. Colored linen, or cotton goods, are admissible at tea or luncheon. The whole equipment of linen at a given meal should be of one and the same kind and color. Good table-linen requires no starch. It will polish well by good ironing. It should always be immaculately clean. Slopped, stained, fly-covered table-linen is disgusting. A floor-cloth should not be used in the sadly soiled condition in which many a table-cloth does duty.





A large, well-lighted, and well-aired closet should be appropriated for table-linen. Unless the washing would thereby become crushingly heavy, the better way is to wash every napkin after one using. Dispense with the napkin-ring. It does guarantee to a man his own soiled linen; but it is far better to give him clean linen.

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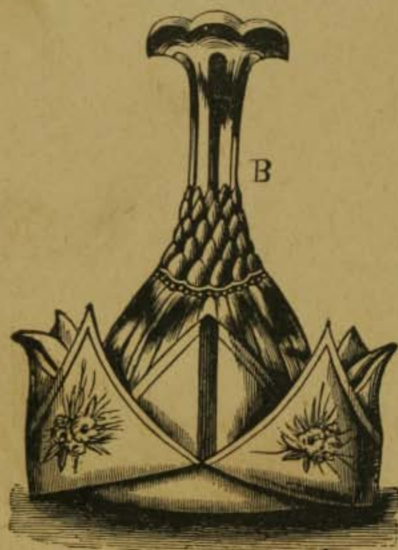
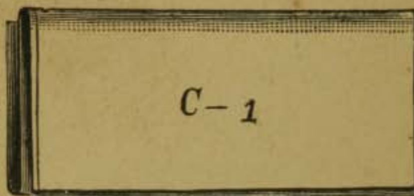
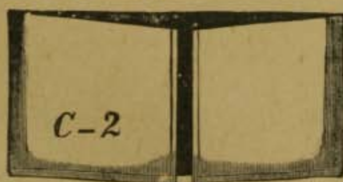
A plain square fold of the napkin can be made by a child, as may an ordinary funnel or cone-shaped twist, so that the napkin may be set into a goblet. But beyond these simple forms there are artistic heights of napkin-folding to which only professionals attain. It is the boast of some skilled linen-men of the caterers that they can fold napkins in fifty, sixty, and even a hundred ways. Sure it is that Masonic dinners can be served with the square and compass in napkins; military men can have the tent; physicians can have the mortar and pestle, and so on indefinitely.





To accomplish fine work in this line a full-sized napkin must be used, and it must be well starched and ironed flat. Amateurs in the art should practice on paper of proper size. Practice will promote expertness, and to devise new forms will soon be easy and entertaining work. In our diagrams of napkin-folding the relative sizes of the several folds are not maintained strictly, but the folds are shown correctly.



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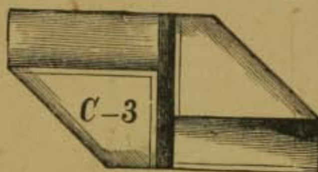
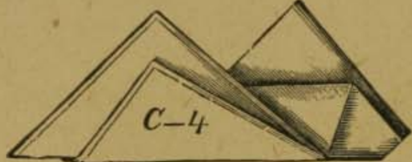
EXPLANATION OF DIAGRAMS.

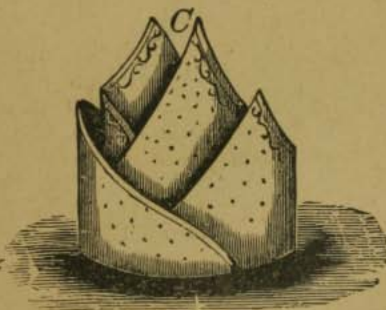
A. Double Columns.—A-1, the first fold into three equal parts, not creased. A-2, one edge rolled toward the fold. A-3, napkin turned over and points of top fold turned outward. A-4, partly rolled, with fold of A-2 surrounding the





base and point centering accurately. A, both ends rolled, showing completed form. Either side shows well when completed, and if evenly done, it will stand alone and be very beautiful on a table or in a goblet.

B. Water Lily.—B-1, the first fold, each corner to the centre. B-2, the second fold, each corner again to the centre. B-3, the napkin turned over and each corner brought from below to the centre again. B-4, corners once more to the centre without turning the napkin over. B-5,



corners from the under side turned outward, on to which the upper points also are then turned. B-6, the smaller points exposed by the last turn folded outward to secure eight points. B, the smaller points turned upward around

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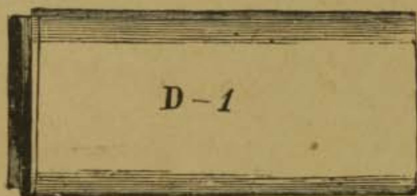
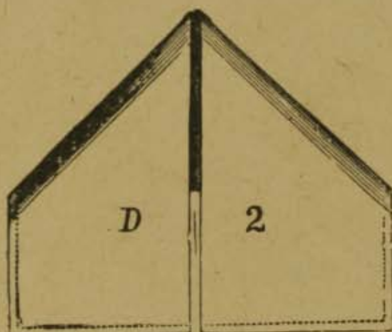
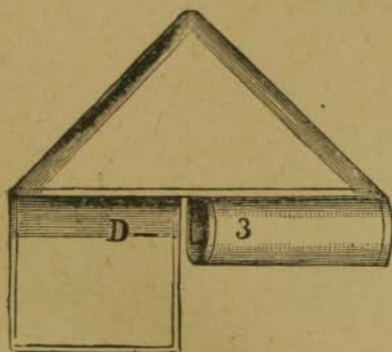
a fancy water-bottle; the next larger points turned up about the smaller; the lowermost points tucked under, the four prominent corners also folded under, so making the base circular—the entire four lying close to the bottle.



C. Mitre.—C-1, first fold into three equal parts. C-2, each end folded in toward, but not entirely to, the centre. C-3, opposite corners of C-2 folded down. C-4, fold C-3 backward so that the two oblique folds there shown shall be together and parallel, but allow the points to stand erect. C-5, fold the right-hand end upward just at the highest point and tuck its end under the fold C, as indicated by the arrows. Turn the left-hand end from you and tuck it under the fold on the opposite side, when you will have C, the mitre form, which will stand beautifully on a plate.





D. Capuchin.—D-1, napkin folded into three equal parts. D-2, second fold. D-3, napkin turned over and the points rolled upward. D-4, right-hand end folded under in a line

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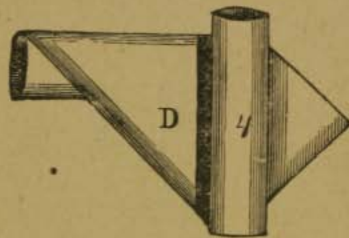
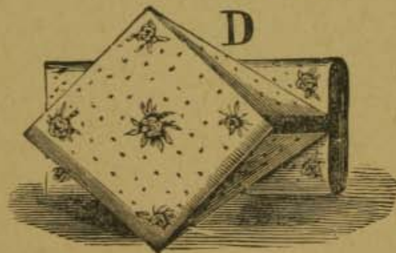
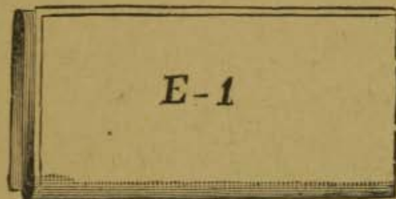
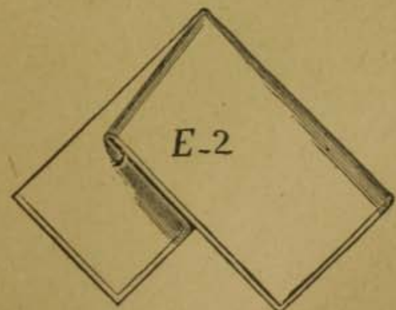
perpendicular to the longer fold, so that the roll stands perpendicular to the base-line shown in D-3. The left-hand end then folds the same, showing both rolls as one appears in D-4. The top will then show a square as in D, and in the fold beneath it a roll of bread may be placed, or the folded napkin may lie on the plate.





E. Lady's Slipper.—E-1 is the napkin folded in three equal parts. E-2 represents the result of two folds—the first turning the right-hand half upward upon the left at an angle of about forty-five degrees; the second fold bringing the same end back into the position shown in E-2. The left-hand end is then treated in the same manner, producing the result exhibited in E-3. E-4 represents the preceding form with one corner tucked into the slipper, as indicated by the arrow, and E shows the final result, with both corners adjusted in their proper position.





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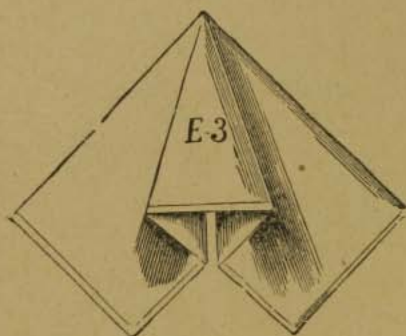
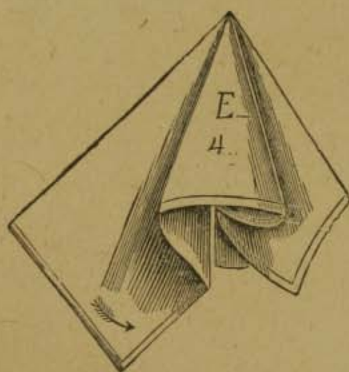
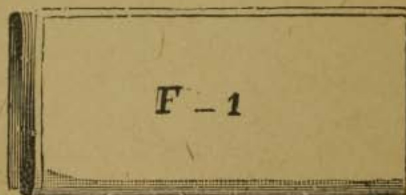
F. Tulip.—F-1 shows the napkin folded in three equal parts. F-2 shows its ends turned inward, as in C-2. F-3



shows the right-hand lower corner turned upward, the left to be treated in the same way. To produce F-4, turn the napkin over, the point from you, and turn up the right-hand lower corner until it appears as in the diagram. Bring up the lower left-hand corner and tuck it into the fold shown in



F-4. This gives F-5 when placed erect, and the final form, F, is readily produced by opening out the points from the apex.



OTHER FOLDINGS.

The Fish Tail.—Fold the napkin on a diagonal, so that the two opposite points

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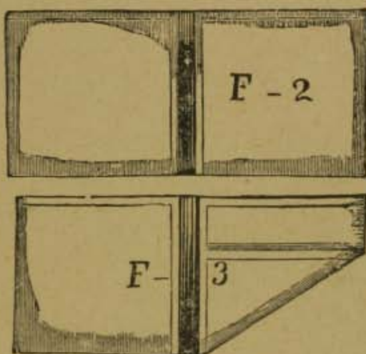
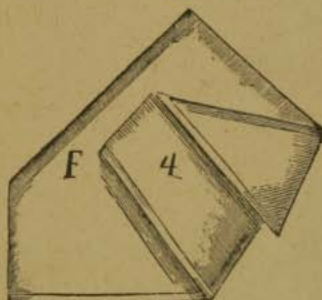
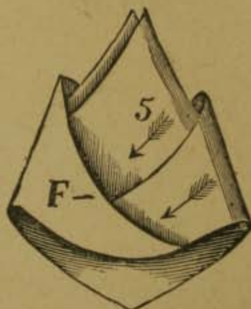
meet, the form being a right-angled triangle. Beginning at either of the acute angles, gather across the napkin folds one inch wide. Crease this folded napkin down tightly. Catch each part of the napkin at its highest points, drawing them apart a few inches—as the blades of a pair of shears open, keeping the whole flat, as creased. Set this form in a goblet, points up, and you have a beautiful display.





The Bird Wing.—Fold as in the last form, but crease only at the bottom, allowing the upper part to spread as a fan. This form, alternating with the open fish-tail form, produces a beautiful appearance.

Star Form.—Fold all the points to a centre; turn



over and repeat the movement; turn out the last folded points.

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VI.—WORK AND HELP.

THE DOMESTIC STRUGGLE; "FLATS;" REGULARITY; FORETHOUGHT; SUPERVISION; ACCOUNTABILITY; KITCHENS; CONVENIENCES; KITCHEN COMPANY; GENERAL HINTS.

THERE is no housekeeper who will not weary of the household work if she attempt to do it in person; nor is there one whose patience will not be sorely tried if she attempt to do it by proxy. Physical exhaustion on the one side, and mental exhaustion on the other, are the Scylla and Charybdis between which the good housewife struggles to guide the domestic craft. Some make fairly good progress in the effort, but more are sorely tried and buffeted, while many finally go down in the whirlpool of boarding-house or hotel life, or are shattered and scattered as families.

The comparatively new method of "flats," as conducted in New York, Chicago, and San Francisco, is a Parisian idea adapted to American necessities. In immense structures, with eight or ten floors, apartments are fitted up usually in sumptuous style, with every convenience and luxury. Elevators carry the residents and callers to any floor, so that the ninth floor is virtually as good as the first. The hall ways and apartments are heated and cared for by house servants; the meals are served *a la carte*, in a general dining-hall or restaurant, or are served in the rooms if desired; so that the only care the occupants have is the incidental charge of their own rooms and their social duties. This method avoids all personal labor and all care about servants, and yet each family has its own home.

Of course there are no yards or gardens in such places. When there are little children in a family the opportunities

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are rather restricted. The old home idea is wholly lost in such a dwelling-place. Domestic duties are in utter disuse. Home cooking has no foothold. Home decoration may be practiced to a limited extent, and home courtesy may prevail; but after all, the home life barely exists.

In the old-fashioned home life, regularity is a prime factor. Without it all will speedily run to disorder. To do things regularly requires forethought and planning. What to do and when to do it, must both be clearly understood. Then the predetermined plans must be rigidly adhered to and carried through. Servants see at a glance whether the head of the house "means business" or not. Any number of orders may be issued, but if the servants know that it means nothing, they do not concern or bestir themselves. Orders should be few as possible, but they should be well considered and explicit, and when once issued they should be conformed to absolutely.

Vaporing, scolding, fretting, and storming about the house only lower the lady of the establishment in the esteem of her employees. Her superiority must appear in her calm deliberation and her intelligently formed decisions. But these need not be issued in an arbitrary, dictatorial form. The American spirit does not brook much of this. Help worth having can suit itself readily in other places, and such help will not submit to arbitrary or tyrannical treatment.

One of the best advisers of young housekeepers says to them: "Never, except in cases of extreme emergency, allow Monday's washing to be put off till Tuesday, Tuesday's ironing till Wednesday, or Wednesday's finishing up and setting to rights till Thursday. Leave Thursday for extra work; or when that is not required, for a resting day or a half holiday, and as a preparation for the up-stairs sweeping and dusting of Friday, and the down-stairs baking and scrubbing of Saturday." In this advice all good housewives will concur, though the men of the house, to quote

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one such, "cannot see why so arbitrary and inflexible a rule should be imposed upon the domestic economy."

Forethought will prove a great help in saving time, fuel, labor, and temper. For example: Mix bread at night, and it will be ready to bake with that "first fire," which always makes the oven hot in the morning.

Prepare fruit over night, so that pies or other preparations for dessert can be quickly made, and baked immediately after the bread.

Prepare hash for breakfast over night.

Have the kitchen and dining-room put in order before going to bed.

Have kindlings and whatever is requried for building needed fires laid out ready, and the fire in the kitchen raked down, so that it can be started in the shortest possible time. This is not only a saving in the morning, but it will be found very useful in case of illness in the night when a fire may be required at a moment's notice.

Much work is saved by forethought in purchases. If possible, lay in winter supplies; buy starch, sugar, soap, tea, etc., etc., in quantities reasonably large, and deliver them to the kitchen as needed; it may be by the week, or twice a week. It should not be so often as to become irksome, not so seldom as to lose sight of what is going on. Dried soap will prove an immense saving by its hardness, as compared with the soft, fresh bars for which the servant runs twice or thrice a week. Money and labor both are saved by such forethought as this.

Constant supervision is essential to securing good work. Eye-service is the bane of our laboring classes. See that orders are obeyed; see that things are put to proper uses; see that house-cloths do not become dish-cloths, or *vice versa;* that hand-towels do not become cup-towels, or *vice versa;* that combs, brushes, etc., etc., are kept out of the cooking apartment; that the cellar broom is not used on

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the parlor carpet, or *vice versa*. Indeed, there is no end to the points that the housewife must supervise, if she be determined to have her work well done.

Accountability for articles belonging to each department must be insisted on with every servant. No article must be allowed to disappear without a sufficient reason. Nor must anything be out of its proper place, except as necessary. Explain to each new servant the nature of this accountability and hold every one steadily to it.

It is said that American kitchens are the worst in the world. Work is very materially promoted by means of a good kitchen. It should be roomy, light, and capable of good ventilation without sending its odors and its steam through the house. It should have plenty of good, convenient closets for all that pertains to the work there done. It should have direct access to the fuel, store-rooms, or cellar where provisions are stored, and convenient access to the dining-room. A window communication is best between kitchen and dining-room, using a waiting-maid to receive.

The conveniences of range, hot and cold water, sink, etc., are desirable, of course, but in some places they are not attainable. A dish-drainer is a great convenience. It may be made of a grooved board, slightly inclined so as to drain the water back into the sink or dish-pan. Dishes laid upon this as washed, that they may drain a few minutes, will be found in much better condition for wiping, and so labor will be saved. An elevated strip must surround all but the lower edge of this drainer to prevent the dishes from slipping off.

Kitchen company seriously interferes with work and service. The employees of a house are social beings. They have their associations and must continue to have them, but much visiting destroys effective management. It demoralizes servants and delays work. Company should be restricted to certain convenient hours. The indiscriminate fur-

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nishing of meals to their visitors by servants should not be permitted. Permission at that point should be asked of the lady of the house, and she, not the servant, should judge whether the case is exceptional and allowable. Interference in the presence of the "guests" would probably create a scene, but a good understanding at the outset would be as likely to preclude all trouble. Indeed, so few housewives know their own minds in domestic management, that the servants are little to blame if they too are ignorant of "the lady's" mind. Be reasonable with servants; yea, be generous; but be explicit and decided.

After this extended discussion, it still remains true that the thoughful, self-poised, kindly, but decided housewife will be the only one who will get the needed work done, and will find all her "help" really helpful. It seems wise to conclude this chapter with a few carefully selected

HINTS ON HOME WORK.

Aprons.—Have a good assortment of full-sized aprons which can be washed. They should be long and wide.

Brooms.—Four brooms should be in simultaneous use in a house. The best for the parlor and best rooms; the second best for the sitting-room and dining-room; the third for the kitchen; the last for the cellar, yard, etc. When the best broom shows wear, replace it with a new one, and "retire" the worst, moving the others back one place. Hang up brooms by a loop, or better, by a broom holder. (See Chapter xxi, Part I.)

Closets, etc.—Scrub them out thoroughly and frequently. Cover dish-shelves with clean white papers; the edges may be scolloped, or "pinked," if desired.

Dish-cloths.—Old towels, crash, napkins, table-cloths, etc., make splendid dish-cloths.

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Dusters.—Feather dusters throw dust from one place to another. They are poor tools, except for the lightest kind of work. Cloths are preferable. These should be shaken out-of-doors frequently, or washed. Damp chamois skins are best for articles not liable to damage by dampness.

Fuel.—When cooking is not going on, the fire should be slacked by closing the dampers, etc. Coal should never be piled high in the stoves. It chokes the draft, makes heat where it does no good, burns out the stove tops, and wastes willfully. Ashes should be sifted and picked over. A large saving will be effected thus.

Holders.—Iron-holders, and others for hot pots, kettles, etc., will save time, labor, and burns. If such conveniences do not exist, towels will be substituted by the " help."

Ironing Tools.—Keep the cloths, etc., in good, orderly shape in a clean, dry place. The irons must be kept free from moisture.

Paper and String.—Lay all such together in a convenient place, nicely straightened out, ready for use at any time. If too much accumulates, sell it or burn it.

Pie-board.—This, with the roller, should be put away clean every time, in a scrupulously clean place.

Pots and Kettles.—Put away thoroughly cleaned and well dried. Scald out coffee and tea-pots frequently with soda-water. Keep each in its proper place.

Refrigerators.—Scrub and air these frequently. The purest and best makes need such treatment.

Water Coolers.—Scrub and air these. Sediment will collect which must be unwholesome and unsavory.

Whisks.—Use a clean, fine whisk for upholstered furniture Have others for the stairs, corners of rooms, etc. All these in addition to whisks used for clothing.

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VII.—VENTILATION.

VENTILATION NEEDED; HOW TO GET IT; BY WINDOWS; BY A SHAFT; WITH THE HEAT; FACTS AND FIGURES.

FRESH air is essential to healthful and happy human existence. It is so free and abundant that there should be no lack anywhere or at any time. Out-of-doors we get it without care or planning; but to get it in-doors, and so to get it that nobody is harmed, that nobody catches cold or gets the rheumatism, that is the problem.

Every living being gives off the deadly carbonic acid gas continually, and at the same time consumes the vitalizing oxygen. Lamps, fires, combustion of all sorts, does the same, some forms of these being more active than others in the emission of carbonic acid gas. For every apartment where people live and fires burn there must be ventilation. Fresh air must come in, and foul air must go out.

In cold weather, this must be so done that a reasonable warmth in the room shall be maintained, and it must always be so done that chilling drafts shall not strike persons in such way as to check perspiration and produce sickness.

Ventilation in large buildings is usually provided for by forcing fresh air through all its ramifications. The air is admitted in such ways as shall most effectually diffuse it through the building, avoiding all blasts or sensible currents. If mechanical means are employed to force air, the problem is comparatively simple. Drive in enough air and distribute it with judgment, and it is all done.

But dwelling-houses do not admit of these elaborate

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arrangements except in rare cases. How can they be ventilated? The commonest way is to open the window. If a wind be stirring, or if the temperature within and without the room vary much, currents of air will at once set in, and an open window will do the desired work. But if the atmosphere be still and sultry, the windows may be open, and yet no interchange of air take place. The top of the window allows egress to the heated air. The bottom allows ingress to the colder, external air. To ventilate a room, both openings of the window are needed. If windows are only on one side of a room, a door upon the other side must be open to do the work properly. Currents which would be too strong, may be well broken by the ordinary shutter blinds, the angle given the slats determining the direction of currents to a great extent, and so breaking their volume as to render them practically harmless.

An easy adaptation of ordinary windows for a good ventilating purpose is secured by inserting on the sill, where the bottom sash shuts down, a piece of wood the thickness of the sash, and long as the sash is wide, but about three inches high; the effect being that the sash, shutting down on this strip, shall stand three inches above the sill and yet the bottom will be closed tight. The displacement between the upper and lower sash will leave an opening by which currents of air will pass in and out, ventilating the room very fairly, and that, too, without any perceptible draft.

A CHEAP METHOD OF VENTILATION.

Another simple method is to tack muslin or ornamental cloth across the bottom of the window frame, inside the room, but not against the sash. The window may then be raised. The muslin should rise three times the height of the opening of the window. The effect of this is to produce

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an interc..ange of air, with positively no perceptible draft, even when the wind without is high.

From the summit of the hallway, or open stairway of a house, it is well to carry an open pipe high above the roof, capped so as to keep out storm, and capable of being closed in the coldest weather. It will draw off the heated air of the house and render good service.

A ventilating shaft is a great accessory to a house. It should be like a large flue, say two feet square, and by inserting glass at the top it may be used for light also. Into such a shaft openings from the several rooms may be made, also from water-closets and reservoirs. This shaft should be placed next to a chimney flue which is always in use, so that the shaft itself will be warm enough to produce movement in the air. Or a surer way is to have at its base a heating apparatus of gas, oil, or steam, by means of which the current of air may be moved in the shaft and the entire house be ventilated. The outlet of such a shaft must be so constructed that snow and rain will not drive in even when the windows in it are open. It should be capable of entire closing also by means of cords and pulleys.

Every fire drawing its oxygen from a room, carries air out of the room, and this consumed air must be replaced through cracks or crevices, if by no better means. Some ventilation is always gained where such fires burn, therefore. But when they burn low, it is a chance that they will emit more injurious gases than the fresh air drawn in can counterbalance.

All heating methods which throw warmed air into the room may become valuable methods of ventilation. If the air be drawn direct from a foul cellar they will be injurious. If the air be baked by contact with red-hot surfaces, it will be dry and to a great extent stripped of its oxygen. But take the air from without, if possible from the top of the house, by means of a cold-air flue; heat this air by contact

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with steam pipes or hot pipes, but not those which are red-hot, and you will have warm air and good air at one and the same time. Apertures or registers near the floor are needed in this case, by means of which cold air passes away. Near the floor the foul, heavy air settles also, which is driven out by the same means. Registers opening into a ventilating shaft, as just described, form the best escape for impure air, as they carry it entirely out of the house.

Some authorities recommend that ventilating openings be made directly into smoke-flues. Even if smoke and soot can be kept from entering the room where such a device is employed, which is doubtful, notwithstanding " traps " and other warranted contrivances, still every opening of this kind subtracts from the draft power of the fire below the opening, and hence is a disadvantage. The independent ventilation shaft is the most valuable help.

To enforce the need of ventilation, it may be stated that a pound of coal burned requires for its combustion one hundred and forty-eight cubic feet of air. Every gas-burner consumes about thirty-six cubic feet per hour. A candle consumes about eleven cubic feet per hour. A healthy adult requires two hundred and fifteen cubic feet of air per hour. Combining these facts, the absolute necessity of a large supply of fresh air to every living-room is an easy demonstration.

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VIII.—WARMING.

BONFIRES; FIREPLACES; FRANKLIN STOVES; GRATES; LOW-DOWN GRATES; MODERN STOVES; HEATERS; GAS STOVES.

IN the last chapter some points on the warming of houses have been touched. Ventilation and warming are subjects so closely related that they cannot be considered fully when apart. As in cooking, so in warming, the simplest method is the open fire, the mere bonfire in short. But from such a fire, it is an easy step to an inclosing structure which cuts off radiation of heat in useless directions and conducts smoke where it will do the least harm. On this principle the old-fashioned fireplaces were constructed. They did very little work in proportion to the fuel consumed, but where fuel was abundant that mattered little. Then, too, in such fires, at least one-half of the heat goes up the chimney, and some good authorities say that fifteen-sixteenths is thus lost. Such fires heat by direct radiation. Heat is thrown from them directly on the persons in the room, on the walls and other objects. These become heated, and in turn reflect heat so that all the contents of the room, atmosphere, and solid bodies are thoroughly warmed at last. Until this completeness of heating is attained, however, one may be blistering his face while cold creeps run down his back. Then, too, such heat quickly falls off. It is irregular, expensive, unsatisfactory.

Benjamin Franklin made an improvement on the old warming methods in the stoves which bear his name. He saved much of the heat which formerly escaped by making his stove to sit in the room, and the smoke to reach the chimney by a circuitous passage, as in a stove-pipe. This compelled

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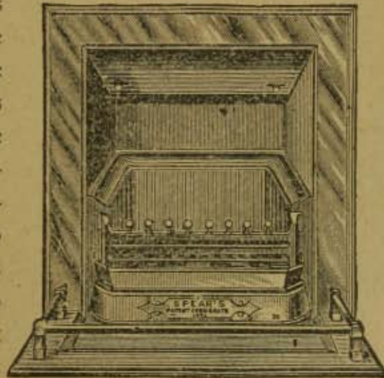
much escaping heat to give off its power in the room. The fireplace of this stove was inclosed with another casing of iron, through which air circulated and passed into the room in a heated condition. So he had all the direct radiation of the fire and of the heated parts of the stove, plus the air which was heated by passing through the hot chambers.

Grates are simply an adaptation of the old fireplace to the later discovery of coal as a fuel. They are less open and therefore less wasteful, but all the side and back power of the fire is lost to the room so far as heating it is concerned. It passes off by conduction, and is lost in the walls.

Low-down grates are a favorite feature for fall and spring uses in sitting-rooms, offices, etc. They heat by direct radiation only, but for the lighter purposes in warming they are desirable as being both beautiful and sufficiently useful.

A fine specimen of these grates is shown in the accompanying cut. It is made with handsome nickel-plated frame and trimmings. In its "throat" is a double valve arrangement, shown in the cut, which can be used as a blower in starting the fire, as a damper in reducing the draft, or as a reflector to throw the heat into the room. These grates have indeed become so popular that improvement upon improvement has been made, and decoration has been added to decoration, until they seem absolutely perfect, and certainly they are very beautiful.


LOW-DOWN GRATE.

Closed stoves heat the air by its contact with their heated surfaces. They are now made with mica doors or windows, through which the direct radiation also passes, and air

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chambers are added in which air is heated, so that stoves of an immense warming power, and withal very easy to manage, are now the standards.

FIRST-CLASS MODERN HEATING-STOVE.

A specimen of such heating stoves is shown in the adjoining engraving. Externally it is not at all displeasing to the eye. On the following page a sectional view of this same stove is shown, displaying the coal reservoir, or self-feeder, as it is sometimes called; the damper; the cut-off draft in the upper part of the stove front; the cylinder and anti-clinker grate, which is a notable feature. By opening the doors which surround this part of the stove, all debris can be removed from the grate, and a fresh, bright fire will be secured at once. By this means the fires need not be drawn through an entire season. The fire cannot become choked. It is always clean.

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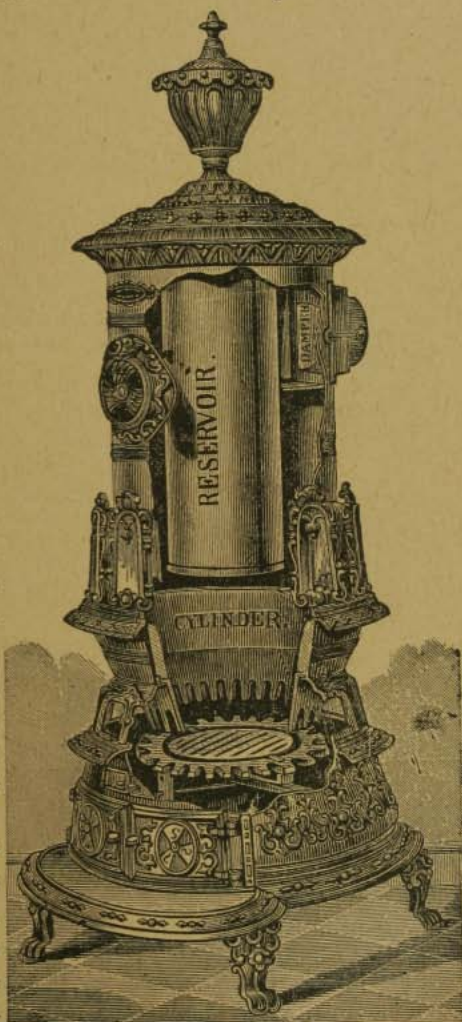
The stove shown here has a sheet-iron top. For the sake of increased ornamentation, the tops are usually made in cast-iron, with nickel-plated panels and embellishment. It is an open question which kind of top gives off the more heat. A tea-kettle attachment may be made just above the upper tier of doors if desired. By this contrivance tea may be boiled, and some other minor culinary wants be met. A nickel-plated foot rail may be placed around the base, adding to the beauty of the stove, and also to its utility.



SECTIONAL VIEW OF MODERN HEATING-STOVE.

Fireplace heaters are favorites with many communities. Like a low-down grate, they fill the opening of the mantel, but they are constructed as heaters, with drums. They heat the room in which they are

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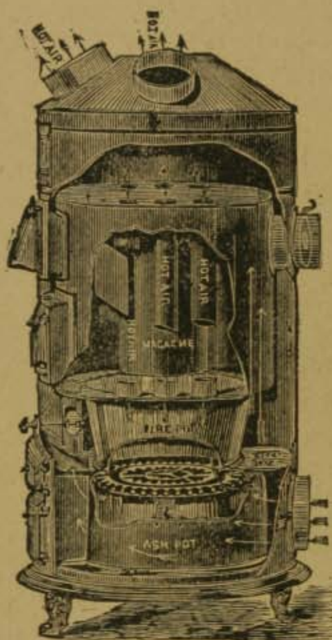
placed by direct radiation and heated air; and to the room above heated air is supplied abundantly. These, like other modern stoves, are finished in very ornate styles.



SECTIONAL VIEW OF A PORTABLE HEATER.

Hot-air furnaces have come into very general use. They combine so many advantages, and are withal so effective, that they well deserve the favor they have met. To elucidate the subject fully, a sectional view of a portable heater is given. This differs from the permanent or brick-inclosed heater chiefly in the method of inclosure, and in the capacity of the heating-drums.

The time was when but little attention was given to the construction of heaters. Almost anything with an iron cylinder and a casing around it, that would consume coal, was considered a sufficient heater. No matter how much dust and dirt were made in the cellar or basement, and conveyed through the flues to the parlor or rooms above, it was nevertheless supposed to answer for heating purposes. But those days have passed away; careful and scientific study has been applied to the subject.

One valuable point in the heater shown in the cut is that whereby all ashes and clinker can be removed from the fire-pot without dropping the fire. This can be done with less trouble than it takes to rake the old kind of heaters, and a continuous fire be kept always fresh on the grate. By this

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means the entire surface of the heater can be relied on for heat. In the old heaters, when the grate surface became covered with clinkers, and the cylinder half filled with ashes, only the upper surface afforded heat, which very often resulted in overheating the top and ruining the furnace.

This heater is supplied with a magazine, making it a self-feeder. Another new feature is a radiating drum, and, in place of taking the damp, impure air from the cellar floor, with the dust and ashes, there is a cold air collar at the back of the heater so that a pipe can be attached, and pure, fresh air be brought from the outside of the building.

At the base of the heater, on each side of the cylinder, are placed the water tanks, easy of access, where a sufficient quantity of water can be evaporated without boiling it. It also has a damper at the smoke-pipe.

To all hot-air furnaces there are serious objections. They exhaust the moisture so completely that furniture is dried out and falls apart, and, worse than this, the moisture of the human system is so reduced that parched lips and difficulty of breathing often result. Furnace-heated air is drier than that ever heated in the midst of the Desert of Sahara. Evaporators may be introduced into the heaters and moisture may be restored again to the air, but a new danger arises. The sediment left by the constant evaporation of the water becomes unhealthy. This is demonstrated when, by reason of lowness of water in the evaporator, the sediment begins to stew or to bake, in which case the house soon becomes rank with its offensive odors. The water-pan of the heater must be kept clean. Stewing or simmering animal or vegetable matter cannot be healthy.

The principles to be regarded in determining the size of a heater are these: The greater the heating surface in a heater, the greater is the volume of air it can heat to a given temperature in a given time. A low fire will therefore impart warmth to a room fully equal to that from a hot fire in

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a smaller furnace. The one does a large volume of work deliberately. The other does it with a rush; but in the rush the air is baked, its moisture is exhausted, it is made unfit for use. The coal required is more in bulk in the larger furnaces, but it is not used half so fast. Large fire-pans are better, therefore, and cheaper—of course within reasonable bounds. Then, too, the moisture produced at a low temperature is preferable to that from excessive heat. The former is a gentle vapor, the later a driving steam.

Hot water and steam are used in various applications for heating purposes, but not very generally in private houses, except as they heat air carried through coils containing steam or hot water.

Among the contrivances applicable to furnaces and heaters of all kinds are governors or regulators, which can be set so that when the heat reaches a certain height the drafts will close automatically. When the heat falls they will open. Thus an equal temperature is maintained even in the absence of immediate supervision.

GAS HEATING-STOVES.

After seeing the wonderful adaptations of gas to cooking purposes, no one will wonder that there are many happy adaptations of the same to heating purposes. The Goodwin Gas Stove Company, from whose constructions the illustrations already given were selected, furnishes heating-stoves also.

The principles upon which these stoves are constructed are thoroughly scientific, and at the same time so simple that they require little or no attention. The ventilating principle is so applied that no injurious products of combustion can escape into the room in which they are placed, but all are carried off to the flue or out-of-doors by the pipe seen in the opposite cuts. The stoves have an air passage

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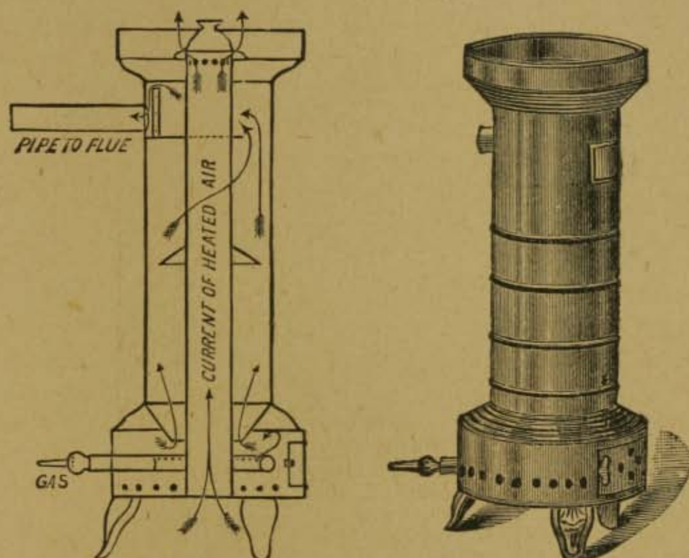
through the centre by means of which the air passes up from the floor, and in its passage comes in contact with the sides of the centre tubes and becomes highly heated. The stoves can be made to draw their supply of air from out-of-



IMPROVED VENTILATING GAS HEATING-STOVE.

doors by means of a tube when so desired. Their consumption of gas is but seven cubic feet per hour. One of them will heat a room containing from eight hundred to one thousand cubic feet of space. They are six inches in diameter and twenty-three inches high.

If the open fire appearance is desired, the stove called the "Cheerful" meets the case.

These stoves are especially designed for use in parlors, libraries, and sitting-rooms. The panels in the front and sides are fitted with porcelain or metal tiles. The frames are nickel-plated, or enameled in black or brown with bronzed chambers. The tops are of marble, and can be varied in color to suit the taste.

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They are constructed upon principles so correct scientifically, and at the same time so simple, that they require little or no attention. They, too, may be made to draw their supply of fresh air from out-of-doors, and they carry off the results so perfectly that no injurious products of combus-

THE "CHEERFUL" GAS HEATING-STOVE.

tion can escape. This stove, in its largest size, is thirty inches high, sixteen inches wide, twelve inches deep.

Smaller stoves are in cast-iron only, but these have a boiling burner at the top. The smallest of this line is eleven inches high, ten and a half inches wide, and nine inches deep. It will warm a small room or take the chill from a large one.

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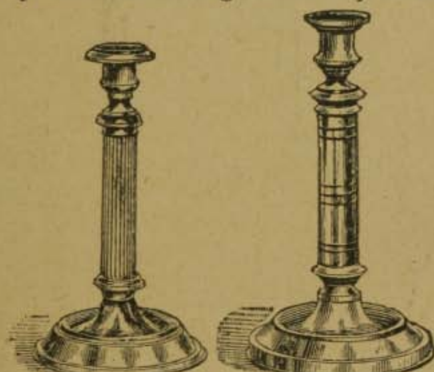
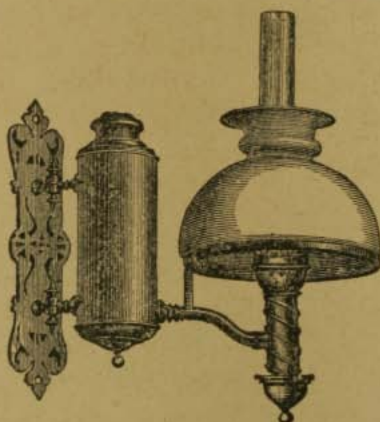
IX.—ILLUMINATION.

CANDLES, lamps, and gas are so familiar that in their ordinary uses they need not be so much as mentioned. But all these articles have undergone so much of improvement that a few points concerning them may be of value.

Candles are now furnished of very superior illuminating power and also very beautiful in appearance. When used simply for show, as is now very common, they can be had in many colors and very artistically decorated with flowers, birds, etc., so as to be highly ornamental.


MODERN BRASS CANDLESTICKS.

Finely wrought brass candlesticks, for use or for ornament, are quite popular also, though it seems like a return to the days of our fathers.


BRACKET STUDENT-LAMP.

The student-lamp (for kerosene oil) has come into very extensive use. It receives the oil into the large vessel at the side, from which the oil is supplied to the wick by the

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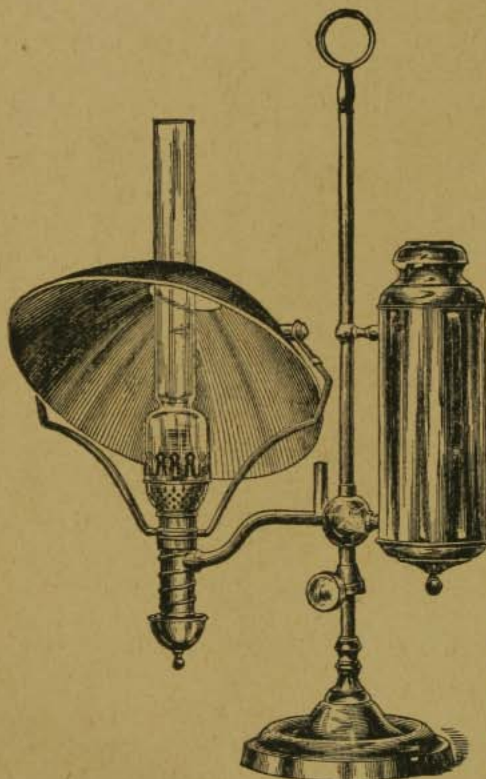
connecting tube, the wick being circular and on the argand principle, so that the largest possible amount of illuminating surface is secured, with the best possible results. In specialties of this character, the Manhattan Brass Company, of New York, has done many good things. The above bracket-lamp is one of theirs, as are the artisan's lamp and others which follow. The adjustable nickel reflector shown in the artisan lamp enables the person using it to concentrate the light just where he wants it. For sewing, reading, or most mechanical operations, this lamp is a very helpful auxiliary.



ARTISAN'S LAMP.

But student-lamps are popular in libraries and sitting-rooms. For such uses something more elaborate is desired, and all that can be wished for is found in the Parlor Student-Lamp. For real elegance nothing could be better, and for illuminating power it is rated as equal to thirty-three wax candles, which would make bright a room of great capacity.

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Parlor lamps in other patterns of surpassing beauty are numerous, two of them with richly ornamented globes being shown on the following page. All these lamps are made in fine cast or wrought brass and form exquisite decorations.

When gas is introduced into a house, the possibilities afforded in the fixtures are very fine, as will be illustrated farther on under the head of "Home Decoration." The facilities for the home manufacture of gas are many and very satisfactory.

PARLOR STUDENT-LAMP.

Gas machines are designed especially for the illumination of buildings beyond the reach of public gas works. They can be adapted for large factories and hotels as also for private houses. In the Springfield Gas Machine gas is produced by bringing a current of air in contact with gasoline, the vapors of which combine with the air and produce a clear, white, agreeable gas, which is distributed as common gas by similar fixtures. The apparatus, as will be seen by the engravings which follow, consists of two instruments—an air-pump, operated

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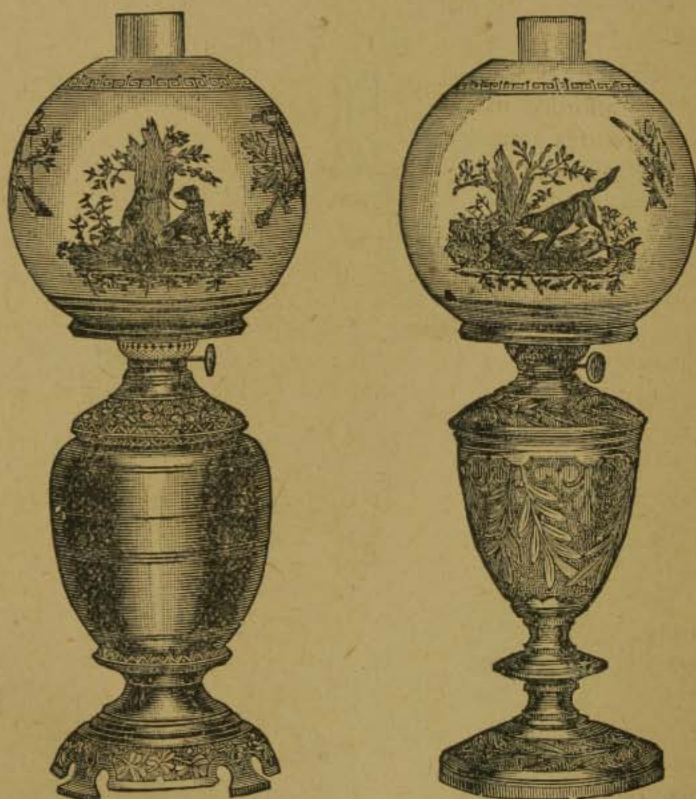
by a weight being used to produce the air-current, and a gas-generator (a cylinder containing evaporating-pans or chambers, in which the gasoline is kept). The generator is always placed in a vault under ground and removed from



ELEGANT PARLOR-TABLE LAMPS.

the building a safe distance; or it may be buried in the earth, in which case the expense of the arched vault is saved. The air-pump is usually stationed in the cellar of the building to be lighted. Supposing a machine to be set up and connected by pipes, as shown, the generator to be

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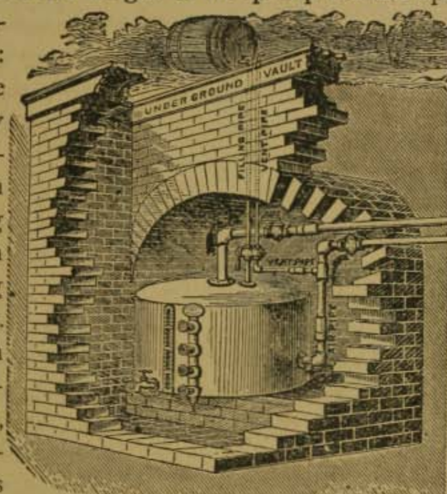
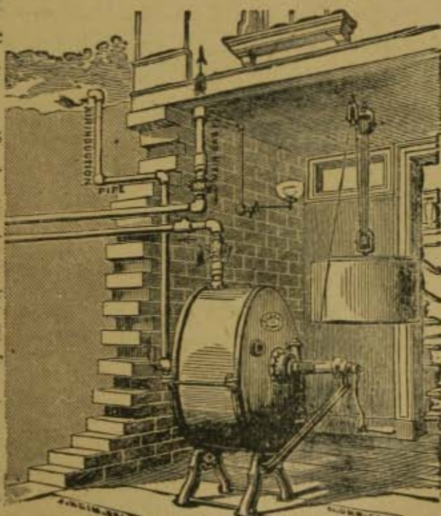
filled with gasoline, and the weight of the pump wound up, the process of gas-making is as follows: The action of the pump draws a supply of air through the induction-pipe from without the building and forces it through the air-pipe leading to the gas-generator. In its passage through the generator it becomes carbureted, thus forming an illuminating gas that is returned by the gas-pipe from the top of the generator to the burners within the building.



GAS-GENERATOR IN VAULT
(Distant from House Fifty Feet or more).

The machine is automatic in its operation. Gas is made only as fast as consumed. When the burners are shut off the pump stops and the manufacture of gas ceases, but immediately commences when they are opened again. The gas-generator is recharged whenever exhausted—usually once in from three to six



AIR-PUMP (in Cellar of House).

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months, varying according to the rapidity of the consumption of gas. Gauges upon the generator show at any time the amount of fluid it contains and when necessary to replenish it. A double-way cock connecting with both the filling and vent-pipes in the vault is used, so that of necessity a free vent is given while filling, thus preventing any backward pressure of gas upon the pump or strain upon the generator. The weight of the pump does not require winding, commonly, oftener than once or twice a week, and this takes but a moment's time.

The pressure of gas in the ordinary gas works is so strong that there is an immense waste at the burners and at every possible crevice for escape. It is wise to turn the gas wholly off during the day, using for this purpose a connection between the meter and the street, so preventing all waste. Even at night the full pressure should not ordinarily be allowed. When the burners are lighted as may be desired for the evening, turn down the valve at the meter until the gas flame just shows the effect. This may cut off nearly half the flow of gas, and yet the light remain ample. A great reduction of gas-bills will be secured in this way. You will get the benefit of all you pay for, as no gas will escape unconsumed.

When light is desired all night in a bedroom, by all means use tapers. A box of these, costing ten cents, can be bought at the apothecaries, and will last many weeks. Each box contains a tiny socket, or circle, of tin with three sharp points holding a bit of cork. Into this socket sets a button-mold a quarter of an inch in diameter, with a hole in the middle, in which is inserted a bit of waxed wicking. The whole affair, not larger in circumference than a walnut, floats on the surface of a cup or tumbler full of lard-oil, and gives a very soft and pleasant light, and is perfectly safe and wholesome.

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X.—SANITARY CONDITIONS.

INSIDIOUS CAUSES OF ILLNESS; SEWER GASES; "TRAPS," VENTILATING PIPES, ETC.; FILTERING-WATER; BAD CELLARS; DRAINAGE; SYPHONING TRAPS; GERMICIDE; WEATHER STRIPS; ETC.

THERE is much sickness in these days which passes as Bilious, Typhoid, or Malarial Fevers. The inciting causes of disease are not easily determined. There are physical conditions which predispose to disease. Often these are wholly independent of the immediate cause under which the patient succumbs. In other cases, the final crash is only an advanced stage of the derangement which has gone forward steadily under continuous inciting causes. This is the case in that class of diseases to which reference has been made.

When a good housewife sees any of her charge losing appetite, vigor, color, and ambition, it is certain that some evil influence is at work, for which thorough search should at once be made. It may be that poisonous gases are creeping up the waste-pipe of the permanent wash-basin. It may be that the bath-room is belching forth death. It may be that the cistern whence the drinking-water comes is receiving pollution from surface drainage or from some hidden flow of vileness. It may be that noxious gases are exuding from the ground itself, "made ground," perhaps, into which filth of all sorts has been dumped. It may be that a drain-pipe is broken or leaking, and that the soil about the house is becoming saturated with waste waters, which ferment and putrefy, and send up deadly vapors, even from beds of flowers. These are a few of the insidious ways in which sewer gas and other poisonous influences do their work.

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When water is introduced into a house its drainage must be perfect. Every opening from the pipes must be so "trapped" that gases cannot work back into the house. Scientific plumbing alone can secure this point. The best made trap may be so set that the water will syphon out of it, and leave no "water-seal" to stop the ingress of sewer gases. If this be properly arranged gas will not force back through the water except under pressure, as when a heavy rain storm fills the sewers. To meet this liability, every trap should have a ventilating pipe from its arch, or the side away from the opening into the house. This pipe must be carried to the roof, and there left open. All the gases will thus find vent. A still better plan is to carry the soil-pipe directly to the roof, capping it to exclude storm, but not to restrict the outflow of gas. Scrupulous cleanliness and frequent disinfecting of the pipes by copperas, dissolved in hot water, are essential. In a few hours the water of the seal will absorb gases so as to become in itself a source of impurity. What is known as "seat ventilation" is the best remedy for this, or frequent flushing.

Filters will separate material impurities from drinking-water, but the deadliest ingredients are not removable in this way. The only remedy for a well that receives impurity from the depths is to fill it up. If impure from surface drainage, cement and better grading may save it. Chemical analysis alone can detect the subtle poisons which often lurk in water. Some most sparkling and beautiful waters are rank poison. If suspicious of water and unable to provide a sure remedy, use rain water. It lacks the life of good spring water, but it also lacks the death that always lurks in city wells and generally in those of villages and rural settlements.

Cellars are nearer akin to graves than many suspect. Good, hard, impenetrable cement floors and walls are essential in most localities. Noxious influences lurking in the soil and

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oozing thence can be hermetically sealed down by no other means. An abundance of whitewash is good for a cellar. Frequent sweeping and airing, with the careful removal of decaying vegetables or fruits, must be added.

If suspicious of drainage, dig and see. A leaky pipe, even when several feet under ground, has cost many a life. Allow no marshy places, no pools of stagnant water, no compost heaps, or other foul spots upon your home premises. Do not allow the earth about the kitchen door to be saturated with slops thrown out. Make other disposition of such refuse. Cleanliness is akin to godliness and also to healthfulness.

In a drain for a private house a four-inch pipe is sufficient. It is better than one twice the size, as the flow is more concentrated and powerful. Straight lines and even descents are always desirable. Every deviation presents an obstacle and invites stoppage. The jointing must be very perfect, or it will check solid material, causing stoppage and leakage, with their long train of expense and sickness. To prevent the slow flow of water, which is apt to result in stoppage in drain pipes, flushing tanks have been invented. These operate on a syphon principle, emptying the tank at intervals with a rush of water which sweeps all *debris* before it.

The latest conclusions in scientific drainage require an air-pipe to connect with every trap of the drainage system, on the sewer side of the curve, so that when water goes down the soil-pipe with a rush, it will not syphon the water out of the traps. It usually does this because the rush of water creates a momentary vacuum into which the water of the traps is forced by the atmospheric pressure behind it. This air-pipe, when introduced, supplies air to the vacuum, and so prevents syphoning and its consequent ill effect of a trap without water, which leaves an open passage for sewer gases.

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But, after all, it remains true that all the modern systems of interior drainage are liable to imperfection. There will be some putrefaction, and, consequently, some development of those insidious germs of disease now known so surely to lie at the foundation of all contagion and infection. To hit the death-blow to these, or indeed to prevent their ever coming to vitality, an apparatus known as the "Germicide" (germ-killer) has been invented, and is strongly indorsed.

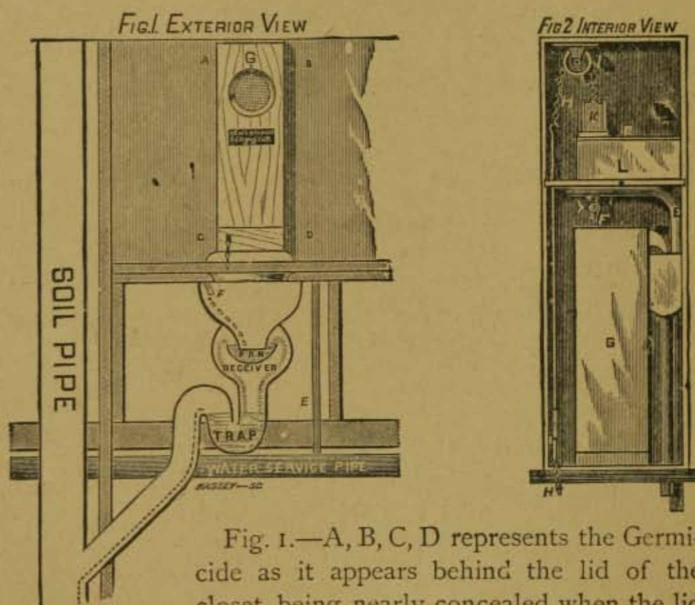

Fig. 1.—A, B, C, D represents the Germicide as it appears behind the lid of the closet, being nearly concealed when the lid is raised. E is the pipe which carries water from the "water-service pipe" into the appliance where chloride of zinc is gradually dissolved and conducted into the basin, dropping from the pipe F, as indicated by the dotted lines.

Fig. 2 represents the interior of the Germicide. The pipe E conducts water through the faucet F into the compartment G, which contains chloride of zinc in solid form, and from whence it escapes as a solution, dropping into the basin

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as indicated. The chain H, attached to the closet-lid, passes over the pulley I, actuates the plunger K, causing it to enter the thymol compartment L whenever the closet-lid is opened and to be withdrawn whenever the lid is closed. The plunger, being clothed with an absorbent, becomes saturated with thymol solution when lowered, and when raised liberates thymol vapor through the circular aperture G.

The Germicide requires no attention whatever from the inmates of the house, as it is always under the supervision of the Company's uniformed, experienced inspectors. The appliance remains always the property of the Company, and is placed for service at such an annual rental for inspection and supply of chemicals as to bring it within the means of the most humble householder. It is neatly encased in black walnut and is attached without interference with the plumbing of a house. Germicide Companies are located in New York, Cincinnati, Chicago, Boston, Philadelphia, etc.

On the need of a disinfecting agent in every drainage system of a house, Professor Joseph C. Richardson, of the University of Pennsylvania, thus speaks:

"The true method of obviating this danger is by sterilizing with slow currents or drippings of solutions of sulphate of iron, corrosive sublimate, arsenic, carbolic acid, etc., the whole interior of our waste-pipes, just as the shores of the Dead Sea and the banks of certain small streams are sterilized by mineral ingredients or poisonous metallic substances from manufacturing refuse, with which their waters are mingled. . . . I am confident that the key to this momentous problem of how to avoid infection from 'sewer gas,' or, more correctly, sewer air, entering our dwellings, is to be found in the principle of so sterilizing the whole interior of all pipes communicating with sewers, and, if possible, of the sewers themselves (by frequently irrigating them with fluids containing metallic compounds poisonous to plant life), that no vegetable organisms can propagate within them."

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Cold air driving in at cracks and crevices of a room may not endanger health by introducing germs of disease, but, by creating drafts and reducing temperature, it may promote colds, coughs, pneumonia, and the long train of kindred ills. The plea that an open house promotes ventila-

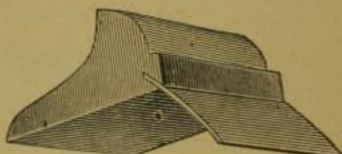
SPRING BOTTOM-STRIPS FOR OUTSIDE OF DOORS.

tion is valid, without doubt, but out-of-doors is even better ventilated, yet no one greatly prefers to live there. Leakage at cracks is a certain inlet for dust and dirt also.

To rebuild doors and sashes is not practicable or necessary. The protection needed, can be had by neat weather-stripping, prepared in forms to meet all ordinary needs, as illustrated in the samples here shown.

These represent a short piece of each kind, drawn full size. They are neat wood moldings of walnut, oak, and painted pine, with a strip of vulcanized rubber inserted

FOR WINDOWS.



FOR JOINTS OF WINDOWS, ETC.

securely with Diamond Cement in grooves, at such angles as will insure the greatest efficiency. These strips require no additional painting, covering, or expense, as they are already nicely painted white or oiled, and are a permanent and ornamental fixture.

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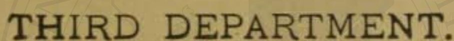

THIRD DEPARTMENT.

HOME FURNISHING.

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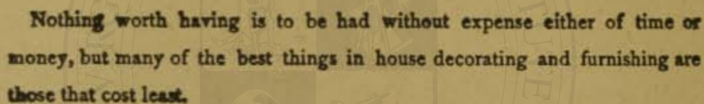

Nothing worth having is to be had without expense either of time or money, but many of the best things in house decorating and furnishing are those that cost least.

CLARENCE COOK.

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Home Furnishing.

IT is true that "Home is where the heart is." But some hearts are low in their tendencies, and are satisfied to tarry where others find no rest. There are hearts of refined quality and lofty aspiration. These dwell among life's better and nobler things. The best is none too good for them. They "covet earnestly the best gifts," and as opportunity allows they add one and another of these best things to their personal possessions.

Some have a passion for clothes; some for jewelry; some for books; but the true housewife desires that her home, "be it ever so humble," shall at least be clean, neat, and tasteful. She asks how others live; how the homes of those more favored of fortune are furnished; how her own little abode may be made more home-like, more lovely, more cozy. Such questions deserve answer.

Decoration has more to do with many homes than the furnishing has. It puts the finishing touches on the furnishing. It embellishes the home. But furnishing can lay a good foundation for decoration. It can prepare the way splendidly.

Forms of beauty may be introduced into every part of a house. Standard furniture is everywhere made with this idea in view. Every furniture store of any advancement shows it. The time was when the "Cottage" sets led the market.

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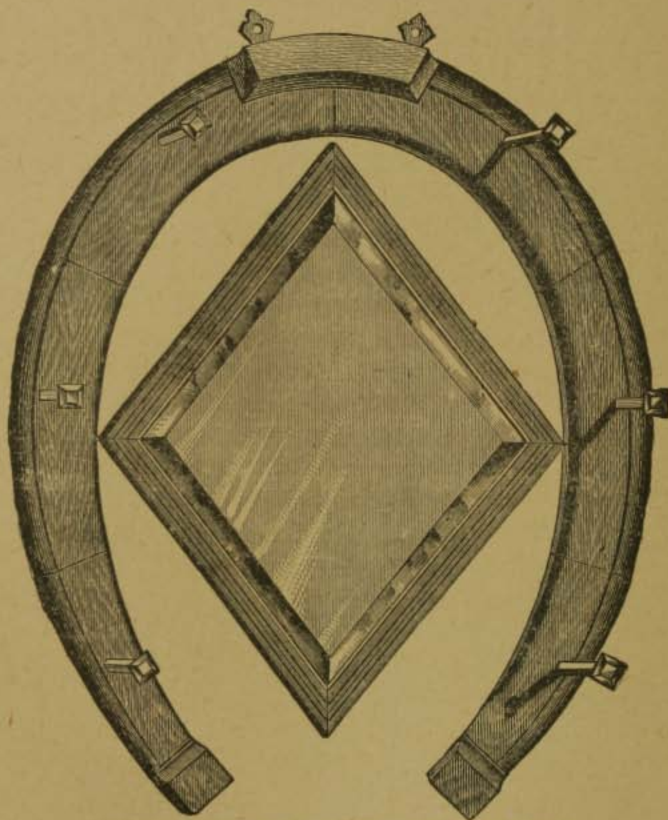
These were sold at low prices, and they were in many cases really beautiful. The coloring and decoration, as well as the lines of the work, were artistic. They formed a good basis for decoration.



"GOOD LUCK" HAT, CANE, AND WHIP RACK.

Natural woods, finished in their natural colors, are now the style. And who shall say they are not a correct style. Nature's beautiful graining and colors, left in her own woods, are surely not to be buried under paint and imita-

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tions of nature. All hail to the native woods in their own native colorings, therefore! Correct taste bids them welcome in standard and in special furniture.

With special furniture only can these pages deal. The woods most used in standard furniture are ash, chestnut, and walnut. In special furniture, the splendid old mahogany, the rose-wood and satin-wood, with fire-gilt metal, are

"FAN" HAT AND COAT RACK.

now the leading materials. Standard furniture now contains turned work, molded work, and carved work, sometimes running the cost of a bed-room suite to ten, twelve, and fifteen hundred dollars. The special furniture combines all these resources of the art, and adds special taste, artistic study of effects, the combining of the truly beautiful with the really useful.

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American art furniture is now manufactured by skilled artisans in all the leading cities. From their choicest supplies the accompanying illustrations of this subject have been chosen. How superior to ordinary hall racks are either of the three shown? Finely finished in mahogany or ebonized woods, with brass pins and a superior mirror, they are all that the

"GEM" HAT AND COAT RACK.

most elegant hall requires. The largest of them is thirty inches wide by thirty-seven high.

Corresponding with these glasses and racks are hall tables to place beneath to receive wraps and hats, while at the ends are cane and umbrella racks. An ordinary table with a heavy covering or a plain cloth, if desired, may stand beneath these racks.

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Passing into the house from the hall or entry-way, the parlor naturally receives the first attention. As managed in the average American home, this is the most costly and the least useful of all rooms. The cabinetmaker usually rules here and sways his sceptre with unquestioned supremacy. Whatever works of art or objects of beauty creep into these parlors are ill-assorted, if of value, though they are more frequently both valueless and destitute of beauty. A careful fur-

"CANTERBURY."
A Stand for Music—Mahogany, Walnut, or Ebonized.

nishing of a parlor would, for the sums usually spent there, give honest hard-wood furniture, beautifully fashioned and upholstered, a few choice photographs or steel engravings, and in many cases a good painting or two by a reputable artist. The Rogers Groups and some other inexpensive pieces of statuary are ranked as works of art and are freely admitted where good taste holds sway.

Parlors generally have too little that suggests ease. Window-shades are stiff, square, and mechanical; while curtains, especially if falling from rings and a rod rather than from an

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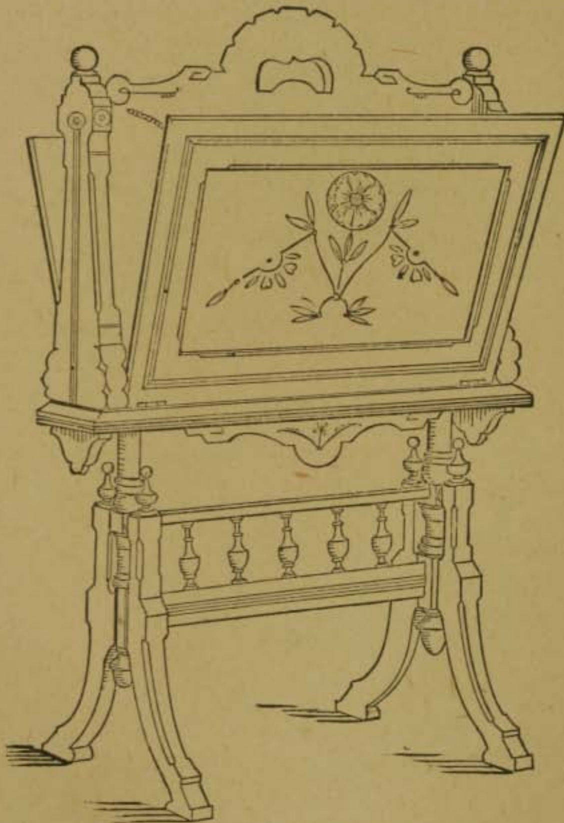
angular cornice, are full of ease and grace. Hard wood is not suggestive of ease in chairs, sofas, etc., nor is cane-seating. We need a liberal share of cushioning on all such articles. This invites to repose and furnishes comfort. It does away with the stiffness which in so many parlors pro-



MUSIC PORTFOLIO IN VARIOUS WOODS.

claims the room to be not meant for use. So furnish this room that its appearance will invite to use. And this use should be of the festal, joyous sort, rather than of the laborious, meditative kind. Here is the place for the piano

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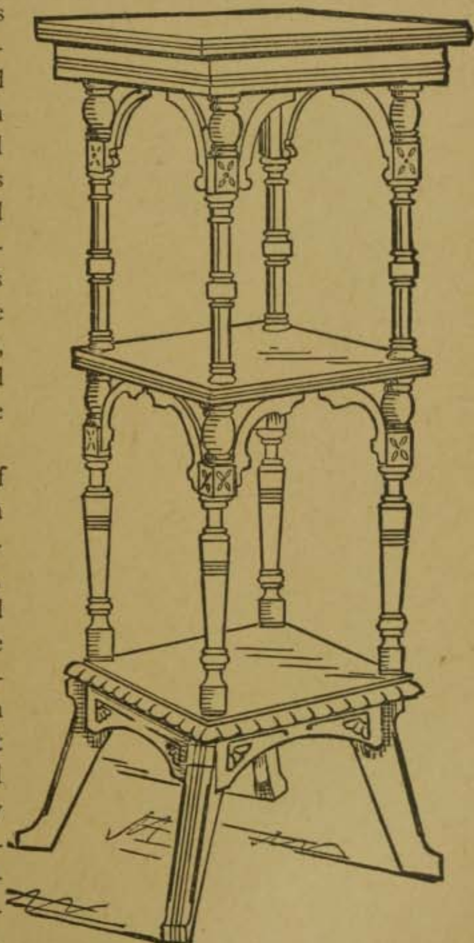
or organ, for the illustrated books, for a neat cabinet of bric-a-brac, or good curiosities, though neither of these must be overdone. The parlor is neither a library nor a museum, but works of art may be admitted there, and books which charm by their beautiful exteriors as well as by their cuts and their literary contents. Books for this purpose should be choice selections, standard poems, and new and attractive books.



CARVED PEDESTAL.
For Statuary—Walnut, Mahogany, or Ebonized.

The carpeting of a parlor has much to do with its attractiveness. Of course, the expense involved often becomes the prime consideration. But ingrain carpets present many very beautiful combinations at low figures. Passing upward into the various grades of Brussels and Axminsters, the highest taste may be gratified and the longest purses taxed. But in any case aim at a beautiful result. Do so in the materials and

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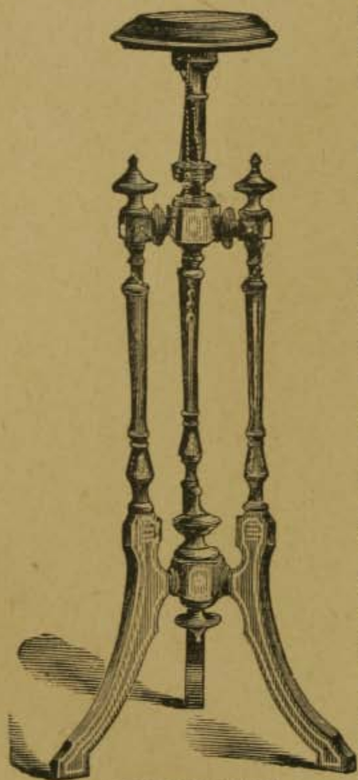
styles employed in upholstering furniture. It should harmonize and beautify both the wood used and the carpets laid. Cherry and mahogany furniture is not best set off by crimson reps or damasks, nor are ebony and black walnut best shown by dark coverings. Light and bright colored woods show best with dark and rich colored goods, while the darkest woods best display the brightest colorings and textures.



JARDINIERE STAND.
In various woods.

If the walls are papered, it must be with due regard to the other appointments of the room. Such combinations as will make all the contents of the room help each other should be sought out. Where many paintings adorn the walls, the papering must be rich but subdued in colors. The finest work of art may be killed by the flashy background on which it is hung. Where there are but few pictures, or where engravings alone appear, the paper may take on rich forms and colors, but it should never run to excess. Loud, glaring, flashy styles may be suitable for public places, but they are not for cozy homes. To secure what is right, consult your best paper-hanger; try samples; do not decide at once or off-hand; weigh the subject; sleep over it; thus you will probably reach a decision that will be a permanent satisfaction.

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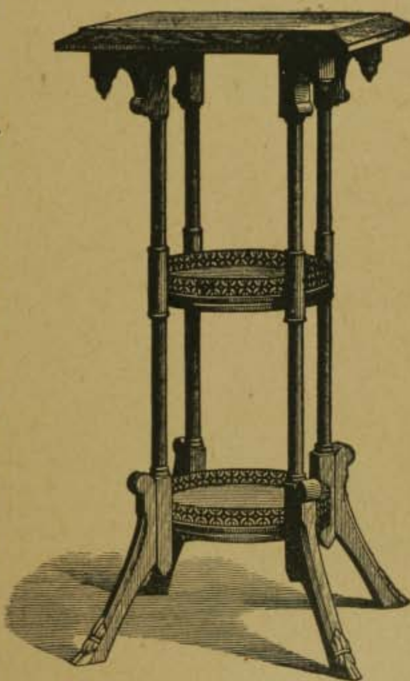
Now that this company-room, or best living-room as it had better be considered, is carpeted and papered, what furnishing shall it contain? Sofas and chairs? Yes, but not of stiff, uncomfortable, regulation patterns. A neat lounge is preferable to a stiff sofa. Even the old-fashioned wooden settees can be made really comfortable by cushions on the seat, against the back, and on the ends. These should be of brightly colored goods; chintz will do, though reps, cretonnes, or special goods are better. Do not stuff the cushions with cut straw or any other substance that will shift position and leave one sitting on the hard wood directly; but use fine corn husk or some other cheap material, if not disposed to procure hair. Make the cushions square, and tuft them to keep the filling in place; run light braid around the corners for adornment; then tie the cushions in place by strong braid or tape, which should be out of sight. In this way an old-style settee can be transformed into a thing of beauty and a minister of comfort.



MAHOGANY AND BRASS STAND.

One of the prettiest tables for a parlor, library, or sitting-room, and one that is highly artistic as well as of historic interest, has been designated the "Shakespeare Table," being

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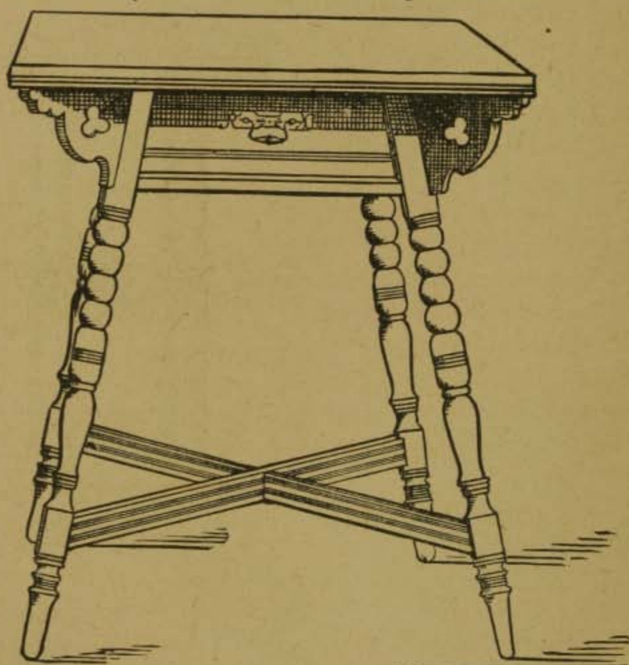
fashioned after one still shown in the former home of the famous old bard. The cut shows the square Shakespeare table, but it is made oblong also in two sizes, and in mahogany, ebony, walnut, and ash. For the ornamental covers now so generally used on tables, this style is specially adapted. It is entirely free from the top-heavy appearance and unstable condition of many ornamental tables in general use.



COOPER'S SHAKESPEARE TABLE.

To accompany a piano and to retain music and music-books in good order a very handsome piece of furniture, "The Canterbury," shown in a previous cut, is just suited. It can be had in a variety of styles and in woods finished to match the ordinary standard pianos. Another contrivance for similar purposes and very beautiful in construction is shown on the page following the "Canterbury." It is made

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in different woods and is known as the "Music Portfolio." What a beautifully ornamental piece of furniture it is a glance at the engraving will show.

We have also shown a highly ornamental carved pedestal, on the upper stage of which a piece of statuary may be placed, the tops being varied in size to suit different pieces. On the lower stages other ornaments may be placed, with books, flowers, or bric-a-brac, as necessity may require or as taste may suggest.

Similar in purpose, but of far lighter construction, is the Jardiniere stand. For floral displays, card receivers, statuettes, and such articles, it is most beautifully adapted. Its structure is so light and graceful that it pleases the eye and gratifies the taste of every observer.

BOOK-RACKS.

Other forms of beauty appear in the department of stands and tables. One constructed in dark wood and fire-gilt metal is next shown. It meets all the requirements for small stands of this character. The use of brass ornaments is coming more and more into vogue also, so that this construction is fully up to the times.

When books are displayed in a parlor or sitting-room, the large ones may lie upon the table, but the smaller ones should be placed in book-racks which hold them in position neatly with their backs upward. Two of these racks are shown in cuts given above. The ornamental ends of the racks turn upward upon hinges and are capable of longitudinal extension, so that few books or many, as may be required, can be held in proper position by this means. They are entirely in style.

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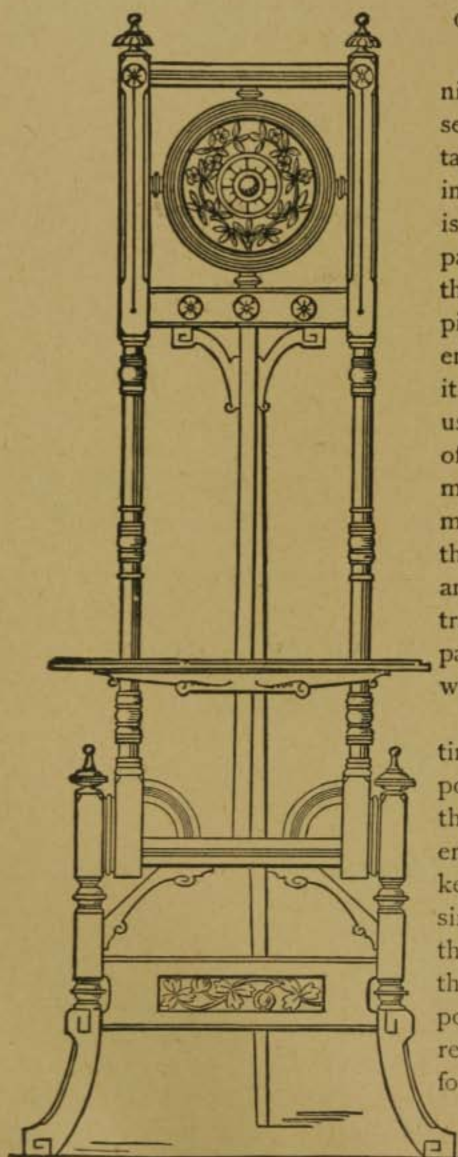

ORNAMENTAL EASEL.

A fine corner-furnishing for a parlor is secured in an ornamental easel, one of which in very beautiful form is shown in the accompanying cut. Of course, the easel implies a picture or handsome engraving to rest upon it. Because of this use, an easel should be of dark wood, ornamented only in the matter of carving, so that it shall not present any dominating or detracting colors in comparison with a picture which may rest upon it.

Easels are sometimes finished with a portfolio or pocket at the lower part in which engravings may be kept. When it is desired to show these, they are placed upon the shelf above the pocket, and afterward returned to the pocket for safe keeping. This receptacle presents an ornamental front

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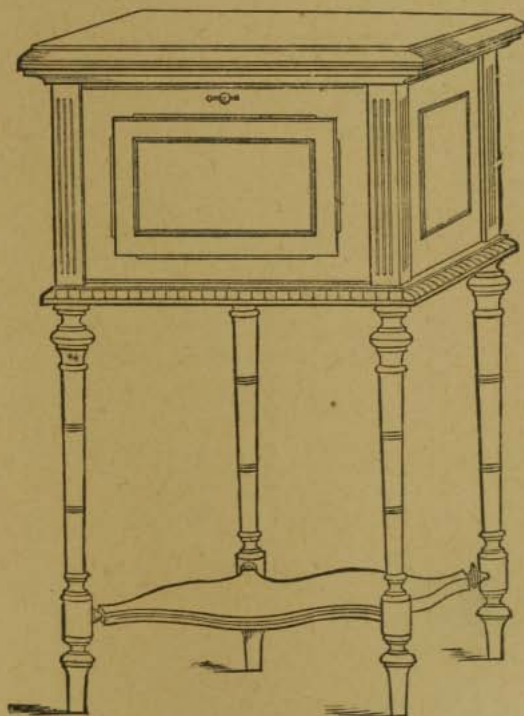
A library or reading-room should be studiously fitted for its purpose. All glaring colors should be avoided as injurious to the eye and tending to divert from work. Green and oak are favorite colors for the library, though dark brown and walnut answer well. Arrangements for light by day or by night must be scrupulously regarded. It should



LADIES' WORKSTAND.
Thirty-three inches high, made in various woods.

never shine in the student's face, but always upon his work in such direction that the shadow of the hand shall not obscure the page in writing.

Doors are little used upon book-cases. The backs of the books do well enough without their protection, and dust

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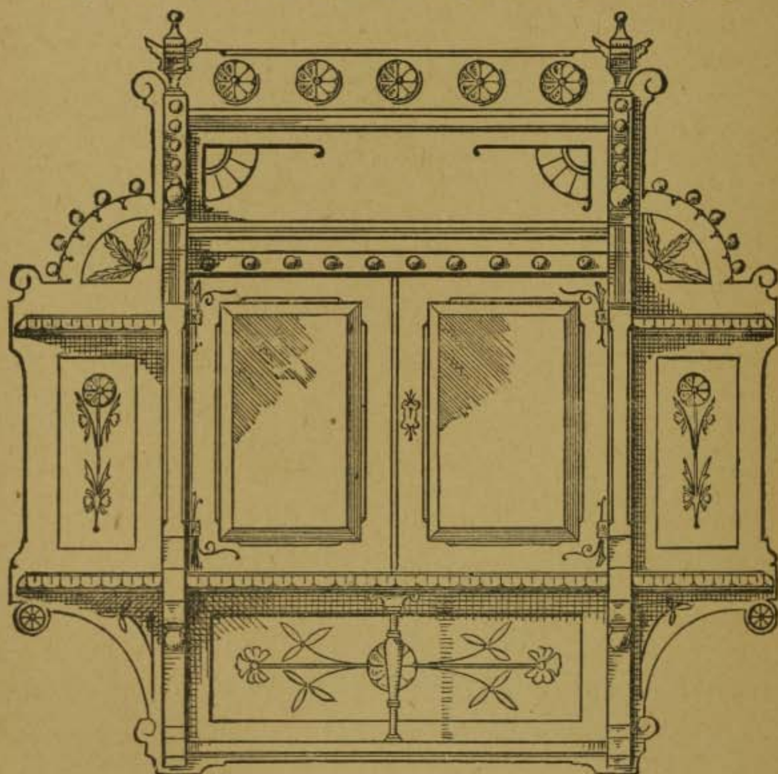
may be kept from the upper ends of the books by a strip of fancy colored leather attached to the edge of the shelf, and hanging a little below it, so as to reach the tops of the books. If this be "pinked," as is not unfrequent, it is apt to curl up and fail of its purpose. It is better to use a strip with a plain edge, ornamenting it with gold stamping.



ELABORATE WALL CABINET.

Thirty-seven inches in extreme dimensions. In various woods, with French mirror.

Unless the books are very numerous, let the book-case be low, say five feet only in height, so affording shelf room on their tops where ornaments or heavy books may be disposed, and over which pictures, brackets, wall-pockets, and orna-

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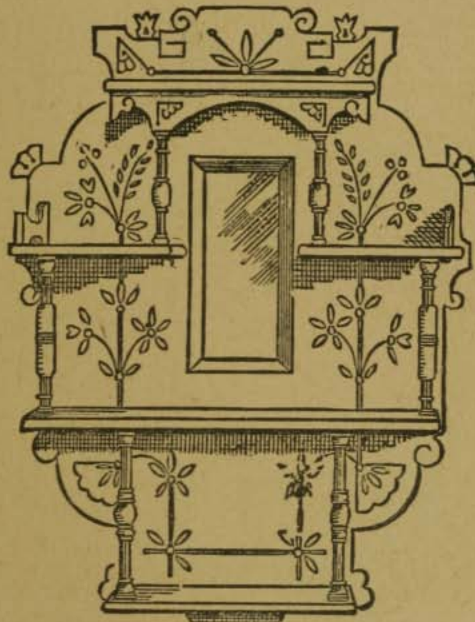
mental articles may be placed. The lowest shelves of the cases are best wrought into a row of drawers, as dust from the floor soils books which are so near it. Whether a table or a desk be preferable depends on the leading purpose for which the room is used. A cylinder desk which may be entirely closed is best where private papers are liable to be disturbed. For most home uses, however, this is not needful.

Carpeting, paper-hanging, curtains, and other accessories of the room should be in keeping with its general purpose and plan. If there is a low-down grate or fireplace, it should be done in tiles. The mantle should be of carved wood to match the furniture, surmounted with light shelving at either end for books and ornaments. A mirror may be placed over the centre. Restful chairs, a comfortable lounge, a student's lamp, and such appliances find appropriate places in this room.



BRIC-A-BRAC SHELF.
In various woods. Beveled mirror.

The library may be combined with the ladies' sitting-room, unless it is needed as a real study. If devoted to the double use, a ladies' workstand, such as has already been shown, is quite in place. This is suitable in any room where it will

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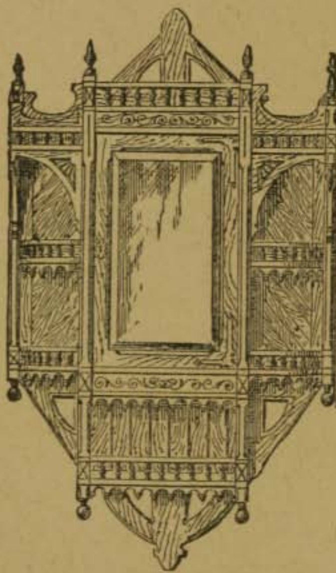
serve as a convenience. Hanging cabinets or brackets, which are abundantly illustrated in previous pages, are admissible in the library. Their contents are illustrative of beauty and art. They are object lessons on topics which many books in the library are fairly presumed to discuss. The scrap-basket on some of the beautiful patterns illustrated under home decoration is appropriate in the library. Wall pockets and pocket easels are numerous and beautiful, and they, too, naturally belong here. As receptacles of newspapers, letters, etc., they are just in place. But they must not be allowed to degenerate into rubbish holders. They may gather papers for a week, or some such short period, but they must be overhauled frequently, or they will offend good taste, which is always allied to neatness.


HANGING CABINET.
In various woods. Beveled mirror.

A rich wall bracket, or a corner bracket, is admissable in any room, and may be used for many purposes. Our illustrations of these embody the stag's head. Uniformity in the pattern of brackets for a given room may be followed, or, with equal propriety, it may be disregarded. Nor is it important in the incidental decorations of a room that the prevailing wood of the furniture be followed. Variety may be admitted with all readiness, provided that it is not carried to the extent of evident and glaring incongruity.

Concerning the dining-room, a fine writer on domestic affairs speaks thus: "Probably there is no better test of

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the refinement of a family than the relation of its dining-room to the rest of the house. If the family meal is regarded as a mere feeding, the place where it is taken will plainly show the fact. If the meal be a cheerful household ceremony, where the best qualities of head and heart engage, and to which the most honored friends are gathered, these facts, too, will be indicated by the room."

STAG'S HEAD CORNER BRACKET.

The central object of the dining-room is the table. It should be on the extension principle, and between meals it should be covered with a rich colored cloth. To set the table for the next meal as one is cleared away may save labor, but it savors of untidiness, for the dust must gather upon cloth and dishes in the interval. True, the laid table may be covered to protect it. Dining-room chairs should be covered with leather. A lounge or a rocking-chair is out of place in this room. It is not the place to lounge nor even to sit, except at meal times.

STAG'S HEAD WALL BRACKET.

Ornamental wood floors are much used in dining-rooms. Linen rugs are laid on these to subdue the hardness of the tread. Carpets are not regarded as out of place there, but they are not essential if the floor be of the proper sort. The papering varies with changing styles and

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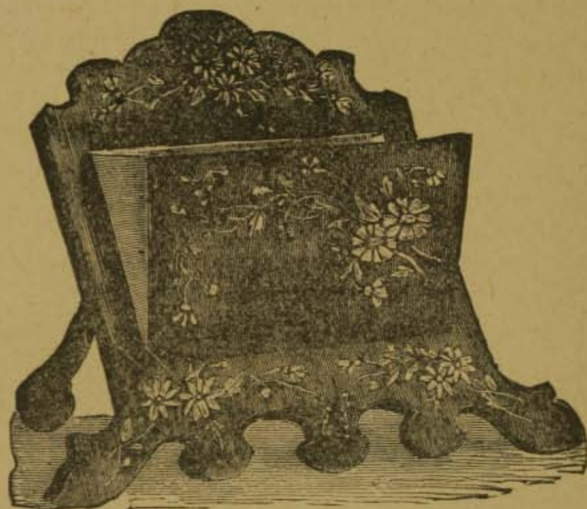
differing tastes. More coloring is admitted to the dining-room papers than elsewhere, because high colors in their decorations are not deemed best. Engravings, carvings, statuary, and paintings in some cases, are admitted to elegant dining-apartments. Some disapprove of the introduction of subjects connected with food, such as game, poultry, fruit, etc., in dining-room decorations, but good usage holds to this line, nevertheless, and with eminent fitness.



ORNAMENTAL POCKET EASEL.

In the superb dining-hall of the Lick House, of San Francisco, art has done its best. Columns, carvings, stained glass, and painting combine to make it simply magnificent. Immense pictures of Pacific coast scenery fill the panels around the room between its clustering columns. It is undoubtedly a superb hall, but no guest can appreciate the display as he sits at his own seat, and no refined guest wishes to be craning his neck this way and that, to see all these gems of the painter's art. Nor does a lover of art wish to parade around the room and study the pictures

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while others are at their meals; nor does he wish so to do while the servants are preparing the room and the tables for the meals. The fact is, that in this sumptuous room art has gone astray. A dining-room is not a picture gallery.

The conspicuous piece of furniture in a dining-room is the sideboard or buffet. Its possibilities are well-nigh illimitable. Ancestral plate, if there be any, may repose here in its venerable dignity. If you have none such, bright china, glassware, lacquer work, and natural fruit or flowers will do full well. It is worth while to study effect in this article of furniture, for it is the one article at which your guests will look. A wooden top to your buffet is safer for the glassware than one of marble. Valuable glass and china will inevitably be chipped and marred if set frequently upon marble.

ROMAN HANGING-LAMP.
Recovered from Ancient Ruins.

When a meal is in progress good taste allows the finger bowls to stand ready for use on the buffet. Each should be on a plate with a small doiley under it. Harlequin sets of finger bowls, no two being of the same color, but all bright and beautiful, are now in style, and they ornament the buffet very richly. High glass dishes cut into diamond points are also highly ornamental, especially if the buffet be well lighted, which it should be. Natural flowers are a welcome adornment on the buffet as well as upon the table, but they should be very choice and of delicate odor.

The gas-fixtures or lamps of a dining-room go far to beautify it. An unending variety is at command, with all shapes and colors of shades or globes, and untold variety in the fixtures themselves. Be careful even in the choice of a

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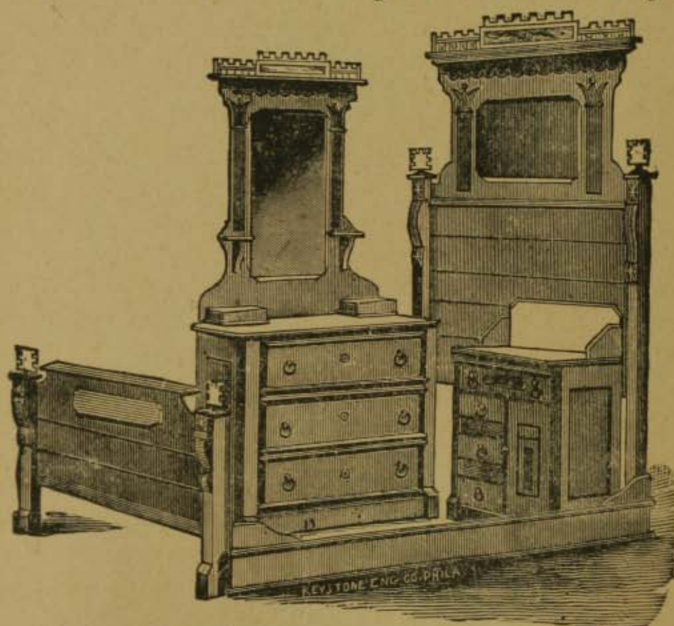
table lamp, for these can be had in forms of exquisite beauty. Terra-cotta lamp stands, beautifully embossed and colored, are now exceedingly popular. Lamp shades are sold in a variety of hues, or white shades are covered with tasty paper covers, so that inexpensive decoration is within the reach of all, even though they shrink from the more costly articles.

Bed-room sets can be had in good wood and in elegant



PLAIN BED-ROOM SET IN NATURAL COLORS OF WOOD.

finish at very low prices. In making selections attend carefully to the mirror on your bureau. Test its clearness by holding a white card beside it and noting whether the reflection is darker than the original. Test the thickness by lightly tapping with the knuckles. A good glass will give back a solid sound; a thin one will be tinny. Be sure the glass does not distort its objects. A poor mirror is a

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constant annoyance. Marble tops cost more than others. They are liable to injure brittle objects which may be set upon them, and the style now is to entirely cover the top with various lace goods and other materials of fine texture and beautiful color. Wood, hence, is preferable to marble.

Have a good spring bed covered by a mattress of hair. This may cost more at the outset, but it will last long and give constant satisfaction. Considering that about one-third of life is spent in bed, it is worth while to make the bed the best possible. Then, too, our hours of suffering are spent there, and there we expect to die.

In getting up a mattress do not have it in one great mass. Do not have it in two long sections, either, as a joint down the middle never answers well. Make it in two parts—one the square of the bedstead's width, the other to occupy the remaining space. The square part can readily be turned in the bedstead, so that each side of it shall in turn be at the head of the bed. It may then be shifted to the foot and the smaller section come to the head. Each part may be turned over also, so that a new combination may be made each month for a year, and the gullies usually worn in mattresses may be wholly avoided.

Quiet colors are best for the bed-room, both in carpets and on the walls. No object should be admitted there that is not an object of beauty. What the eye catches last at night and first in the morning, what it dwells on continuously in sickness and exhaustion, should be an object inspiring peace, good-will, and placid joy. Heavy curtains or shades are needed at the windows, that light and heat and noise may be excluded when one is sick or needs to sleep in daytime. All that is in the sleeping-room should be neat and beautiful. Beautiful forms are no more costly than those which are homely, and they pay far better, for Keats has truly said:

"A thing of beauty is a joy forever."

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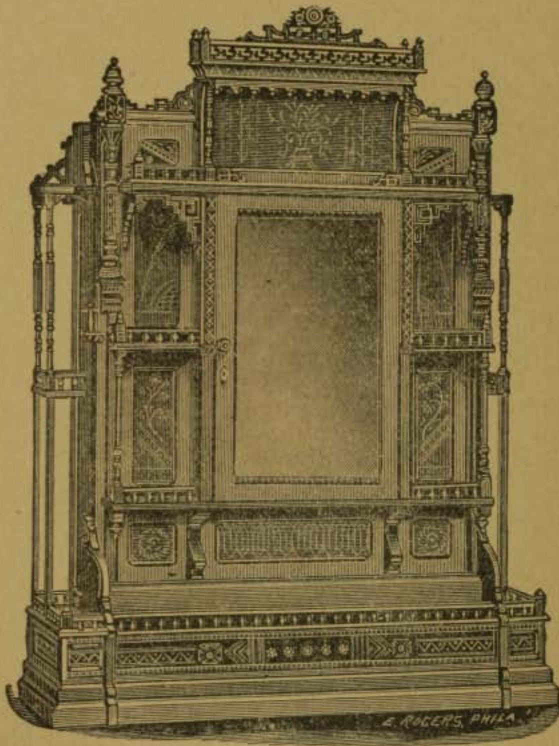
Utility may also be happily blended with beauty. What could be more beautiful as an article of furniture than the parlor cabinet here shown. It contains shelves and spaces for ornaments. The carved work is in the highest and most modern style. The finish and workmanship are



PARLOR CABINET.

of the best. This cabinet can be furnished in walnut or in ebony finish with gold lines. The centre panel is fitted with a beveled French mirror twenty inches by thirty-four. All the lines of this cabinet will bear close study. They are lines of beauty.

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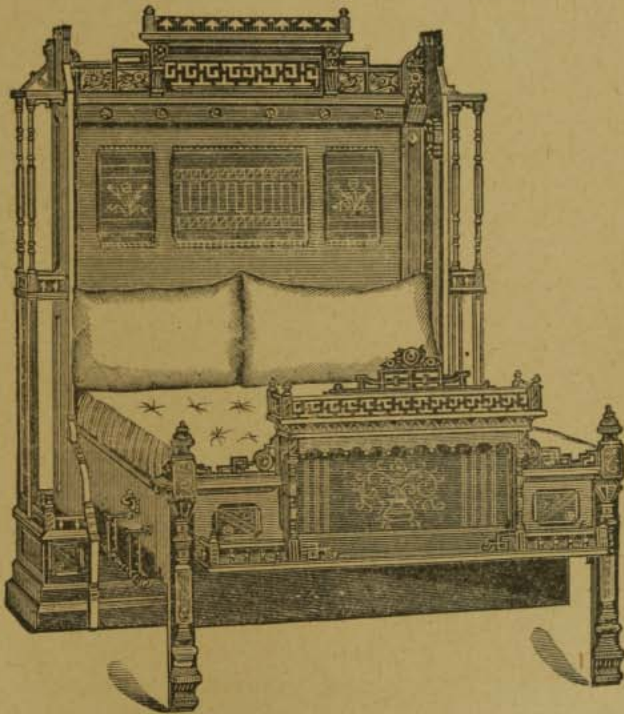
But now comes the practical side. An irruption of company comes upon you. Or you have not the bedroom you really need, and sickness disarranges the natural order. Or you have a cottage by the sea or elsewhere, and company comes. You go to your cabinet; you set aside the ornaments from the front shelves; you manipulate it skillfully



PARLOR CABINET BEDSTEAD.

for a moment, when lo! see the transformation presented by this second cut. You have a perfect, full-sized bedstead, with spring mattress and pillows, all evolved in a moment from the parlor cabinet. By this change the crown of the cabinet becomes an elaborate footboard; the front shelving

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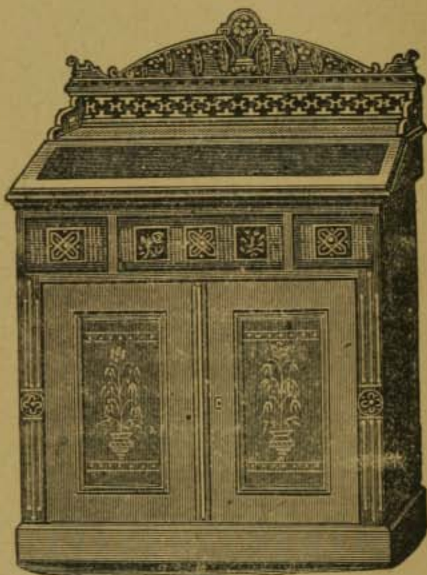
and mirror drop underneath. A new and beautiful head-board is disclosed, and all is ready for the making up of the bed. The inside measurement of this sumptuous place of rest is fifty-two inches by seventy-six. The outside measurement of the closed cabinet is sixty-six inches by ninety-one.

This is the Champion Automatic Bedstead, invented and made in Philadelphia. It is offered in various sizes and styles and at various prices.

But a bedstead does not furnish a bedroom. True, but this beautiful parlor desk, which is shown also, will do for a washstand. Throw up its top, and you find a permanent basin and all its proper accompaniments. Throw open the doors, and you find a portable reservoir into which the waste water drains, with drawers for towels and othei conveniences. This article can be had in any of the standard woods, and may be finished in ebony and gilt if desired. It is fitted with hand-painted tiles, and is ornate as well as useful. A still more artistic desk washstand is shown on the following page.



PARLOR DESK WASHSTAND.

In light, ornamental beauty it cannot be excelled. The most inquisitive observer would scarce suspect the extent of its practical value. It would detract nothing from the beauty of any parlor. Both these stands, or similar ones, can be furnished by any good dealer.

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What may well be considered a masterpiece, however, is known as the "Telescope Bedstead." When opened out it is as complete as that shown a few pages back. When closed it appears in various forms. The movement in opening this bedstead is simply a turning down of the lower part of the front so that it lies parallel with the floor: The slab or top becomes the foot-board, supported by the side ornaments of the front, which in the act of lowering come

PORTABLE RESERVOIR WASHSTAND.

into position as supporting feet. The part thus formed is then drawn outward to secure the full length, leaving a bedstead of full size, with spring bed, hair mattress, and bolster complete, and of the best quality.

These bedsteads are made in the *Chiffonier*, or bureau style; the desk style, bevel front and cylinder front; the sideboard style, the book-case style, and the organ style. The desk style furnishes a very useful desk, with its ink-stand so hung that it cannot be overturned by any move-

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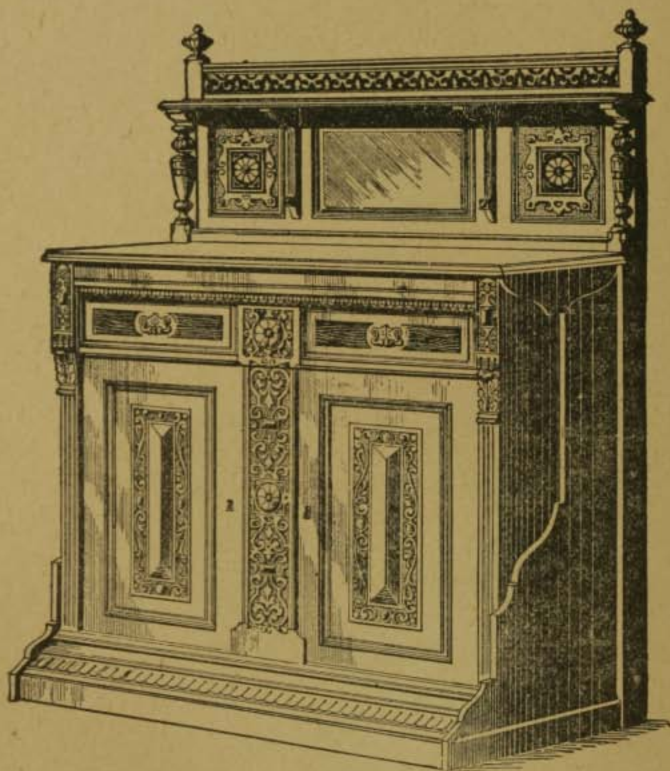
ment of the bedstead. The book-case style furnishes a good sized book-case in its upper part, which is not disturbed by adjusting the bed portion. It also contains a desk. The sideboard pattern is shown in the first of the illustrations. Its neat and attractive form commends itself. The height



TELESCOPE FOLDING BEDSTEAD.
Sideboard Pattern.

of this article is seventy-five inches; its width, fifty-nine inches; its depth from front to back, twenty-six inches. Its mirror is ten inches by twenty-four. All of these telescopic bedsteads are made in plain finish, or are richly veneered,

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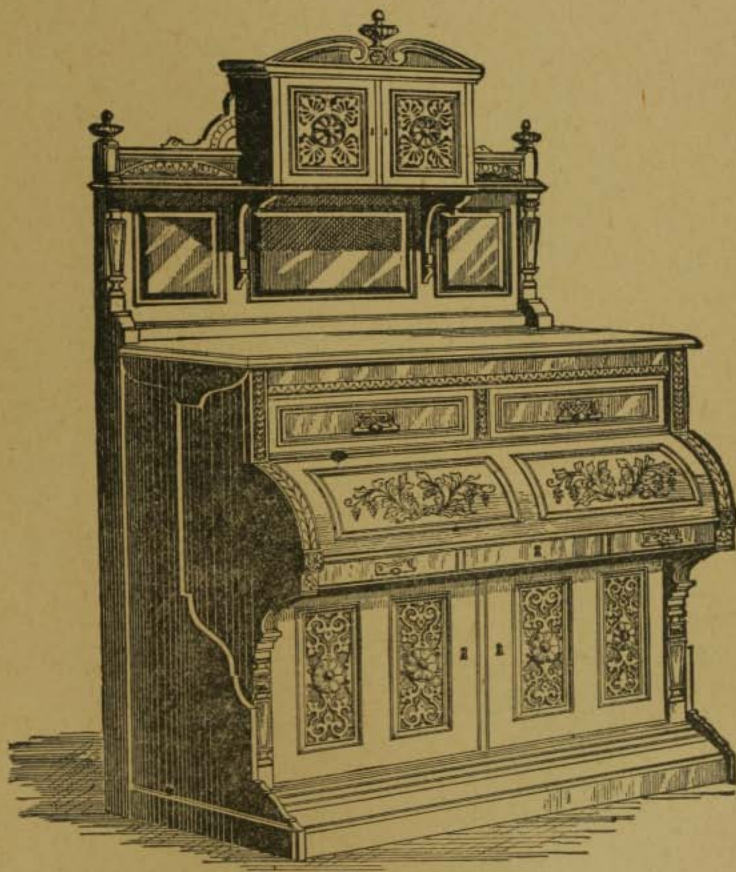
handsomely carved, and embellished with ornaments, beveled mirrors, etc., as taste may demand or cost warrant.



TELESCOPE FOLDING BEDSTEAD.
Cylinder Desk Pattern.

A smaller size is made, furnishing a bed thirty-six inches wide, the larger bed being fifty-two inches in width.

The second illustration of this line is the cylinder desk

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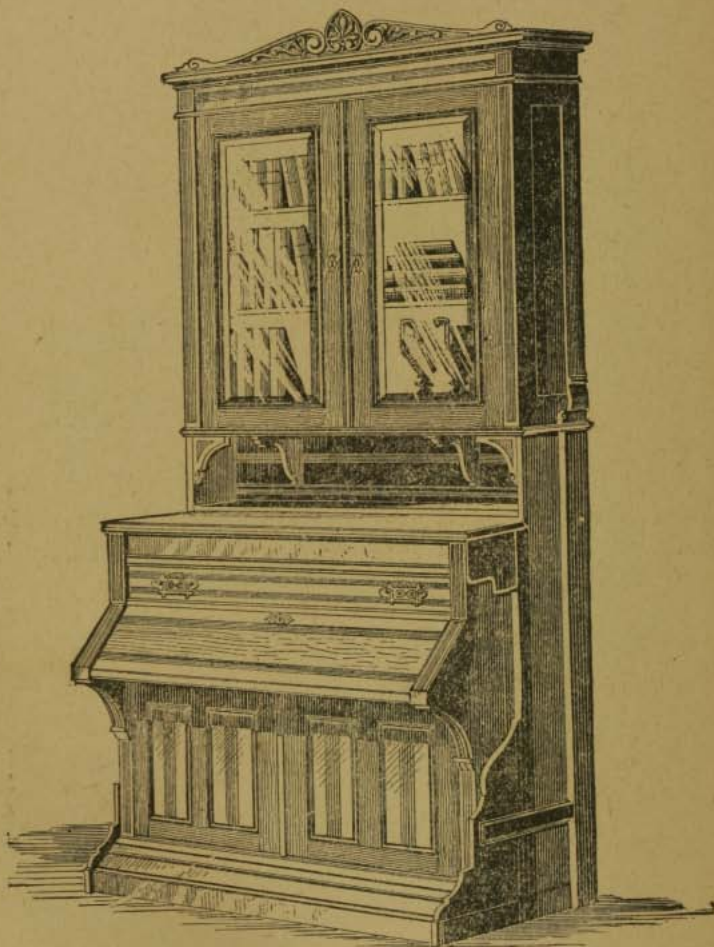
style. In dimensions it is about the same as the style just described. It is three inches deeper from front to back on account of the cylinder portion, which also includes a desk.



TELESCOPE FOLDING BEDSTEAD.
Book-case Pattern.

The upper portion is fitted with three beveled French mirrors. Other patterns of this style are offered.

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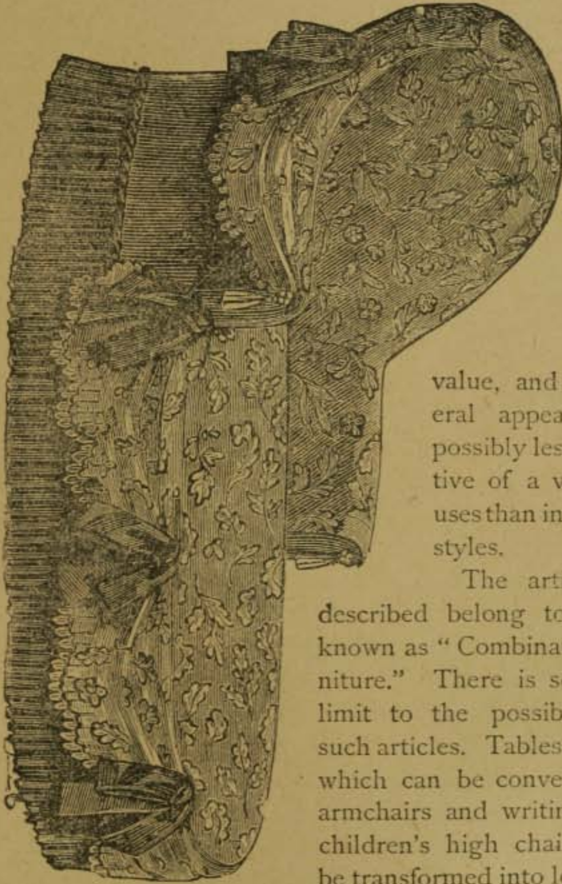
The book-case style varies in height from the others, and in several respects combines more advantages than any of the line. Its desk and its book-shelf are both of practical value, and its general appearance is possibly less suggestive of a variety of uses than in the other styles.



COMFORT AND BEAUTY COMBINED IN A LOUNGE.

The articles last described belong to a class known as "Combination Furniture." There is scarcely a limit to the possibilities of such articles. Tables are made which can be converted into armchairs and writing-desks; children's high chairs are to be transformed into low chairs with table attachments; ottomans can be changed into settees and armchairs; an armchair can be adapted for an invalid couch or a library chair with reading-stand, writing-desk, etc.; and so through unending varieties. The climax in combinations is capped, however, by a New York cabinetmaker,

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who has exhibited a Secretary, which combines a bedstead, writing-desk, bookcase, washstand, wardrobe, medicine-chest, secret silver-closet, dressing-bureau, jewelry-case, and, as a finial to the whole, a musical and alarm clock. Such a combination would need a machinist to run it. It is overdone.

A nursery, or play-room, is indispensable where there are children in a home. It should have a hard wood floor, with a drugget or rug fastened at its centre. This can be removed easily for shaking or washing. Have no curtains or drapery in the room. Plain, dark shades will be best at the windows, so that light may be excluded wholly or admitted freely, as is desirable. A long, low table, the feet of which can be folded under, allowing the table to be placed out of the way, is just the thing for this room. Toys, books, strings, paper, pencils, and a good clock are needed. Have low chairs for the little ones as well as higher ones for the adults. Hang bright, cheery pictures on the walls. A blackboard and an assortment of colored crayons make lots of fun for children. Furnish one room at least where the little ones may romp at full liberty.

Easy chairs and good, comfortable lounges are in place almost everywhere. Do not be misled into purchasing the stiff, hard, cylindrical affairs on which one can neither sit or lie with comfort. Study the picture of a comfortable lounge, shown on the preceding page, and get one on that principle. The best furniture now shows little or no wood. What you save in fancy woods and polish, you can spend in upholstery. Try it. Make home so bright, so restful, so homelike that no place shall be like home.

Servants' rooms should be light and well ventilated. Good servants will not be satisfied with mean quarters. Iron bedsteads are recommended for these rooms but absolute cleanliness is more important. A bath-room for servants is very desirable. Many of them never knew the luxury of a thorough bath.

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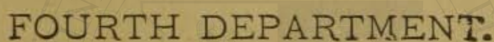

FOURTH DEPARTMENT.

HOME DECORATION.

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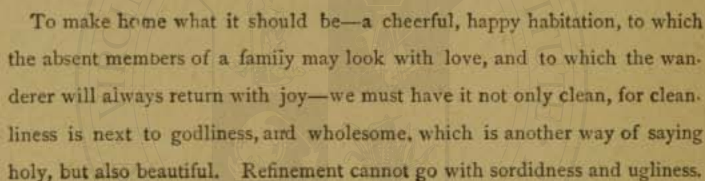

To make home what it should be—a cheerful, happy habitation, to which the absent members of a family may look with love, and to which the wanderer will always return with joy—we must have it not only clean, for cleanliness is next to godliness, and wholesome, which is another way of saying holy, but also beautiful. Refinement cannot go with sordidness and ugliness.

W. J. Loftie.

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Home Decoration.

NEVER before was there so general an interest in the decoration of homes as there is to-day. A truer conception of what home should be is everywhere prevailing. It is not a mere barracks, where a family may congregate and sleep and eat, but it is a place of enjoyment and repose. To this end it must be filled with enjoyable and restful things; and the enjoyment and rest must rise to something better than the physical. The best powers of the soul must be delighted as they repose at home. Nothing which offends can be tolerated there. Beauty—which in the old Roman tongue was *decor*—is home's presiding genius. To *decor*-ate home is to bring it under beauty's sway.

Beauty means fitness, because it always rests upon a basis of utility. It is never unmeaning, but can always give a reason for its being. The first consideration, hence, is: What is good for certain persons, places, and seasons? What is beautiful in a palace is not so in a cottage; what is beautiful at a feast is not so at a funeral. Beauty and fitness ever go hand in hand.

Decorations may be fixed, forming part and parcel of the house itself; or they may be portable—capable of change in position or of entire removal. There are internal decorations and those external, and all these need attention.

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I.—FIXED INTERNAL DECORATIONS.

IN treating of permanent decorations, floors first demand attention. What shall we do with our floors? Floors are not merely to walk on. They should please the eye continually. Carpeting and oil-cloths have been the time-

TESSELLATED PAVEMENT IN WHITE AND BLACK MARBLES.

honored devices for beautifying floors, or, at least, for concealing their unsightliness. But changes have come in these usages.

ELEGANT FLOORING.

Beginning with the outer vestibule, or main hallway, of a house, oil-cloth once reigned supreme. But oil-cloth fails.

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Its colors are soon worn off. It becomes puffed into ridges and it shrinks from the surroundings. It is at best only a patch, a sham. Three superior substitutes for it are now offered:

(1) Marble is used either in one uniform piece, or with borderings of other color; or it may be cut into squares, diamonds, etc. Nothing for a hall or vestibule can be superior to marble. The material and its style may be plain and quite inexpensive, or they may be of the richest grades, as shown on page 424, with surroundings of carving and sculpture, which run the cost into tens of thousands of dollars for a single entrance-way. Wainscoting should be in harmony with the flooring. One *motive* should rule each apartment. It should not seem that the builder started with a grand idea, but ran out of funds and finished in a cheap way. The above illustration is not a pattern that many will imitate, but it is a model of harmony. Marble is the one rich material, and elegance breathes in every feature. Wooden balusters and handrail on this marble stairway would be a disgraceful inconsistency. Unity of purpose must prevail.

MARBLE STAIRCASE IN THE SULTAN'S NEW PALACE, CONSTANTINOPLE.

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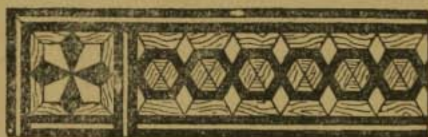
(2) Tiling and mosaic work take rank with marble, and may surpass it in cost. The most beautiful tiles in the world are the Minton, manufactured in England, but represented in this country by agencies in all the principal cities. American work presses close upon the English, and is really quite satisfactory. These tiles are glazed, enameled, or plain. They are made in all desirable colors and shapes. Some are embossed, others printed, and the finest are painted by hand. Tiles are suitable for vestibules, hallways, wainscoting, hearths, facing and lining fire-places and mantels, for bath-room walls and floors, for flower-boxes, panelings of doors, and ornaments in door casings. The choicest of them may be framed richly and serve as superb wall p·ctures. The decorative uses to which tiles are put are practically numberless.



BORDERINGS AND CORNERS FOR INLAID FLOORS.

Mosaic work differs from tiling in the smallness of its

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pieces and the consequent increase of possibilities for artistic effects in their use. Its cost is proportionately greater, of course. There are many grades of tiles and mosaics, but the best will last a lifetime, and are worth all they cost.

(3) Inlaid floors are just the thing for dining-rooms and other much-used and more public rooms of the house. This work may be elaborate and very expensive, or it may be plain and of low price. Three methods of preparing these floors are followed. The first employs the ordinary tongued and grooved boards, laid diagonally or in other patterns; the second kind is made of pieces, usually seven-

FIRE-PLACE TILING IN MAJOR ANDRÉ'S ROOM, BEEKMAN MANSION, NEW YORK.

eighths of an inch thick, cut and fitted together in blocks of any desired patterns, in sections usually twelve or twenty-two inches square; the third method is to make up the design required from lumber one-quarter of an inch thick, glue the edges together, and then glue this pattern to a backing of hard wood. These are called *veneered* floors, and this is the style used in all elaborate designs, as it admits of much greater variety of patterns than either of the other methods. In Europe all such floors are known as Parquetry, or Marquetry, and their use is universal in the better houses.

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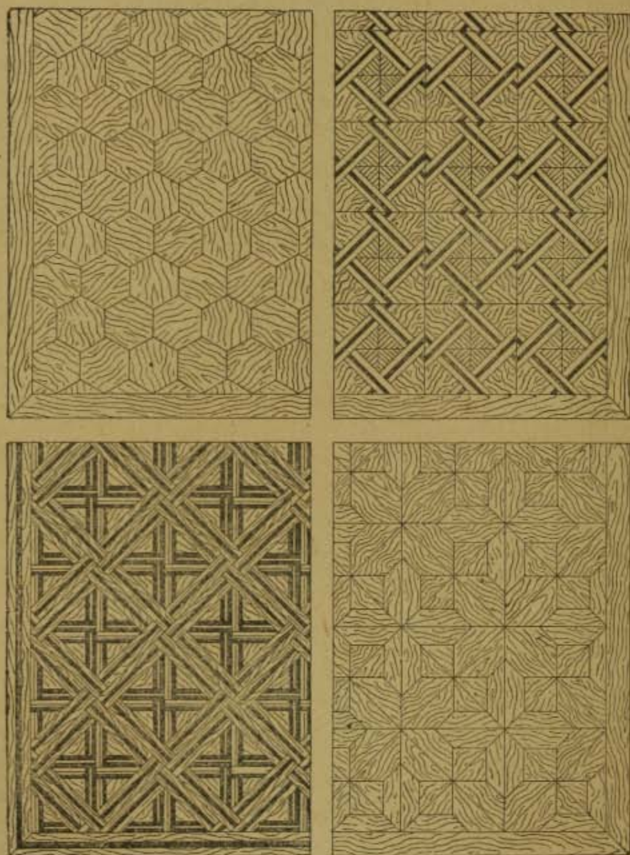
A much cheaper and very satisfactory substitute for these forms of fancy floor-work is "Wood Carpeting," an invention of Mr. E. C. Hussey, an American architect. Agencies



WOOD-CARPET FILLINGS IN VARIOUS PATTERNS.

for this valuable article can be found in most of our cities. It is not, as many suppose, a temporary floor covering, to be laid down and taken up at pleasure, but a permanent new floor on top of the old one, and is carefully fitted into all the

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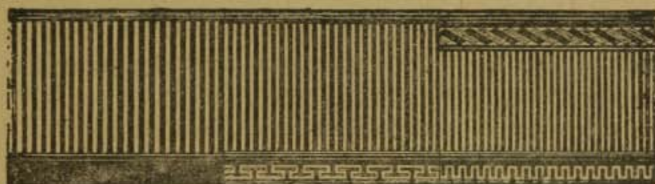
offsets and around all the projections of the room. It is firmly nailed down with small brads, and when finished has



WOOD-CARPET PATTERNS FOR WAINSCOTING.

the effect of a thick European floor. It is made, however, in the same elaborate and beautiful designs by the process of gluing the wood on cloth, instead of to another piece of

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wood. So it is made at a much less cost, and occupies but one-quarter of an inch, instead of one inch or more in thickness, as with thick Parquet.

The common remark, "A bare floor is so cheerless," comes wholly from the impression given by an ordinary pine floor with its unsightly cracks, and from not having seen the effect of a well-laid Parquet floor, in combination with the furniture and other articles in keeping with the character of the room in which it is laid.

SCINDE RUG FOR FLOOR CENTRES.
[Characterized by borders with angular vine work. Prevailing colors, red, yellow, and blue.]

When rugs are used on the floor of a room—as is now the prevailing fashion—a border of wood only is laid, into which the rug fits exactly. Rug and border are about the same thickness, and so the rug is not liable to be displaced nor an unaccustomed foot to trip over it. There are three ways of finishing these floors.

1st. By giving them a good soaking coat of "Parquet oil." This should be renewed at least once a month. Apply with a rag and wipe off as dry as possible. The

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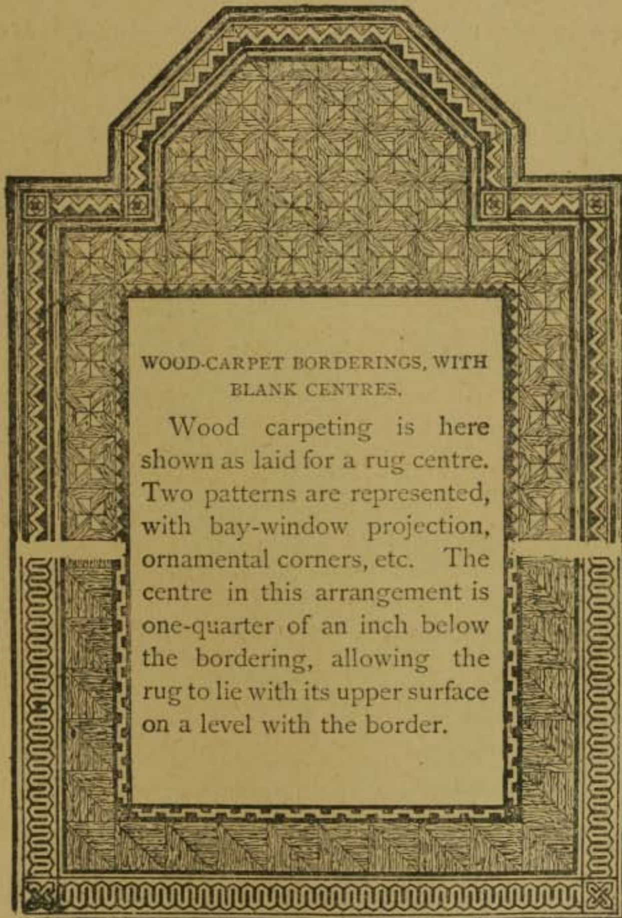
best substitute for "Parquet oil" is five parts of good, light mineral oil to one part of good, light Japan.

2d. By putting on two or three coats of best white shellac



WOOD-CARPET BORDERINGS, WITH BLANK CENTRES.

Wood carpeting is here shown as laid for a rug centre. Two patterns are represented, with bay-window projection, ornamental corners, etc. The centre in this arrangement is one-quarter of an inch below the bordering, allowing the rug to lie with its upper surface on a level with the border.

with a brush. Plane, scrape, sand-paper, punch the nails and putty up in a most thorough manner before shellacing, and sand-paper lightly after each coat but the last.

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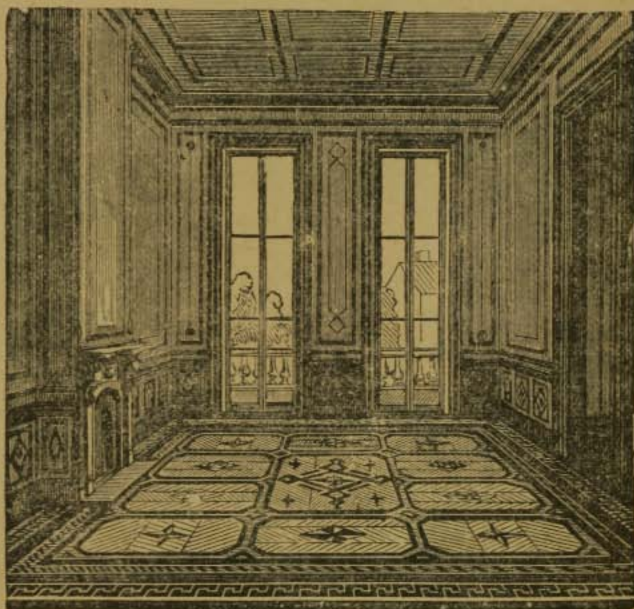
3d. By waxing. This is the European plan, and if persevered in, as there, is the best known finish for floors. Use pure white beeswax dissolved in best deodorized benzine with gentle heat, or in turpentine. Apply while warm to the floor with a rag, then polish with a heavy waxing brush thoroughly. The brush must be used often and well to get and maintain a good polish and the desired smoothness.



WOOD-CARPET FLOORING AND WAINSCOTING.

Illustrations of wood-carpeting are given, though the fine effect of variously colored woods does not appear in a plain print. These floors should not be used in vestibules and halls, where they are exposed to the weather. Such places require marble or tiles which endure exposure and are in nowise injured thereby.

If these methods of beautifying are too expensive, the floors may be simply stained and polished. A cheap

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method of securing a neat floor is to cover it tightly with muslin and to cover this with an unobtrusive wall-paper. A border may be run around the edge and a good coat of varnish added. Dancing would mar such a covering; but if rugs be laid in the places of hardest wear, it will serve well and last long. This plan is especially adapted to a music-room, where clear, distinct sounds are desirable.

BEAUTIFUL WALLS.

After the floors, the walls come in for consideration. When papers can be had at prices so low and in styles so elegant as now, bare, cold walls in whitewash or paint are inexcusable. Indeed, they are extravagant — for better results can be had for far less expense. So elaborate have paper-hangings become that they are in great part supplanting the fresco-work formerly so much used in elegant houses. Wall hangings are offered at from eight or ten cents to twenty and twenty-five dollars a roll. Just now the prevailing taste is to the quieter forms and colors. The following illustration of a ceiling decoration in paper is from one of the most artistic establishments of New York. The quiet elegance of its forms are seen at a glance

ORNAMENTAL FRIEZE PATTERNS.
[Design by Fr. Beck & Co., New York.]

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and the color effects would heighten it greatly. The leading producers of paper-hangings are sparing no pains to produce results which shall in all respects be artistic and elegant. One house offered three prizes, respectively of $1,000, $500, and $250, for the best designs. The result was the selection of three offerings, all of them combining an idea from nature, a water idea, a beehive idea, etc., and all of them conspicuous for rich simplicity and artistic effect.

As illustrative of beautiful frieze patterns, two selections from the choicest patterns now offered are shown in cuts above. An elegant Easter Lily pattern, also for frieze work, is shown in the adjoining engraving. But these are samples only. The variety is wide as the freaks and fancies of genius. Indeed, the genius of the past is laid under contribution also to beautify our 19th-century homes. Antique forms are much in demand, and the very ruins of the world have been scoured to furnish suggestions for modern decoration. The trouble with these strange forms is that it is hard to make them harmonious with the other appointments of the room. If there is an Egyptian or Chinese or Japanese room wherein the peculiarities of these nations are the dominating motive, then you have an harmonious effect. Such a result is artistic. But a Japanese banner, on a Chinese paper, with a French ceiling, a Turkish rug, and American furniture, is too much of a mongrel to be indorsed by good taste.

EASTER LILY PATTERN FOR FRIEZE.

In fine wall decorations there are many specialties. Em-

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CEILING DECORATION IN PAPER.
[Design by Fr. Beck & Co., New York.]

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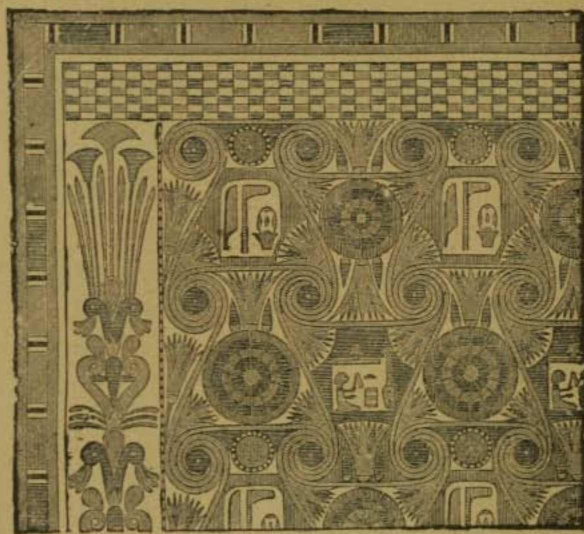
bossed papers are well known, and they are constantly improving in style. New materials have appeared also, chief among which is "Lincrusta-Walton"—a preparation of ground cork and linseed oil. This has the tenacity and flexibility of leather. It can be bent around any curve and it will endure the hardest wear. In its preparatory state it is subjected to heavy pressure under molded rollers, whereby its upper surface is brought out in bold relief, while its under



ANCIENT EGYPTIAN WALL DECORATION.

surface remains entirely smooth, so promoting its facility of adhesion to the wall. The relief-effect on this substance may be made very prominent. It also takes coloring beautifully and becomes as enduring as the wall itself. It is the invention of Mr. Frederick Walton, an English architect, and is now made for this country at Stamford, Conn., and is sold by first-class paper-hangers everywhere.

Lincrusta-Walton has been largely used, both abroad and in this country, in palaces, mansions, country houses,

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theatres, hospitals, churches, hotels, clubs, and other public and private buildings; also in yachts, in the vessels of the British Navy, and of the Cunard, Inman, White Star, British Indian, and other steamship lines. Wherever the effects of

CHINESE FURNISHING AND WALL DECORATION.

carving are desired, Lincrusta-Walton is in demand. "Nothing less than stern necessity," says a writer on this article, "should compel an architect to forego, in interiors, the infinitely various and charming effects produced by light glancing on raised, rounded, and re-entering surfaces in

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addition to the ordinary methods of pleasing the eye by colors and lines. It is only necessary to see the interiors of grand French buildings, with their admirable moldings, or the Gothic carvings of Belgian town halls and old English cathedral choirs, to appreciate the unapproachable refinement and beauty of work in relief."

The advantages of Lincrusta-Walton have been thus summarized: "For the interior decoration of houses its warm

JAPANESE DINING AND WALL DECORATION.

and comfortable surface makes it peculiarly applicable. It has no glaze to break up and reflect the light with the cold glitter of Dutch tiles, nor does the moisture of the air condense upon its surface, unless water is present in excessive quantities in the atmosphere. It is not warped, cast, eaten by worms, or pulverized like wood. It does not become ice-cold in winter and hot in summer, like stone and terra-cotta. It does not absorb moisture and give it out again, like uncovered brick and plaster. On the contrary, it offers

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an impermeable resistance to wet from within or without, and if the air within is so dangerously damp as to communicate moisture to the walls, Lincrusta-Walton does not conceal the effect by absorbing the moisture."

A substance termed "Gerveta" is coming into use for high grades of decoration. Its general effects are like those of Lincrusta, but more bold and prominent, as Gerveta is applied to the walls in a pulpy state and is there worked by molds and tools. It may also be worked separately, though to work it on the wall is deemed preferable, securing more perfect adhesion and bolder effects.

The substances just named have great possibilities in artistic hands. Paneled ceilings and covered walls; doors and door-jambs inset with these preparations; wainscoting and heavy furniture, similarly adorned; fire screens, picture frames, newel posts, and lighter decorations, resplendent with a variety of patterns and colors, are some of the uses of these wares. Inquiry concerning these goods should be made by all parties interested in extensive or even incidental decorations.

Fresco paintings were the dominant mural decorations of the world until a somewhat recent day. The artists of St. Peter's, St. Paul's, and other grand structures are immortalized by that class of work. It is seldom now that homes are frescoed throughout. Ceilings are often finished thus in part, or even entire, for the sake of the freedom and grace thus attainable. The best of papers must, to a great degree, be set and formal; but in fresco there are no limits, save in the capacity of the artist or the purse of his customer. For home walls, at least, this art has suffered decline. More effective decoration can be had in other ways, especially for private houses.

But the highest style of wall decoration demands something more elegant than either paper or paint. Silks, satins, and laces fill this requirement. Silk or satin decorations

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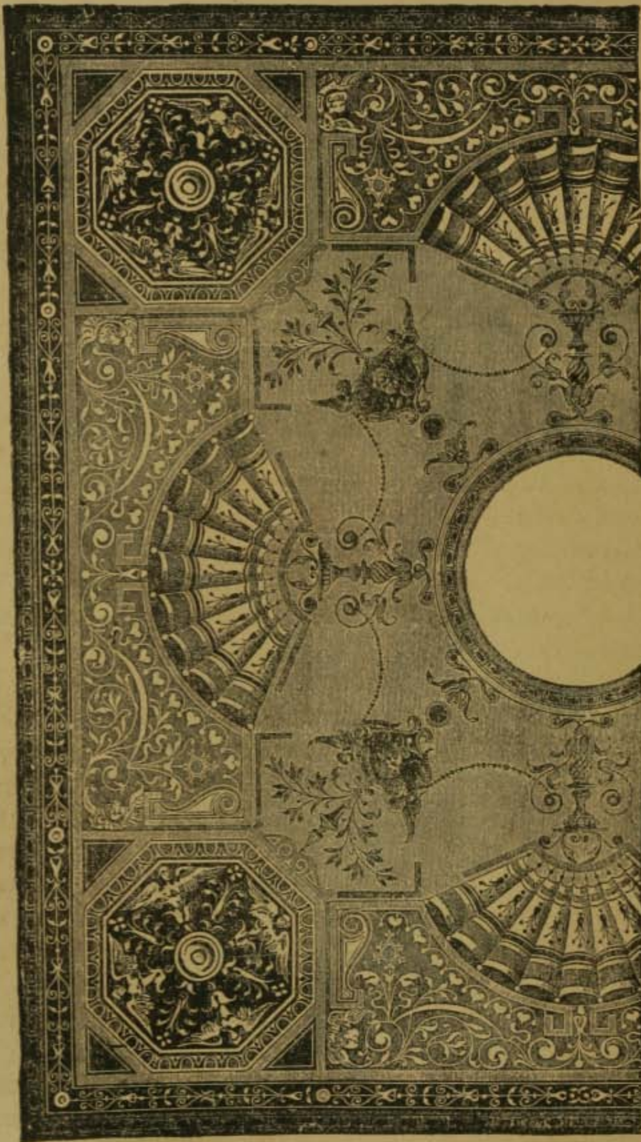

FAC-SIMILE OF AN ELEGANTLY FRESCOED CEILING.

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are attached to light frames, over which muslin is stretched as a basis. These frames fit the wall closely from wainscoting to cornice. Silk may be stretched smoothly on these frames, or it may be fluted, or gathered to a central rosette, or worked in any other beautiful design. To pad the silk into a light cushion and tuft it is very elegant. This silk finish may remain uncovered, or, from a rod at the cornice, Gobelin laces or other tapestries may hang to a point a little below the top of the wainscoting. The combinations of material, colors, and graceful forms which may be produced in this style of work are numberless. The silks may be plain, watered, or figured; they may be of one color or of many harmonizing colors in stripes of greater or less width. The laces may be of various qualities and patterns, and may hang free, or be draped apart in sections, or be fluted close to the foundation-silk or satin.

ORNAMENTAL MOORISH CEILING.

Carving also lends its aid to the decoration of walls, ceilings, doors, door-jambs, window frames, etc. Papier-maché and stucco produce very satisfactory results in this direction; but imitations are not admitted in first-class mansions. Genuine hard woods, carved by hand, are required there. John La Farge, the New York decorator, spent $100,000 on a single room of Cornelius Vanderbilt's mansion.

A hundred thousand dollars can soon be spent on one room where floors are laid in mosaic; where door-jambs are elaborate carvings; where door-heads are networks of exquisite chiseling in the rarest and richest woods; where statuary adorns the corners and the niches; where groined

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arches spring to centres of carved or of inlaid work studded

ELABORATE CARVING FROM THE BEDCHAMBER OF MARIE ANTOINETTE.

with decorator's jewels; where windows are of stained glass, wrought into most delicate forms and adorned with jewels

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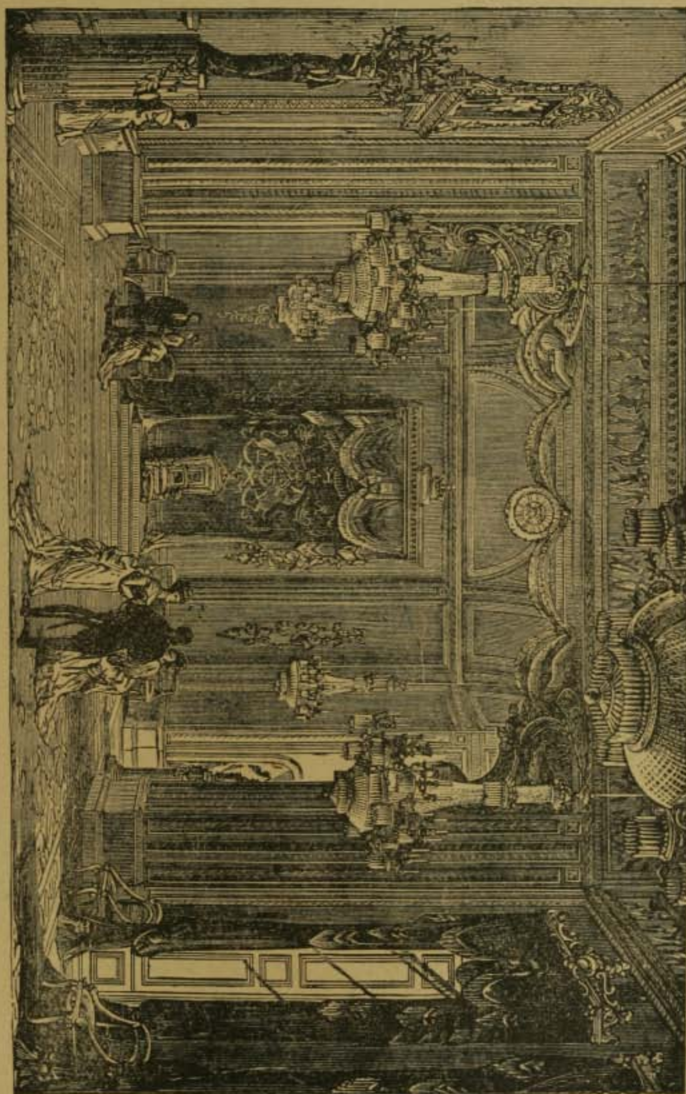

ROYAL SPLENDOR—THE THRONE ROOM OF WINDSOR CASTLE.

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which glow like real gems; and where satin-covered walls are draped with exquisite Gobelin laces.

The centre-piece of the Hon. Samuel J. Tilden's dining-room ceiling in New York city is an elaborate carving representing branches of trees, amid which birds seem to be

BANQUETING-ROOM OF THE MANSION HOUSE, DUBLIN.

flitting, and in which their nests, with eggs and young, are resting. Any amount of money may be spent on such work.

Chandeliers afford fine opportunity for splendor in decoration. The nickel-plated or the glass-covered and prism-

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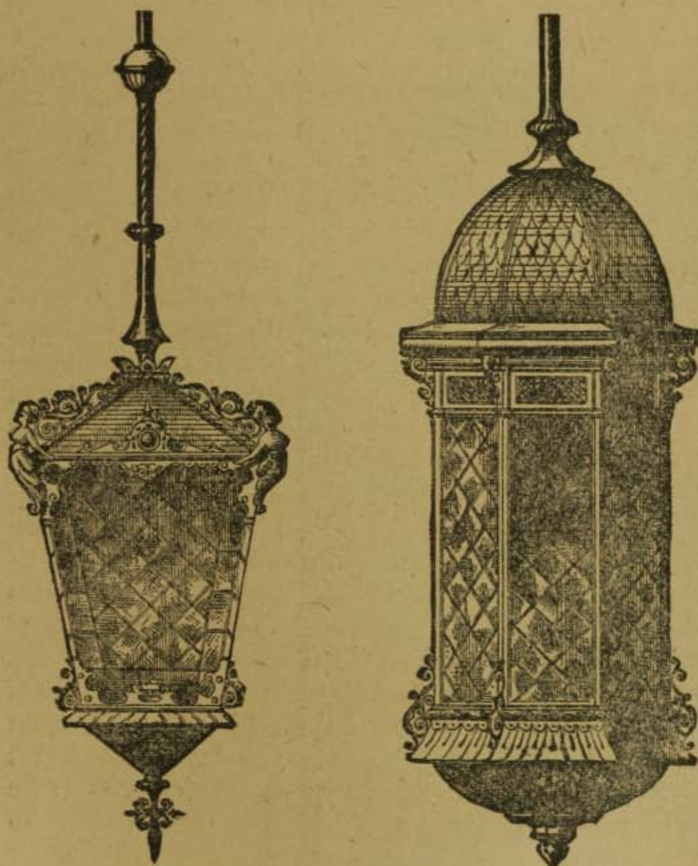
decorated styles are most popular, because of the magnificence of their illumination. Globes or shades for these fixtures are tinted, ground, enameled, figured, highly



ELEGANTLY ORNAMENTED VESTIBULE LAMPS.

colored, or cut—thus affording wide and elegant variety. They are even more diverse in their forms, so that if elegance is missed in the chandelier and side-lights, it is not chargeable to lack of assortment from which to choose.

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Lamps, too, are wrought into very elegant forms. They may adorn as well as illuminate our homes, and are adapted for halls, parlors, and all other apartments.

Stained-glass windows present one of the richest effects in ornamentation. They have been in use since the sixth century, and have ever held their supremacy with lovers of the beautiful. Objects presented by stained glass are shown by transmitted light in all the fullness and richness of their colors. Objects presented by reflected light, as when one views pictures and solid ornaments, are to some extent shorn of their rich coloring. The surrounding white light produces somewhat of grayness on all colors. To test this, notice the shade of a delicate leaf when seen only by reflected light; then hold it between the eye and the sunlight so as to see its coloring by means of transmission.

PATTERN FOR STAINED-GLASS WINDOW.

The fine effect of stained-glass windows is heightened by the dark lines of the sash-bars about the several pieces of glass. These serve to intensify the rich colorings, which diffuse through the apartment a warm, genial, brilliant glow.

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The glass throughout a house should be made appropriate for its particular position, and so add a greater charm to such beautiful work. In the vestibule-doors, words of greeting; in the dining-room, fruits, flowers, fishes, etc. General pieces may adorn the sitting-rooms, etc., two samples of which, from a series representing the seasons, suitable for any apartment, are given as illustrations of outline merely, the charm of color being absent. Where a single piece of stained-glass work is wanted, nothing could be better than a handsome fire-screen, which in the daytime catches the reflecting lights, and in the evening is lit up by the open fireplace. Such a piece is always handsome and never out of fashion.

PATTERN FOR STAINED-GLASS WINDOW.

The American departure in glass marks a new era, and by the use of new forms of glass, as the "iridescent," "opalescent," "Venetian," "Florentine," and many others, more brilliant and artistic results have been obtained than ever before. To the architect, these glasses furnish the richest of all decorations; to the artist, they present a wide field for sacred, historical, and heraldic illustrations;

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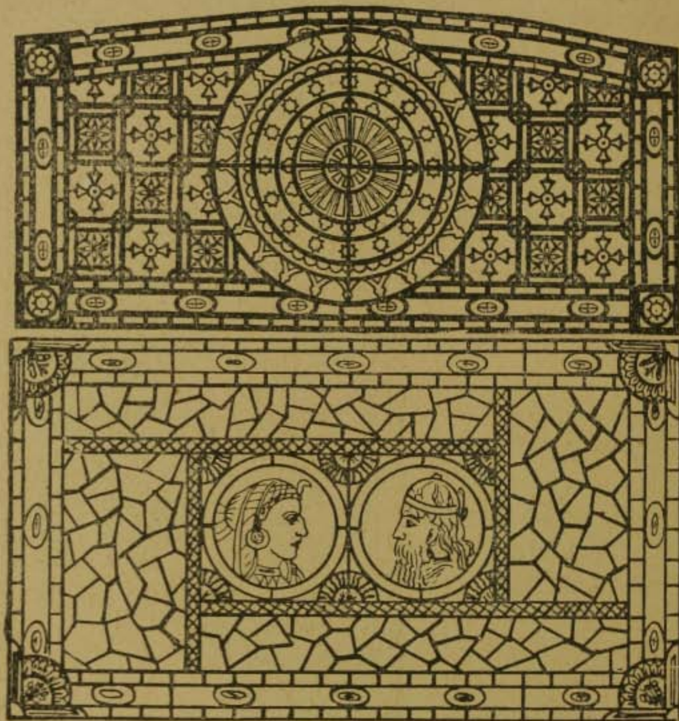
to the householder, they offer one of the best means of making home attractive. A judicious expenditure for stained glass will prove the correctness of the old adage, "A thing of beauty is a joy forever."



IMITATION STAINED-GLASS DESIGNS FOR TRANSOMS.

The costliness of stained glass is a great objection to its use. This varies in proportion to the quality of glass used, richness of design, smallness of pieces, numerousness of "jewels," etc. For home uses, what is known as "Imitation Stained Glass" is a very satisfactory substitute. It is made of thin, translucent sheets of richly colored and elegantly designed papers, closely imitating the genuine stained glass. It is durable, inexpensive, and easily applied

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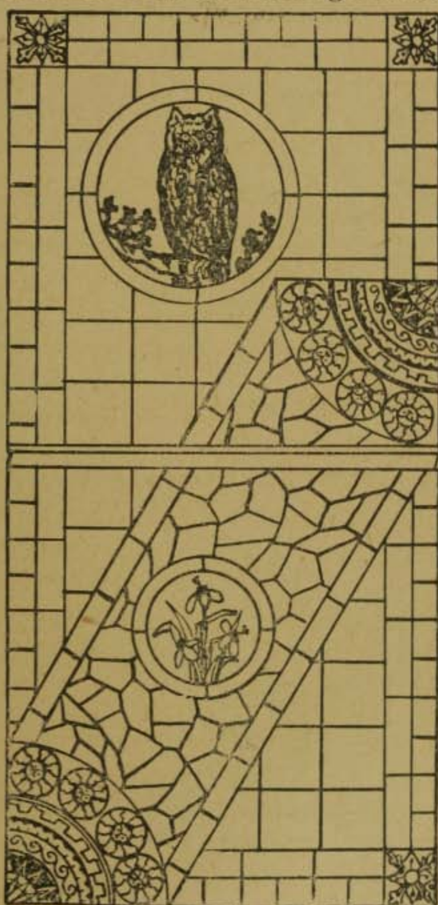
to any window. It is covered by an American patent, and can be had in the prominent cities of dealers and decorators, who also can apply it if desired. Four outline designs of this preparation are given to illustrate its styles. The transoms show combinations which may readily be worked into other forms. They are composed of borders, grounds, and centres, either of which can be used in an endless variety of ways. The library window shows the combination applied to the entire opening. The emblem of wisdom is appropriate here. In a dining-room window, birds, fruits, or game would suit better. In a parlor, music and flowers, or the Muses, the Graces, etc., would be more at home. The panel pattern shown on the page next following is suitable for any door, being beautiful, but not of decided characteristics.



IMITATION STAINED-GLASS DESIGN FOR LIBRARY WINDOW.

A French preparation, "Diaphanie," is offered for the same purpose · also, "Glacier," an American patented

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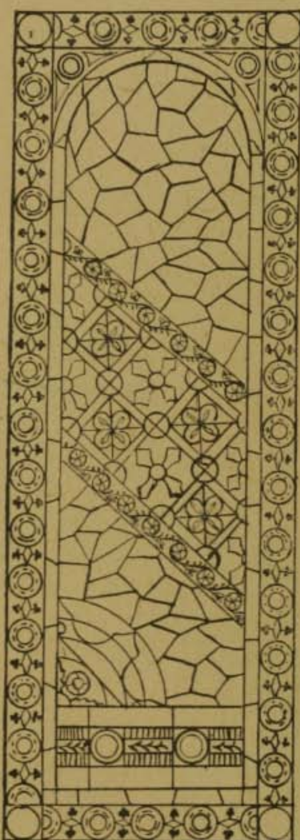
article. In the Diaphanie French skill appears, and the designs are of great and beautiful pictorial variety, including coats-of-arms, religious subjects, landscapes, fruits, flowers, historic and chivalric subjects, etc., etc. The leading papermen and decorators anywhere can refer to agents for Diaphanie. Glacier can be had of paint and glass dealers generally. Probably the best method is to combine these several preparations, selecting from each that which is best suited to the specific work proposed. Great opportunity for the exercise of good taste is afforded in the use of these materials.



IMITATION STAINED GLASS DESIGN FOR PANEL.

With home windows in the ordinary form, a very happy effect is produced by covering the upper half with imitations of stained glass (unless, indeed, the genuine article be used), and then hanging the window shade for the lower half only. This shade should be dense and not brilliant in color, so that all the light of the room shall take its mellowing from the colors above. An upper shade may be used to exclude glare. The excellence of all stained glass effects depends on transmitting all the light. Reflected light always detracts from the beauty of stained glass.

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II.—PORTABLE INTERNAL DECORATIONS.

THERE are important decorations in the home which are not part of the house itself. They are personal property, not real estate. They are carried with their owner in his migrations and are adapted to each new resting place he may find. Of these we may discuss, first:

CARVINGS, PICTURES, AND CURTAINS.

RICHLY DECORATED APARTMENT.

In the hallway there may be carvings, statuary, or vases. The stag's head or horns is much used in this situation—

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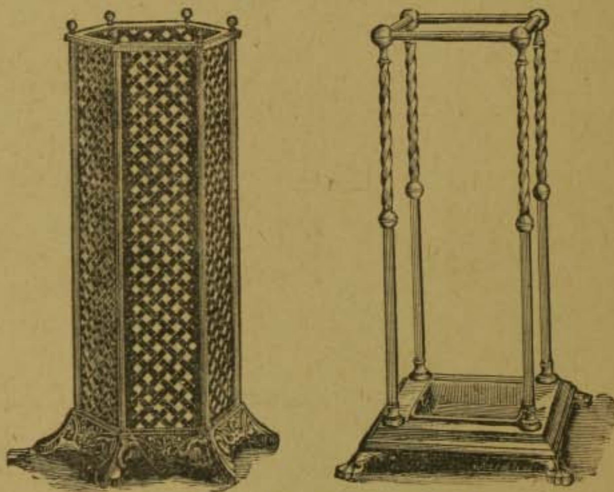
rather too much, indeed. A buffalo's head is too heavy and beastly for a beautiful home. Armorial carvings are light and ornamental as wall decorations, but real armor is better. In a hallway it is suggestive of romance; for as we leave hats, canes, and riding-whips in the hall, ready for use as we pass out, so the olden knights left swords, helmets, and battle-axes there, ready to be used at a moment's notice. On the same principle, ancient arms or historic weapons may be there, though the peaceful home-tastes of most people prefer more quiet emblems. The Alpen-stocks, now so popular with mountain tourists, may properly rest with other trophies of travel in the main hallway.



POLISHED BRASS UMBRELLA AND CANE STANDS.

Ideal fitness must rule in all decoration. Because in conflict with it, pictures are rarely in place in hallways. You can seldom get a standpoint from which to view them properly, and it is a farce to locate pictures where their effect is lost. On this ideal fitness, the old family clock is properly placed in the hallway, where it may mark the incomings and the outgoings, and where it will sound out

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the passing hours for all in the house. Longfellow, who, more than any of our poets, touched the heart and home-life of our people, had his old clock on the stairs and in his hall the bust of Washington, who once made his head-quarters in that very house. There are pictures in the hallway there and on the landings; but they are little gems which need close observation, and can be fully seen.

In the dining-room, decorations may be held to the five F's—namely, Fish, Flesh, Fowl, Fruits, Flowers. These may be in carved work or in paintings, either fixed or movable. If mottoes are used on dining-room walls, which is by no means to be advised, do seek one different from "Eat, Drink, and be Merry," and other conventional platitudes which are so common in the cheap boarding-houses.

STAIRWAY OF THE LONGFELLOW MANSION.

In the sitting and sleeping rooms the eternal fitness of things must be observed. Ease and pleasure are desirable here, and articles which promote them are always in order. But such articles have their own character, and should be located accordingly. There are articles for the parlor, others for the dining-room, and so throughout the house

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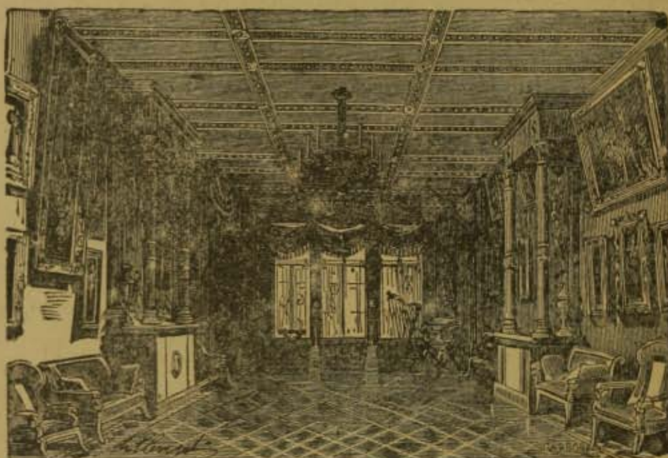
A piano is not for fit the bed-room, though a music-box may be allowed there. Nor are superb paintings for bed-rooms, but for more public places. Where there are many fine paintings, it is worth while to have a picture gallery or apartment where lovers of art may sit undisturbed and enjoy their favorites. Much of a collection of fine paintings is a luxury permitted to but few, as none but millionaires can hold the celebrated pieces. But from these costly works there is a gradually descending scale till the little,



PICTURE GALLERY OF MALMAISON.
[The favorite residence of Josephine.]

inexpensive gems of true art—such as Prang, of Boston, furnishes—are reached. These are artistic and exquisite. They charm and elevate, and one such is worth far more than a roomful of daubs, such as wandering auctioneers and artistic tramps hawk about.

A beautiful illustration of fitness in decoration is afforded in the music-room of a wealthy musical gentleman of Cincinnati. He has there a grand organ, two pianos, a cabinet organ, a harp, and many other musical instruments, together

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with pictures of the masters and curious musical instruments of other days and lands. In the ground-glass transom of the entrance-door the opening strain of "Home, Sweet Home" is wrought. Over the grand organ the opening strain of the "Hallelujah Chorus" is frescoed in the cove of the cornice, at other points of which snatches of other celebrated compositions are wrought so delicately as to escape casual observation, and yet so beautifully as to charm every artistic eye which catches them.

JARDINIERE STAND.
[Metal, variously finished.]

All living things turn toward the light. The bright side of a room is that most seen. The parts next the windows are those for special effect. A mirror between windows is condemned by some critics. One says: "People of taste . . . sometimes put mirrors in this spot. Philistines always do." But the poorest light of the room is just there. An observer at that point is dazzled with the radiance on either side and cannot see clearly what stands between. A mirror there, however, reflects the illuminated objects of the room, and does so all the more from receiving no direct light itself. Put a mirror between the windows, therefore. In front of it a piece of statuary will be seen to advantage by direct and reflected views. This may to some extent obscure the mirror, but in a parlor its use is not as a dressing-glass, but to beautify and enlarge the room.

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In the front corners of the room, statuary, jardinieres with flowers, or any beautiful objects which are high, but not broad, are appropriate. Statuary should always be shown against a suitable background—very dark for white marble and bright colors for the Rogers' groups or other dark-colored pieces.

JARDINIERE STAND.
[Metal, variously finished.]

When statuettes are used upon brackets or cabinets, this principle must be observed. On ebony a pure, white ornament is splendid. Bronze shows to best advantage on white. Dark walls are best for gold frames and rich-colored paintings.

Do not feel compelled to make each article of an apartment balance with some other article. Irregularity is more natural than regularity. The finest mosaics are purposely made irregular to avoid the "machine-made" appearance. Do not square your chairs with the walls; do not set them at one inevitable angle. Do not keep things forever in one place. Nature is free in her forms and her movements, and the highest art walks lovingly with her.

Changes in arrangement come from various demands. Persons weary of one style. "Variety is the spice of life." Even a less elegant change is preferable for a time to stolid grandeur. The march of improvement, too, demands change. Competition in fabrics of all kinds begets improvement. Better goods come into the markets continuously, crowding out the old and the inferior and making place for the new and the better.

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It has become quite popular, and deservedly so on many accounts, to curtain doorways as shown in the cut. Where there are sliding doors they remain to be used when required. Hinged doors are usually removed entirely when curtains are employed. In an arched doorway the curtain should hang from a rod on a level with the spring of the arch; unless, indeed, the opening lead into a cold apartment, from which chilling drafts might come. For such an opening, however, a more solid door seems best. Rods and rings of polished wood are the proper articles for these uses. Metal rings are not now used with curtains.

CURTAINED DOORWAY.

The material of the curtaining may be as varied as the tastes and purses of parties demand. Curtaining doorways is, however, a movement in the direction of luxury and beauty. It should express itself, therefore, in elegant, if not sumptuous, forms.

Real elegance can assert itself in many ways. The carpetings, the wall papers. the curtains, the substantial

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furniture, the shelves and racks for ornaments, the bird cages, the flowers, everything, can be invested with an air of refinement, or it can lie inelegant and unattractive. In

A PEEP AT ELEGANCE.

such surroundings there is a grand inspiration to personal elegance. Our surroundings and ourselves are part and parcel of one great whole. It is not we that make our surroundings merely, but our surroundings in turn make us. We are molded by the things we mold. The very act of fashioning beautiful forms forms us into beautiful fashion. And so the peep at elegance, as given in the cut, is without any inelegant detractions.

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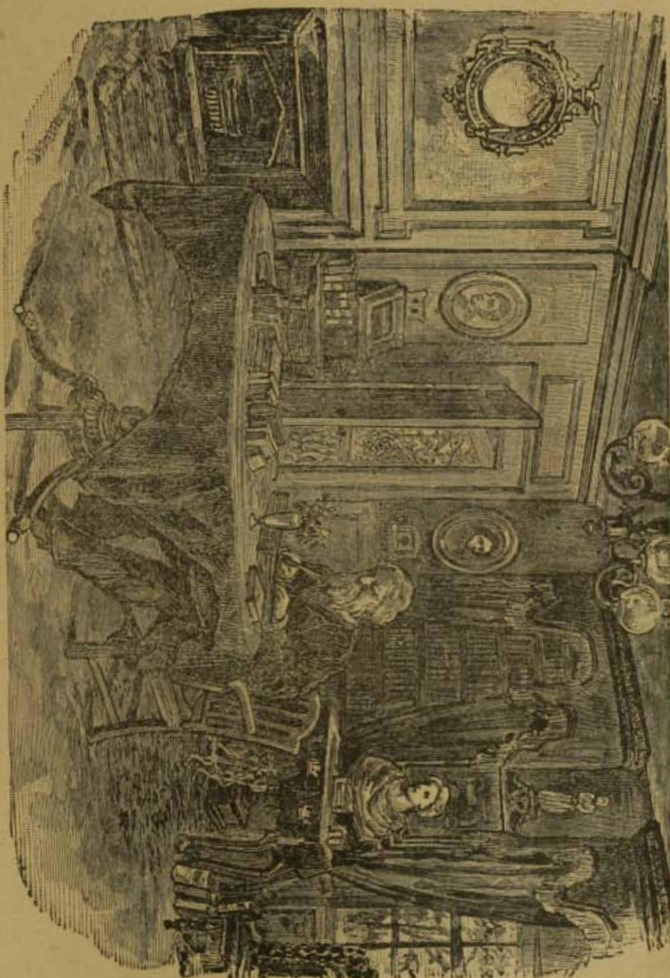
A pen picture of the private apartments of the President of the United States will be of interest. The sleeping-room



THE POET LONGFELLOW IN HIS LIBRARY

of His Excellency is a model of tasteful and rich furnishing. The curtains, carpets, portieres, and paper of this room are of a pale-blue tint, commonly known as pigeon-egg blue,

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and the furniture, with the exception of the bedstead, corresponds with the other appointments.

Adjoining this room is the private study of the President. Surrounded by books of choice engravings, photographs of intimate friends, and articles of vertu indescribable—a cozier nook could not have been selected, and the view on all sides is charming.

Passing out of the study into a large hall, one is impressed by the magnificent surroundings. Several of the best works of Bierstadt adorn the walls, a large painting of the Yellowstone region being the most striking. A unique and handsome cigar-stand, formed of the head of a Texas calf and three steers' horns, highly polished and mounted in silver, is placed near a favorite lounging-place of the President. A large, semi-circular window of French plate, surmounted by jeweled designs in glass, is at the end of this apartment, and the perfume of the choicest flowers in the conservatory beneath scents the air. Easy chairs, lounges, and tete-a-tetes are scattered through the hall and invite delicious rest from the affairs of state.

A large, carved door opens from the hall into the bedroom at the southwest angle of the mansion, in which the late President Garfield suffered. A communicating door opens into the large room used by the doctors in attendance upon the stricken President. The most notable article in this apartment is a handsomely carved mahogany bedstead, bearing in bold relief the coat-of-arms of the United States, the whole surmounted by a heavy red silk canopy. A pair of steps lead up to the bed, upon which are four mattresses, topped off by a feather bed. The furniture of the room is of a heavy, sombre, antique pattern. This furniture is valued at thousands of dollars and is the only thing about the mansion which connects the past with the present.

Another pen-picture, showing some of the elegancies of the house of William H. Vanderbilt—the grandest private

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mansion of America—will be welcome. The hall is sixty feet deep by twenty wide. In the centre, upon the right side, is the grand staircase, down whose broad flight the daylight streams, mellowed through stained-glass Venetian windows. Opposite the staircase, in the hall, is a splendid fireplace. The andirons are of iron hammered into artistic shape and furnished with chains. Five torches, with wax candles, give brilliancy to the hall by night. The candles are held in bronze branches which spring from bronze columns, up which Cupids climb. The walls are wainscoted with Caen stone, elaborately carved, the panels separated by classic pilasters and decorated with scroll work. A drapery of Oriental silk hangs above the stone-work, embroidered with figures of birds. The mantel-piece of this hall is a wondrous work of art, made of Caen stone and ornamented with superb carving. Looking from this fireplace up the staircase, the eye meets the twelve Cæsars in two stained windows, each on topaz-colored medallions on a ground of ruby red. Between the two windows stand female saints in carved wood, with carved pedestals and arching canopies. The side-wall and the balustrade are of Caen stone, the balusters being of acanthus leaves terminating in dragons' heads.

At the end of the hall is the dining-room, thirty-five feet wide and fifty-four feet long, its ceiling of dark, carved wood thirty-two feet above its floor. In a deep recess at the western end of the room is a stained-glass window of enormous size, representing the meeting of Henry VIII of England with Francis I of France. Four chandeliers hang from the groined ceiling. Here, too, is a huge fireplace of richly carved stone and terra cotta. The walls are covered with Venetian gilt and colored leather. A frieze above the mantel of the fireplace in the dining-room represents sea-nymphs and Cupid sporting in the waters and playing with sea-horses and seals. Above this is a solid work of carved oak.

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The drawing-room is thirty-four feet wide by forty feet long. The walls are paneled in cream color, with gilt moldings, and on the doors hang hunting trophies of gilt. The doors once belonged to an old French château. The fireplace is of two marbles, super-ornamented with heavy bronzes. The ceiling is adorned with the fresco work of Baudry, of Paris, representing Olympus and its gods and goddesses. The ceiling is circular in form and the corners are filled with triangular panels, in which are figures of Cupid. A large mirror is set in the paneling above the

ROYAL BED-CHAMBER OF THE EMPRESS JOSEPHINE.

fireplace. Branched candlesticks of brass hold out their lights from the walls and two torches of white marble stand before the entrance.

The Japanese room of this mansion is superb as the boudoir of an Oriental princess. The ceiling shows open rafters; the upper portion of the walls is finished in bamboo, while around the lower portion is cabinet work, tinted in rich red lacquer. On each side of the door a life-size figure in Japanese costume holds aloft a magnificent cluster of lights. One of the grandest features of this sumptuous

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room is its stained glass window. It represents flowers and birds, the main object being a peacock, the tail of which is pronounced a marvel of splendor and fidelity.

DECORATIONS FROM NATURE.

Home decoration owes an immense debt to flowers. These beautiful adornments are so free, so fragrant, so varied, and such favorites with all, that every true home should be brightened by them. Granting that it be a city home, with no lawn, no trees, no extended flower beds, still, within the house, by a little skill and care, beauty may be made to smile the year through. While snow and sleet reign without, buds and blossoms may reign within.

The cut below is a bright illustration of what may be in any home by careful window gardening.

FLOWERS IN THE HOME.

A window for flowers must be upon the sunny side of the house. Unless the sashes fit unusually tight, a double sash will be needed for the winter, as the winds will almost certainly penetrate the room and nip the tender plants. If the heat of the

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room fall off during the night, this danger will be greatly increased. And yet an arrangement must be made for an abundance of fresh air. Want of oxygen is as fatal to plants as to people.

The equipment for such a window garden as this cut represents are few, simple, and inexpensive. Hanging-baskets are innumerable in style and price, as will be illustrated in the pages beyond. Wire flower stands are very pretty, substantial, and cheap. Flower-pots may be had in all styles. The old-fashioned earthern pots cost very little. It was once thought they were the only ones which, by virtue of their porous character, would effectually promote plant growth. But that idea was erroneous. You may paint the pots, so beautifying them even while you destroy their porosity; or you may use any of the many forms of glazed and ornamented pots now offered at the stores.

VARIETIES IN FLOWER-POTS.

What actually has been done in Bay-window Gardening is shown in the next cut, which is from a photograph. The floor of this bay-window is finished in hard wood. This is desirable, as it allows free watering of the plants without damage to carpets. An oil-cloth covering, or a floor laid with tile, neither of which need cost much, answer well. It is a good plan to have a hard-wood floor laid upon the

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regular floor, thus making the bay-window flooring slightly higher than the main floor. A tenant may make this portable, so as to be easily removed, if need be.

THE BAY-WINDOW GARDEN.

The pots in this window are placed directly on the floor. The corner pots contain ivy vines, which are trained up the wood-work and across the window head with very pretty effect. The strip on the floor, around the pots, is merely to give a good finish to the outline of the room. It may be movable or permanent, as is desired. The plants to be used must be selected by advice of a florist, who knows the exact possibilities of the locality. Houses have peculiarities, also, which must be discovered. The purse, too, needs consultation, for from very inexpensive plants one may rise to those of finest character and highest cost. Birds, vases, hanging-baskets, and other elements of such gardens will be discussed hereafter. One thing must be remembered, however, in this connection, namely: A bay-window gar-

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den cannot be used for much else. It cannot be a play-ground, a smoking-room, or a lounging-place, though it makes a beautiful sitting-place for the ladies in their moments of leisure.

No advice as to the care of plants for a window garden will apply everywhere. The best way is to consult local florists who are successful, and to observe carefully your own experiences. Generally speaking, the best flower for the

SQUARE BAY-WINDOW GARDEN.

house is the geranium. It requires but little care, is never troubled with green fly or red spider, stands a dry atmosphere well, and blooms profusely. Heliotropes and begonias are easily grown and are good bloomers. Callas will grow well almost anywhere if they get plenty of water. The ivy is well fitted for use in the house. Fuchsias are exquisite flowers for summer use, but do not bloom well in winter. For fall use nothing is better than the chrysanthemums. After these have blossomed the plants can be put in the

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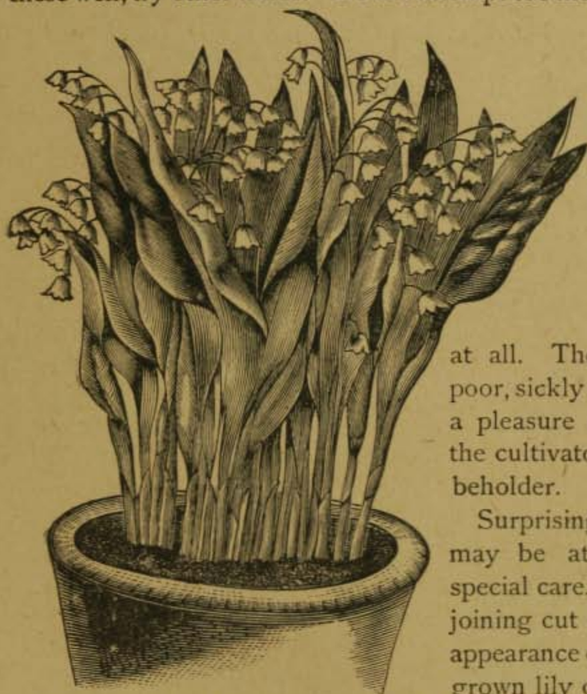
cellar. Carnations, abutilons, oleanders, and myrtles are all adapted to culture in the house, and generally give excellent satisfaction. It is always best to confine attention at first to such plants as are not too particular. When you can grow these well, try other kinds. Do not attempt too much, but do your best with what you start. One good plant is a treasure. A dozen poor ones are worse than none at all. They lead a poor, sickly life that is a pleasure to neither the cultivator nor the beholder.



LILY OF THE VALLEY, FIVE WEEKS OLD.

Surprising results may be attained by special care. The adjoining cut shows the appearance of a house-grown lily of the valley which came to the condition here shown in five weeks. Of course, it had skillful and constant care, but it had no advantage of hot-house or special accessory. Its chief forcing was on the reservoir of a kitchen cook-stove.

On the use of vines in the house an expert says: "There is nothing in the way of home decorations that may be had with so little expense, managed with so little trouble, or will give results so satisfactory, as the ivy. There is no room so

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palatial to which it may not add embellishment, and it will give an air of cheerfulness and refinement to the one room of the settler's log-cabin. Of course, we refer to the true evergreen ivy, *Hedera*, and not to the tender plants known as 'Parlor,' 'German,' 'Colosseum,' and other ivies. If one has a sprig of ivy and a pot or a box of earth, wonders can be accomplished if the owner possesses one other requisite—patience. The growth is slow at first, but it is increasingly rapid, and each year the plant will reward patient care by becoming more beautiful and more valuable."

HYACINTH BULB IN WATER.

Boxes for window gardens, with casters for ease of movement, may be constructed by any person. One of the prettiest may be made by covering the box with pieces of bark nailed upright on its sides, sawed off at the top and bottom edges, and then making the supporting stand and overarching trellis of saplings. Vine stems may be trailed over the rustic work and fastened there. The effect of growing flowers and vines on such a rustic stand is very beautiful.

Some plants show to best advantage when separated from others and in positions not favorable for the display of ordinary plants. For example: For brackets the best plants we have are the drooping varieties of fuchsias, the eupatorium and begonias. No one knows what grace there is in the fuchsia unless he has seen it growing on a bracket placed about as high as his head, the branches being allowed to droop over the pot. To secure plenty of branches, the centre of the plant should be pinched out when it is small. Where one stalk was there will be two shoots thrown out. These, in turn, should be pinched

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back, and at least a dozen thrifty stalks should be induced to grow from the base of the plant. No piece of statuary can make a more elegant filling for a corner. Eupatorium Mexicanum blends beautifully with fuchsias on two-pot brackets, and the effect is more than doubled if placed in front of a mirror.

MINIATURE GYPSY KETTLE.

One of the most tasty decorations is a bouquet or basket of flowers, or even a single beautiful rose, lily, or hyacinth. Small vases for these can be had in abundance at all prices. Miniature gypsy kettles, with flowers of delicate form and size, are exceedingly beautiful on a mantel or bracket. Artificial flowers may be used thus, but they must be small and exquisite, not large or gaudy.

To "make a bunch of flowers" is no trouble, but to make a bouquet or tastefully fill a basket of flowers is a high art. Arranging flowers loosely and naturally in vases, saucers, and other ornamental receptacles requires good taste and some knowledge of the harmony of colors. To fill a basket, first line it with tin foil, or scatter a little lycopodium or other green material, to form a lining. Over this put a lining of strong paper. Then fill the basket with damp sawdust, rounding it off at the top and covering with damp moss, inserting the stems of the flowers in the moss. If the natural stems are not suitable for this work, the flowers can be "stemmed," that is, fastened to small pieces of wood or broom splints. It is well to make the border of drooping green. Fuchsias border very elegantly.

VASE FOR FLOWERS.

Few flowers have stems suitable for bouquet work; so it is the custom to "stem" all flowers for this purpose. These

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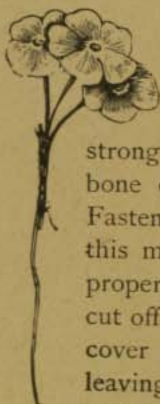
stiff steams can be made to hold the flowers in any position desired. To keep the flowers from crowding each other and to supply moisture, wind damp moss around the stem at its connection with the artificial stem. The central flower, which should be the largest, must have a stiff, strong, straight stem, which really forms the backbone of the bouquet as well also as the handle. Fasten the stems of all the smaller flowers around this main, central flower. After the flowers are all properly attached and the bouquet is well formed, cut off the entire handle to the desired length and cover it with tin-foil, or wind it with white ribbon, leaving a loop, so that the bouquet may be suspended by it if desired.



STEMMED FLOWER.

Ornamental papers can be obtained at a very small cost which will cover the handle and bottom of the bouquet and also make a richly ornamental border. These hints apply, of course, to hand bouquets, but larger bouquets are made in the same manner, except that they are more pyramidal in form.

ORNAMENTAL BOUQUET PAPER.

If ferns or flowers for bouquets or other work are laid in water for several hours after being cut and before they are used, they will endure much longer without flagging than if immediately arranged. The more water they absorb after being severed from the plant, the better they will stand.

A new device for the arrangement of flowers consists of a piece of cork about a quarter of an inch thick, circular in form, and perforated with holes, like the rose of a watering-pot. The diameter of the cork is made to correspond to the size of the saucer or shallow dish with which it is to be used. The cork, floating on the top of the water, supports

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the flowers, whose stems are inserted through the holes. For the display of small flowers and those having short stems this method is well adapted. It may possibly be better than damp sand, as the cork may be preserved and will always be ready, even when sand cannot be had.

The *Ladies' Floral Cabinet* lays down the following rules on bouquet-making: " Never put more than three varieties or colors in the same vase or bouquet, and let those colors be such as perfectly harmonize. Arrange the flowers so that each one can be seen entire." This is good, but exceptions are numerous.

Autumn leaves, which are a deservedly popular decoration, require but little preparation. When fully ripe they contain very little moisture and the colors are quite permanent; but they contain some moisture, and may curl up if brought into a warm room. To prevent this, place them between papers, giving a light pressure. In a few days take them out and give a light dressing of varnish to brighten the colors. For this purpose, clear, boiled linseed oil is good, using the least possible amount Some prefer balsam fir, cut with alcohol; others use gum shellac dissolved in alcohol; others dip each leaf in melted wax and press it a moment with a warm iron.

It is stated that the colors of flowers may be preserved by dipping them occasionally in a boiled solution of eleven grains of salycilic acid in a pint of water and afterward carefully drying them between sheets of blotting paper.

There are several methods of drying flowers so as to preserve their color to some degree. The most common way is to spread them in a pan of dry sand and sift sand upon them, keeping them, when thus covered, in a warm, dry place for several days, until free from moisture; or they may be dried between thin sheets of wadding placed between two pieces of glass. The pressing will injure the form; but this is more or less so by any process.

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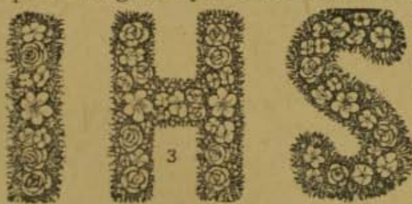
The field for ingenuity and taste here opened is very broad and is well worth diligent cultivation.

Floral or evergreen letterings are often desired. Mark out the letters on strawboard, placing them close together, as in diagram No. 1. If no expert in lettering is available, determine the height you wish the letters to be, and divide that into six equal parts, marking these on the strawboard. Cross these with other lines at the same distances apart. The proportions so given will answer for most letters, six spaces high by four wide, and will suggest the proportions for others, as in diagram No. 2.

When thus marked, cut each letter clearly with shears or knife, and cover them by tying with dark thread or sewing the green and flowers to the surfaces. Keep the work even and trim its edges when done. Everlasting flowers or bright berries should be mixed with the green to relieve the uniformity. Moss may be tied upon the letters; into this flowers with paste or glue upon their stems may be stuck, and they will remain fixed, showing a result as in diagram No. 3. Glue will hold some coverings of letters sufficiently.



Immortelles, Pampas plumes, ferns, oats, with many weeds and grasses, are well suited for drying. Vases, baskets, and wall-pockets may be filled with them and serve well as decorations. The unnatural coloring frequently put upon these grasses by dealers is a monstrosity. Better retain the natural conditions when natural objects are used.

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Holiday decorations of ivy, laurel, holly, ferns, mosses, and the whole range of evergreens are beautiful if well done. Picture frames, window curtains, doorways, mantel-pieces—indeed, any and every part of a room—may be made cheery and elegant by this means. It consumes time, but it cultivates taste.

PAMPAS PLUME.

A few little floral fancies are worthy of passing mention in closing this subject.

1. To grow a pretty vine from the sweet potato: Put a tuber in pure sand, or sandy loam, in a hanging-basket, and water occasionally. It will throw out tendrils and beautiful leaves, and climb freely over the arms of the basket and upward toward the top of the window.

2. Procure a fine, healthy acorn and crochet around it a little network case after removing the cup. Then hang it, point downward, in a deep glass, having so much water in it that the point of the acorn just reaches it. Keep it in a dark closet until it has sprouted; then put it in the light. A chestnut thus kept in water will sprout in the same way, and either will be beautiful.

BASKET OF FERNS AND GRASSES.

3. Cut off evenly the top of a carrot and place it on the top of a pot full of sand, so that the leaves look as if they sprang from it. Moisten

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it well and keep it in the dark until it has begun to sprout, keep it damp, and move it into the light when the leaves appear. If the cultivation is successful, an ornament pretty enough for any room will be the result.

4. Take a sound turnip and clean the outside, taking care not to injure the part from whence the leaves spring. Cut a piece off the bottom and scoop out the inside. Fasten string or wire to it, so that it can be hung up. Fill the cavity, and keep it filled, with water. In a short time the leaves will sprout and curl up toward the ball of the turnip, forming a beautiful miniature hanging-basket.

TRANSPARENCY OF DRIED FLOWERS.

5. Put the stem of a freshly cut tuberose or other white flower into diluted scarlet ink for a short time. The liquid will be drawn up into the veins, coloring them in a very elegant manner. It also shows whether a plant is net-veined or parallel-veined.

6. A transparency of dried flowers may be made as follows: Take two panes of glass of equal size—one of them ground, the other clear. By the use of gum tragicanth attach to the under side of the ground glass about half an inch of the edge of a dark ribbon, which should be over an inch wide. Allow this to dry. On the upper side of this

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glass arrange the grasses, attaching them to it by touches of the gum. On the glass, just around its edges, fix a narrow strip of cardboard; on this lay the clear glass, pressing the grasses flat. Bring up the unattached edge of the ribbon and fix it firmly by the mucilage over the upper glass, so imprisoning the grasses in the inclosure.

One of the most beautiful decorations which may be maintained within the home is found in the aquarium. The theory of the aquarium is that it shall so combine animal and vegetable life in such exact proportions that the water shall be kept entirely pure, never needing change. In other words, the vegetable life shall take up the surplus carbon yielded by the animal life, and the animal life shall take up the surplus oxygen yielded by the vegetable life, and so things will remain in *statu quo*. The theory is good, but it cannot be applied under circumstances sufficiently favorable to guarantee success.

In the great aquariums of museums it is found necessary to continually force fresh air through the water, that it may be maintained in a sufficiently oxygenized state; and even then, such is the capacity of water for absorbing gases and odors from the atmosphere, that it must itself be renewed frequently. But the aquarium pays. Aside from the finish of the vessel itself, which is usually artistic, the plant life in water and the activity of the animal life, are unceasingly attractive. A common glass jar is better than nothing as an aquarium, though glass globes well adapted for small fish may be had at a low price. A better form of aquarium is shown in the accompanying cut. Such boxes may be had of all sizes and with great variety of finish.

BOX AQUARIUM.

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But a box is not essential as a beginning for an aquarium. The fact is, that any one having a little ingenuity, and the assistance of a handy tinsmith, can fit up a handsome and attractive affair. A frame-work may be made of tin to hold the glass, and to this frame a zinc bottom should be soldered. A bottom of wood underneath all should be finished nicely with a deep molding. After the glass has been set and well cemented in, the frame may be painted black, or green, or gilded, as taste may decide. The tank should be filled with fresh water every day until it is thoroughly cleansed, before fitting it for occupancy. Then the glass must be polished, the bottom covered with clean pebbles, stones, and small shells. A rockery, of rich brown and pure white stones should be constructed for the centre, surmounted by a large shell or two filled with earth, and Lycopodium growing therein. Cover this earth with pebbles and press them down firmly about the plant. After all this is arranged, put the water in with a dipper, pouring against the glass to avoid a disarrangement of the furniture.

Every morning dip out two or three dippers of water, wipe the glass, and fill with fresh water. Use care not to disturb the water more than is necessary. There is no reason why gold fish will not do well in an aquarium if managed in this way. During very warm weather a lump of ice occasionally is appreciated by the little golden beauties, for they can stand the cold much better than the heat. The fact is, that fish, supplied with clear water and a cool temperature, have scarcely any other want. The omission of all attention to feeding, except in the spring months, is as great a kindness as can be shown them. In moderate latitudes, from the last of February to the first of July, the least crumb of cracker or fish-wafer suffices, and during the rest of the year experienced fish-fanciers say very little need be given; that little, may be a few bread-crumbs or a pinch of plain cake.

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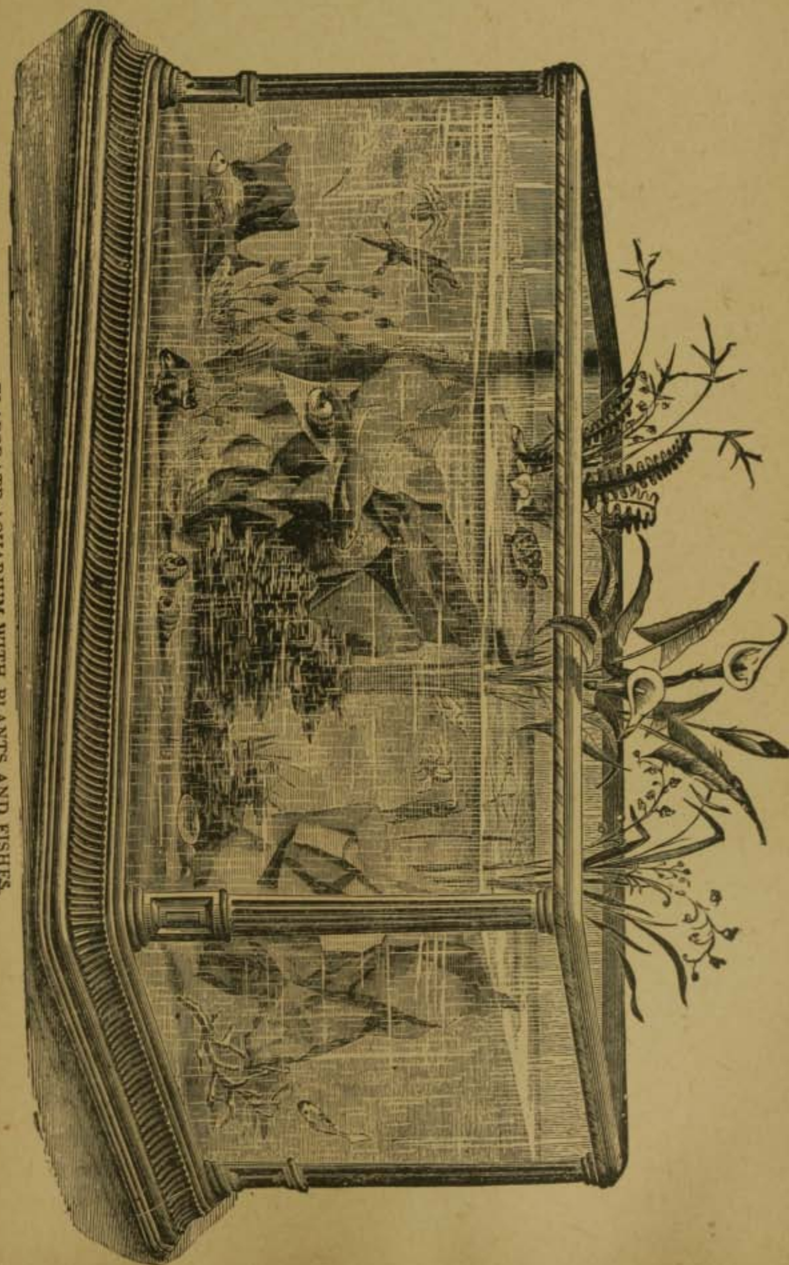

ELABORATE AQUARIUM WITH PLANTS AND FISHES.

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While arranging aquariums attention may be paid to parlor rockeries, a less common but no less beautiful home decoration. A small parlor rockery can be made most satisfactorily by combining the aquarium and rockery, somewhat as is shown in the accompanying engraving. In a

PARLOR ROCKERY.

living-room or parlor a good deal of sprinkling of the rocks must be done, or plants placed in the crevices will dry up. This necessitates a basin to catch and retain the drippings. It may be of sufficient depth for gold and other fish. It can be made of any form desired, and with any ornamentation that taste may suggest.

Or it may be shallow, and be bedded with mosses, ferns, and marsh plants, so making a bog-garden. A small faucet should be inserted at an inconspicuous point, by which to draw off any excess of moisture. Excursions to the marshes will furnish an abundance of soil and plants for the basin, while a liberal assortment of plants will suit the conditions of the higher portions. Central to the rockery, a pot of roses, lilies, or other plants may be placed, its upper rim being concealed by the surrounding rocks. Variety and beauty can seldom be secured in one object so freely as is a well-kept parlor rockery.

Ferneries are a well-known parlor decoration. A great variety of styles and sizes of bases and vases can be had,

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COMBINED AQUARIUM AND FLOWER-STAND.

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They are made of pottery, of rustic work, of tiled work, of iron, and of cabinet ware, and home ingenuity can meet all the requirements, even to the inclosing case of glass. The fernery shown in the cut we give is in imitation of oak, in rustic style, with rustic base. These bases are of different sizes, from eight to twelve inches in diameter, the whole height, with glass, being from twelve to eighteen inches. Although these are small, still they serve a good purpose and are easily handled and managed.

RUSTIC FERNERY.

A more elaborate style of fernery may be made with a table-like base on four legs and casters. The case proper should be say sixteen inches in width by two and a half feet in length, and twenty-six inches high above the legs. This can be made by any joiner, and can be varied to correspond to any style of furniture. The top should be made to open for access to the interior, and also for ventilation. Within the wooden table-frame is fitted a zinc pan about three inches deep, which contains the soil; this pan has an opening for drainage, and a shallow vessel should be placed in a concealed position underneath to receive any surplus water.

Ferneries require a large amount of moisture. The vase, or case covering, retains this and the warmth, so making perennial spring time for the plants within. All the swamp plants are suitable for fernery culture, but ferns do not like stagnant water. They flourish in low, moist places—but it is where the water is renewed by direct flow, or by subsoil drainage, which fact must not be overlooked in the fernery.

Besides ferns, many kinds of mosses and selaginellas

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succeed well in cases; also some species of grasses, caladiums, begonias of the tuberous and the rex varieties, the sundews or droseras, some of the aroids, ficus repens, and others. An interesting variety of plants may, therefore, be secured, but ferns must be the principal feature.

FERN-CASE JARDINIERE.

The fern-case, after it is planted, should be placed where it can receive a good light without being too much exposed to direct sunshine. Only sufficient water should be given to keep the soil moist and not saturated. Some ventilation is required, but it need be slight, and yet it should be carefully attended to

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each day, opening the doors of the case just enough to clear the glass of moisture. A little experience will enable one to care properly for a case.

Ferneries are frequently adorned with ornaments carved in cork. A magnificent work of this kind was lately constructed in London on an order from the King of Siam. The entire fernery consisted of five frames, each about ten feet in height and width, most artistically constructed, being covered with cork colored to resemble a true rockery. There is a pool at the base for water lilies and other aquatics, with numerous recesses, in which ferns will be placed. Several jets of water are arranged so that the whole surface will be constantly moist with water dripping from the stalactitic projections at the upper part. Spaces at the back are filled with mirrors, and as these artificial "rockeries" will occupy an alcove and be disposed in one line, the effect will be magnificent, and probably, in its kind, unrivalled.

A careful observer of nature will soon discover how nature fixes herself in her prettiest forms. Observe where ferns grow and how they are surrounded. The grasses, the mosses, the pebbles—all the accompaniments of fern-growth in nature—may be transferred by art into the fernery. But art will surpass nature by eliminating all that is unsightly and retaining only the beautiful.

The best cement to prevent leakage in aquariums, ferneries, etc., is made as follows: Take equal parts of red lead, white lead, and litharge; dry, mix thoroughly, pulverizing all lumps. Then make into a putty by adding boiled linseed oil. Add a little at a time, and only a drop or two when nearly done, or you will get it too soft. As soon as the cement has been applied, fill the aquarium with water.

It is possible to make very happy combinations from the natural world in internal home decoration. The illustrations already given have shown this. They combine flowers, vines, ferns, mosses, fishes, birds, rustic work, rocks, and other

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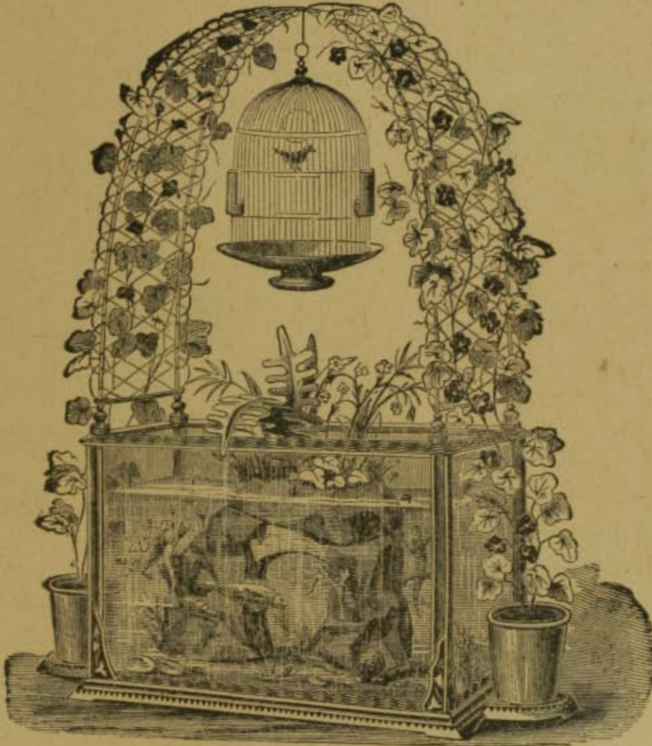
natural features of beauty. In the cut which follows a style of aquarium is shown which contains many points of beauty. The aquarium itself shows various forms of animal and vegetable life. The trellis allows a fine opportunity in the selection and training of plants, while the bird-cage at



VINE-COVERED AQUARIUM.

the summit provides additional life, with song added to beauty and fragrance.

Taste, patience, and a little expense are all that are needed to produce a beautiful display on this general plan. Taste and skill find splendid opportunity in the case of diminutive plants and fishes.

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Few adornments for the interior of home afford so much opportunity for varied, graceful, and really elegant display as do hanging-baskets. Drapery is always beautiful, because so perfectly natural; but when flowers are pendant, mingled with delicate vines and mosses, then nature is seen in her most lovely forms. Such views of nature are furnished in hanging-baskets. The materials of which they are composed, the forms in which they are wrought, and the flowers with which they may be filled, are without limit. Terra-cotta ware, wire, and rustic work are chiefly employed, but natural objects, such as shells, gourds, etc., form the basis of many attractive displays of this character. A neat hanging-basket is exceeding graceful also, and it is in place everywhere, a welcome "thing of beauty."

TERRA-COTTA HANGING-BASKET.

Plants in vases and hanging-baskets are peculiarly situated in respect to the moisture in the soil. This is subject to rapid evaporation. Not only is there the ordinary drainage, such as plants in pots have and which is absolutely necessary, since stagnant water at the roots would be fatal, but these plant receptacles are usually situated where they are fully exposed to the sun and to drying winds. The great demand of basket and vase plants is water, and attention to this supply is almost the only care necessary.

In a room it is almost impossible to moisten plants fully and properly. It is best, therefore, that baskets be taken to some outer room every day or two for a good soaking, where they may remain until dripping ceases. Where a wire basket is used, or an opening is provided for drainage, dripping continues for some time. An arrangement is shown in the next engraving for catching this drip. It is

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merely a second basket or earthen vessel suspended under the main one, and planted so as to be both useful and ornamental.

HANGING-BASKET WITH SUB-BASKET FOR DRIP.

As the number of plants in baskets and vases is usually large for the quantity of soil they contain, it should be rich. What is wanted is a rapid, luxuriant growth, without much regard to the form of individual plants. A good soil for the purpose may be made of about one part of old manure, two parts of rotten sods, and one part of sand. If leaf-mold can be had, an amount of it can be added equal to the sand or manure, if not, the mixture without it will be quite satisfactory. When the plants have been placed in their new quarters and watered, it is necessary to keep them shaded for a short time, and if possible they should have the advantage of a greenhouse or cold-frame until they make new roots and commence to grow freely.

ELEGANT HANGING-BASKET.

Concerning plants suitable for hanging-baskets, James Vick, of Rochester, New York, an authority on the subject, makes the following valuable suggestions:

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Erect Plants.—Amaranthus salicifolius, Amaranthus Sunrise, Caladium, Canna, Coleus, Cyperus alternifolius, Dracæna, Fuchsia.

Trailing Plants.—German Ivy, Kenilworth Ivy, Ivy-leaved Geranium, annual varieties of Lobelia, Nolana, Othonna crassifolia, Petunia, Tradescantia, Saxifraga sarmentosa, Vinca major variegata, Vinca Harrisonii.

Twining Plants.—Ipomœa Quamoclit, Madeira Vine, Maurandya, Pilogyne suavis, Thunbergia, Tropæolum maius, Tropæolum Lobbianum.

Handsome Foliage Plants.—Abutilon Mesopotamicum variegatum, Acalypha Macafeeana, Achyranthes, Alternanthera, Anthericum vittatum variegatum, Ornamental-leaved Begonia, Centaurea gymnocarpa, Centaurea Candida, Cineraria maritima, Coleus, Euonymus Japonicus aureus, Euonymus argenteus, Euonymus radicans variegata, Farfugium grande, Variegated-leaved Geranium, Fragrant Geranium, Glaucium corniculatum.

Flowering Plants.—Ageratum Mexicanum and var., Alyssum Colossus, Double White Alyssum, Alyssum variegatum, Alyssum The Gem, Begonia, Cuphea, Fenzlia, Fuchsia, Geranium, Heliotrope, Lantana, Mahernia odorata, Mahernia Hector, Mimulus, Nierembergia, Oxalis floribunda alba, Oxalis floribunda rosea, Petunia, Rivinia, Schizanthus.

A good home-made hanging-basket may be constructed thus: Take coarse, heavy wire for foundation and handle and interlace it with old hoop wire, made pliable by heating. Then take young portulacca plants with a lump of earth attached to each; put the plants outward through the open spaces of the basket until it is full. The plants take kindly to their unnatural position and soon become a mass of beautiful green and brilliant flowers. In each basket place an empty tin box, inserted in a cavity in the top portion of the earth. Fill this with water daily, and in it place fresh flowers, as fancy dictates. The effect is delightful.

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Another is shown in the next cut. It is made of a gourd, the top rim being cut into scollops and the bottom end cut off to allow drainage. It should be filled with a light, rich soil, and if planted with Dichorsandra for its centre and Othouna for the droop, its effect will be most beautiful.

Hanging vases of silvered double glass can be had. A false bottom is added to promote drainage, and by means of a tube the gathered water can be drawn off. The effect of foliage is greatly improved by the reflecting surfaces of such a vase.

GOURD HANGING-BASKET.

Birds are charming pets in a home. Their sweet songs add exquisite pleasure to other natural beauties. A talking parrot is hardly to be reckoned as a gem; but a singing canary is a prize. The *trouble* of keeping them is sometimes complained of but bird-fanciers sum up the whole matter thus:

Keep the cage clean.

Place the cage so that no draft of air can strike the bird, and not too near windows in cold weather.

Give nothing to healthy birds but seed, water, cuttle-fish bone, and gravel on the floor of cage. An occasional lump of pure white sugar may be added.

Occasionally a little water for bathing.

The room should not be overheated.

When moulting (shedding feathers) keep warm and avoid drafts of air.

Give plenty of rape seed.

A little hard-boiled egg grated fine is excellent.

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LADIES' HANDIWORK.

Beyond all the professional decorator can do, and all that can be done with natural objects, there is a realm of decorative possibility where the wives and daughters of our homes reign supreme. Their skillful fingers and exquisite taste work wonders of ornamentation. The internal fittings and furnishings of a house are but the framework on which those who love and brighten home display their choice embellishments.

To specify all the beautiful things which tasty ladies can make with unpromising material is not possible; much less can these attractions be described. But the subject may be illustrated, and hints concerning it may be given.

Mantel decorations are very popular and elegant. They are attached to a board placed on the mantel slab. This is covered with the chosen material, which also depends from the edge—plain, plaited, scalloped, or draped. An elegant decoration of this kind, recently exhibited in the Decorative Art Rooms, of New York, was made of deep, wine-colored plush cut in a shallow scallop, the centre being about eighteen inches deep, and caught up carelessly with a handsome cord and pompon tassels one-quarter yard from each end, so that a very graceful, draped effect was given. Its centre was decorated with a branch design of wild roses, so arranged that its uppermost part will lay over on the mantel. The blossoms—made of rose-colored velvet—were so folded as to be a perfect representation of real rose petals; stamens and pistils were worked with gold thread; leaves and branches in arrasene. The bottom was finished with alternate tassels of pink and light and dark shades of olive.

Another design was made of olive macramé twine crocheted in an open pattern and having two-inch wide cardinal satin ribbon interlaced in the openings. This twine comes in a variety of colors, and to make a lambrequin eighteen inches deep and fringe would require five bunches.

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There are imported tapestry designs for valances and chair-backs which are sought after by those who wish to furnish in antique style. They come in quaint designs, usually rural scenes, worked in quarter single stitches, which resemble a woven texture in their fineness, and are to be filled in with whatever solid color may seem adapted. Illustrations of this art will be found among the various cuts of this volume.

MINIATURE TABLE FOR FRUIT.

An ordinary kitchen table can be transformed into quite an elegant piece of furniture for the library. The top and legs are smoothly covered with green cloth; the seam neatly sewed, and on the inside, that it may not show. It is then tacked at the top to hold it in place. Cloth is then drawn smoothly over the top and tacked all round the sides. The piece extending round the sides of the table must also be covered. An under shelf made of pine wood covered with cloth is then fitted securely to the legs about eight inches below the top. A heavy cord fringe of green worsted must be fastened round the edge of the top, also round the shelf, with brass-headed nails about an inch and a half apart. A caster fitted into each leg will finish this very handsome table.

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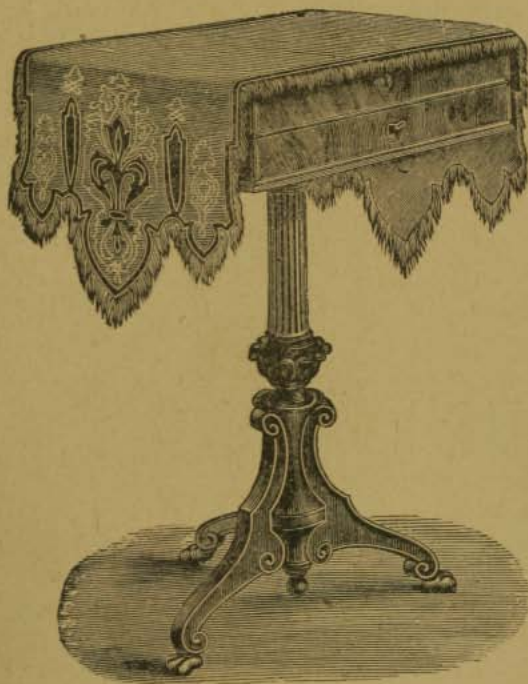
A miniature table, to be used as an ornamental fruit-stand, is shown in the preceding cut. It is made of bamboo, rustic branches, or turned legs, painted or gilded, as taste suggests. These are attached at their tops to a wide hoop, into which a deep dish fits firmly. The legs are then tied securely at their point of crossing with a cord and tassel. The outer edge of the hoop is then ornamented with drapery of bright colored cloth or satin with bead work, ornamented with tassels. A painted plaque or handsome dish may be inserted in the table, and so serve as a card-receiver.



ORNAMENTAL COVER FOR TABLE.

A handsome table-cover may be made of sateen with a plush bordering. The centre should be of olive green, the border of a darker shade. On the four sides, just above the plush, the names of the four seasons may be worked in fancy letters with crewels or silks, each word decorated with flowers or leaves appropriate to the season. Fancy stitches worked in different colored silks may ornament the seam where the plush and sateen join.

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Great variety may be secured in standing work-baskets. Stands of great variety in wicker-work are sold. Get one with two shelves, in each of which cut a hole large enough to receive an ordinary straw hat, crown downward. The braid around the edges of the shelves must be gilt, also the rings. The brim of the upper hat must have a full facing of blue satin. A bag of the same is fitted into the crown and drawn together with a satin ribbon at its top. A bunch of artificial roses and leaves is fastened on one side of the brim. The under hat has a full facing of satin, cut large enough to serve as a lining for the crown. A large, gilt ring is fastened to the edge of the upper shelf between each pair of supports, and a broad band of satin ribbon, which may be hand-painted, is run through each ring, then crossed to the lower shelf, where it is fastened to the leg with a double bow and ends. The outside of the hats may be gilded if preferred.

The adjoining cut shows another form of stand. This stand may be bought in rattan, or made of rustic boughs suitably curved. Two hoops are used in this stand, into which painted or ornamental dishes fit securely, their edges being hung with crewel or with bead-work. To make the bead bordering, take a narrow strip of oil-cloth and fit it tightly around the edges of the hoops and plates. Measure off equal distances and sew on black jet buttons.

VISITING-CARD STAND.

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From these, string bronze beads for the first or upper row. Make the second row of gold beads and the third of white. Attach these to the jet buttons. Make a final row of variously colored beads, twisted together, and fastened to the jet buttons. After these are all in place and gracefully festooned, cut away any of the oil-cloth which shows below the ornaments.

LADY'S WORK-BASKET.

Fancy baskets are capable of very beautiful adornment. Such baskets can be had in the stores in many decidedly attractive forms. The work upon those shown in the illustrations is such as a practiced eye can readily trace. The blending of colors will afford fine opportunity for a display of taste. Even the scrap-basket may be so embellished that the container of refuse becomes a minister of pleasure. The willow-ware furnished for this purpose is varied so greatly and so elegantly that a good base for operations is easily secured. The decorations can be attached readily also, which is a point of value. The result is so light in weight, and withal so beautiful and useful, that scrap-basket decoration becomes specially inviting.

A novelty in scrap-baskets may be made as follows: Select a medium-sized Japanese umbrella with a plain ground and gilt figures. Glue the knob or point securely into a square or circular block of wood smoothly finished. This block must be heavy enough to serve as a stand for

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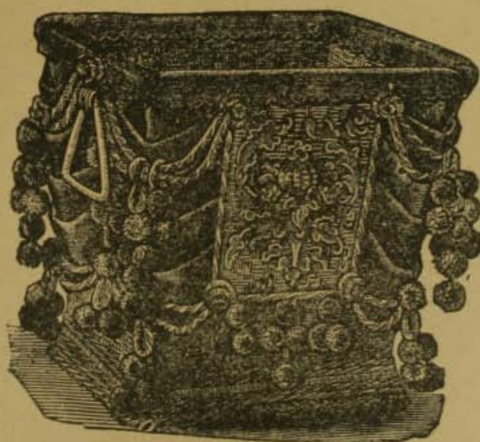
the umbrella and hold it steadily in its upright position. The block is to be painted the color of the umbrella and decorated with gilt figures. To prevent the umbrella from falling open, the points of the ribs must be interlaced with satin ribbon. Several shades of the narrowest ribbons may be turned in and out of the ribs like basket-work, or a wide ribbon may be used. The umbrella should be not quite half open. A piece of gilt paper must be cut to fit the inside of the umbrella and prevent papers and scraps from falling through to the point, from whence it would be difficult to remove them. If narrow ribbons are used for the lacings, tie a bunch of them round the handle with long loops and ends, and their many colors make a gay trimming. With the wider ribbon use a full bow.

CIRCULAR SCRAP-BASKET.



SQUARE SCRAP-BASKET.

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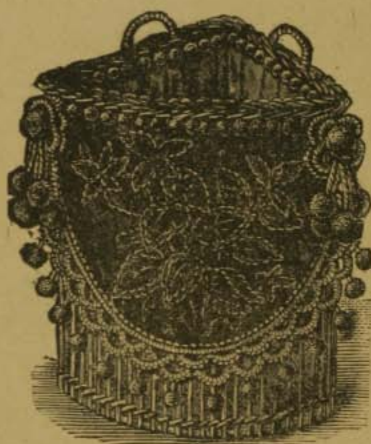
A Japanese umbrella may be utilized as a fire-screen by adorning it with peacock's feathers. Cut off the stems of the feathers to within a few inches of the eyes; then stitch the eyes on in rows around the umbrella, beginning at the outer edge, and have each row to overlap the other till the centre is reached; then finish the centre off with a tuft of small feathers. The umbrella should never be closed, as the shutting would be disastrous to the feathers. When completed, the handle of the umbrella may be set into an upright shaft, which is supported in a base of heavy wood. The umbrella-handle should not exceed six inches in length, the support about two feet high. The base and support should be brightly colored.



CORNER SCRAP-BASKET.

A beautifully embroidered fire-screen is shown in the adjoining cut. Frames for these can be purchased in many styles; the taste and skill of home fill out the centre. The materials for this centre are varied and elegant, and if well handled, the result must be delightful. The screens are valuable to shade the glow of a fire or to screen from observation.

EMBROIDERED FIRE-SCREEN.

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An ornamental wall-pocket may be made of cardboard covered with gray linen, embroidered with brown wool. Cut one piece of cardboard to serve for the back and bottom and five pieces for the front. Bind each of these with a strip of gray linen and cover with the same material. Work in brown wool the design selected, stitching through the cardboard. Line the back with linen to conceal the stitches

ORNAMENTAL WALL-POCKET.

and sew the several pieces together. Take five pieces of cane four and a half inches long for the edges of the back; also five more of the same length, five four inches long, and six five inches long, all for the front portion. A half inch from the ends of the canes cut grooves into which the crossing canes may be fitted. Tie them strongly—first with thread, then with brown ribbon—so completing the

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cane frame. Into this the cardboard case is fitted and secured by stitches. For a cover, cut a cardboard double the shape of the opening in the top of the pocket; cut this half through across its centre, covering the uncut side with linen, on which a full pattern is worked, as shown in the

HAND-BAGS FOR LADIES.

illustration. By stitching along this central cut, fasten this piece to the frame, so that one part of it becomes a back and the other a cover, to which add a loop and ornamental bows.

Ladies' hand-bags may be made in styles and of materials

STATIONERY OR NEEDLE BOOK.

innumerable. The cuts suggest enough; taste can supply the rest. The cut immediately above shows a pretty design for a stationery or needle book—made of covered cardboard

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and neatly embroidered. This book will prove both elegant and useful to its owner.

ORNAMENTAL WALL-CUSHION.

The wall-cushion illustrated is formed upon basket-work. The upright part is for breastpins, etc., the other for common pins, and a neat jewelry-case may be formed inside.

Pincushions have ever been a delightsome field for artistic effort. In shape, material, filling, etc., they vary indefinitely.

Crewel work, bead work, patch work, ribbon work, lace work, and all other kinds of work, are brought to bear on pincushions, and many are the conquests which have been made in this line. Every home has something in the way of bureau-covers, toilet sets, tidies, sofa-cushions, pillow-shams, pen-wipers, shaving cases, whisp-holders, etc., etc. In many instances these are but rude attempts, and yet they are not to be despised. Rude attempts always precede success, and sometimes inaugurate it. Welcome, then, every honest attempt at art.

A peep into the best bed-room of a tasty prairie home will be useful. The walls were tinted blue and the paint was white. The carpet was of dyed rags, blue and faint buff the prevailing colors. It covered the centre only, a

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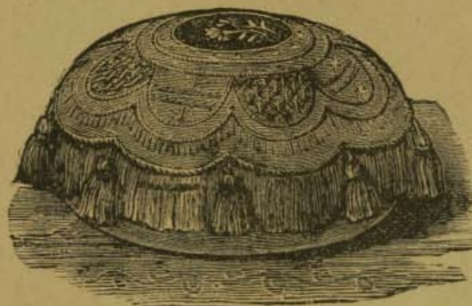
surrounding strip of bare floor being stained. The bedstead was in cottage style and of a delicate blue. A fancy stool answered also as a coal and wood box. It was a box with a hinged top, which was wadded to form a cushion, the whole covered with suitable cretonne. A sewing-table was made of two circular pieces of wood nailed at the ends of a short, stout pole. On the bottom four casters were fixed. It was then covered with light-blue cambric and tied in the centre of the pole, so as to form the shape of an hour-glass. Upon this was a cover of plain or dotted Swiss, finished with a plaiting of narrow blue ribbon around the top and with small bows. A most comfortable chair was made of a flour barrel. Take a sound barrel and saw off about four inches; then attach casters to the lower end. At the height you wish the seat, saw through five or six staves, as may be necessary to compass the width desired; six or eight inches higher up saw through about four staves on each side, and you have the arms, and the remaining long staves afford the back. At a point a little below the first sawed place, perforate the barrel around its circumference with auger-holes; then with stout twine, interlaced



ORNAMENTAL PINCUSHIONS.

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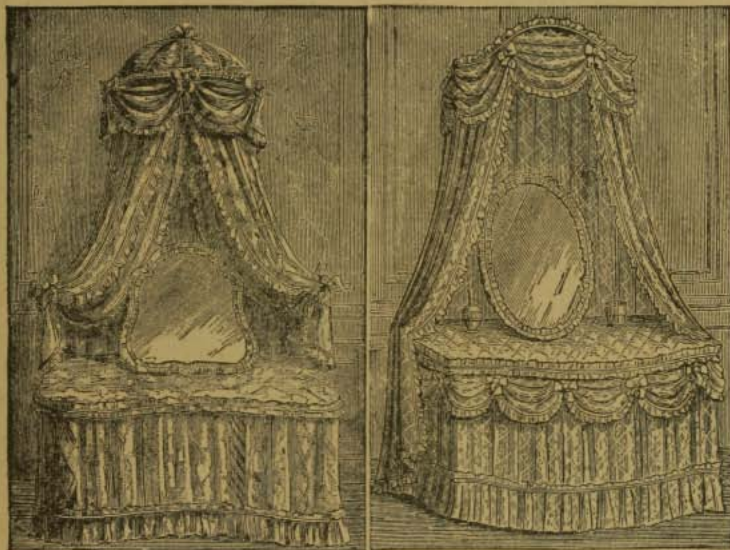
like a bed-cord, but more closely, weave your seat from side to side, in alternate holes. In trimming use heavy unbleached domestic or ordinary ticking and over this a covering of cretonne, to harmonize with the carpet. A cushion may be used and the space left for the arms, and the back should be padded.

The dressing-table was made of a dry-goods box set on end, being about two and a half feet high. This was



BEAUTIFUL TOILETS.—MAY BE MADE FROM PACKING-BOXES.

overed with cambric, the same shade as that on the sewing-table. Over this was a dotted Swiss cover and around the upper edges a plaiting of narrow blue ribbon. The mirror was suspended from a nail above the table. To it was fastened three yards of the Swiss, finished at the ends with lace about an eighth of an inch wide and caught in the centre with a piece of blue ribbon tied in a full bow, which also held it fast to the nail. The ends hung from each side of the nail down to the front corners of the table,

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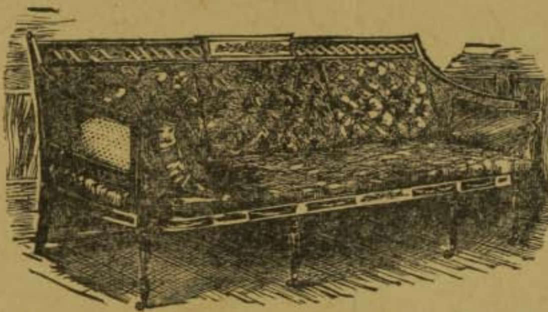
to which they were attached with ribbon bows and stretched back to the wall. Upon the table was a pretty toilet set in light blue glass, a set of toilet mats worked upon pale blue Java canvas, and a pincushion to match. The windows were ornamented with simple Swiss curtains caught back with blue bows.

A few special features of upholstery, which any lady of taste can apply in her own home, may yet be touched. The opposite cut of an upholstered bedstead is suggestive. A common bedstead, or one showing hard usage, may be covered on this plan so as to become an object of beauty. A plain cane-seated sofa, or an antiquated wooden settee, may be similarly decorated, and be far more comfortable and elegant for the work. To illustrate this method of procedure, the Shearaton sofa is shown above. Its make is more elaborate, but its covering is on the same general plan as is suggested for the plainer furniture.



SHEARATON SOFA—IN POLISHED WOOD AND LEATHER CUSHIONS.

In doing any of this upholstered and cushioned work, the best way is to make and fit all the parts with cushions made of ticking or other substantial material. When the fit is assured, cover with cretonne, leather, or other goods, and finish as desired. On the top an ornamental tuft or suitable button should show, the cord being drawn tightly and tied on the under side. The cushions should be firmly attached to the settee.

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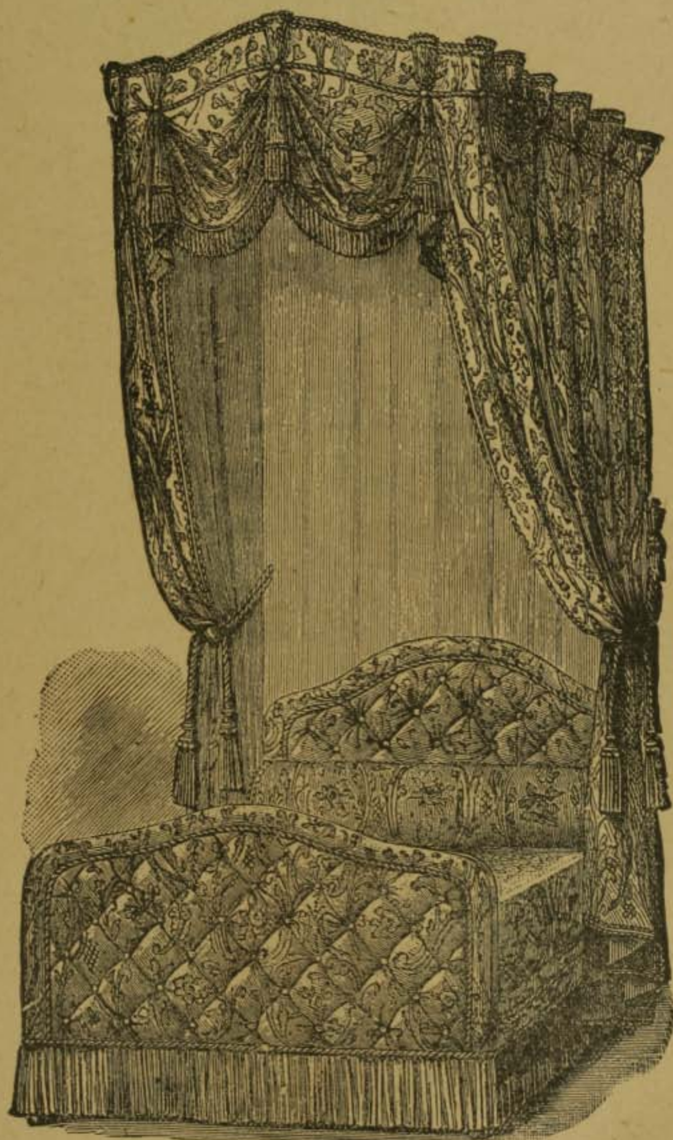

UPHOLSTERED AND CANOPIED BEDSTEAD.

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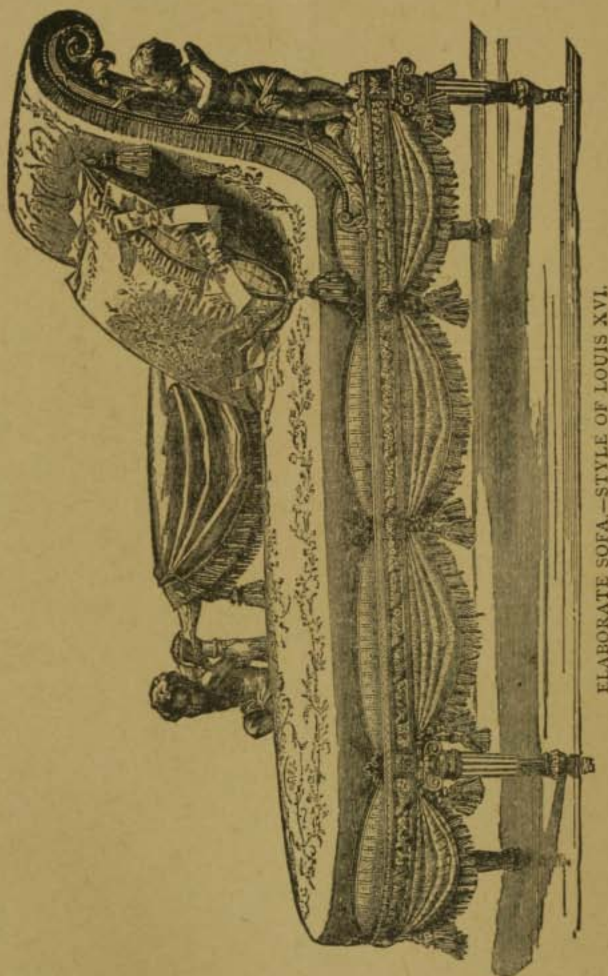
As a masterpiece of upholstery, intended more to suggest than to be copied, a sofa by Henri Fourdinois, of Paris, in


ELABORATE SOFA.—STYLE OF LOUIS XVI.

the style of Louis XVI, is inserted. It is in all respects a study worthy of profound attention. Its carvings may be too elaborate, but its elegant drapery may readily be copied.

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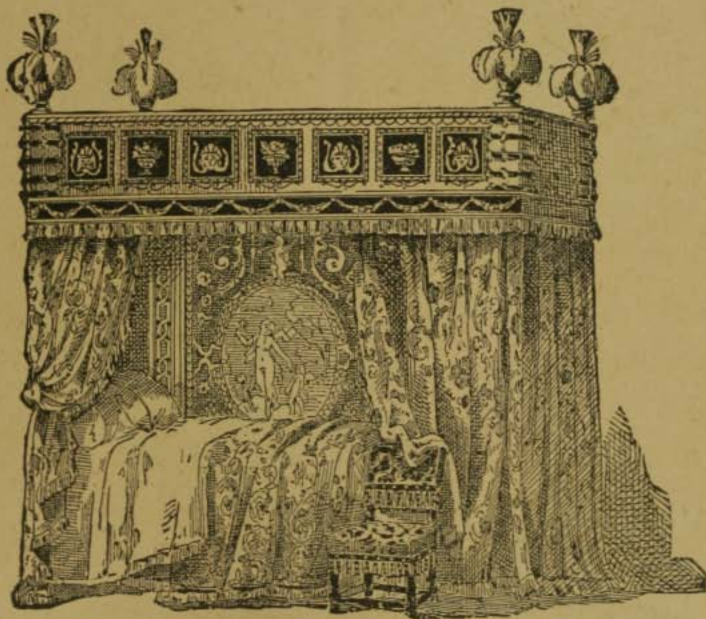
More as a curiosity than as a pattern worthy of imitation, an old style canopied and curtained bedstead is shown below. Excluded thus from fresh air, the only wonder is that royal and wealthy personages managed to live at all. Uncovered bedsteads in well-ventilated rooms are immensely more conducive to health and longevity.



CANOPIED AND CURTAINED BEDSTEAD.—STYLE OF LOUIS XIV.

Embroidery and painting are very popular and elegant employments for ladies. Both these arts may rise very high. The famous Bayeux tapestry contains 1,512 figures, of which sixty-five are dogs, 202 horses, 505 other quadrupeds, birds, or sphinxes; 623 are men, twenty-seven buildings, forty-one boats, and forty-nine trees. It is divided into fifty-eight parts, each representing a scene in the career of William the Conqueror, and each having an inscription in Latin. This tapestry is of linen, two hundred feet long

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by twenty inches wide. Worsteds in seven colors are used in it. It is preserved in the town hall of Bayeux, France, and is regarded as the work of Queen Matilda, in the twelfth century.

From this pinnacle of art there are gradations, almost imperceptible, downward to the simplest work of school-girls and little children. Knitting and crochet work also are varied beyond the power of adequate description, and so are many other forms of useful and ornamental needlework.

PAINTED VASE.

Decorative painting has a scope equally broad. In home work it employs all grades and hues of coloring material and exercises itself upon woods, china, glass, shells, silks, satins, velvets, and almost every other attainable fabric. A thousand or more dollars is not a sum unusual for a hand-painted porcelain vase of no great size. Fifty dollars is a common price for a single high-grade hand-painted plate, and as much for an ornamental wall plaque. But these are the extravagances of decoration. A few such articles tone up the taste of a community, but they cannot be generally indulged in. Some gems of art are, however, within the reach of all. One who has not looked into the facts of this subject will be amazed at the variety and elegance of small wares which are strictly artistic. In wood, china, metal, pottery, and woven fabrics they are found in charming forms, and at low prices.

PAINTED VA...

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Among the less expensive and yet very beautiful materials which invite home effort in the art of coloring are certain forms of pottery, prepared expressly for this purpose. The Albertine ware, for instance, produced at the ancient pottery at North Cambridge, Mass., is made of a very fine clay, which, when burnt, is of a rich dark red or genuine terra-cotta color. Even without painting these goods are much used as cabinet ornaments. They are specially adapted to oil colors, which need no "firing," as do the mineral colors. This process avoids much of expense and much of uncertainty as to results of firing, which often surprise the amateur.

PLAQUE WITH OPEN CENTRE FOR PICTURE, MIRROR, ETC.

Careful attention has been paid in fashioning this ware that beautiful and artistic styles shall be secured in every piece. Forms have been evoked from the ruins of the past. Cups, vases, pitchers, and other vessels — some of

PLAQUE WITH FLOWERS IN BOLD RELIEF.

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them dug up at ancient Troy by Dr. Schliemann—have been reproduced with exact conformity in shape and size. High relief is a characteristic of this ware. Flowers, leaves, stems, and other forms stand boldly out and afford a most inviting field for the artistic hand. The accompanying illustrations show the general appearance of these goods, which vary in sizes from eight to eighteen inches in diameter, or in height.

VASE.—FLOWERS IN RELIEF.

On this matter of painting and ornamentation a word of warning may be raised. Things are ornamented which are better plain. Every article of merchandise has its ornament stamped or attached in some way. Clothing, bed-linen, table-linen, tinware, woodenware, silverware—all sorts of ware—are covered with monograms, coats-of-arms, meaningless emblems, and intricate convolutions, the fundamental idea of which neither owner nor maker can tell. Better leave some articles for unadorned utility.

VASE.—FLOWERS IN RELIEF.

And some proper subjects for decoration are improperly decorated. Imagine the "Author Dinner Plates!"—An excellent portrait of the honored Longfellow is smothered in gravy; potatoes are piled upon the beard of Bryant, while fish-bones mingle with the curls of Tennyson. Good taste revolts at such a position for portraits, even though they be elegantly painted. A china set of "Insect Breakfast Plates" is owned by a family of general

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good taste, but the little girl of the household shrinks with horror from a certain garden-worm whenever her food happens to accompany that decoration. The law is this: Decorate none but proper articles, and decorate them properly.

PITCHER.—FLOWERS IN BOLD RELIEF.

Clarence Cook, writing on over-decoration, delivers himself in the following forceful words: "The architects cannot design a house or a church, but they must carve every stone; cover the walls with cold, discordant tiles; break up every straight line with cuts and chamfers; plow every edge into moldings; crest every roof-ridge and dormer-window with painted and gilded iron, and refuse to give us a square foot of wall on which to rest the tired eye. Within, the furniture follows in the same rampant lawlessness. The beauty of simplicity in form; the pleasure to be had from lines well thought out; the agreeableness of unbroken surfaces where there is no gain in breaking them; harmony in color, and, on the whole, the ministering to the satisfaction we all have in not seeing the whole of everything at once,—these considerations the makers of our furniture, 'fashionable' and 'Canal Street' alike, have utterly ignored, and the strife has long been: Who shall make the loudest chairs and sofas and give us the most glare and glitter for our money?"

PYRAMIDAL VASE.

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III.—EXTERIOR DECORATIONS.

ARTISTIC architecture is doing wonders in the external decoration of homes. Even where long rows of city houses stand in serried ranks, the present tendency is to break up monotony, to secure beautiful variety. This is done by introducing diversity of forms and colors. Bay-windows, mansard-roofs, Swiss projections, permanent window-gardens, variously colored bricks, slates, tiles, stones, etc., and the splendid decorations in terra cotta, make fine variety possible. Where stone is used ornamentation is limited only by the genius of the architect and the purse of the owner.

In cathedrals and grand public buildings, statuary plays an important part in decoration, but for private use this is unsuitable, except the house be very large and ornate. In private grounds, statuary and vases are allowable if in harmony with their surroundings. Mercury should not be the conspicuous piece in a camp-meeting ground, nor should St. Peter or St. Paul be the chief feature in a commercial exchange.

The choice materials for statuary are marble and bronze. For outside positions, the stress of weather is damaging, however, and the general effect is none the less happy if baser materials be employed. Such ornaments are a specialty with various artistic workers in metal, whose elegant reproductions of the best works of statuary and vases are prepared in iron and zinc, and of all desirable sizes. A few ornaments of this character will greatly improve any grounds. Their location should be artistic, and with an eye for the effect. It is not the vase alone that should be displayed, but its display should beautify the surroundings.

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The question of color arises here. On a dark background

POPLAR-LEAF VASE ON CRANE PEDESTAL.
[Iron-Bronzed, 41 inches high.]

white shows best; on an open background the bronzes are preferable.

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In rural homes, or those where city lots are large, the architecture of the house is of no great consequence, for trees and vines can be so disposed as to make it seem magnificent. And yet a splendid house has greater possibilities. The lawn is a most attractive feature, if nicely graded, well grassed, and closely cropped by a lawn-mower. Trees and smaller shrubbery must be placed with reference to their effect. In the great parks "dummies" resembling trees are used, so that the exact effect of certain locations can

BERLIN VASE
[Iron-Bronzed.]

be determined. These can be shifted from place to place, so helping to correct conclusions. Any other feature, as in landscape gardening, must be located by similar means. Effect is sought, and this must be the best possible, as viewed from the most important point. Nothing in a garden should be at hap-hazard.

BERLIN VASE.
[Zinc-Bronzed.]

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Egyptian vases for garden uses are beautiful, but the strong coloring of the ancients must be shunned, especially in the upper part, where they mingle with the flowers. In the accompanying cut of an Egyptian vase the base (B) is constructed of wood, and is painted bright blue, red, and yellow, or merely tinted a light or porcelain blue and red toned to a brownish cast. The flower-pot, or upper part (A), is to be made of red clay or terra cotta, the ornaments in relief to be colored a greenish blue, *eau de Nile*. The pot with its contents should be removed to the greenhouse when the cold weather comes on, the pedestal remaining as a permanent winter decoration.

EGYPTIAN VASE.

Home-made vases may be constructed of cast-off boxes of small size, half-kegs, etc. These are readily covered with rustic strips, made of bark or of pieces of sapling cut in half longitudinally. Holes must be bored in the bottoms, and the whole be mounted on an upright post two or three feet in height. With standing plants in the centre, and trailing plants at the edges, very beautiful display may be secured by this simple and inexpensive means. Of course, the covering strips of bark should be up and down, or else at an angle for beauty's sake. Indeed, the scope for taste to play in these little contrivances is unlimited.

ANTIQUE FLORAL VASE.

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A garden vase which any mechanic can construct, with a base which any woodman may provide, is shown below to dispel the notion that objects of beauty cannot be made at home. The spaces must be closed with sheets of tenacious

IRON VASE ON A RUSTIC BASE.

moss, the interior filled with rich earth, planted with rapid growers and abundant bloomers. Abundant water must be given so that the whole may remain in bloom.

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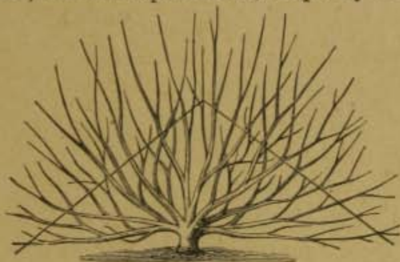
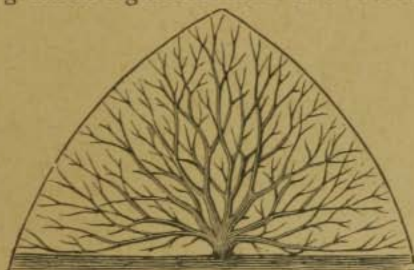
It has become customary in the most beautiful rural cities and villages to discard fences. A stone curbing marks the street line, while the dividing line of neighbors is not visible, but the open lawn, kept by mutual arrangement, runs on unbroken. Hedges may be employed as necessary fencing, or to conceal unsightly objects which cannot be removed. A good hedge requires a good soil, so that its growth may be vigorous. The plants, when set out, should be of equal size and set in a single line. The Japan quince can be planted six inches apart, and the honey locust and Osage orange at nine inches.



FORM OF PRUNING A HEDGE.

Different styles of planting have been practiced, such as setting the plants in double or triple rows, setting them very closely, as within three or four inches of each other, and also at distances as great as eighteen inches or two feet. Experience has shown that the plants when close to each other grow thin and feebly; that with sufficient care a better hedge can be made with wide than with narrow planting.



FORM OF FULL-GROWN HEDGE.

In the spring of the second year the soil about the hedge must be well worked. The main shoot must be cut back to within one joint of its starting point, the side shoots remaining a little longer.

In the third spring, trim in a pyramidal form, as in the first cut. This secures light and air at the centre of the plant. A later cutting may bring the branches back almost

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to the first outline. Four or five years will secure a hedge five feet high and six feet thick, through which neither man nor beast can pass. Its form may be trimmed at last into that shown in the second cut.

Rustic seats always adorn grounds of reasonable extent. Single chairs or extended benches may be made, and stumps or other unsightly objects may be pressed into the service of beauty and utility. Over rustic seats vines should clamber, or trees should cast their shade. No one wishes to sit in the glare of the sun. A Virginia creeper will speedily form a dense covering for such a place. A little care will train it as an arch, an umbrella, an awning, a tent, or almost any desired object.

RUSTIC CHAIR.

For outdoor flower-holders many devices have been worked out. There are terra-cotta pots fashioned to resemble stumps and rustic boxes. Rightly placed, these heighten the artistic effect of a garden. For all plants in vases, or similar vessels, special attention is needed or they will dry out. If sufficient water is given there is no danger from the heat of the sun—perhaps it is an advantage. Instead of watering with a pitcher, give a pailful at a time, gently and slowly showered upon the plants. After the trailing plants in a vase fall over the sides, they afford a shade; but if anything like proper care is used, plants will thrive as well in vases as in any other location.

RUSTIC BENCH.

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The Gypsy Kettle is a pretty decoration for a garden. The error of making it gaudy should be avoided. Its colors should not rival those of its contents. When a crowning flower-pot is used on the stand, allow it the trailing plants, while the erect occupy the larger receptacle. Holes must be made in these vessels or excessive moisture will result, to the serious damage of all the plants. The same plants as suit hanging-baskets suit these kettles, and the same care prescribed for those and for vases will answer exactly for the gypsy article. The adoption of kettle decoration has been sternly condemned as savoring too much of the kitchen, but the romance of the gypsy feature suffices to conceal the homeliness of the "potato-pot." Then, too, it might be presumed that not all who see a thing in itself beautiful, would cling to its commonest suggestions.

GYPSY KETTLE.

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Birds may add to the charms of a garden. Aviaries, which can be removed to a warm apartment in winter, may decorate the grounds in summer. They should be elevated, to keep out enemies of the birds, unless the inclosing meshes be so fine as to render this precaution useless.

PORTABLE AVIARY.

On ground which is quite moist, but not submerged, a number of interesting plants may be raised. When the depth of water is eighteen inches and over, and the supply so that there will be no failure in a dry time, water lilies may be raised, and pontederias, or pickerel weed, heteranthera, eel grass, white water crowfoot, water target, and the handsome foreigner, the Cape pond-weed.

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For the margin, in shallow water, there is a numerous class of plants, such as the different species of rush, the cat-tail hair, the water plantain, the loosestrife, or lythrum, nesæa, Dutch moss, or anacharis, and the handsome water pitchers.

Here, too, we may have the mosses, which Ruskin thus describes: "Meek creatures! the first mercy of the earth, veiling with hushed softness its dintless rock; creatures full of pity, covering with strange and tender honor the scarred

GARDEN OF THE SULTAN'S PALACE, CONSTANTINOPLE.

disgrace of ruin, laying quiet fingers on the trembling stones to teach them rest. No words that I know will say what these mosses are. None are delicate enough, none perfect enough, none rich enough. They will not be gathered, like the flowers, for chaplet or love token; but of these the wild bird will make its nest, and the wearied child his pillow. And as they are the earth's first mercy, so they are its last gifts to us; when all other service is vain from

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plant and tree, the soft mosses and gray lichen take up their watch by the head-stone. The woods, the blossoms, the gift-bearing grasses have done their parts for a time, but these do service forever."

One of the prettiest freaks of nature is that which buries a house in vines. For the most satisfactory results the vines must be favorably rooted in the earth. Balcony gardening and exterior window gardening may go on beautifully by means of pots and boxes, but such work is, necessarily, of limited extent. One of the most striking instances of vine decoration is shown in the engraving here given. It is an actual drawing from a French home. A vine-loving visitor thus described it in one of our floral monthlies: "From the flag sidewalk grew a large grape-vine, with a stem possibly five inches in thickness, without a branch or leaf until it reached the second story. It was then trained over the balcony, making a most beautiful arbor, and ascended still higher. Being the latter part of the summer, the vine was well loaded with white grapes. Some of the bunches were grown in thin glass bottles, or vessels of some kind,

VINE-COVERED FRENCH DWELLING.

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somewhat after the manner in which English gardeners sometimes grow cucumbers. I have never seen another balcony that seemed to me so charming."

The Canary Flower is a beautiful vine, but little used, and yet well adapted to our climate. Its leaves are a beautiful, light green, and its flowers of a bright lemon yellow color. The flowers grow in rich masses and make a splendid appearance when in luxuriant growth. The appended cut shows a bay-window shaded by this lovely creeper. On the cool side of a porch or summer-house the Canary Flower is charming.

CANARY VINE.

In England the scarlet and dwarf Tropæolums are depended upon mainly for heavy masses of bright color. It is a pretty plan to grow Nasturtiums on trellises and single poles, and sometimes make a kind of pyramid by placing six or eight poles in a

PYRAMID OF NASTURTIUM AND MORNING GLORIES.

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circle some four feet in diameter, fastening them together at the top like an Indian tent, while with these Morning Glories may be blended, so producing a rapid shade, which is very beautiful to behold. Shady places are more favorable to Nasturtiums than those more exposed, but loosening the soil and watering freely will work wonders for them even in the dryest times.

CALADIUM PLANTS.

And now, while on the shady places, it may as well be said that it is by no means easy to obtain flowers without some sunshine. Two hours of sunshine a day will, however, give life enough to many plants to insure flowers. In shady places we can have ferns, of course, and Caladiums, Cannas, and other foliage plants, but it is not best to try flowers.

Where there are two hours of sunshine we can have Fuch-

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ias, Pansies, Lily of the Valley, Perennial Phloxes, Forget-me-nots, and many other things that succeed better in partial shade than in the full sunshine. For such places the Japan and California Lilies are pre-eminently valuable.

The Caladium has become a great favorite in this country, as it well deserves to be, because its leaves are so large and handsome, and also because it never disappoints. It is very rare for a bulb to fail to grow and give satisfaction. The preceding engraving is from a photograph of a plant of one season only. Leaves of the Caladium have grown to be by actual measurement three feet and seven inches in length, thirty inches in width, and ten feet three inches in circumference. Another leaf has been reported which reached the enormous length of forty-one inches, and was twenty-eight inches wide. While so gigantic, they are also beautiful in texture, and strikingly so from their splendid size.

Other splendid leaf plants are numerous and inexpensive. The Ricinus, or castor-oil plant, is a king in its way. Rich and luxuriant in appearance and quick to grow, it is justly a great favorite. The Maranta, or Calathea, is a splendidly striped leaf plant. The leaves grow from one to two feet in length, are purple underneath, and beautifully ribbed with velvet on top. This is also a splendid in-door plant.

Everybody knows the value of roses and other flowering plants. The superb catalogues of the leading florists of the country furnish all needed information concerning them, so that the only duty here is to point out these ample sources of information and supply, and commend the public to try the best of them.

A glimpse at French gardening is given in the following view of the garden of Fontainebleau, the pride of the Parisian heart. The very trees are trimmed into perfect order. Indeed, this garden is excessive in its regularity. There are too many right lines. Landscape gardening, with its unending variety, commands more general favor in this country.

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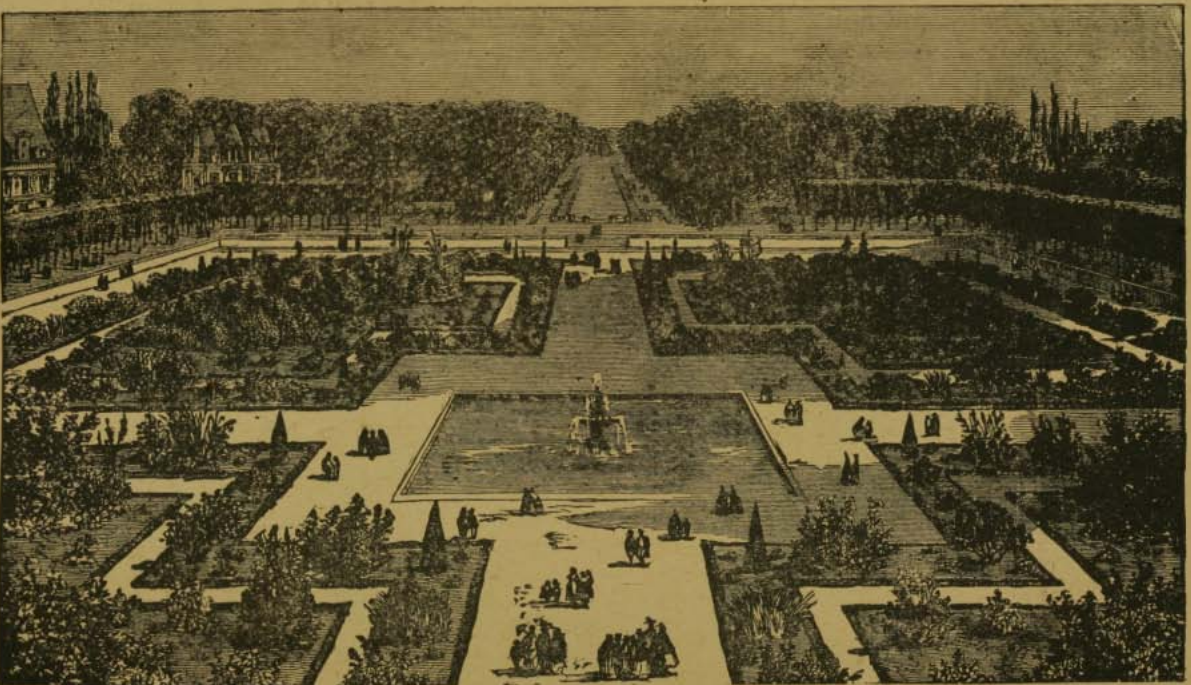

GARDENS OF FONTAINEBLEAU.

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The same objection lies against the style shown in the following cut, which is a view from the grounds of an Italian nobleman.

Clearly, in this case, the master mind was of a strictly mathematical turn. There are flower-beds, plenty of them, laid out on the square; plenty of shrubbery, every alternate piece being clipped to a uniform cylinder. There is a liberal display of statuary, all standing just so high and at a uniform

SCENE IN AN ITALIAN GARDEN.

distance apart, the whole ground evidently having been laid out with compass and square to a mathematical point.

A few gardens of this character are pleasing; or a portion of any garden so laid out secures variety, but such regularity must be occasional only. The distinctly marked figures in the heavens are very few, and we of the earth may take a lesson therefrom. But some right lines and sharply marked figures are admissible.

The ribbon beds, now so popular for parks, lawns, and gardens, are beautiful illustrations of regularity. This system

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of bedding, it is claimed, is artificial, and not in good taste, which possibly is true; but tastes differ and change constantly. It is now thought in good taste to imitate and admire the productions of Japanese art by those who, a few years ago, ridiculed the poor, benighted Japs. So taste changes in flower beds.

Ribbon beds may be of flowering or variegated leaf-plants, or of both in combination. The principal consideration in making such beds is to procure plants of nearly uniform height, and flowering, that will keep in bloom during the whole season, for a failure in either respect will mar, if not ruin, the bed. The plants must be set so close together, that when they have attained their growth, the whole bed will be covered without a break. The tops must be pinched off judiciously so that there will be no excessive growth, but that they all will show evenly.

RIBBON BED.

One of the finest displays of variegated flower beds can be made with the bulbous plants of the early spring. Crocuses, Hyacinths, and Tulips may all adorn the gardens, and if carefully selected and arranged splendid effects will be secured as the reward of the gardener's taste and skill.

PLAN OF RIBBON BEDS.

There is really no limit to the styles which may be introduced in these beds, both in their component parts and in their forms. From the diminutive growth of the lowest-growing plants to the most stately of them, all find a place and a use in ribbon beds.

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Dwarf trees are a specialty with the Chinese. Pines and oaks a half century old are seen in their flower-pots. The secret of the dwarfing is in weakening the seat of vigor all that is possible without destroying life. Take, for example, a young cedar two or three inches high and cut off its tap root, resetting that on a stone in a shallow pan with a clay

PAMFILI DORIA, A SUPERB ROMAN VILLA.

soil. Water and light enough to keep the plant alive are allowed, but no more. The shape is controlled by pegs and strings, and is often very odd. The Japanese carry this dwarfing to such a ridiculous degree that a Dutch merchant was shown a box three inches deep and with a square inch of surface, in which a bamboo, a fir, and a plum tree—the latter in full bloom—were growing and thriving. The price asked for this botanical curiosity was three hundred dollars.

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Tastefully made rockeries are good adornments. They need not be built into arches and beacons, as is done sometimes with questionable taste, but they should be sufficiently large to deserve their title. The rocks must be so separated as to allow deep pockets of rich earth to be con structed. Many charming native plants will flourish in such places, but will not succeed in more open and exposed beds. The trailing arbutus, the partridge-berry, the dog's-tooth violet, blood root, Gentians, and Pyrolas, may be placed on a rock-work such as this. For early blossoms, crocus, snowdrops, the

CIRCULAR ROCKERY.

RUSTIC FLOWER STANDS.

smaller Narcissus, and tulips may be planted, and ferns, and even mosses from the woods, will here find a suitable habitation.

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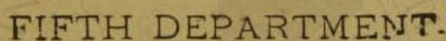

FIFTH DEPARTMENT.

POLITE DEPORTMENT.

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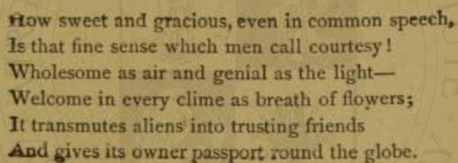

How sweet and gracious, even in common speech,
Is that fine sense which men call courtesy!
Wholesome as air and genial as the light—
Welcome in every clime as breath of flowers;
It transmutes aliens into trusting friends
And gives its owner passport round the globe.

JAMES T. FIELD.

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Polite Deportment.

SOME one has said that "a man's manners are his fortune," meaning that the way to position and easy competence in life is often found through gentleness and good breeding, which lead first to genuine respect, then to esteem and confidence. Many a young man has failed to secure a coveted place by reason of his boorish ways or awkward movements at a first interview, and foolishly charged his loss to "ill luck," when the fault was wholly with himself. Many another has moved right up to a well-deserved eminence in his calling more by his genteel and polite bearing than by reason of some superior mental capacity.

WHERE TO LOOK FOR MODELS.

True gentlemen and ladies may be found in the humblest walks of life, among both young and old. The marks that prove them such are not wholly external, though the internal conditions are evidenced by the external. There is a sham politeness which bows and smirks and is obeisant in public, but is detestably wanting in common civility in private. Such as indulge in this kind wear their manners as one wears an outer garment, which is put on when leaving home and left on the hall rack at the door when returning home. Some of these are the over-nice people, who pretend to hide their faces and try to affect blushes at the mere mention of some very natural and proper subjects. Others are known as the Exquisite, the Dandy, the Fop, the Dude, whose brains are generally less than their surface manners.

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It is evident that as the principles of a language are derived from the usage of the best writers and speakers, so the principles of polite deportment are derived from the usage of the truest and best people. The rules in the one case are not more definite than in those of the other. The highest point of culture to which any one may attain in either is purely a matter of choice. The beginning must be in one's-self, but with an assurance that the largest success is not only practicable, but a duty to self and to society.

THE REAL GENTLEMAN AND LADY.

A recent writer thus well describes the true gentleman and lady: " To formulate the definition in negatives would be easy. As, for instance, we may say that a true gentleman does not soil his conscience with falsehood, does not waste his time upon sensual indulgence, does not endeavor to make the worse appear the better reason, does not ridicule sacred subjects, does not willfully give cause of offense to any, does not seek to overreach his neighbor, does not forget the respect due to womanhood or to old age, the feeble or the poor. And so, too, the true lady does not condescend to scandal or gossip, does not profane her lips with 'slang' words, does not yield to outbursts of temper, does not sacrifice modesty to fashion, does not turn a deaf ear to the voice of distress. But, to speak affirmatively: A gentleman is one whose aims are generous, whose trust is constant, whose word is never broken, whose honor is never stained, who is as brave as gentle and as honest as wise, who wrongs no one by word or deed, and devotes and embellishes life by nobility of thought, depth of feeling, and grace of manner. As for the true lady—she will be, of necessity, the counterpart of the true gentleman: Pure, refined, generous, sweet of temper, gentle of speech, truthful to her heart's core, shunning the very appearance of evil, and instant in well-doing."

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PERSONAL HABITS.

We are now ready to consider personal habits in their relation to polite deportment. Every person owes certain well-defined obligations to society, not only in the line of what is said and done in the presence of others, but in the appearance and habits, which in an important degree affect the comfort and pleasure of others. It has been well said that "cleanliness, neatness, and tidiness represent the triple incentive to the maintenance of any and every system of etiquette." An untidy person of either sex gives evidence either of ignorance or willful disregard of the commonest principles of politeness.

Other things being equal, the person who enjoys good health will be the best-mannered, and no one has any right to live in disregard of those practices and conditions which produce or promote health. The daily bath, proper cleansing of the teeth and mouth, scrupulous care as to the finger-nails, and careful dressing of the hair—without oils, pomades, or perfumes—are essential duties. Over-eating, with its train of headaches, foul breath, and indigestion; and the use of tobacco in any form, with disgusting expectoration, are not the practices which mark the best-bred persons. "If one must chew, let him be particular where he expectorates. He should not discharge tobacco-juice in public vehicles, on the sidewalk, nor in any place where it will be offensive. The English rule is for him to spit in his handkerchief; but this is not a pleasant alternative. On some occasions no other may offer." Whether smoking is good or bad, wholesome or injurious, the excess of smoking is, at all events, as noxious to the smoker as it is disagreeable to his neighbors. If you must have your pipe or your weed, retire to some apartment kept exclusively as a smoking-room. Do not smoke in a lady's presence; not even if her good nature prompt her to yield assent. You

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have no right to impregnate her garments with pot-house odor.

Toilet offices of all kinds should be in private. Cleansing the nose or the ears, or cleaning and trimming the finger nails in public, is an offense against decency, and never should be indulged in. Biting the nails, fingering the beard, drumming on the table with your fingers, crossing your legs and shaking your free foot, loud breathing, yawning, snuffling, and going about with hands thrust in the pockets, are not marks of politeness and good breeding. A quiet and self-possessed manner and quiet movements of the person are always better than restless and disturbing habits, which are sure to be obtrusive as well as disagreeable.

HABITS OF SPEECH.

One's habits of speech will betray the inward character. Truly polite people do not use other than polite language, which is but a plain, simple, and unaffected expression of one's thoughts. Coarse and vulgar words, slang phrases, and profanity should never have place. Some people swear because of an idea that it is manly; some from habit, without thinking of what they say; some are only profane when excited with anger; some from choice, neither fearing God nor regarding man, and in defiance of the divine command, "Swear not at all." A lady was once annoyed by the frequent oaths of a young student sitting near her in a railroad car. She kindly addressed him with a question whether he had studied the languages. "I have mastered them thoroughly," he replied. "Do you speak Hebrew?" she asked. "I do," was the answer. "Then will you do me the favor to do your swearing in Hebrew?" she asked. The rebuke was effectual.

With regard to the use of slang words by a lady, we are reminded of the grisly fairy story of a beautiful young

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woman from whose mouth, when she opened it, dropped frogs and toads. The practice of slang is as unworthy of a gentleman as it is of a lady.

Civility in speech is due to every person, and on all occasions. Employers would do well to remember that civil words, with kind and thoughtful actions, make friends of workmen or servants. Their use tends to bind more closely those who are already friends. Arrogance of speech and manner toward inferiors is on a par with servility toward superiors. True dignity and self-respect will lead to a correct deportment in dealing with either. There is a possibility of being over-civil. Promptly pick up anything that a lady lets fall, but do not rush to wait upon even a friend, lest you become servile in your attentions to the embarrassment of both yourself and your friend. You will not, however, fail in proper attention to elderly people. A nice sense of respect for the aged and kind attentions to them show a good heart.

General fussiness ought to be carefully avoided. Whether well or sick, it is needless, and entails a great deal of trouble and annoyance upon our friends. "There is nothing more fatal to comfort, as well as to decorum of behavior, than fuss."

AFFECTATION.

Affectation of any kind is ridiculous in any one. It may be termed "posing for effect." An article in *Harper's Bazar Book* paints some specimens: "The delicate young lady with the languid air, the listless step, or die-away posture! The literary young lady with the studiously neglected toilette, the carefully exposed breadth of forehead, and the ever-present but seldom-read book! The abstemious young lady, who surreptitiously feeds on chops at private lunch and starves on a pea at the public dinner! The humane young lady, who pulls Tom's ears and otherwise tortures brother and sister in the nursery and does her

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utmost to fall into convulsions before company at the sight of a dead fly! and the fastidious young lady, who faints—should there be an audience to behold the scene—at the sight of roast goose, but whose robust appetite vindicates itself by devouring all that is left of the unclean animal when a private opportunity will allow. Such affectations are not only absurd—for they are perfectly transparent—but ill-bred, as shams of all kinds essentially are."

Sidney Smith says: "All affectation proceeds from the supposition of possessing something better than the rest of the world possesses. Nobody is vain of possessing two legs and two arms, because that is the precise quantity of either sort of limb which everybody possesses." The affected individual is always full of self-consciousness, and this is simple vulgarity. A truly polite person is too busy in considering the comfort and welfare of others to devote much time to thoughts of a purely selfish character.

DRESS.

Closely related to personal habits is the question of dress. It has been well said that "the result of the finest toilet should be an elegant woman, not an elegantly dressed woman." Chesterfield's advice to his son was sensible, and applies well to our own times: "Dress yourself fine where others are fine, and plain where others are plain; but take care always that your clothes are well made and fit you, for otherwise they will give you a very awkward air. When you are once well dressed for the day, think no more of it afterward, and without any stiffness for fear of discomposing that dress, let all your motions be easy and natural, as if you had no clothes on at all."

The objects of dress may be considered as threefold: To secure personal comfort and health, to preserve modesty, and to please the taste. Of men's clothing there is not much to say, except that it should be of quiet colors and

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well fitting. There is little opportunity for either contrasts or harmonious combinations of colors. But with the dress of women it is different. The most costly materials will fail to produce an agreeable impression unless their colors are carefully blended and the dressing forms a pleasing harmony in its general effect.

Ladies of a medium size may, perhaps, wear a dress with large figures, plaids, or stripes, if the prevailing fashions allow it; but either large or small ladies would scarcely be in taste to wear either. Much drapery is not becoming to a short and stout person, while one who is slender may be improved in appearance by drapery. Then, as to tints: it is well known that fair complexions require delicate tints, while brunettes require rich, dark shades.

Dresses should be carefully fitted to the form, yet not so that the natural functions of the body be impeded. Give nature room to move and breathe, and many a painful experience in bodily suffering will be prevented. By all means avoid tight belts about the waist. The dress should be becoming, and it will then be in taste. It should not be so noticeable that special attention would be attracted to it. To be entirely out of fashion is to be eccentric, yet a true independence will not lead to a servile following of every fashionable folly in dress that may appear. To be indifferent to one's proper appearance is a sign of indolence and slovenliness.

There should be consistency in dress. That is, there should be regard to one's circumstances in life, so that what cannot be afforded without pecuniary embarrassment never should be worn. The dress should be in harmony with the occasion. A ball-dress at a funeral would not be more out of place than the rich toilette of the drawing-room is found to be when chosen for a walking-suit.

But if there is one place more than another where great elegance and showiness of dress are out of taste, it is in the

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House of God, where all should meet in equal humility before Him in whose sight outward adornment passes for nothing. Paley says, "If ever the poor man holds up his head, it is at church; if ever the rich man views him with respect, it is there, and both will be the better, and the public profited, the oftener they meet in a situation in which the consciousness of dignity in the one is tempered and mitigated, and the spirit of the other erected and confirmed."

Regard should also be had to one's pursuits and surroundings. A business attire should be neat and not showy; its material serviceable and of a sober color. A traveling attire should be such as will furnish comfort and protection from dust and dirt; soft neutral tints and smooth surface are best. Anything which would attract special attention from fellow-travelers should be scrupulously avoided.

MOURNING ATTIRE.

Where persons wear mourning for style rather than feeling, they will consult the fashion of the day. Deep mourning requires the heaviest black material with crape collar and cuffs. Ruffles, bows, and flounces are inadmissible. The bonnet must be of black crape; the veil of crape or barege with heavy border; black gloves and black-bordered handkerchiefs; jet pins and buckles; no jewels. A widow wears mourning for two years; for a parent or child, mourning is worn for one year; for a grandparent, mourning is worn for six months; the same for a brother or sister; for an uncle or aunt, nephew or niece, three months. There are some good people, however, who from principle never on any occasion allow themselves to wear mourning habiliments, believing the practice to be contrary to a Christian faith. Aside from this exception ladies should always wear black dresses at funerals, and in this exceptional case plain dresses are always worn.

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PERFUMES.

It may be that some will think a perfume of some sort is essential to complete the toilet. "The most refined people, however, avoid personal perfumes, and hold that the absence of all odor is the best savor of human communion. Those of nice taste eschew all perfumes but those that are evanescent, such as cologne and the like." A strong perfume of any kind is not desirable, if, indeed, it be not actually vulgar. There is always a suggestion that it conceals some foulness.

POLITENESS AT HOME.

We come now to consider Polite Deportment in the domain of home, which ought to be to us the most sacred and beautiful place on earth. It may be said in general that it is the duty of every member of a family to do all that is possible to promote the happiness of the other members. It is necessary, therefore, to bear and forbear; to make mutual concessions; to keep down selfishness; to cultivate a love of justice and honor; to get rid of our petty likes and dislikes; to conquer and control our temper. Much may be done by a nice attention to the requirements of etiquette, by an observance of those laws which govern the decencies and proprieties of life. There is no reason why a husband should not treat his wife with exquisite politeness; why a wife should not remember that her husband has a claim to be treated like a gentleman; why the finest manners should not be observed by brothers and sisters. This mutual courtesy, inspired by mutual love, would purify the atmosphere of home, and invest with a new dignity our domestic relations.

A DOMESTIC PICTURE.

Suppose we present a single day in such a home as might exist anywhere. It is early morning. An understood signal

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indicates the time for breakfast to be reasonably near. Plans carefully made require that the family come together at the morning meal promptly, that the happiness of each may be conserved. Sufficient time is taken to become suitably attired to meet the household, and to so arrange the sleeping-room that no one need hesitate to enter lest sense and taste may be offended. Everything is left in good order. The washstand or basin is emptied; the towels properly hung up; the bed-clothing turned over the foot-board; articles of wearing apparel not in use, put away. Without haste or perturbation the family meet in the dining-room and sit down together; grace is said; hot and savory food is brought on; cheerful conversation seasons the hour; respect is shown to parents and superiors; the servants are treated with kind consideration; sufficient time is secured for the purposes of the meal by planning for it, hence there is no bolting of food and rushing off in disorder to meet a train or to get to business in due season.

Either at the end or the centre sits father, perhaps carving the steak, but certainly making himself useful, as well as ornamental. Opposite is the serene-faced mother, justly proud of her honorable position. On one side perhaps the aged grandmother, giving her meed of sunshine to the board. The prattle of children's voices mingles occasionally in conversation. In honor each prefers the other, and all contribute to the peace and glory of the home.

The personal habits, of which so full mention has already been made, now show their effects. The politeness which begins in personal conditions is now working outwardly. There are no slovens here—there could not be. Gentleness and civility rule the hour. Why should they not be more marked at home than anywhere else? There is not a word of slander or defamation. Peace toward each other; charity toward all. Hans Christian Andersen's story of the cobweb cloth, so finely woven that it was invisible, and specially

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made for the King's garment, stands perhaps for the sweet manners which are the fine and kingly clothing of royal souls.

Domestic duties for the day follow the morning repast. Father is away at business, the children at school, and the elder ones of the household fully occupied. There is found time for healthful reading, for the good wife has early learned that she must not fall behind her husband or children in personal and religious culture Both, in their dealing with the world of people and the world of books, are constantly growing. She must keep up with them or lose their genuine respect. Moreover, she must be able to direct the tastes of her family in reading, that they may be fitted for cultivated society, and be enabled thereby to do well their parts in life. The best literature of the day has place upon table or shelf, and is read with pleasure and profit.

Perhaps one of the family is ill. The soft tread and gentle care show that politeness is not wanting in extremity and in bodily suffering. There is no slamming of doors; no boisterous talking; no disregard of a single thing which relates to the comfort of the invalid. A due regard for the sufferer leads to a gentle tap at the door before entering; the ignoring of little things which are not agreeable in the sick one's surroundings or condition; and patience in the rendering of such attentions as may be needed; with an affectionate interest born of a really good heart.

The shadows are creeping on apace as the day draws to its close, and the family is now gathered for dinner. It is thought worth their while for each to be in becoming attire, to dress for each other quite as neatly as if the outside world were looking on. There is true grace and beautiful simplicity. The "shop" is left behind. Markets, bonds, stocks, worry and fret, are not brought home at the close of the business day. Conversation does not lag. There is

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room for each to have part, and what some might think the trivial things in children's experience receive their meed of attention and honor. There is no slang; no impolite language; no "street talk;" no reference to disgusting subjects. The family sit naturally erect, without lounging or appearing to be tired. Elbows are not planted on the table; napkins are not adjusted under the chin like bibs; no one appears to be greedy for food, neither is there any daintiness that is unsuitable. There is no effort to talk while the mouth is full. There is no coughing, or sneezing, or other disgusting noises with nose or mouth. The knife is only used to cut the food, while the fork and spoon are used to convey food to the mouth. Great care is taken that the tablecloth be not soiled. The carving is done neatly, expeditiously, and courteously. There is neither a niggardly supply nor an overloading of plates. It seems as if carving were no trouble, and that it gave pleasure to supply whatever is desired by any one at the table.

If any little accident happens, no notice is taken of it—no frowns, no muttering of reproof. The servants share in the politeness. "Please" is not omitted when a request is made. A "thank you" is not infrequent. The quietness of the meal is not broken by noises made by mastication, or smacking the lips, or gulping of liquids. When the meal is concluded, the whole family rise from the table, and now the "children's hour" is in order.

The children have learned that there is a time to play and a time when not to play, as well as how to play without interfering with the enjoyment of others. There is kindness, good temper, and politeness. There are no rude and offensive practical jokes perpetrated. There is universal mirth and cheerfulness; there is gayety and life. When the proper hour arrives for the children to retire there is neither teasing nor sulks. A beautiful night closes upon a beautiful day for them in the home and the good-night kiss blesses

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each in order. If friends call, they are made welcome, and the evening is spent no less pleasantly than the day was begun. It is all the result of good nature and good management, combined with good sense and religious principle.

An eminent authority in household etiquette says: "Let no one suppose that because a good wife lives in a small house and dines on homely fare the general principles of polite deportment do not apply to her. A small house is more easily kept clean than a palace. Taste may be quite as well displayed in the arrangement of dishes on a pine table as in grouping the silver and china of the rich. Skill in cooking is as readily shown in a baked potato or johnny-cake as in a canvas-back duck. The charm of good housekeeping lies in a nice attention to little things, not in a superabundance. A dirty kitchen and bad cooking have driven many a husband and son, and many a daughter, too, from a home that should have been a refuge from temptation. Bad dinners go hand in hand with total depravity, while a properly fed man is already half saved."

AWAY FROM HOME.

If people are well bred at home, their deportment when away from home, in ordinary social intercourse, will be such as befits the true gentleman or lady. They will then reflect the home life. But, being in the homes of others, there will be certain formalities and restraints which are essential to the comfort or rights of those whom they may meet. These should always be recognized and regarded. A careful observance of them will also promote your own comfort and well-being.

INTRODUCTIONS.

Introductions, more or less formal, are necessary. They may form the basis of enjoyment for a brief period, or of a lasting friendship. It is usually the way by which parties become acquainted. Sometimes persons are obliged to

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introduce themselves, and in such cases, unless well known by reputation, there may be some risk in forming an acquaintance. No one will presume on an acquaintance so formed unless it is accepted in the most unmistakable manner.

It is not necessary to introduce a friend to every one you meet, without regard to time or place. This must, however, depend upon the good sense of the parties concerned. It might be very rude not to introduce a friend, even though the parties so introduced might never meet again. As a rule, we should always be sure that an introduction would be mutually desirable; hence, one should never introduce a gentleman to a lady, for instance, without first obtaining her consent. An introduction of any kind implies an indorsement of character. It is right sometimes to decline giving an introduction where there is the least doubt of the propriety of so doing.

Gentlemen, whatever their rank, should be presented to ladies; young men to elderly men; young women to elderly women; those of lower rank to persons of higher rank. When a gentleman is introduced to another gentleman, each offers a hand; when a gentleman is introduced to a lady, he should wait for her to offer her hand. If she does not do so, he must be content with a bow.

At dinner-parties general introductions are unnecessary; though it is to be assumed that you would not seat at the same table persons whom you would not wish to know each other. In sending your guests down to dinner you must, of course, introduce the lady to her destined partner, if they happen to be unacquainted. In this case you do not ask the lady's permission. At morning calls, if the callers arrive at the same time the hostess will introduce them to each other, unless she has good grounds for believing that the introduction would be disagreeable or unsuitable. At "five-o'clock teas" and similar receptions the hostess must

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introduce her principal guests to each other; but in doing so she must exercise a due discretion and assort her guests with all possible discrimination.

Between gentlemen the form of introduction may be very simple, as: "Mr. A., my friend, Mr. B.," where the parties are of equal station in life and about the same age. Otherwise, it is better to say: "Mr. A., allow me to introduce my friend, Mr. B." As a means of starting conversation and so placing both parties at their ease, a remark should be added, explaining the business, or residence, or any other item which may be considered of interest, especially if the party introduced is on a trip for business or pleasure.

An introduction to a lady should always be more formal. The usual way is to bow to the lady, or slightly wave the hand, and say: "Mrs. B., permit me to introduce my friend, Mr. D.;" or, in case an introduction has been sought: "Mrs. B., I take pleasure in presenting my friend, Mr. D." The precise form is immaterial, so that the proper order be observed. The introduction should be recognized by each bowing to the other and each repeating the other's name. The gentleman should say: "I am glad to have the pleasure of meeting you," or something of similar import.

It is hardly necessary to say that the names of the parties should always be uttered distinctly. If either party fails to understand the name of the other, it is proper to say: "I beg your pardon; I did not understand the name;" whereupon it should be repeated.

When several are to be introduced to one person, the name of the latter should be distinctly spoken, and then the names of the parties introduced should be mentioned in succession, with a slight bow as each name is called. Where relatives are introduced, care should be taken to give both the degree of kinship and the name. For instance: "My father, Mr. C.;" or, "My son, Mr. C." One's wife is simply designated as "Mrs. A."

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It is proper always to recognize the title of one who is introduced—as, "Rev. Mr. A.;" or, "Rev. Dr. B.;" or, "Honorable Mr. C.," if the party is a Congressman; or, "Senator J.," and so on. Sometimes a complimentary remark may be well—as, "Mr. Jones, whose recent work on esthetics has given us so much pleasure."

An adherence to etiquette is a mark of respect. If a man be worth knowing, he is surely worth the trouble of approaching properly. It will likewise relieve you from the awkwardness of being acquainted with people of whom you might at times be ashamed, or be obliged under any circumstances to "cut." Take care not to know anybody whom you will be obliged to "cut." "Cutting" is simply declining to recognize a person to whom you have previously been introduced. It may be done direct by a cold look, as if to an entire stranger; or indirectly, by averting the face on passing and not returning, by word or manner, an offered salutation.

SALUTATIONS AND GREETINGS.

Salutations and greetings are very simple among Americans. The most common phrases are "Good morning," "Good afternoon," "Good evening," "How are you?" and "How do you do?" Some people simply say "Howdy?" or "How d'ye?" but the latter never should be indulged in except between intimate friends; it is perhaps not in taste at any time. A pleasant smile and slight bow is desirable as an accompaniment to the words spoken. The most affectionate form of salution is the kiss, which is only proper among near relatives and dear friends. The practice of women kissing each other in public is held to be decidedly vulgar, and had better be avoided. A due respect to childhood ought to prevent the liberty so often taken of kissing young girls who, though mortified, dare not resent it. There is no more propriety in kissing a child without its consent

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than there is of kissing a grown woman under the same circumstances.

HAND-SHAKING.

With regard to hand-shaking, a few suggestions may cover the points that are worthy of remembrance. It is not well to offer to shake hands with every one in a drawing-room; if the host or hostess offers a hand, take it; a bow will do for the rest. Hand-shaking is not admissible in a formal party or ball-room. The initiative, in hand-shaking, must always come from the lady, from the elder to the younger, and from the one higher in rank. But in no case let there be the "mutilated courtesy," as Goldsmith calls it, in which by the touch of one or two fingers in a pretended hand-shaking a mere mockery of civility is rendered in place of true courtesy.

Remember that there is a right and a wrong way of hand-shaking. It is horrible when your unoffending digits are seized in the sharp compress of a kind of vise, and wrung and squeezed until you feel as if they were reduced to jelly. It is not less horrible when you find them lying in a limp, nerveless clasp, which makes no response to your hearty greeting, but chills you like a lump of ice. Shake hands as if you meant it, swiftly, strenuously, and courteously, neither using an undue pressure nor falling wholly supine.

UNDUE FAMILIARITY.

"Familiarity breeds contempt." Some forms of familiarity are positively odious, such as slapping your friend on the back or nudging him in the side. Such practices should never be indulged in or permitted. Indeed, there need be no occasion, as a rule, to touch people at all when you have occasion to address them. Again, some persons behave in a drawing-room as if they were the only guests, and the remainder of the company had been assembled to admire—at a distance—their intimacy with the hostess. This is an

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assumption of familiarity and a token of ill breeding. The same may be said of retaining upon the head one's hat in a strictly private office, which is no more justifiable than it would be to wear it in a drawing-room.

Closely related to this latter is the loud and boisterous laugh, which is decidedly vulgar. A hearty laugh is pleasing, but a loud guffaw is never necessary in order to show heartiness, any more than a loud tone in talking is agreeable to the listener.

There are many other acts which may be classed as vulgar. Among these are humming and whistling; standing with arms a-kimbo; lounging and yawning; addressing acquaintances by their Christian names; playing practical jokes, and whispering in the presence of others. Yet there should not be diffidence and embarrassment in associating with either equals or superiors. For instance, there is a great art in entering a room. Some persons stride in with a shamefaced air, as if they thought they had no business across the threshold; others swagger in defiantly, with head erect and chest expanded, like a professional athlete making his appearance before his "patrons;" others, again, steal in noiselessly, as if deprecating the slightest attention, and priding themselves on their humility. Enter a room as if you felt yourself entitled to a welcome, but wished to take no undue advantage of it.

Having entered the room, one need not be in great haste to get into a chair. It may be as graceful, easy, and proper to stand for a while, and converse easily while in that attitude, yet a chair should be accepted when offered.

CONVERSATION.

The art of conversation is one which boasts of a sacred charter: "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend;" "As in water face answereth to face, so the heart of man to man." (Proverbs xxvii, 17, 19.)

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It is not possible to teach the art of conversation. On the other hand, it is not difficult to lay down certain general rules, the observance of which must be held as indispensable to the comfort of the company in which one finds himself.

For example, elaborate discussions of political and religious subjects must be avoided. Our differences on these points go very deep, and any debate which forces them on our consideration cannot fail to awaken permanent feelings of irritation and dislike.

However much in the right, yield with a good grace when you perceive that persistence in ventilating your opinions will result in open variance. The true spirit of conversation consists less in displaying one's own cleverness than in bringing out the cleverness of other people. Conversation is the pasture-ground of the many, therefore it should keep to the levels. There are very few who can ascend the heights, and none ought to sink into the depths.

Gesticulate as little as you can while speaking. Some people spread out their fingers like fans; others point them at you menacingly, like so many darts; this man emphasizes his speech by bringing down one unfortunate hand into the palm of the other; that man nods his head like a child's toy figure, and carries his arm up and down like a pump-handle.

When any one is speaking do not yawn, nor hum an air, nor pick the teeth, nor drum with the fingers on a piece of furniture, nor whisper in a neighbor's ear, nor take a letter out of the pocket and read it, nor look at your watch.

There is no flattery so exquisite as "the flattery of listening." It may be doubted whether the greatest mind is ever proof against it. Socrates may have loved Plato best of all his disciples because he listened best. To listen well is almost as indispensable as to talk well, and it is by the skill with which he listens that the man of *bon ton* and of good

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society is known. If you wish people to listen to you, you must listen to them. Let not your patience give way when elderly people are garrulous. Respect old age, even when it twaddles; you yourself may live to require the indulgence which you are now recommended to exercise.

There are social Munchausens whose narratives make tremendous demands on your credulity. Do not express your belief in what you disbelieve, for that would be to utter a falsehood; do not express an open dissent, for that would be to commit a rudeness. Take refuge in a courteous silence, and—change the subject.

Be careful how you exercise your wit. If curses, like chickens, come home to roost, so do epigrams. Do not applaud the wit which is leveled at your friend; it may next be directed against yourself. Do not give another, even if it be a better, version of a story already told by one of your companions. Be careful how you distribute praise or blame to your neighbors—some of those present will have their prejudices or partialities, which you will be sure to offend—and on no account interrupt or contradict a person who may be speaking.

Speak of yourself as little as possible. If you speak in praise, you expose yourself to ridicule; if you blame yourself, nobody will think you in earnest, and it will be assumed that you are seeking for compliments, or that you are merely affecting humility; or if your vanity be excused, it will be at the expense of your intelligence—if you are not vain, you must be stupid.

Do not "talk shop," that is, unless specially requested; do not talk of your professional occupation, your private studies, or your personal belongings, neither of your house, nor your wife, nor your servant, nor your property.

Do not pay compliments unless you can do so with grace, and in such a manner that, though the person on whom the sweet flattery is bestowed recognize it as undeserved,

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he or she may still believe that on your part it is perfectly sincere. Dean Swift says pithily: "Nothing is so great an instance of ill-manners as flattery. If you flatter all the company you please none; if you flatter only one or two you affront the rest." But an elegant compliment at an opportune moment, and spoken with an air of frankness, carries with it an irresistible charm.

To be a good talker requires much general information, which may be acquired by observation, reading and study, and listening to others. To this must be added a good memory, which can be cultivated by proper effort; a right knowledge and use of language, and clear enunciation. The use of such vulgarisms as "awfully nice," "abominably horrid," "dreadfully stupid," and the like, are always to be avoided. It is a bad habit which is very close to untruthfulness. Very few people would utter a willful lie, yet many become untrustworthy because of their habit of exaggeration and false coloring.

FORMAL CALLS.

The formal call is a mere device for keeping up acquaintance. Once or twice a year is regarded as sufficiently often to meet fashionable requirements. Simply sending cards sometimes takes the place of a call. A "morning call" means generally any call made in the daytime, and is a mere matter of ceremony. It should not be made in the forenoon, nor just previous to the usual hour of luncheon, nor later than five in the afternoon. Local customs govern the matter of special days for receiving calls.

When a lady for any reason prefers not to see callers, the servant is usually instructed to say that she is engaged, or "not at home." As the latter is not strictly correct, a regard to truthfulness should prevent the statement. A polite mention that the lady could not receive callers ought to be sufficient. To insist on seeing a person after such a

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message is the height of ill-manners on the part of the caller.

In making a morning call a gentleman should take hat and gloves with him into the parlor, but not his umbrella or his overshoes, and he should not remove his overcoat. In an evening call, all wraps, etc., should be left in the hall. While waiting for the person on whom you have called it is not right to walk about, examining pictures and other articles. A morning call should always be short, and one should not enter upon a subject of conversation which may terrify the hostess with the apprehension that you intend to remain until you have exhausted it.

In calling on a newly married couple, do not congratulate the lady upon her marriage, but the bridegroom. He, of course, is fortunate in having found any one to accept him; her good luck may be more problematical. A visit to a newly married couple is not a visit of condolence. Be brisk in your manner, therefore; wear a smile; and if there be a feeling of pity at your heart, do your utmost to prevent its outward manifestation.

When ready to leave, arise and go. Do not linger and talk and act as if you wished you had not started. Make your adieus and depart at once—yet not in haste. If there are other callers, bow to them collectively.

After a party or dinner at a friend's house you should call within a week thereafter.

VISITING.

Visiting is a privilege that is often abused. Only firm friendship can justify it. One should not be too fast to accept an invitation—certainly not a mere "come and see us some time." Be sure that you are really wanted, and do not prolong your stay until your welcome is clean worn out. During a visit one should conform very strictly to the usual habits of the house, always being on hand and ready at the

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usual times for meals, and never keep the family up after their usual time for retiring. If unpleasant matters appear they should not be noticed, and in general one's presence ought to be the least possible occasion of trouble. Upon returning home, the family should receive a pleasant letter, renewing expressions of pleasure given when about to take leave of the hostess.

VISITING-CARDS.

As cards have so important a place in etiquette, it will be well to consult a reliable stationer as to styles in order to avoid mistakes. The neat round-hand and angular script has of late taken the place of old English type on cards. Only the name should be on a card. A business card never should be used for a friendly call. A physician may put "Dr." or "M. D." in addition to his name, and an Army or Navy officer his rank and branch of service.

In case a card is left in person when making a call, one corner should be turned down if for the lady of the house; if folded in the middle, it will indicate that the call is on several members of the family. A card should be left for each guest of the family.

"P. P. C." (*Pour prendre congè*) should be written in one corner of a card left at a farewell visit, before a protracted absence. Such cards may be sent by mail. Ladies about to be married sometimes send them in place of making a call.

An expert in the science of good manners has recently spoken thus on visiting-cards: "Care should be taken to conform with present usage and to avoid anything considered to be in questionable taste, for a card is the representative of one's-self. To the unrefined or underbred person the visiting-card is but a trifling and insignificant piece of paper; but to the cultured disciple of social law it conveys a subtle and unmistakable intelligence. Its texture,

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style of engraving, and even the hour of leaving it, combine to place the stranger whose name it bears in a pleasant or a disagreeable attitude—even before his manners, conversation, and face have been able to explain his social position. The higher the civilization of a community, the more careful it is to preserve the elegance of its social forms. It is quite as easy to express a perfect breeding in the fashionable formalities of cards as by any other method, and perhaps, indeed, it is the safest herald of an invitation for a stranger. Its texture should be fine, its engraving a plain script, its size neither too small, so that its recipients shall say to themselves, 'A whimsical person,' nor too large, to suggest ostentation. Refinement seldom touches extremes in anything."

RECEPTIONS.

Receptions usually occur from four to seven in the afternoon, when light refreshments are served. Invitations to them are usually informal. If "R. S. V. P." is on a corner of such invitation it is proper to send answer. Otherwise, no answer is required. All who are invited are expected to call soon afterward—within two weeks at most. Invitations are generally issued in the name of the lady of the house, and are usually engraved in the lower left-hand corner of her visiting-card—thus:

MRS. JOHN THOMASSON.

Thursday, February third.

TEA AT FOUR O'CLOCK. 10 TRAFALGAR PLACE.

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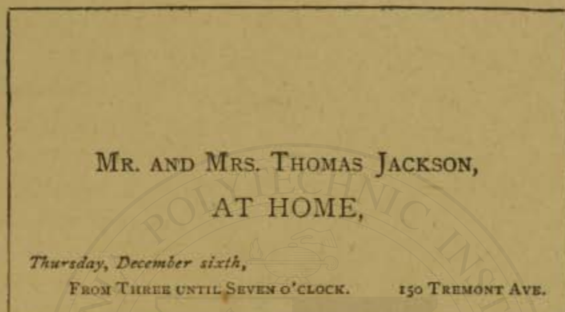
If assisted by a daughter or a friend, the name of such assistant is engraved below her own on the card. Sometimes the cards are larger and in the following form:


MR. AND MRS. THOMAS JACKSON,
AT HOME,

Thursday, December sixth,
FROM THREE UNTIL SEVEN O'CLOCK. 150 TREMONT AVE.

These cards, now used in square form, should be inclosed in two envelopes when sent by mail. If delivered by messenger, one inclosure is sufficient.

DINNERS.

The Etiquette of Dinners is worthy of more space than we can give to it. When an invited guest, be sure not to be late. It would be a wrong to your host, to other guests, and to the dinner. Persons invited should be of the same standing in society, though not necessarily acquaintances. Invitations should be in the name of the gentleman and lady of the house, and should be issued at least a week in advance. They should be answered immediately, in order that the hosts may know who are to be their guests. When an engagement has been made it should be kept, if at all possible. It is not proper to invite a gentleman without his wife, or vice versa, unless it be an occasion when gentlemen alone are to be present. The usual time for dinners is from five to eight o'clock.

A dinner-table is said to be laid for so many "covers."

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A "cover" comprises: Two large knives; three large forks; silver knife and fork for fish; tablespoon for soup; wine-glass for sherry; wine-glass for hock; wine-glass for champagne. Where wines are not used, of course the glasses are omitted. In the centre, between the knives and forks, is placed the dinner-bread wrapped up in a serviette. The dessertspoons and small forks are placed before the guests on an empty plate before the sweets are passed around, and extra knives and forks are supplied as they are required.

In the main things of a dinner, the fillet and roast, there is little change, but in minor things the caterer rules. To begin with oysters, five, not six, is now the fashionable number for the half shells. At formal dinners it is the invariable rule that ladies and gentlemen should be seated alternately, never allowing two ladies or two gentlemen to sit together. At dinners of eight, twelve, or sixteen persons, this can be managed only by putting gentlemen at both ends of the table. Hostesses generally have a prejudice against giving up their customary seat, forgetting the old saying: "Where the Douglas sits, there is the head of the table," and avoid the awkward number.

When there are more ladies than gentlemen at the dinner-party, the hostess should go down alone, and leave the gentleman of highest rank to take down the lady of second rank; in this case the gentleman will place himself at table on the right of the hostess. In passing from the drawing-room to the dining-room, remember that it is the lady who takes precedence, not the gentleman.

A gentleman must help the lady whom he has escorted to the table, but it is not proper to offer his help to other ladies who have escorts. If the guests pass the dishes, always help yourself before handing to the next. If at dinner you are requested to help any one to sauce, do not pour it over the meat or vegetables, but on one side. If you should have to carve and help a joint, do not load a

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person's plate—it is vulgar; also, in serving soup, one ladleful to each plate is sufficient.

Conversation at the table should be participated in by all, and should include only such subjects as will be agreeable to all. It is rudeness for one or two to monopolize the talking, and centre upon themselves a general attention.

When the guests have finished, the hostess can indicate, by rising, the time for departure from the table, when the return to the drawing-room can be in the order in which they are seated without regard to preference.

AFTER DINNER.

An hour or more of social intercourse will follow. It will be well if some of the company are musicians. In case one is invited to sing or play there should be graceful compliance, but it is not well to sing or play more than one piece unless specially urged. It is better not to risk boring the company with your performance, however good it may be. When people are singing, do them the courtesy of listening, or pretending to listen. If you do not like music yourself, remember that others may. Besides, when a person is endeavoring to entertain you, the least you can do is to show your gratitude for the intention.

Upon taking leave, express pleasure to the host and hostess, but do not offer thanks in any case. A call should be made soon afterward.

Dinner cards are so useful that they will not soon go out of fashion. The shops are full of them, and beautiful ones are coming over from Paris. Of a dozen recently used the owner said: "They cost almost as much as a dress." Each fan was painted and signed by a well-known artist, and bore the name of a guest. They suggested the lavishness of Lucullus in ancient times, and in modern that famous bonanza banquet in San Francisco, where every lady's dinner card was a point lace handkerchief.

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MARRIAGE ANNIVERSARIES.

Marriage anniversaries are popularly designated as follows:

First Anniversary, ...	Paper Wedding.
Second "	Cotton "
Third "	Leather "
Fifth "	Wooden "
Tenth "	Tin "
Fifteenth "	Crystal "
Twentieth "	Floral "
Twenty-fifth "	Silver "
Thirtieth "	Pearl "
Thirty-fifth "	China "
Fortieth "	Coral "
Forty-fifth "	Bronze "
Fiftieth "	Golden "
Sixtieth "	Diamond "

It is proper to say that some of these, in the preceding list, are not often celebrated. Cards of wood, tin, etc., are no longer used, the invitations being issued on square white cards or note sheets, in plain, neat script. The words "No Gifts," are often engraved in the lower left-hand corner of the invitation. The ceremonies on such occasions are somewhat according to the taste and desire of the parties and the length of time they may have been married. The earlier occasions afford opportunities for merriment; the later ones, for the deeper emotions, mingled with pleasure and satisfaction.

COURTSHIP.

With regard to courtship, it may briefly be said that its freedom should not be abused by license, and that the parties ought to regard each other sacredly if their troth is plighted.

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Upon engagement, the gentleman presents the lady with a ring, to be worn on the third finger of the right hand. While engaged, neither party should be occupied in flirtations with the opposite sex, yet both should reasonably mingle in society. The gentleman is always thereafter the legitimate escort of the lady and should not devote himself in any marked manner to any other lady.

Society wisely discourages all conspicuous manifestations of personal feeling. Lovers are not expected to "make love" in public, nor married couples to afford extravagant evidence of conjugal tenderness; and the sincerity of the affection may reasonably be doubted which parades itself in public. When our hearts are deeply moved we do not take the world into our confidence. On the other hand, constant bickering and bantering between husband and wife in public is equally objectionable, even though it be only "in fun."

WEDDINGS.

The etiquette of weddings varies greatly according to circumstances. After invitations are issued the lady does not appear in public. The invitations should be handsomely engraved. Any reputable stationer will be able to suggest the proper forms and styles. The invitations are engraved in the name of the father and mother of the bride, or if neither are living, then in the name of her guardian or nearest relation.

The forms and ceremonies of weddings are generally in accordance with the wishes of the bride. But, whether the wedding ceremonies be at home or in church, a beautiful simplicity is certainly more pleasing than an ostentatious display.

PUBLIC PLACES.

Proper regard is necessary to the rules of polite deportment in public places. Let your walk in life be distinguished by unassuming grace. Look from your window and observe

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the gait of the passers-by. You will see at once "what to avoid"—the tread of the grenadier, the clumsy shuffle, the dancing-master's trip, the heel-and-toe movement, the pretentious slide. But it is easier to know what to avoid than what to imitate. Perhaps imitation is not advisable, and the chief thing to remember is that you should walk as if your body had a soul in it. Virgil tells us of Juno that you saw the goddess in her gait, and "grace in her steps" is one of the characteristics of Milton's "Eve."

Observation, which, "with extensive view, surveys mankind from China to Peru," shows that in the country gentlemen do not offer their arm to ladies, but in large towns this should be done as a measure of protection and a token of respect.

When you meet a friend in the street it must depend on your degree of intimacy whether you walk with him or not; but with a lady you must not walk, unless she directly or indirectly invite you.

Gentlemen do not take off their hats to one another; this is a courtesy reserved for the ladies. Gentlemen generally recognize each other with a nod. If you pass an acquaintance with a lady on his arm, do not nod; take off your hat, so that your salute may seem to embrace both your friend and the lady. In bowing to a lady in the street, lift your hat right off your head. Don't allow her to suppose that you wear a wig and are afraid to disarrange it. If you pass a friend with a lady whom you do not know, you must lift your hat to him and not nod.

Should you tread upon or stumble against any one, do not fail to make immediate apology. Of course, you will not stare at nor point to people, nor carry umbrella or cane horizontally under your arm. Neither will you stop a lady on the street to talk with her. Turn and walk with her, rather, and lift your hat to her when you have finished the conversation and are about to leave her.

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It is very rude to rush for a seat in a car or at a public entertainment. Better lose some comfort than be guilty of impoliteness. It is equally wrong to occupy more space than you are entitled to in a public conveyance; and when at a place of amusement to disturb others by your conversation or remarks while the performance is going on is gross ill-breeding. A polite person will always have regard for the comfort of those who are near.

In public halls a gentleman should precede the lady whose escort he is, unless there is an usher preceding them. He should give her the inner seat and remain by her side. He is under no obligation to give up his seat to another lady and should avoid everything that might attract notice to himself or his companion.

In church there should always be deference and respect to the worshipers, whether or not you agree with them. Stay away if you cannot be respectful and attentive to the services. It is not right to go late, to the possible disturbance of the worship. It is rude to turn around and gaze at any one, to watch people coming in with critical glances, to talk or laugh, and so disturb others, or to leave until the dismission.

TRAVELING.

In our country almost every one travels, and a few hints will be serviceable to those who may not have traveled a great deal. Always keep your head and arms inside the car window. Remember that it is not necessary to be intrusive in order to be polite. Take your time in getting on or off the cars; nothing is gained by haste. Avoid being boisterous and do not try to make yourself conspicuous. Never disclose your business to the stranger in whose company you may happen to be.

Bear in mind that the comfort of others should be taken into consideration when you travel. Your open window may be a source of great annoyance and discomfort to your

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neighbors. Do not litter the seat you occupy with boxes and bundles to exclude other passengers from sharing with you the accommodation it affords. Respectfully decline any and all invitations extended by strangers with whom you are brought in contact to indulge in social games of cards. Do not ask the conductor foolish questions about the route; remember that he is not familiar with the running-time of all the roads in the United States. Do not address a lady who is unknown to you, unless she invite it. You may offer her your newspaper with a silent bow. An "unprotected" lady ought to call forth a gentleman's finest chivalry.

If you have made some slight acquaintance with a lady in a railway carriage, you must not presume upon that to bow or speak to her at any accidental rencontre, unless she makes the first advances.

Discretion should be used in forming acquaintances while traveling. Ladies may accept small and proper attentions, but any attempt at familiarity should be checked at once. A true gentleman will not offer any familiarity. The flirting and freedom often indulged in by young people in public conveyances is unworthy of them—if, indeed, it does not indicate low breeding, and often leads to evil consequences. Whether at home or abroad, the same rules of good behavior should prevail.

CORRESPONDENCE.

Correspondence is the medium by which people communicate with each other when, for any reason, they cannot readily speak face to face. It should be characterized by the same politeness that marks the gentleman or lady in any relation of life. It will generally indicate character with considerable precision, unless there is studied concealment for a purpose. "It is as great a violation of propriety to send a carelessly prepared and badly written letter as it is to

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appear in the company of refined people with swaggering gait, soiled linen, and unkempt hair." It is at least a questionable compliment to a friend to send a letter written with very pale ink, or with lines crossed and indistinct, or with other evidences of disregard of the objects which you are supposed to have had in mind when writing—namely, to communicate information in a pleasant way. It is not in taste for you to use postal cards, except on mere matters of business. When used, there is no need of any address, except upon the address side. You may omit the usual formalities of salutation in your communication, giving the post office and date at the top, and simply sign your name at the bottom. Postal cards never should be used for any matters that are in the least degree confidential.

Private and personal letters should never be written on foolscap paper. What is known as "Commercial Note" is generally used by gentlemen, and a smaller size by ladies. Either ruled or plain paper is allowable, but the latter is deemed more in style. Envelopes should correspond with the paper used, and should always be of a light color, when ladies are addressed. Business letters are almost uniformly written on half-sheets, but for a social letter a whole sheet should always be used, though only a portion be occupied. The writing should be plain, without flourishes, and be continuous to the close without skipping a page. The inside address, following the date, should be such as the party named is entitled to receive, and the salutation such as is justified by the personal relations of the writer. Business letters generally begin with *Sir*, *Dear Sir*, *Sirs*, or *Gentlemen*. Do not use "Gents" for gentlemen, nor "Dr." for dear. For a letter addressed to a married woman, or a single woman not young, the proper salutation is *Madam*, *Dear Madam*, or *My dear Madam*. Business letters to a young unmarried lady do not require any salutation, the name alone being regarded as sufficient.

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When your letter is written, it requires a respectful or affectionate conclusion and the signature. Business letters are generally closed with *Yours*, *Yours truly*, or *Yours respectfully*. Social letters admit of a great variety of forms, according to the taste and feelings of the writer. Whatever else may be wanting in clearness, the signature should be plain, so that there may not be any chance for mistake in replying. It is proper and desirable that "Miss" or "Mrs." be prefixed to your signature when writing to strangers, that there may not be any doubt as to the manner of addressing a reply.

When completed, your letter should be neatly and carefully folded, so that the edges will be exactly even, and inclosed in the envelope prepared for it by a proper outside address or superscription. The proper place for the postage stamp is the upper right-hand corner, and the stamp should be affixed squarely and head up. Postage should be fully paid.

A letter should always have prompt reply. It is real incivility not to do so, especially if there be anything which specially calls for answer, and in beginning a reply the reception of the letter should be acknowledged, as a rule, in the first sentence. If for any reason a further correspondence is not desired, care should be taken to so write that there will not be anything calling for answer. It is well always to remember that your letter may sometime get into print without your knowledge or consent, therefore do not write a word that would bring a blush to your face if read by the world.

NOTES.

Notes may be considered as differing from letters in being more formal, in being generally written in the third person, and being without signature. They are used for announcements, invitations, anniversaries, acceptances, regrets, and the like. For weddings, receptions, and other ceremonious

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occasions, your stationer will tell you the prevailing style. For acceptances and regrets, which should always be promptly made, the following models will suffice. They may be varied to suit the occasion and the relations of the parties :

ACCEPTANCE.

Mr. and Mrs. Carleton take pleasure in accepting the kind invitation of Mrs. Bowles to her reception on Thursday evening, November 21st.

Friday, November 15th.

REGRET.

Mr. and Mrs. Carleton extremely regret that a previous engagement prevents their acceptance of Mrs. Sparkle's polite invitation for Thursday evening, November 21st.

Saturday, November 16th.

NOTES OF INTRODUCTION.

Notes of introduction should be brief, and contain the full name and address of the person introduced. For business purposes they are often used, but the receiver is not

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required to entertain the bearer as a friend unless entirely agreeable. The obligation ceases with the transaction of the business in hand. A business introduction is delivered in person. The envelope containing it should not be sealed, and on its left-hand lower corner should be written the words, "Introducing Mr.———," that its character may command immediate attention. No pecuniary obligation is incurred by such an introduction, unless particularly mentioned. The conventional form is more or less as follows:

New York, Jan'y 18th, 1883.

Messrs. Applegarth & Co.

Gentlemen:—I have the pleasure of presenting to your acquaintance Mr. James Spellman, of Murray & Spellman, Montreal, Canada, whom I commend to your kind attentions.

Respectfully yours,

Samuel Smith.

Introductions should only be given when there is perfect confidence felt in the party introduced. It is right to refuse such a favor, if thought best, merely on the ground of unwillingness to take the liberty of presenting any one to the person or firm to whom introduction is asked.

A social introduction should be given with great caution. The writer should be well acquainted with both parties. Be

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specially careful in making introductions to ladies. It is an insult to the whole sex if you present to a lady any person of doubtful reputation. Never give letters of introduction, unless you are prepared to be responsible for the persons to whom they are given. Why should you thrust upon the society of a friend those whom you would not admit to your own? Or why ask his good services for individuals whom you know do not deserve them?

In all such letters candor should prevail. Say what you mean. Do not use ambiguous terms which leave a pleasant impression on the reader, but awaken a measure of confidence and generous purpose beyond what you intended. Whatever object is proposed in giving the letter should be distinctly stated, even though it be that you give it simply to rid yourself of a bore. If you know nothing of a party, but desire to get him employment, or some such favor, state the facts, though you defeat the purpose.

The holder of a social letter of introduction should not take it in person, but should send it with his card of address. The receiver, if he be a gentleman, will call upon you without delay. At all events, you are bound to give him an option; whereas, by taking your letter in person you force yourself upon him, whether he will or not. Should the letter introduce a gentleman to a lady, she may, at her option, answer by a note of invitation—appointing a time for him to call.

All polite deportment is based upon common sense. It is not the prerogative of the privileged and favored few, but it is the right and the duty of all. Not one of its requirements is useless if the comfort and welfare of our friends and associates be properly considered. The springs of politeness must be within. If one has learned to correct personal faults, to control self, and to be regardful of others, he has gone a long way toward that refinement of nature which will make him everywhere a welcome and honored guest.

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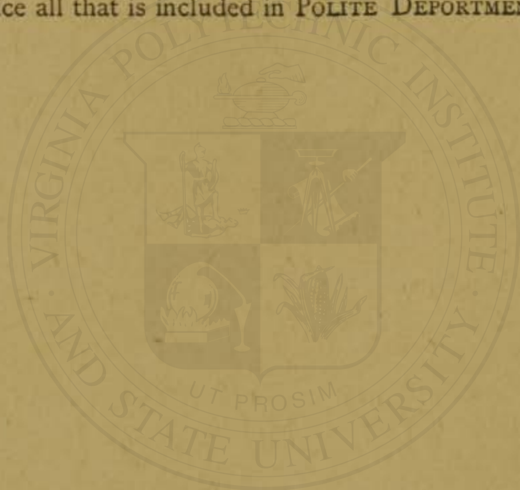
If in the sanctity of home he lives in obedience to these principles, he will not be likely to ignore them when in the society of others; and when in public places or engaged in correspondence, it will be as natural for him to be well-mannered and self-poised as it is for the thriving plant to drink in the morning dew. If it is worth while to have keen enjoyment of life—to win and to retain friends, and to make society better by our correct life in the midst of it—then it is no loss of time, but a gain in every direction, to understand and practice all that is included in POLITE DEPORTMENT.



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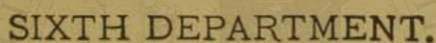

SIXTH DEPARTMENT.

CARE OF CHILDREN.

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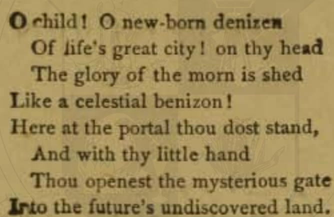

O child! O new-born denizen
  Of life's great city! on thy head
  The glory of the morn is shed
Like a celestial benizon!
Here at the portal thou dost stand,
  And with thy little hand
  Thou openest the mysterious gate
Into the future's undiscovered land.

LONGFELLOW.

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CARE OF CHILDREN.

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FROM the moment of birth it should be remembered that the infant is a being of feeble powers; that while it possesses a wonderful vitality, yet that vitality is readily extinguished or impaired. Such impairment often remains through life, rendering it a delicate, or perhaps deformed, creature, liable to succumb to the most trivial attacks of disease.

HEREDITARY INFLUENCES.

Whereas the child born of healthy parents, and that has been reared under proper surroundings, is prepared to resist the usual diseases of child-life, and if it is attacked, rarely fails to have a mild form, from which it recovers perfectly. For instance, the child of scrofulous, or otherwise diseased parents, when exposed to scarlet fever usually has a bad form of the disease and recovers imperfectly, being left with running from the ears, or even deafness, or other of the common results of this disease. Even where the parentage of a child is tainted much may be done to make it better in health and less liable to continue the taint in its own person, and subsequently to transmit it in time to its offspring.

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FIRST CARE OF A CHILD.

At the outset let it be understood that the so-called hardening of an infant by exposure, by cold bathing, by a prescribed diet, and other such plans is not only a failure, but frequently itself is the cause of the beginning of disease in an otherwise healthy infant. A new-born child, coming as it does from a position in which the temperature has been never less than that of the human body internally (98.5°F.), is extremely liable, especially in cold weather, to lose its vital heat. Hence, it should not be washed in cold water, or, in fact, for the first twenty-four or forty-eight hours, in water at all. The best method is to cleanse its surface by rubbing the skin with pure, fresh lard or sweet oil. This unites readily with the cheesy matter usually found to a greater or less extent on the skin of a new-born child; then, with a dry, soft cotton cloth the whole surface is readily cleansed. Where blood or other stain still adheres, the cloth may be moistened with warm water, and thus the surface is thoroughly cleansed. The use of water, and particularly of soap, is objectionable for several reasons.

Soap—as often found in the sick-room—is made of impure fats, which often have a poisonous effect, or it may have an excess of alkali, either of which conditions is injurious to the delicate cutaneous surface of the child. Again, the soapy water usually gets into the child's eyes, resulting in more or less inflammation of these delicate organs. Washing, unless when performed in a gentle manner, removes more or less thoroughly the natural oil of the skin, causing chafing, and also giving rise to many forms of eruption so often seen in the young infant. At all times the surface should be cleansed with care and gentleness. When soap becomes absolutely necessary in order to remove dirt, it should be of the best quality and used sparingly. The temperature of the water should be about that of the blood —say 95°—and the child not too long exposed in cool

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weather, lest its surface be chilled and a congestion of some of the internal organs occur. Bathing is always valuable, not only for the purposes of cleanliness, but also to keep the numerous pores of the skin in a condition to do their work. The water should be sufficiently warm to prevent the child suffering a chill, and the bath must be given in a situation not exposed to a draught, the whole surface to be rubbed dry with a soft towel.

SUITABLE CLOTHING.

The clothing for the very young child should be loose—tied rather than pinned—and in cold weather should completely cover its body up well around the neck, the arms to the wrists, and the legs and feet. Much damage is done by the foolish habit of exposing children in cool or cold weather—even in the house—with short sleeves, low-necked dress, and legs bare above the knees. It must be borne in mind that the blood in the extremities is readily chilled, and by this means cholera-infantum and dysentery in summer, and the colds and other affections of winter, are brought on. In hot weather a young child may usually be allowed to lie on a blanket or comfortable on the floor, unencumbered with much clothing, a light, soft slip being all that is required, and the only care being to avoid a draught. Here it can roll in every direction and move every muscle without hindrance.

While upon the subject of the child's clothing we may properly urge the importance of keeping the child outside the bonds imposed by fashion as long as it is possible. Have everything to fit easily and loosely; give it free scope for every movement, that motion may be a pleasure, not a pain. Especially see that the foot—usually so perfect and handsome at birth—is not confined, cramped in a shoe too narrow, and, almost invariably, too short for it. This point is one of the greatest value, as children grow so rapidly that

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frequently we find a shoe but little worn has already become too short. Here economy urges many to do a great wrong, for the use of a shoe too short for the foot compels nature, in its efforts to find room for the lengthening toes, to bend them over each other, and thus is produced that hideous and laming deformity—a foot with enlarged joints, with bunions, and with overlapping toes. Such a foot becomes a constant source of misery to its owner who is compelled to walk much. Even in hot weather it is safer for a child to wear next to its skin a soft merino shirt. The infant should wear its flannel band, covering its body from the armpits to the groins, until it is able to run about. This needs to be applied neatly and carefully, or it becomes a mere girdle about the middle of the child. In warm weather this band should be made of soft, light flannel, which may be made somewhat heavier as the cool weather of fall approaches.

The special value of this band is that it prevents chilling of the bowels, almost always the cause of cholera-infantum and other bowel affections. As the child becomes older—particularly in girls—must we urge the necessity of the avoidance of tight bands around the waist by which the skirts are supported, dragging constantly on the hips, compressing the abdomen, and thus forcing the internal organs out of their places. The wonderful prevalence of backache, sense of weariness after the shortest walk, and a host of ills in our female patients, may undoubtedly be traced to this as the commencement—aided, subsequently, by immense loads of skirts, late hours, neglect of the proper care, and the usual habits incident to fashionable life. Nor must we forget the support of the stockings. Garters are a constant injury, as they are generally worn. They compress the entire limb and markedly interfere with the circulation of the blood. Many cases of varicose veins are wholly due to this habit.

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SUITABLE FOOD.

The food of the child from the outset must be either that provided by nature, the mother's milk, or something as nearly approaching it as may be. The young mother, the nurse—all, should be cautioned never to feed the child with anything at birth. It should be well understood that this is best for several reasons. All such trash as sugar or molasses and water, or any of the many abominations usually given to the new-born child with the erroneous belief that it must be hungry, and hence requires food, tends to cause indigestion, and produces wind in the stomach and bowels. This induces the child to cry with pain, and it is either fed with more of the stuff, under the belief that it is still hungry, or, worse, it is dosed with " soothing drops " to relieve its pain, and a new source of injury is added. Let me say here that no drops, cordials, sirups, or anything in the shape of drugs should be given, especially to a young child, without the advice of a physician. On this subject we shall speak more fully subsequently.

Let us suppose, for the sake of illustration, that the mother has a good flow of milk and the child nurses well. It is necessary that she should endeavor to so form its habits that it shall at first take the breast about once in every two hours, or a little longer, during the day, and about once in four to six hours at night. The child is greatly the creature of habit, and where the mother begins to put it to the breast at every cry, or whenever it rouses, it speedily acquires the custom of demanding the breast constantly. Indeed, some mothers will lie at night with the infant on the arm, so that it virtually sleeps with the nipple in its mouth. In such cases the child refuses to submit to any other plan and becomes a constant annoyance until it is weaned. As it becomes older, the interval between the nursings should be lengthened, so that it is suckled once in four to six hours and at night generally will go without till the hour for

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rising has come. The food should be wholly the breast-milk or its equivalent until the child has advanced so far with its teeth as to be fully able to chew the food thoroughly. Nor even then need much change be made; for long after weaning the best food is that into which milk largely enters. Too much of a variety is hurtful to a young child. As children grow, or should grow, rapidly, and require frequent supplies to make up for the wear of, as well as the increase in, the body, they should always be supplied with good, nourishing food whenever they express a feeling of hunger. It is not well to endeavor to restrict such to the exact number and hours for meals, as in adult life.

VALUE OF SUNSHINE.

Not less important is an abundance of sunlight and fresh air. The effects upon plant life of the absence of sunlight is shown by the plant growing thin, pale, delicate; in fact, this is made use of by gardeners to procure tender white stalks, as of celery, etc. Abundance of illustrations will readily occur to the thoughtful of the vicious effects of a want of sunlight. This is one of the most valuable results accruing by the transfer of an invalid to the sea-shore, the mountains, or to the country farm. We may contrast the pale, delicate appearance of those members of an otherwise healthy family who are compelled to remain all day long, and day after day, in the small house shut in from the sun's rays by its overshadowing neighbors, with those whose occupation compels them to be abroad.

Of course, the author would not be understood as advising exposure to the direct, fierce rays of the sun in midsummer. It is its light, rather than its excess of heat, that does the good, that increases the vitality of the little one. That this does not seem by a great number of people to be regarded as of value is shown by their utter neglect of it, in permitting windows to be blocked up by furniture, old hats,

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clothing, and even dirt. Here cleanliness acts in more ways than might at first be anticipated. Therefore, make the nursery a light, cheerful room. Use only sufficient curtains to prevent the direct rays from being an annoyance. Curtains should be such as can readily be removed, and so disposed as to afford the smallest opportunity for the accumulation of dust; for where such accumulation occurs is most likely to be the nest for a deposit of disease germs.

GOOD VENTILATION.

Full and free ventilation must always form a part of the means by which we prevent disease, as well as fight it after it has entered. Like sunlight, fresh air is a most valuable factor in health, and its deprivation equally one in disease. The air of every part of a house should be thoroughly changed so soon as the inmates rise in the morning and throw open the dwelling. The bed-room windows, save in extremely cold or wet weather, should be widely opened, and so remain till near nightfall. The living, or work-rooms, should equally be cared for. In the sick-room or nursery the air can be readily changed from time to time by protecting the inmates from the draught. Cover the child, head and all, in cold weather, and open the doors and windows to their fullest extent for a few minutes. Where the air does not enter freely and drive out that which is vitiated, thorough ventilation may be obtained by swinging the door to and fro, shaking the curtains, or some similar plan. Fortunately, we find the fresh air from the unlimited reservoir without is ready to enter and drive out the disease-laden air of the room. At the same time, it must be understood that cold air is not always pure air. The fire may be maintained while this is going on, so that the temperature is not lowered beyond the degree of comfort. Now that thermometers of a good quality can be obtained so cheaply, every sick-room at least should have one as an indispensa-

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ble article of furniture. By its readings, the temperature should be carefully observed, so that a moderate and even degree of heat can be secured.

While we enforce the importance of pure air to children, it becomes an imperative duty to allude strongly to the vitiation of the air. While in the streets of a large city, and even in other localities, circumstances often greatly interfere with our efforts in this behalf, yet we constantly see an unnecessary, even criminal, carelessness in such matters. The dejections of all kinds are frequently permitted to remain in the rooms during the greater part of the day. When possible, especially in cases of contagious diseases, these should not only be removed at once, but disinfectants should be mixed with them, thus aiding greatly in preventing the spread of disease. A great cause of impure air is the constant use of tobacco in the house. To all whose sensibility of smell is not blunted by their habits, the stale fumes of tobacco adhering to the clothes, the curtains, the furniture, are disagreeable. We may be regarded as speaking strongly on this point, but during an experience, largely among children, for over thirty years, we can recall numerous cases of the use of tobacco by the bedside, and actually in the faces, of sick and dying children; of many instances of sudden illness in infants brought on by the inhalation of tobacco smoke. A little care and thoughtfulness aids greatly in keeping the air of a house pure. Thus, never let a poultice, a mustard, or other application remain in the room. Air the rooms well after cooking, after meals, after the exit of a filthy person. In short, when one enters a room from the outer fresh air and detects a strange odor there, such a room should be thoroughly ventilated as soon as possible. Warmth, not only by clothing, but by heat, as from a fire, is imperatively demanded for children in cold and damp weather. The child that expresses a sense of chilliness, that shivers, is sick or on the verge of sickness.

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TREATMENT OF AILINGS.

When the child appears in any way to be "out of sorts," do not rush at once to drugs. Remember, that in many instances a calm, refreshing sleep, a few hours of rest, will find an apparently very sick child again playing with its toys and as happy as though nothing had occurred. All are too much in the habit of accepting the gratuitous advice of those around them—advice from those who possess not the slightest knowledge of medicine. Let it be a fixed rule never to give any medicine without the advice of a skilled physician. See what can be done by sanitary regulations, by removing the causes of disease, by change of locality. Constantly are young children made ill by bad air, bad or deficient food, and bad drinks. In this connection, for the sake of the over-anxious parents who often wildly abandon hope at the slightest sign of disease, and regard the child as doomed to die at the outset, we would say that the strong power constantly shown in a child by which it throws off an attack of disease and recuperates its exhausted powers, often seems as though the result of miraculous intervention. Hence, when sickness appears, no matter how terrible its form, however doubtful may appear the result, preserve to the end courage and cheerfulness. These aid constantly in obtaining the wished-for relief. The nursing is performed faithfully, the child is not dispirited—in short, you thus avoid that injurious condition where, hope being banished from the outset, it would seem as though the first sign of illness were equivalent to a funeral notice and only the forms had to be complied with. A woman who is nursing a child should always remember that her milk is extremely liable to be rendered injurious to her infant by what might seem to her to be but trifling matters. She gives way to her temper, her grief; she exhausts herself by labor; she indulges in improper food, and the next act of

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suckling is sure to be followed by disorder in some way of the child's system.

The author has seen in his own practice several marked instances of convulsions in the infant to follow immediately after it had begun to draw the milk from the breast of its mother who had just been having a scolding match with a neighbor. In one instance, the mother had been engaged in washing clothing for several hours, during which time the infant had not been allowed any nourishment. Finally, having completed her task, she sat down, greatly wearied, to nurse the child. Almost as soon as the first of the milk had entered its stomach, it fell into a profound stupor, from which it was with great difficulty aroused. There are other points in connection with the matter of nursing of equal, perhaps greater, importance, but their consideration does not belong to a volume like this.

BAD HABITS.

From the earliest hours the mother should esteem it a privilege as well as a duty to guard her child by the utmost vigilance from the acquiring of bad habits. Any habit in the child becomes so rooted—so much a part of its existence—that in after years it is virtually impossible to abolish it. We need not specify such habits, for many, if not all, are well known to parents, and often much deplored. It behooves the parent, however, not to err, and punish a child for the symptoms of disease under the belief that it is a bad habit. One such matter, in particular, requires our special attention. This, while a subject of peculiar delicacy, yet is of so great importance that we feel we will readily be excused for intruding it in a work of this kind. It is the incontinence of urine, especially at night. Constantly do we find children punished for this occurrence under the belief that it is a carelessness—a bad habit into which they have fallen. On the contrary, almost invariably the child

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is a double sufferer, and very unjustly so. It suffers from the punishment and suffers from the act, which causes a most unpleasant condition until its clothing is changed.

Again: by many people who recognize that this is really a diseased condition it is regarded as incurable, and hence nothing is done for its relief. When a child is afflicted in this way, the parent should at once consult a physician and persevere until the child is permanently cured. I say permanently, because in so many of these troubles of childhood improvement is temporary and requires persistent treatment. When, after such improvement, a relapse occurs, the parents are too apt to abandon all effort, with the belief that the disease is incurable. We often find that children who are troubled with this affliction are in the habit of screaming out at night, springing from the bed as if in great fear, or burying the head in the clothing, as though to protect themselves from danger. This is an affection known as "Night Terrors," and, as in the previous one, the child is constantly punished for so doing. Such treatment is not only very unjust, but extremely injudicious. When a child presents such symptoms it is out of health and imperatively demands medical care. An additional reason may be given in the fact that such a condition is very apt to be but the forerunner or premonitory symptom of loss of mind. Now that we know so well that insanity in many of its forms is but the expression of a disease which is constantly greatly relieved, and often permanently cured, it is well to be warned in time, and by early treatment prevent the full access of such disease.

HORRIBLE STORIES.

Scrupulously guard the child against the silly and horrible stories so frequently told them by nurses and others. In all children, especially those of a nervous temperament, who are awakened at night, the recollection of these things comes to them with terrible force amid the darkness and

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the loneliness, and it is enough to drive the child into a temporary, if not lasting, insanity. When such an attack occurs, always soothe the little one by every endearment, keep the light burning, and remain with it until it has been composed again to sleep. It is safer in such cases to have a light constantly burning, and when possible an attendant should be near, that, when aroused, it may at once feel a sense of protection.

To prevent a return of these terrors, the general health should be cared for. See that the child has an abundance of out-door exercise. Exercise itself is a valuable means conducive of sleep in children. The child that has played in the open air all day long goes to sleep wearied, but with a sense of happiness as it falls into a sound, refreshing slumber, and, unless disturbed, usually sleeps the entire night and wakes refreshed for a new day's work. A special point in this connection is that every care should be observed not to disturb the sleep of a child. Much harm is constantly being done by carelessness in this respect. Another cause of harm is overwork of the brain, on which point we will speak hereafter. In addition, a child may suffer from such attacks as the result of indigestion, or of being indulged in too much food just before retiring. In all such cases it behooves the parent to remove all causes which may be supposed to incite to an attack, and should they continue, at once to consult a careful physician.

SOOTHING SIRUPS.

In a previous paragraph we alluded to "soothing sirups" and articles of a like nature, of which the name is legion. All such are useless and dangerous. It is safest and best to give no medicine to a child without the advice of a physician. When, however, it would appear necessary to resort to such means, no article should be used of which the component parts are not fully known. Despite the assurances

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so freely given that this or that remedy contains nothing that is hurtful, we are constantly being deceived. The most hurtful and powerful drugs are usually the basis of all these nostrums, and which educated physicians would hesitate to employ for infants, except under great necessity and with the utmost precaution. The effect is generally to lull the symptoms for the time, while the cause is insidiously undermining the child's health, and finally the little one gets beyond the reach of the aid which, too late, is summoned to it. Again, the child speedily becomes accustomed to such articles, and requires their continuance and in increased doses. The least evil result is indigestion, followed by constipation, stunted growth, enfeebled intellect, and generally producing such a condition of impairment of vitality that the child readily yields to the most ordinary attack of disease, and death ends the lesson.

TEETHING.

The period for the appearance of the second or permanent set of teeth is rarely one when there need be any fear of disease. But it is very important that the parents should observe carefully that these teeth are cut regularly and are not interfered with by the temporary ones. Should they show signs of irregularity or of a tendency to decay, do not delay, but at once consult a skilled physician or dentist, that the trouble may be known and obviated.

EARLY SCHOOLING.

The question of the education of a child should always be one demanding careful consideration. While we are met on every hand by infant prodigies—children of wonderful precocity—yet it should be borne in mind that this is not according to the dictates of nature or of common sense. The hours of infancy and early childhood should be devoted to the accumulation of a fund of health, which in due time

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will enable its possessor to master, not only attacks of disease, but at the proper time to master the most difficult problems. These hours should be the happiest of life—free from cares or tasks, and particularly free from that irksome confinement to the hard benches of a school-room. "Seven years a baby." This is always true, and never more so than in regard to education. It is time enough after a child has reached and passed that era for it to commence the serious business of attending school. We would urge that, except in the most easy and pleasant manner possible, no positive efforts should be made in the line of what is known as education.

Certainly, a healthy child is always learning, and little by little, with proper care, with scarcely an effort it acquires a valuable fund of knowledge during these early years. But there should be as few set tasks as possible, no memorizing of dates, or of long strings of verses or questions. Rather, in these days, the beautiful, the happy method of the Kindergarten. Especially during the bright, warm days of summer should all confinement to the house be avoided. The school must be in the open air, wherever it can best be obtained, learning from nature's ever-open book. In this connection the evil results of overwork of the brain must constantly be borne in mind. Thus are often planted the seeds of disease, which too soon yield an abundant crop and a harvest of consumption, insanity, and the like. Chorea, or St. Vitus' dance, as it is commonly called, is frequently brought on by overwork of the brain, and even cases are known where an intellect exceptionally brilliant at the outset has in a few years been clouded by idiocy.

A common belief with many is that all our meals should be partaken of in silence, and though not hastily, yet without undue loitering over them. This is a grave error. The table hour at all times should be a social one. Parents and

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children should, when convenient, enjoy their meals together and enlivened with pleasant chat. This prevents the bolting of food half chewed, and other bad habits, and while the younger ones should not be permitted to monopolize, or even largely share in, the conversation, yet they should be encouraged to habits of attention and respect on these occasions that will enable them to profit in the future.

PHYSICAL DEVELOPMENT.

As a child increases in years it should increase in strength. Here we gain by open-air exercise. In the very young their very exuberance of spirits prompts, even compels, them to romp and frolic. They are like young animals of all kinds, which we see wildly rushing back and forth in the fields, as if utterly unable to keep still. But as a child gets older it is too apt (especially is this seen in young girls) to be content with quiet play. Here comes in the value of light gymnastics. When not carried so far as to become a task, it proves extremely useful by bringing into play in succession each and every set of muscles. By the majority of teachers this exercise is so conducted as to be regarded as a pleasant means of health exercise, and only so long is it useful. The child that finds light exercise a drag requires close attention lest disease be making inroads when least expected. Hence a teacher should be watchful not to disregard the evident signs which tell of exhaustion, and should act accordingly.

Dancing becomes a means to the same end, but, unfortunately, it is sadly abused. This is not the place to descant at length upon the abuses of dancing, save to warn parents not to permit this exercise to be carried so far that it produces muscular exhaustion rather than tenacity of the muscles. Skating, whether on the ice or on parlor skates, is equally a valuable exercise, but always with the same proviso. Recently we find the addition of lawn tennis, croquet, cricket,

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and base ball as incentives to out-door exercise. With all of them the constant trouble is to prevent excesses. The great desire for victory carries the players forward until they have long passed the boundary of benefit and they reap an abundant harvest of joints and muscles strained, not to say those graver injuries—heart diseases, blood vessels ruptured, hernia, and the like. The last game—viz., base ball, should be abolished from the list permitted for children. It not only demands too much and prolonged exertion, very destructive to the growing frame, but its dangers of maiming, even killing, its players are so many that it is absolutely unsafe both for performers and spectators.

HOME GOVERNMENT.

The home of a child from its earliest remembrance should be associated with happiness. Health is always the handmaid of happiness. A peevish, fretful child not only discomforts those around it, but is itself constantly the victim of indigestion and the like. Hence it becomes an important duty for the parent to begin the moral education of a child almost at birth. We constantly see how rapidly even an infant becomes the tyrant of the household when its slightest whims and humors are permitted and indulged. Kindness, but also firmness, are demanded in the treatment of children. Decide what is right, what is best, and let that decision be final. Make such decisions in no petulant, hasty spirit. This only leads to fear rather than love, and perhaps to concealment and deception.

Above all, as the child grows older and more observant, be extremely watchful lest your example lead it astray. Remember, a child is ever apt to imitate the actions of those with whom it is constantly associated. Regard these little ones as your most priceless treasures. Study that you may so fashion their homes and their lives that the future will reflect no doubtful or evil results.

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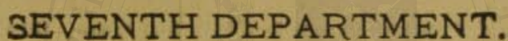

SEVENTH DEPARTMENT.

TRYING EMERGENCIES.

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We know not of what we are capable till the trial comes;—till it comes, perhaps, in a form which makes the strong man quail, and turns the gentlest woman into a heroine.

MRS. JAMESON.

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TRYING EMERGENCIES.

WHAT TO DO FIRST.

EMERGENCIES will arise. Accidents will occur; and when they occur the prompt action, if it be wisely directed, is that which accomplishes the needed work. An alphabetical arrangement of such cases as are most common is here given. When an emergency does arise, deliberately look for directions in this chapter, and proceed as directed, meanwhile seeking a physician.

Apoplexy.—In apoplexy the patient suddenly falls into a state of stupor or unconsciousness, the pupils of the eyes are dilated, the breathing laborious or snoring, the swallowing difficult, the pulse slow and sometimes irregular, with loss of power in the limbs, and usually a deeply flushed face. *Do not mistake this for intoxication.* In such a case elevate the head and body, loosen the clothing about the neck, place the feet in hot mustard water with mustard over the stomach, apply cold to the head and nape of the neck, and send at once for a physician. If a doctor cannot be obtained quickly, open the bowels by an injection of soap and warm water.

Asthma.—Asthmatic attacks may frequently be cut short in several ways. If the patient be very nervous, let the attention be diverted in any way possible and the breathing will soon become much easier. Another method of relief may be found in administering an emetic; still another, in smoking the asthma cigarettes which are sold generally by

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the druggists; still another, in drinking one or more cups of strong coffee; still another, in inhaling steam from a basin of hot water into which a tablespoonful of Hoffman's anodyne has been poured, and still another, by giving a full dose of opium, laudanum, or paregoric.

Bites of Dogs, Serpents, etc.—Make haste to suck well the bites of dogs, cats, snakes, and other animals whose bites are poisonous, unless the mouth is sore. In the case of dogs also bind the limb tightly above the bite and burn the wound with a hot iron or needle; besides, capture the dog, if possible, and keep him watched carefully until ascertained whether he is mad or not. In the case of snake bite, after sucking and burning the wound, give whisky or brandy in full doses and keep up the intoxication until the doctor is called.

Bleeding, see Hemorrhages.

Blisters.—All blisters, whether caused by burns, scalds, heat of the sun, Spanish fly, or friction, should be carefully opened near one edge without removing the skin, and then dressed with sweet oil or some mild ointment like simple cerate, cold cream, or cosmoline.

Broken Bones, see Fractures.

Bruises.—First cleanse them; then, until pain is relieved, apply cloths wet with cold water, to which laudanum may be added. After the pain has subsided, warm water dressings will hasten the removal of the discoloration, swelling, and soreness.

Black Eye.—This should be treated as any other bruise. After the swelling is gone, the dark color may be concealed by painting it or by flesh-colored plaster.

Burns and Scalds.—Dust the parts with bicarbonate of soda, or wet with water in which as much of the soda has been placed as can be dissolved. When the burns are so severe

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that the skin broken and blisters are raised, open the blisters at one side and swathe the parts with soft linen anointed with simple cerate or saturated with sweet oil, castor oil, or equal parts of linseed oil and limewater. Burns from acids should be well washed with water. Burns from caustic alkalies, should be well washed with vinegar and water. When a person's clothing is on fire he should quickly lie down and be wrapped in carpet or something else that will smother the flame.

Choking.—If possible, remove the offending substance at once with the fingers, or with blunt scissors used as forceps, or a loop of small wire bent like a hairpin. It may be possible to dislodge it by blowing strongly in the ear, or by causing the patient to vomit by tickling the throat. In a child these efforts may be aided by holding it up by the legs. If pins, needles, or fish bones get in the throat, they frequently require great care in attempts at removal. A surgeon had better be called as soon as possible if the body cannot be dislodged at once, and especially if there be difficulty in breathing.

Cholera Morbus.—This affection often requires that something be done at once. For this purpose, thirty drops of laudanum or two or three teaspoonfuls of paregoric may be given to an adult, or proportionate doses for children. Also apply over the stomach a mustard plaster or cloths wrung out of hot water and turpentine, and frequently changed. If relief is not soon obtained, seek the advice of a physician.

Colic.—May be treated as above, with the addition of an emetic or purgative, or both, if due to undigested food.

Convulsions in Children.—When these occur, place the child at once in a bath of hot water with mustard added; apply cold water cloths to the head, move the bowels with an injection of warm water or soapsuds, and give enough sirup of ipecac to vomit, unless this has already occurred. Con-

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vulsions frequently indicate the commencement of some disease; hence it is well to call a physician early.

Contusions, see Bruises.

Croup.—When a child is taken suddenly with the croup at night, give at once a teaspoonful of sirup of ipecac, or the same with a few drops of antimonial wine added, or a teaspoonful of powdered alum followed by a cup of water. Repeat these soon if necessary to cause vomiting. Warm water cloths may be applied to the throat if covered with dry wrappings. Keep the child warm, so that sweating may be induced, and strive to allay its excitement or fear.

Cuts, see Wounds.

Diarrhœa.—Diarrhœa is most generally caused by an irritation of the bowels, due either to the presence of undigested food or the remains of a previous constipation. Hence it is always well to commence treatment by a dose of castor oil, to which may be added ten drops of laudanum. After the bowels have been moved, give to an adult ten or fifteen drops of laudanum after each subsequent movement, stopping its use after a few doses. Half-teaspoonful doses of ginger in water may be tried. Injections of boiled starch with twenty or thirty drops of laudanum may be tried. Give but little opium to children.

Dysentery.—Dysentery may almost certainly be recognized by the griping and bearing-down feeling when the bowels are moved, and especially if the discharges are slimy and mixed with blood.

A physician should be consulted without wasting much time in trying the simpler diarrhœa remedies.

Dislocations.—A dislocation is the displacement of the end of a bone at the joint; hence there is a deformity of the joint. The ligaments about the joints are necessarily more or less torn; hence there is pain. Most of these dislocations

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will require the skill of a surgeon; hence one should be obtained as early as possible, care being taken to make the patient as comfortable as may be by an easy position and cooling and soothing applications to the affected joint.

The following named joints may be easily restored usually by the process given: Dislocations of the fingers are reduced by pulling in the line of the bones with moderate pressure at the affected joint. Retain in place by a small splint loosely bound along the back of the finger and hand.

Dislocation of lower jaw.—Replace this by wrapping the two thumbs well with towels, then thrusting them into the two sides of the patient's mouth, slipping them over the back teeth, at the same time grasping firmly, with the fingers, the two sides of the jaws outside the mouth, and making pressure firmly downward and backward with the thumbs, using the sides of the jaw as a lever. As soon as the jaw is felt to be moving into place, slip the thumbs quickly from off the teeth into the sides of the cheeks to prevent having them crushed by the teeth, which will be drawn together with great force. Afterward, keep the jaw in place by bandaging, so that the lower teeth will be firmly pressed against the upper row.

Dislocation of shoulder.—To reduce this, place the patient on his back, sit down close by his side with foot to his shoulder, remove the shoe and place the foot in his arm-pit, seize the patient's hand and pull firmly, drawing the arm somewhat across the body, and making at the same time, pressure upward and outward with the foot in the arm-pit. If successful, the head of the bone will be heard, or felt, to go in place with a snap. If not soon successful, stop and send for a surgeon. Retain bone in place by bringing the forearm across the chest and securing there by some kind of bandage.

Drowning.—*To prevent drowning.*—When upset in a boat

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or thrown into the water and unable to swim, draw the breath in well; keep the mouth tight shut; do not struggle and throw the arms up, but yield quietly to the water; hold the head well up, and stretch out the hands only *below* the water; to throw the hands or feet *up* will pitch the body *below* the water, hands or feet *up* will pitch the body head down, and cause the whole person to go immediately under water. Keep the head *above*, and everything else under water.

To restore the apparently drowned.—As soon as removed from the water, treat the patient instantly on the spot without wasting precious time in removing to a house, unless the weather is intensely cold. Free the neck, chest, and waist of clothing. Place the patient on his face with a cushion under his chest and his arm under his forehead, and make pressure on the back for a moment to force water from the lungs. Clear the mouth with the finger and prevent the tongue from obstructing the windpipe by bringing it well forward, and securing it there by passing a cord well back over its base, bringing the ends out at the corners of the mouth and tying them under the chin. Then turn the patient on the back, with a cushion under the shoulders so as to carry the chin away from the chest and thus extend the neck. Then seek to restore respiration in the following manner, which is generally known as Sylvester's method: place yourself behind the patient's head, seize the arms near the elbows and sweep them around away from the body and bring them together above the head, at the same time giving them a strong pull for a few seconds. This elevates the ribs, enlarges the chest, and thus fills the lungs with air. Next return the arms to their former position beside the chest and make strong pressure against the lower ribs for a moment so as to drive out the air again from the lungs. Repeat this manœuvre about fifteen or sixteen times a minute, and keep it up for a long time, unless natural

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respiration is secured in the meantime, or it has been established beyond a doubt that the patient is certainly dead.

When the patient begins to breathe, stimulate this by the use of ammonia applied to the nose, by slapping briskly the surface of the body, by dashing water upon the chest or face, and by suiting the artificial to the movement of the natural as nearly as possible. Let some person also commence rubbing the limbs briskly upward so as to aid the feeble circulation; and secure warmth to the body by warm blankets, warm bricks, bottles of warm water (or anything else that will retain heat), applied to the armpits, over the stomach, and elsewhere about the body. Let some stimulant be given as soon as it can be swallowed, and repeated occasionally until danger is over.

Never attempt to move the patient until fully restored if you can possibly avoid it. Then he should be carefully placed in a warm bed and watched to see that breathing does not suddenly cease. Should this occur, renew the artificial respiration at once.

Ear (*Foreign bodies in*).—If a living insect is in the ear, turn the head to the opposite side and fill the ear with tepid water, oil, or glycerine, and it will soon come to the surface.

A bright light thrown into the ear will also often succeed in bringing it out. Any body that will not swell when moistened with water may probably be removed by syringing the ear thoroughly, with the face held downward.

None but the very gentlest probing of the ear should be attempted by any one but a physician, who understands what a delicate organ he has to deal with.

Earache.—Earaches frequently are caused by diseased teeth. In such cases the quickest remedy is either the extraction of the sinning tooth or the adoption of treatment appropriate for the toothache. Earaches not caused by the teeth may often be relieved by using hot drinks, and a hot

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hop poultice over the affected ear. A persistent earache most likely indicates some disease of the ear and should always lead to consulting a doctor.

Epileptic Fits.—These are known by pallor of face at first, a peculiar cry, loss of consciousness, then flushing of face and violent convulsions, with foaming at the mouth, rolling of the eyes, and biting of the lips and tongue.

In a fit of this kind, place the patient on the back, with little or no elevation of the head; control his movements only so far as to prevent injury; place a folded towel between the teeth, if possible, to prevent the biting of the tongue.

When the convulsion is over, let the patient rest in some quiet place, having previously taken a slight stimulant if very much exhausted by the violence or length of the fit.

Eye (*Foreign bodies in*).—Dirt in the eye may be washed out by squeezing from a sponge a small stream of tepid water. To wash lime from the eye, use the tepid water moderately acidulated with vinegar or lemon-juice. Cinders and other small particles may be removed generally by touching them with a soft silk or linen handkerchief twisted to a point, or by using a loop of human hair. Metallic particles can often be removed best by the use of a magnet.

To expose the eye more fully, the upper lid may be easily everted by lifting it by the lashes and pressing from above by a slender pencil or stick.

Fainting.—When persons have fainted lay them down with the head as low as possible, loosen the clothing, keep back any crowding that would interfere with plenty of fresh air; sprinkle water over the face, apply hartshorn to the nose, and if too long in recovering consciousness, place heated cloths or plates over the stomach.

Fits in Children, see Convulsions.

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Fish-hooks.—When a fish-hook has entered any part of the body, cut off the line, file off the flattened end, and pass the hook on through the flesh like you would a needle in sewing.

Fractures.—Broken bones are easily recognized by the grating of the ends on each other, by the unusual bending of the limb, and by the pain caused by motion at this point. A fracture is called *compound* when the end of the bone protrudes through the skin. Whenever such protrusion is seen, the part should be cleansed and at once covered with adhesive plaster or a piece of linen saturated with white of egg. All fractures should be attended to by a surgeon; consequently the dressings suggested here are only temporary, and intended to protect the parts from further injury.

In fracture of the arm above the elbow, bandage the upper arm to the side of the chest, and place the hand in a sling.

In fracture of the arm below the elbow, bend the arm at the elbow at a right angle, place the thumb uppermost, and bandage it between two padded splints, reaching from elbow to ends of the fingers, one being placed on the back of the arm and the other on the front, and place the hand in a sling.

In fracture of the leg below the knee, extend the leg beside the sound one, giving it the same position; place a pillow beneath from the knee down, fold the sides of the pillow over the leg, and secure it in that position by bandages.

In fracture of the thigh-bone, place the patient on the back in bed, relax the muscles of the leg by drawing the feet up toward the body sufficiently, bind splints to the outer and inner side of the broken thigh; then bind both legs together, and turn patient on the side with the injured limb uppermost.

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In fracture of the knee-cap, bind the whole limb to a splint on the back of it, being careful to place a sufficiently large pad beneath the bend of the knee.

In fracture of the collar-bone, place the patient on his back on a hard bed without any pillow.

In fracture of the lower jaw, close the mouth and bandage so as to keep the two rows of teeth together.

In fractures of the skull, lay the patient down and apply cold, wet cloths to the head.

In other fractures, place the patient in the most comfortable position possible, keep him quiet, and apply cold water to prevent swelling.

For splints, pasteboard, leather, shingles, or pieces of cigar-box may be used.

Frostbite.—In frostbite use gentle friction in a warm room, using enough cold water or snow to prevent too rapid reaction and consequent pain in the affected part. If very severe, call a physician, as gangrene may follow.

Gunshot Wounds, see Wounds.

Heatstroke, see Sunstroke.

Hemorrhages.—In hemorrhages from an artery, the blood is bright red, and spurts or jets out from a cut. To stop it, make compression between the wound and the heart.

In venous hemorrhage the blood is dark in color and flows in a steady stream. To stop it, make compression on the side of the wound away from the heart. Hemorrhage from the lungs is bright red and frothy, while that from the stomach is of dark color.

To make thorough compression of a blood-vessel, knot a large handkerchief in the middle, place the knot over the line of the vessel, tie the ends firmly around the limb, thrust a short stick beneath, and twist by turning the stick like you turn an auger.

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Hemorrhage from the nose may be stopped generally by snuffing up the nose salt and water, alum and water, or vinegar, or by applying ice between the shoulders or at the back of the neck. Keep head raised.

In hemorrhage from the lungs, place the patient in a sitting posture in bed, giving teaspoonful doses of salt and vinegar every fifteen minutes, and apply ice or cold water to the chest, unless the patient is too weak to bear it.

In hemorrhage from the stomach, broken ice may be swallowed with teaspoonful doses of vinegar.

In hemorrhage from the bowels, use ice-water injections and ice over the abdomen.

Injuries to the Brain.—Blows or falls upon the head are liable to injure the brain in two ways.

Concussion of the brain is recognized by the sickness, faintness, pallor, depression, and confusion of the patient, and is best treated by placing the patient on his back in a quiet, cool place, loosening the clothing, and applying heat to the body and limbs if they be clammy or cold.

Compression of the brain is due to fracture of the skull, generally a portion being depressed. The symptoms and treatment about the same as apoplexy.

Intoxication.—This may be distinguished from apoplexy by the absence of paralysis and of insensibilty of the eye-ball, and by the smell of liquor on the breath.

When sure that the patient is intoxicated and not suffering from apoplexy, an emetic may be given, followed by a dose of some preparation of ammonia.

Vinegar is a very good thing to sober a drunken person.

Insect Stings, see Stings.

Ivy Poisoning.—Treated by the application of cloths saturated with sugar-of-lead water or with a solution of bicarbonate of soda in water.

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Lightning Stroke.—Treat with rest and stimulants and warmth applied to the body.

Nausea and Vomiting.—First cleanse the stomach by giving large draughts of warm water, and then give small pieces of ice, a teaspoonful of lime-water, or a half teaspoonful of aromatic spirits of ammonia, or a small quantity of magnesia or baking-soda, and, if necessary, place a mustard plaster over the pit of the stomach.

Nervous Attacks, or Shivering Fits, are treated by hot drinks, heat to the surface of the body, mustard or turpentine over the stomach, and a dose of Hoffman's anodyne or tincture of valerian, if at hand.

Nose (*Foreign bodies in*).—Children are apt to shove up their noses small bodies of different sorts, which may cause serious trouble unless soon removed. Their removal may often be effected by vigorously blowing the nose or by repeated sneezing, produced by snuff, or by tickling the nose with a feather. If these fail, a hair-pin or button-hook may be carefully tried.

Nose-bleed, see Hemorrhages.

Poisons.—*Acids* act as irritant poisons, of which the most common are sulphuric, nitric, muriatic, and oxalic.

For poisoning by any of these, give large quantities of either soda, magnesia, chalk, whitewash, whiting, or plaster. Then provoke vomiting, give bland drinks, rest, and stimulants if required. For *oxalic acid* the best antidote is lime in some form. For *carbolic acid*, vomiting, large draughts of oil or milk, rest, warmth of body, and stimulants.

For the *alkaline poisons*—ammonia, soda, potash, or concentrated lye—give vinegar freely; then provoke vomiting, and give bland drinks, followed by rest, and stimulants if required.

For *arsenic*, *Paris green*, or *Scheele's green*, give large quantities of milk, white of egg, or flour and water; then vomit;

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then give tablespoonful doses of dialyzed iron, followed by a teaspoonful of salt in a cup of water; vomit again; give a dose of castor-oil, with rest, and stimulants if needed.

Sugar of lead.—Give Epsom salts, provoke vomiting; repeat several times; then give demulcent drinks, followed by castor-oil.

For *corrosive sublimate*, provoke vomiting, give strong tea without milk; repeat these several times, then give milk and raw eggs; follow with a dose of castor-oil, and stimulate if necessary.

For *tartar emetic*, use the same treatment as for corrosive sublimate.

For *phosphorus* (usually from matches), provoke vomiting by giving repeatedly five-grain doses of sulphate of copper, then give a dose of magnesia, but *no oil.*

For *lunar caustic*, give a strong solution of salt and water repeatedly, then vomit.

For *iodine*, vomit, give starch dissolved in water freely, following with bland drinks.

For *opium, laudanum, morphia, paregoric*, and *chloral*, vomit the patient freely and repeatedly, with mustard and warm water; then give strong coffee; keep the patient roused by brisk slapping of the skin, or by moving about, or by the galvanic battery, and use Sylvester's method* of keeping up artificial respiration if necessary.

For *strychnine*, vomit once or twice, give a purgative, and then secure absolute rest in a dark, cool room, free from draughts. Large doses of bromide of potash (thirty grains) or twenty grains of chloral may be given.

For *toadstools or Jamestown* (*jimson*) *weed*, produce vomiting and follow by stimulants and external application of heat.

For *decayed meats and vegetables*, empty the stomach, then give a dose of castor-oil and some powdered charcoal.

* See under Drowning, p. 506.

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For all poisons the best general emetic is mustard and plenty of warm water, aided, if possible, by the patient's finger thrust down the throat. The best stimulant is strong, hot tea or coffee, to which may be added the alcoholic stimulants. The best bland drinks are milk, beaten raw eggs, gum arabic water, or oil. Demulcent drinks are of the same general character. They are mucilaginous, and so protect the coatings of the stomach from irritants, etc.

Scalds, see Burns.

Shocks.—In violent shock, such as results from severe injuries, lay the patient down, cover warmly, and if cold, apply external heat by using bottles of hot water, hot bricks, or hot flannels, etc. If the patient can swallow, give stimulants; if not, give stimulating injections. A mustard-plaster may be applied to the chest and spine with advantage.

Snake-bites, see Bites.

Spasms, see Convulsions.

Spitting Blood, see Hemorrhages.

Splinters.—Wood splinters, if not too brittle, may generally be extracted by tweezers or forceps by seizing the end and pulling steadily and carefully in the direction opposite that in which they entered. Nature will soon make them easier of extraction by the formation of matter around them. To get hold of a splinter under the nail, cut out a V-shaped portion of the nail above it and then the end can be seized. Splinters of glass unless readily extracted should be left to the skill of the surgeon. When a splinter in the eye cannot be extracted, bathe in cold water and bandage loosely, so as to keep the eye as quiet as possible till the surgeon arrives.

Sprains.—Treat sprains by rest, elevation of the limb, cold, moist applications at first, and afterward either cold or warm,

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whichever gives the greater degree of comfort. A splint or bandage is sometimes useful.

Stings.—The stings of scorpions, tarantulas, centipedes, bees, wasps, hornets, etc., may be treated best by the application of cloths wet in cold water, or wet mud even. The application of a little ammonia or salt and water will generally give marked relief.

Suffocation.—Treat by quick removal to the open air, loosen the garments, and apply friction and artificial respiration if necessary. To escape injury by the heavier gases, as carbonic acid gas, the gases of mines, wells, etc., strive to keep the head above them. To escape through smoke, cover the head with some article of clothing, and seek the outlet with the head as near the floor as possible.

Sunburn.—For sunburn, use equal parts of bicarbonate of soda and fresh lard or cosmoline.

Sunstroke.—Treat this by removing the clothing, applying ice to the head and arm-pits until the high temperature is lowered and consciousness returns, when it should be discontinued until a rising temperature again calls for it. A cold bath of iced water may be very beneficial.

Toothache.—When due to a hollow tooth, cleanse the cavity with a little dry cotton on a probe or large needle, and then pack into the cavity a wad of cotton which has been dipped in creosote, oil of cloves, or ether. When there is no cavity, try bathing the face and gums with some of the various anodynes.

Unconsciousness.—For the recognition of unconsciousness due to fainting, injuries of the brain, and intoxication, see those subjects. When unconsciousness is due to disease of kidneys there will generally be convulsions, also a smell of urine and a dropsical swelling about the eyes and legs. When there is uncertainty as to the cause of the uncon-

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sciousness, lay the patient on his back with the head some what raised; and if there be pallor and other signs of prostration and a cold surface, apply ammonia to the nose, with heat externally and hot drinks internally. If there be a hot surface, cold should be used externally and internally.

Wounds.—The first important thing to do is to stop the hemorrhage according to the directions given under the head of Hemorrhages. Press tightly between the wound and heart if the blood is bright red and spurts or jets out; but if blood is dark and flows slowly and steadily, make pressure beyond the wound or on both sides of it. For wounds high up in the arm, press firmly just above and back of the middle of the collar-bone; and for those high up in the leg, press over where the artery is found beating in the groin. For wounds of the head, apply pad over the wound and bandage tightly.

To temporarily dress incised wounds or clean cuts, bring the edges of the cut evenly together and fasten by bandages, adhesive plaster, or pieces of linen saturated in white of egg. When the chest or abdomen is cut so that the lung or bowels protrude, first cleanse these by gently squeezing over them tepid water from a sponge, and then carefully place them back very gently with a soft cloth wet in warm water; if not able to replace them with such a cloth, wet with warm water and keep it wet until a surgeon arrives.

Lacerated or torn wounds seldom bleed much. These should be carefully cleansed of all foreign substances, the parts placed in position as nearly as possible, and then treat as bruises with wet cloths sprinkled with laudanum.

Perforated Wounds, such as may be made with a rusty nail, should be enlarged or kept open by the introduction of lint, which must be changed three or four times a day, and the wound should be kept well cleansed.

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Gunshot Wounds should always have the care of a surgeon. Temporarily let them be treated by cold, wet cloths, with the addition of laudanum if required. If there be signs of shock, treat according to directions given under that head. About the same general directions may be followed in the treatment of injuries caused by machinery. It may be accepted as a rule, that gunshot wounds, railroad accidents, and machinery accidents are worse than they seem to be. The shock to the system is also very severe in these cases, and is hard to rally from.

In all emergencies, the poorest thing to do is to lose presence of mind and to hesitate when action is needed. Be cool, prompt, decided!

EMERGENCY BY FIRE.

Beyond the class of emergencies already discussed, that by fire is as imperative as any. There may be dangers of this kind where the most pressing duty is flight. One should prepare himself for this by cool contemplation of every new situation in which he sleeps or tarries—where the probable source of danger lies and what is the most available method of escape should be in mind before the emergency arises.

As a rule, however, the party who discovers a fire should give an alarm and then run at it—not from it. Many fires can be smothered out. Far less water will drown a fire than many suppose. A bucket of water applied from a tin dipper to the point of greatest peril will do more good than a barrel of water promiscuously dashed out. Keep cool and put water where it is needed.

In a smoke-filled apartment lie down and creep on the floor. Tie a wet handkerchief over the mouth and nostrils when passing dense smoke. Carry a coil of small but strong rope, with knots along it, when you travel. If needing to escape by it, fasten one end to the bedstead, grasp

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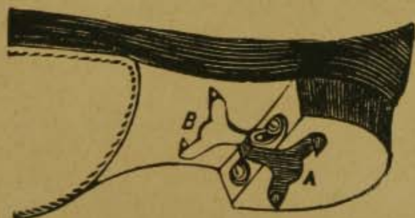
the rope with a towel, and slide down slowly. Do what you can for others who may share your peril, keeping your presence of mind and assuring others.

RAILROAD ACCIDENTS.

These are generally so sudden that no amount of precaution avails. As a rule for passengers, however, it is best never to jump from a train. That involves more danger than staying aboard, usually. The aisle of the car and near its centre are the safest positions, as a rule. It is bad in collisions to have the feet entangled with the seats. To mount the seat or reach the aisle is generally safer. In any case, keep your presence of mind, without shouting or rashness. None but a foolhardy person allows his head or arms to project from a moving train.

ACCIDENTS ON ICE.

In cold climates every winter has its attendant accidents upon the ice. Prevention here is better than cure, and prevention may be had by the little contrivance shown in the cut and known as the "Detroit Ice Creeper." A represents the creeper in position, ready for use. The dotted line B shows the creeper thrown back entirely out of the way when not in use or walking in-doors. The attachment to the shoe-heel is made by screws. Thus equipped, one may walk firmly on the smoothest ice.



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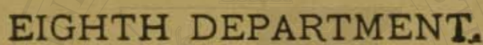

EIGHTH DEPARTMENT.

GAMES AND AMUSEMENTS.

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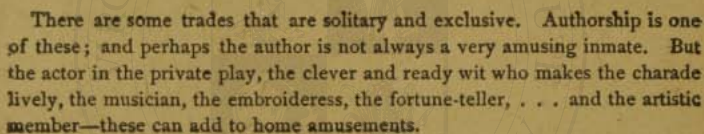

There are some trades that are solitary and exclusive. Authorship is one of these; and perhaps the author is not always a very amusing inmate. But the actor in the private play, the clever and ready wit who makes the charade lively, the musician, the embroideress, the fortune-teller, . . . and the artistic member—these can add to home amusements.

M. E. W. S.

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GAMES, AMUSEMENTS, ETC.

RECREATION is re—creation. It makes a man feel new. Time immemorial it has been confessed that "all work and no play make Jack a dull boy." The same law holds in children of the larger growth. The taut bow of active manhood must be relaxed at times, or its elasticity will certainly be lost. Splendid surroundings cease to charm and may become monotonous or positively irksome. The softest couch cannot relieve a mind disturbed. For such ills mental panacea is demanded, and this is found in games, amusements, entertainments, and the like.

Any fertile mind can invent something in the nature of a game, or can improve upon existing games. Not, probably, upon the old standard games, however. Chess, for instance, has been studied by the world's master minds, and he is a genius indeed who can add anything thereto. But "the way we play it," as is so often said, is probably the very best way for each special party in the ordinary games, which have not been developed to a perfect method. First, as pre-eminent for combining healthfulness with pleasure, should be considered

OUT-DOOR GAMES.

Archery.—One of the oldest of games is Archery. Originally a means of warfare and the chase, it has survived that use and now flourishes as a pastime. Archery organizations are venerable in England and popular in America.

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The "York Round" of Archery consists of seventy-two arrows at one hundred yards, forty-eight arrows at eighty yards, and twenty-four arrows at sixty yards. All public matches shot in Great Britain by gentlemen are decided upon the result of either a single or double York Round.

The "National Round," shot by the ladies of Great Britain at all public meetings, consists of forty-eight arrows at sixty yards and twenty-four arrows at fifty yards. Generally the prizes are awarded upon the result of a Double National Round.

The "Columbia Round," adopted for this country, consists of twenty-four arrows at thirty yards, twenty-four arrows at forty yards, and twenty-four arrows at fifty yards. These distances are well suited to the present state of skill and practice among ladies, and the ranges and division of arrows will be in great favor for the first year or two. It will be then time to consider the matter of extending the ranges.

The points sought in scientific archery are (1) Position; (2) Nocking the arrow, or properly placing it on the string; (3) Drawing the bow, which must be done to the same distance, in the same manner, and in the same time, else irregular hitting will result; (4) Aiming so as to "keep a line" and to hit the target; (5) Loosing the string so that the arrow will fly with power and grace. Finger-gloves, touched in grease, facilitate the loosing.

Bows vary in drawing power, those used in the York Round averaging about fifty pounds. Arrows are twenty-eight inches long, all of the same form, weight, etc. Arrows are pointed so as to enter the target. A slight blunting will vary the flight very materially. Condition of wind must be allowed for, as cross winds, or winds toward or from the target, all affect the flight. Practice under the instruction of archery manuals and expert marksmen will make perfect; and for pleasant, healthful, out-door exercise

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in wnich gentlemen and ladies can participate, archery will prove second to none.

Base Ball.—By common consent, Base Ball is our national game. It is, however, a game exclusively for boys and men. It is in no sense a family game. It is attended with so many serious injuries and has been so largely relegated to professional clubs that interest of the better sort has been withdrawn from it to a great extent. Those interested should buy Hutching's *Base Ball Manual*, which contains the rules (of which there are over seventy, and most of them have many specifications), the interpretations of rules, decisions of leagues, record of plays, etc.

Cricket.—This is essentially the national game of England, but it is gaining ground in this land. It is played with single or double wicket, the latter being the true game. The two sides have eleven players each, though a numerical allowance is sometimes made for acknowledged superiority of players. The *in* side remains in until all its members but one have been *put* out. The bowler aims to knock down the wickets, while the batsman protects them by parrying the balls, which are stopped and caught on the field by fielders at various points, while the batsman makes his "runs," interchanging places with the other batsman. Hoyle thus describes the game:

"We will suppose a party of cricketers turning out for an afternoon's sport. Some carry bats, two have cricket balls, and several others bear the stumps of which the wickets are constructed. They come to the place where the wickets are to be set up, or 'pitched.' It is a level field, and the space between the wickets, in particular, is flat as a billiard-table. Now the bowlers advance, and under their direction the wickets are set up. The distance between the wickets is twenty-two yards. The distance between the stumps must be a little less than the diameter of the cricket ball, so that

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the ball cannot pass between the stumps without touching them and knocking off the bails or little bits of wood placed across the top of the stumps. The companions of the bowler are now dispersed about the field in various positions. . . . They all labor for the same object—namely, to stop the ball when it is struck by the batsman, to catch it (if possible) before it reaches the ground after being delivered from the bat (in which case the batsman is considered *caught out*, and his inning is over), and to throw the ball up, when they have stopped it, to the bowler or wicket-keeper as quickly as possible. The bowler's desire is to knock down the batsman's wicket, while the batsman's province is to defend his wicket by striking away the ball as it is bowled toward him. Beyond this, he has to judge what balls it will be safe for him to strike hard at and what balls he must content himself with *blocking*, or striking down; for on the number of runs he obtains will depend the share he contributes to the success of his side."

For the detailed rules of Cricket, see Hoyle's *Games*. An English publication, James Lillywhite's *Cricketers' Annual*, is full of valuable information.

Croquet.—This game is so well known and so generally played, that no better service can be rendered than—waiving the questions of variety in arrangement and apparatus—to give the generally accepted rules for the play.

THE LAWS OF CROQUET.

1. At the outset two of the party are chosen chiefs, one for each side. These two determine which shall have the first choice of players. Each plays a ball from the starting-point, and he who, with one blow of the mallet, drives his ball nearest the turning-stake wins the first choice.

2. The chief who has won the first choice of players opens the game.

3. Each player at starting must place his ball a mallet's length in front of the starting-stake and opposite the centre of the first arch.

4. A player may play in any attitude he chooses, but in striking he must use only one hand.

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5. The ball must be struck with the face of the mallet's head, and the stroke must be a distinct blow, and not a push.

6. The chief who opens the game is followed by the chief of the opposing side, and the other players on each side play alternately in accordance with the colors marked upon the starting-stake.

7. If any players play out of his turn, and the error be discovered and challenged before another player makes a stroke, the opposing side may either compel the delinquent player to replace his ball in its original position, or they may allow it to remain where it was played. But any advantage to himself or disadvantage to his opponents, occasioned by misplay, must be immediately rectified.

8. If the adverse side fail to challenge the misplay before another player has commenced, no penalty is attached, but the offending party cannot use his next turn, having already anticipated it.

9. Should a player, by mistake or otherwise, use a wrong ball, he must suffer the consequences, and not the rightful owner of the ball. If the error be discovered and challenged before the turn is completed, the ball must be restored to the position it occupied previous to the misplay, and any damages sustained by the adverse side by reason of the misplay must be repaired and the offending player deprived of his turn. But if the misplay be not challenged previous to the next player commencing to play, the game proceeds as if no misplay had occurred, and no penalty is attached.

10. Each player continues to play so long as he makes a count in the game; that is, so long as he drives his ball through the next arch in order, strikes the turning-stake in order, or achieves either roquet, croquet, or roquet-croquet, or a combination of two or more of these. Failing to accomplish either of these, he relinquishes his turn to the next player. (See Law 26.)

11. The balls must pass through the arches in their regular consecutive order and in the proper direction of the course. If a ball be driven through an arch out of regular order, or from the wrong side, it does not count any more than if it had passed over any other portion of the ground. When a ball passes properly through an arch it is said to "make its arch."

12. A ball makes its arch when it passes through it in its proper consecutive order, from either of the following causes only:

I. When it is driven through by a blow from its owner's mallet.

II. When it passes through from roquet, croquet, roquet-croquet, or ricochet.

III. When it is driven through by concussion; that is, by a blow from another ball driven against it by roquet, croquet, roquet-croquet, or ricochet.

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13. A ball is considered to have passed through its arch if it cannot be touched by the handle of the mallet when moved from the top to the base of the arch, from wire to wire, on the side from which the ball passed.

14. Should a ball be driven only *partially* through its arch in the wrong direction, it is not in a position to be driven back and through in the right direction.

15. If a player can drive his ball through two arches by one stroke, or pass it through an arch and against the turning-stake, he may lay his mallet on the spot where his ball stopped, place it in any direction that is most useful to him, and put his ball at the end of the mallet.

16. Striking the turning-stake is equivalent to making an arch, subject to the same conditions, and enjoying the same privileges; with this exceptional advantage, the stake may be struck from any direction. (See Laws 12 and 15.)

17. When a ball has completed the round and has struck the starting-stake, either by a stroke from its owner's mallet or by roquet, roquet-croquet, croquet, or by concussion, it becomes a dead ball, and must be removed from the field.

18. When a ball has completed an entire round with the exception of striking the starting-stake, it becomes a Rover, and may either go out by striking the starting-stake, or may continue its play at large all over the field, subject to the conditions and limitations hereafter specified.

19. A Rover may play upon all the balls one after another, but on no one ball twice in the same turn.

20. A Rover must roquet, roquet-croquet, or croquet in order to continue his play.

21. Should a Rover strike the starting-stake, as specified in Law 17, it becomes a dead ball, and must be removed from the field.

22. When one ball strikes another it is a roquet, and this holds good whether the ball striking it proceeds direct from a stroke of the mallet, or rebounds upon it from a stake, arch, or any other fixed obstacle, or from another ball which it has previously struck.

23. When a ball roquets another, it may strike the roqueted ball again without any intermediate play, but this does not constitute another roquet. If, however, either ball in this second stroke be driven through its proper arch, the arch shall be counted as passed, but the playing ball is not entitled to another stroke.

24. A ball having made a roquet, may either croquet, or roquet-croquet the roqueted ball, or proceed on its round.

25. When a ball roquets two or more balls by one blow of the mallet, it constitutes what is called a ricochet.

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26. A ball terminates its tour of play when, without making an arch or striking a turning-stake, it roquets a ball which it has croqueted. (See Law 10.)

27. A ball may only croquet that ball upon which it has made a roquet.

28. A player may croquet any number of balls consecutively; but he cannot croquet the same ball the second time during the same turn without first sending his own ball through the next arch in order, or hitting the turning-stake.

29. A player must perceptibly move the ball he croquets.

30. In making ricochet, a player may croquet the first or all of the balls at his option, but the order of croquet must be the same as that of ricochet.

31. If a ball roquet another, and with the same stroke make its arch, it may croquet the roqueted ball, or refuse to do so, and again roquet it before making the croquet, or it may proceed to make another arch.

32. While executing the croquet, if a ball flinch, the shot is void, and the croqueted ball must be replaced in its former position. The croqueting ball may then proceed with its turn, but it cannot repeat the croquet just missed.

33. The laws of roquet-croquet are precisely the same as those which govern the croquet, and a player may roquet-croquet any ball that has been roqued.

34. After making roquet, a player may take two chances by roquet-croquet.

35. Should a ball in its progress over the ground be interrupted by any one, the player to whom it belongs may either allow it to remain where it stopped after its interruption, or remove it to the point it probably would have reached had no interruption occurred.

36. Should a ball be accidentally displaced, it must be restored to its proper position before the game can proceed.

37. Should an arch or stake lose its upright position from any cause, it must be restored before the play proceeds.

38. No play is permitted outside the limits of the ground. A ball driven beyond the limits must be immediately placed on the ground at the point where it crossed the boundary. A ball so placed may be played upon by friend or foe.

39. If one ball roquets another, and either or both balls go beyond the bounds, either or both shall be replaced, and the roqueting ball may play on the roqued ball the same as if neither had been driven off the bounds.

40. Players on the same side may advise each other upon a stroke, but not assist in making it.

41. The game is finished when all the players on one side have made all the arches and struck the two stakes.

42. The umpire is chosen by the two chiefs.

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43. The decision of the umpire is final. His duties are, to decide when balls are fairly struck; to restore balls to their places which have been disturbed by accident; to decide whether a croqueted ball is moved or not, in doubtful cases; and to settle all other disputed points which may arise during the progress of the game.

Lawn Tennis.—Lawn Tennis is the destined game of the future. "How does it compare with croquet?" was asked of an expert in both games. "As a wedding does with a funeral," was the answer.

As in croquet, gentlemen and ladies may play at Tennis; yet in this there is so much of action that for the youthful and vigorous it has special charms.

It should be played on a level, well-cut lawn. Rubber-soled shoes should be worn to insure sure footing and protect the turf. Sets packed in strong boxes can be had from $4.00 to $35.00 in price. The set contains bats, or racquets; regulation balls, net poles, net thirty-six feet long, boundary pegs, lines and runners, mallet, and book of instructions, which gives full directions for constructing the court and conducting the game.

The fact that to play the game requires the set, and that this always includes the printed rules, makes it unnecessary to give rules here. Suffice it to say that the game consists in serving or delivering the ball from the racquet over the net from one court or area into another, the opposing party returning the ball in similar manner. The game may be played by two, three, or four persons. The skill required for correct service, the agility in catching the balls and dexterity in managing them, the opportunity of scoring afforded by good play on your own part and by poor play of the antagonists, combine to make the game very attractive and healthful.

BOARD GAMES.

Chess.—Chess is unquestionably the chief of board games. It is played upon a board containing sixty-four squares,

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with two sets of differently colored pieces, or men; each set having sixteen pieces, of which eight are pawns, having the same value and moves; the others, with their special value and moves, being for each set a king, a queen, two bishops, two knights, and two castles or rooks. Upon this game volumes of profound depth have been written, and journals are exclusively devoted to its discussion. In the brief space here available, so abstruse a game cannot be discussed with fullness or even fairness. Those interested need a Chess Manual and the instruction of an expert.

Checkers.—This is an ancient game, a sort of infantile Chess, played upon the same board, and using twelve pieces for each side, arranging them on alternate squares in the three outer rows of the board. The advances are made from each side by moves on the diagonal squares, the one having the right to move "jumping" any unprotected enemy on an adjacent diagonal, so reducing the number of his opponent's pieces. When a piece reaches the outer row on its opposite side it becomes a "king," privileged to move either way. This is "crowned" by placing another piece on top of it. The one jumping all his opponents first wins the game. The game for a lively spurt may be reversed, the one losing all his pieces first becoming the winner. This is called "Give Away."

Backgammon.—This game is played on the inner side of the ordinary chess or checker board. It requires fifteen checker pieces and a set of dice for each of the two players. The board has twenty-four points colored alternately of two different colors. The pieces are arranged on eight of the points for each side, the position of each set corresponding precisely to that of its opponent. Moves are made as determined by the throwing of dice, each party advancing his men around the board and aiming at two objects; 1st, to leave no single piece exposed which might be taken up by

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the opponent; 2d, to catch up any exposed piece of the opponent. Pieces can be taken up when they stand alone on a point and the move to be made by the other side reaches that unprotected piece. The piece so taken up cannot resume play until it is re-entered on a point corresponding in number to one on the dice thrown by its owner. When all the pieces of a side have been gathered into the final or home table, the player may throw off any of them from points corresponding to the dice thrown. If he has none to correspond, he must move up the required number of points, or, if this cannot be done, he may play off his next highest piece or pieces, as may be needed. The party first getting all his pieces off wins. If any of the loser's pieces are not then in his home table he is *gammoned*, which is equal to two ordinary beats or *hits*. If the winner throws off all his men before the loser gets his last man to his own side of the board, it is a *backgammon*, equal to three *hits*. The numbers thrown on the dice must be played, unless it is impossible by reason of pre-occupancy of points, when the throw is lost. If doublets be thrown, the player has four moves instead of two.

Russian Backgammon.—In this game all the men are entered into the same table according to the throws. Both sets follow the same route on the board, neither side moving out of the first table till all its men are duly entered, and neither throwing off any men until all of his pieces have reached the terminal table. This game is longer and far more stubborn than the ordinary form.

Bagatelle.—This is to Billiards as Checkers is to Chess—a diminutive member of the same family. He who plays the superior game seldom takes interest in the other. It is played on a board varying in length to suit the desires of purchasers. Cups are set in the board flush with its surface, into which ivory balls are driven with a cue, the plays all

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being from the opposite end of the board. These cups have different values, upon which the count is made. They vary in number from nine to fifteen. Various games are played on the same, or very similar boards, for which directions are furnished on the purchase of the apparatus.

Other Board Games.—Among the many folding-board games which are deemed specially good may be named Parchesi, Stella, Falconry, Spider and Fly, Go Bang, Russian Tivoli, Fox and Geese, Solitare, The Captive Princess, Cats and Mice, Ambuscade, Steeple Chase Game, John Gilpin, The Pilgrim's Progress, and The Monopolist.

CARD GAMES.

Aside from the ordinary playing-cards with their almost limitless varieties, there is a splendid assortment of other cards, both instructive and amusing. Every stationer and toy-dealer has these at various prices and with full directions for playing.

MENTAL GAMES.

Dictionary.—A long but familiar word is announced to a company and two minutes are allowed in which to write all the words which can possibly be formed from the letters of the assigned word. Any word of two or more letters is allowed, proper names and foreign terms excepted. Any letter of the assigned word may be used twice or oftener in any written word. At the end of two minutes the writing stops and each list is read. Every word which two or more persons have written is stricken from the lists; every word written by one only counts for the writer as many as there are parties in the game. If five play, each exclusive word counts its writer five, etc. The party announcing the word does not write, but is counted, and directs the reading of the written words in turn from his right.

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Twenty Questions.—This game was once so popular among the Cambridge professors that they declared any subject could be reached in ten questions. The company divides into questioners and answerers. After the subject is chosen, questions are asked in some such form as this: Is it animal, vegetable, or mineral? What is its size? To what age does it belong? Is it historical or natural? Is it ancient or modern? etc. A few objects do not belong clearly to either of these classes, or they touch, possibly, on all three; but even these can be mastered. The questioners may consult openly about their question before asking it, but the answerers must be very cautious in consultation lest they disclose too much. Among the more difficult subjects are such as a mummy, a tear, a blush, a smile, an echo, an avalanche, a drought, etc. Puns and evasive answers must not be used.

The Secretary.—All the players sit at a table and are furnished with paper and pencil. Each writes his name, and having folded it back carefully, hands his paper to the secretary, who shuffles the papers, distributes them again, and says, "Character;" whereupon each writes a supposed trait of character. The papers are again folded, reshuffled, and redistributed, when "Future" is announced, and each writes to this idea on his slip. Other points, not to exceed six in all, are named and written upon, and the whole list is then read from each paper, affording a most amusing record.

Rhyming Game.—The leader selects a word capable of many rhymes. Beginning with the first of the company, he says, for example, "I have a word that rhymes with *one*."

"Is it a female recluse?" asks the party addressed.

"No, it is not a *nun*," is replied. Passing on to the second person, this one may ask, "Is it something good to eat?"

"No, it is not a *bun*." The third may ask, "Is it a heavy weight?"

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"No, it is not a *ton*." The fourth may ask, "Is it something that makes you laugh?"

"Yes, it is *Fun*."

The party failing to question promptly pays a forfeit; so does the leader if he fail to answer promptly. The party catching his word becomes the new leader.

Acting Game.—Half the players go out of the room and those within decide on a word, telling the others a word with which it rhymes. The outer party then enter and act out a word which they suppose to be correct. For instance, if the word rhymes with *main*, the actors come in with umbrellas, overshoes, waterproofs, stepping carefully, etc., and the inside party says, "No, it is not *rain*." The outs retire to consult, and, returning with bags and baggage, imitate passengers hurrying to get on the cars. "No, it is not *train*." Again they retire, consult, and re-enter. One of them with a mock club strikes a companion, who falls to the ground. "Yes, it is *Slain*." The sides then exchange places. If the word is not guessed, either as announced by its rhyme or as acted, the party failing goes out again.

Crambo.—Each player writes a noun and a question. All are then shuffled, nouns together and questions. Each player then draws one from each set of slips and writes four lines in rhyme, answering the question and introducing the word. The efforts to meet these requirements will provoke an abundance of fun.

FUN IN GENERAL.

Going to Jerusalem.—Place a row of chairs, alternating backs and fronts, and one less in number than the parties in the game. A march tune is then played, and the pilgrims move around the line of chairs. Suddenly the music stops, when each one tries to drop into a seat. Of course one person is left. He retires from the game and a chair is

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removed from the line. The music and marching are repeated, and another party is dropped, and so on till one remains in occupancy of the one chair. This person is victor in the contest.

Magic Music.—One person leaves the room and the others agree on something, no matter how difficult if only practicable, which he must do. He enters to music, which is loud as he nears his point of operation and soft as he departs. By this modulation he is guided to the thing desired and almost inevitably does in the end the precise act intended.

Magnetized Cane.—Let a gentleman prepare beforehand by attaching to his pantaloons, above the knee and from one leg to the other, a fine black-silk strand about fifteen or eighteen inches long. Proposing in the company to magnetize a cane, let him take such an article and rub it faithfully. Then, standing it erect between his separated knees, and carefully poising it with his hands, let it lean against the stretched thread of silk. It will seem to stand alone, to the amazement of the uninitiated, who will struggle hard to accomplish the same feat.

The Charmed Quarter.—Let the company select one of three quarter-dollars and mark it so as to know it certainly. The other two meanwhile are laid on a marble mantel. Let the company all handle the piece and examine the mark; then, having tossed it into a hat—the other two quarters being lightly tipped into the same receptacle and all shaken up for an instant—a touch will indicate the marked coin, as by handling it will have become warm; the others, by lying on the marble, having become cold. The detection is almost inevitable. If it fail, more "magnetism," imparted by a longer holding of it in the hand of a spectator, will disclose the correct coin.

Dynamite.—Cross three wooden toothpicks as if they were spokes in a wheel, but leave the side spaces larger

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than the other two. Cross two other picks over two ends of these and under one of them, so as to bind the five in a

"WOULD I WERE A BOY AGAIN."

tight frame. On this lay a sixth toothpick to represent John Chinaman on his bed. Then apply a match to one end of the frame pieces. This represents the Hoodlum,

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blowing up the Chinaman. When the fire creeps in to the point where the picks cross and bind each other, the spring of the wood will hurl the Chinaman high in the air, illustrating dynamite action, and causing a hearty laugh.

Parlor Magic.—An immense amount of fun can be had by means of the parlor magic, or trick sets, to be had in great variety. Some of the exploits thus attainable are quite puzzling to the observer, especially *if* the manipulator be dexterous, and, withal, entertaining of speech. Sets of apparatus carry also complete instruction, but practice is needed to make perfect.

Manuals on Games, Amusements, etc.—On all points of home amusement there are valuable treatises or manuals—some large, some small, but all suggestive. If enjoyment is sought in a house, the means of enjoyment must be studied. Study, therefore, to make home happy.

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NINTH DEPARTMENT.

GENERAL HINTS.

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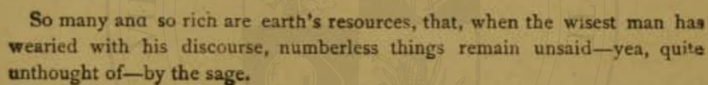

So many and so rich are earth's resources, that, when the wisest man has wearied with his discourse, numberless things remain unsaid—yea, quite unthought of—by the sage.

BUFFON.

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General Hints.

AFTER the broad scope of this book has been covered, there still remain many things to be said. They are hardly worth discussion; mere statement is sufficient. They are hints merely on a variety of subjects. Let it not be supposed that every suggestion here given has been subjected to test by the editor of the department. But every one has been culled from a trustworthy source and has been subjected to careful scrutiny. All of them are worth trying; but try them conscientiously. More prescriptions have failed from unskillful handling than from inherent defect. An Irish cook who delayed some fifteen minutes when his master had ordered a soft-boiled egg, excused himself by declaring that it had boiled fast all the time, but showed no signs whatever of becoming soft. So many other domestic manipulators fail.

HINTS FOR THE KITCHEN.

To Keep Meat Fresh.—Take a quart of best vinegar, two ounces of lump sugar, two ounces of salt. Boil these together for a few minutes, and when cold anoint with a brush the meat to be preserved. For fish the mixture is to be applied inside; for poultry, both in and outside. Or: Place the meat in the centre of a clean earthenware vessel and closely surround it with common charcoal. Or: Cover the meat lightly with bran and hang it in some passage where there is a current of air.

To Make Poultry Tender.—Give the fowl, shortly before killing, a tablespoonful of vinegar.

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To Test Mushrooms.—In eatable mushrooms the stalk and top are dirty white and the lower part has a lining of salmon fringe, which changes to russet or brown soon after they are gathered. The poisonous manifest all colors, and those which are dead white above and below should be let alone. Sprinkle salt on the spongy part, and if they turn yellow they are poisonous, but if they become black they are good. Let the salt remain on a little while before you decide on the color. Mushrooms are in season during September and October.

To Keep Flour Sweet.—Insert a triangular tube of boards or tin bored full of small holes, into the centre of the barrel, which allows the air to reach the middle of the meal, and it never gets musty. A barrel of good flour, dry as it appears to be, contains from twelve to sixteen pounds of water.

To Test Coal Oil.—Pour a little oil in an iron spoon and heat it over a lamp until it is moderately warm to the touch. If the oil produces vapor which can be set on fire by a flame held a short distance above the liquid, it is bad.

To Remove Clinkers.—Throw half a dozen broken oyster shells into the fire when the coal is all aglow, and cover them with fresh coal. When all are red hot the clinkers become doughy, and are easily removed.

Cheap Fire-Kindler.—Melt three pounds of rosin in a quart of tar, and stir in as much saw-dust and pulverized charcoal as you can. Spread the mass upon a board till cool, then break into lumps as big as your thumb. Light it with a match.

To Keep a Broom.—If a broom be inserted every week in *boiling suds*, it will be toughened and last much longer, will not cut the carpet, and will remain elastic as a new broom.

To Preserve Oil-cloths.—An oil-cloth should never be scrubbed; but after being swept it should be cleaned with

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a soft cloth and lukewarm or cold water. Never use soap, or water that is hot. When dry, sponge it over with milk; then wipe with a soft, dry cloth.

To Prevent a Lamp from Smoking.—Soak the wick in vinegar, and dry it well before using.

To Remove Rust from Steel.—Cover with sweet oil, well rubbed on, and let it remain forty-eight hours, then rub with unslacked lime powdered fine.

To Prevent Rust.—Take one pint of fat-oil varnish, mixed with five pints of highly rectified spirits of turpentine, and rub with a sponge on bright stoves or mathematical instruments, and they will never contract spots of rust.

To Freshen Stale Bread or Cake.—Plunge the loaf one instant in cold water and lay it upon a tin in the stove for ten or fifteen minutes. It will be like new bread, without its deleterious qualities. Stale cake is thus made as nice as new cake. Use immediately.

To Soften Hard Water.—Put half an ounce of quicklime in nine quarts of water. This solution in a barrel of hard water will make it soft. A teaspoonful of sal soda will soften from three to four pails of hard water.

Time of Boiling Green Vegetables.—This depends very much upon the age, and how long they have been gathered. The younger and more freshly gathered, the more quickly they are cooked. The following is Miss Parloa's time-table for cooking:

Potatoes, boiled, . .	30 minutes.	Green Corn,	25 minutes to 1 hour.
Potatoes, baked, . .	45 minutes.	Asparagus, . .	15 to 30 minutes.
Sweet Potatoes, boiled,	45 minutes.	Spinach, ...	1 to 2 hours.
Sweet Potatoes, baked, .	1 hour.	Tomatoes, fresh, . . .	1 hour.
Squash, boiled, . .	25 minutes.	Tomatoes, canned, .	30 minutes.
Squash, baked, . .	45 minutes.	Cabbage, .	45 minutes to 2 hours.
Green Peas, boiled,	20 to 40 minutes.	Cauliflower, . . .	1 to 2 hours.
Shell Beans, boiled, . .	1 hour.	Dandelions, . . .	2 to 3 hours.
String Beans, boiled, .	1 to 2 hours.		

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Keeping Hams.—After smoking, make coarse cotton cloth sacks so that one ham will go in easily, pack cut hay all around between the sack and the ham, tie the sack at the top, hang in a cool place, and be sure the sacks are whole.

To Make Shirts Glossy.—Take of raw starch, one ounce; gum arabic, one drachm; white of egg, half ounce; soluble glass, quarter of an ounce; water. Make starch into fine cream, dissolve with gum in a little hot water, cool and mix it with the egg, and beat up the mixture with starch liquid; then add the water, glass (solution), and shake together. Moisten the starched linen with a cloth dipped in the liquid, and use polishing iron to develop gloss.

Blackening Stoves.—If a little vinegar or cider is mixed with stove polish it will not take so much rubbing to make the stove bright, and the blackening is not likely to fly off in fine dust.

Musty Coffee and Tea Pots.—These may be cleaned and sweetened by putting wood ashes into them and filling them with cold water. Set on the stove to heat gradually till the water boils. Let it boil a short time, then put aside to cool, when the inside should be faithfully washed and scrubbed in hot soap-suds.

To Clean Pots and Kettles.—When washing greasy pots and kettles, take a handful of meal or bran and rub all around. It absorbs all the grease and leaves them perfectly clean.

To Clean Ceilings Smoked by Kerosene Lamps.—Wash with a sufficiently strong solution of soda in water.

To Prepare a New Iron Kettle for Use.—Fill with clean potato parings; boil them for an hour or more, then wash the kettle with hot water, wipe it dry, and rub it with a little lard; repeat the rubbing half a dozen times after using.

To Remove Fruit Stains.—Procure a bottle of Javelle water. If the stains are wet with this before the articles are put

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into the wash they will be completely removed. Those who cannot get Javelle water can make a solution of chloride of lime. Four ounces of the chloride of lime is to be put into a quart of water in a bottle, and after thoroughly shaking allow the dregs to settle. The clear liquid will remove the stains. Be careful to thoroughly rinse the article in clear water before bringing it in contact with soap. When Javelle water is used this precaution is not necessary; with chloride of lime liquid it is, or the article will be harsh and stiff.

Washing.—To wash flannels: First, never apply soap directly to any woolen fabric. Make a strong, hot suds and plunge the garment in it. Second, never dip a flannel in cold, or even cool, water, but always hot. Wash first in hot suds and rinse in hot water made very blue. Third, dry flannels as quickly as possible. Wring dry from the second water and hang either in the hot sun or before a brisk fire. When nearly dry, press with a hot iron. None but soft water should be used upon flannels, and resin soap is much inferior to common soft soap, as it hardens the fibres of woolens.

To wash chintz: Take two pounds of rice and boil it in two gallons of water till soft. When done, pour the whole in a tub; let it stand till of about the warmth you use in general for colored linens; then put the chintz in and use the rice instead of soap. Wash it in this till the dirt appears to be out; then boil the same quantity, as above, but strain the rice from the water and mix it in warm, clear water. Wash in this till quite clean; afterward rinse it in the water in which you have boiled the rice. This will answer the end of starch and no dew will affect it and it will be stiff as long as you wear it.

To wash clothes without fading them: Peel Irish potatoes and grate them in cold water. Saturate the articles to be washed in this potato-water and they can then be washed

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with soap without any running of the color. Oil may be taken out of carpets with this potato-water when simple cold water would make the color run ruinously. This will also set the color in figured black muslins, in colored merinos, in ribbons, and other silk goods. Often the potato-water cleanses sufficiently without the use of soap; but the latter is necessary where there is any grease. When no soap is needed, take the grated potato and rub the goods with a flannel rag.

Sour milk removes iron-rust from white goods.

To make silk which has been wrinkled appear exactly like new, sponge it on the surface with a weak solution of gum arabic or white glue, and iron on the wrong side.

A tablespoonful of black pepper put in the first water in which gray or buff linens are washed will keep them from spotting. It will also keep the colors of colored or black cambrics or muslin from running, and does not harden the water.

To extract ink from cotton, silk, and woolen goods, saturate the spot with spirits of turpentine and let it remain several hours; then rub it between the hands. It will disappear without injuring the color or texture of the fabric. For linen, dip the spotted part in pure tallow and the ink will disappear.

When clothes have acquired an unpleasant odor by being kept from the air, charcoal laid in the folds will remove it.

To take oil or grease from cloth: Drop on the spot some oil of tartar or salt of wormwood which has been left in a damp place until it is fluid; then immediately wash the place with lukewarm soft water and then with cold water, and the spot will disappear.

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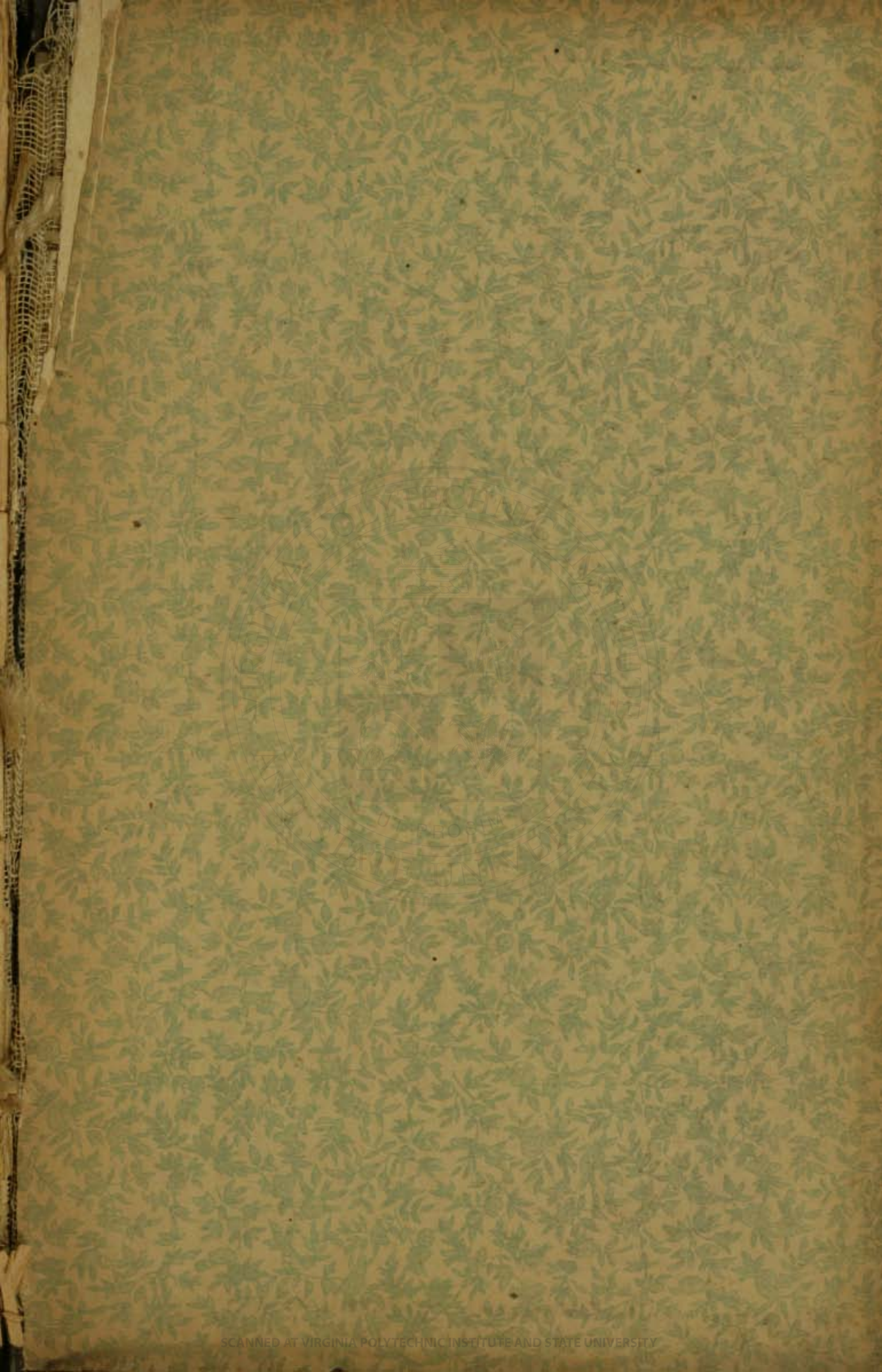
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