



TABLE AND KITCHEN

A Compendium of
Useful and Practical Cooking Receipts

PUBLISHED BY
PRICE BAKING POWDER CO.
CHICAGO



“THE AUTOCRAT OF THE BREAKFAST TABLE.”

Dr. Price's Cream Baking Powder is the standard for purity and perfection the world over, and is beyond comparison.

Its purity and goodness are household words.

Always full weight. Never varies. Never disappoints.

TABLE AND KITCHEN

A COMPILATION OF

APPROVED COOKING RECEIPTS

CAREFULLY SELECTED FOR THE USE OF FAMILIES

— AND —

ARRANGED FOR READY REFERENCE

*SUPPLEMENTED BY BRIEF HINTS FOR
THE TABLE AND KITCHEN*

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Great Chefs Praise It.

The United Cooks' and Pastry Cooks' Association of the United States, embracing in its membership the chefs and cooks of the leading hotels, restaurants, clubs and private families, give to **Dr. Price's Cream Baking Powder** this unqualified endorsement:

NEW YORK, September 28th.

THIS IS TO CERTIFY, *That the Cooks of this Association, and its members, have used Dr. Price's Cream Baking Powder, and recommend its use in preference to all others.*

For quick raising and fine cakes, pastry, etc., it has no equal. It is free from Ammonia, Lime or Alum. The most perfect baking powder made.



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DR. PRICE'S Cream Baking Powder

World's Fair Highest Award.



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Awarded Price Baking Powder Co.

DIRECTIONS.

Keep the Baking Powder in a dry place. Do not put a wet spoon in it.

Mix the Baking Powder well with the flour by sifting two or three times before wetting.

Make the dough soft with cool sweet milk or water. **DO NOT KNEAD.** Do not use Saleratus, Soda, Sour Milk or Cream of Tartar with this Powder.

Use two rounded teaspoonfuls to each quart of flour.

When receipt calls for one teaspoonful of Soda and two teaspoonfuls of Cream of Tartar, use two teaspoonfuls of Dr. Price's Cream Baking Powder.

BREAD, BISCUIT AND ROLLS.

Baking.—Flour should be kept dry, as the least dampness will affect it. Bread made with milk will be whiter and better than where water is used. The milk should be boiled, not simply heated, and not allowed to be below a lukewarm temperature. Milk bread needs little or no shortening, and less flour is required than when water is used. An earthen vessel should be used in preference to wood or tin, as it can be kept cleaner and will preserve the temperature of "the sponge" better than the latter.

In the making of biscuit, rolls, gems, griddle cakes, etc., where Dr. Price's Cream Baking Powder is used, the dough must never be kneaded, as the leavening properties of the baking powder supercede the necessity for such work; nor does any "sponge" have to be "set" so that this invaluable and indispensable household article is a labor-saver as well as a time-saver. The general rule of proportion is two heaping teaspoonfuls of the powder to each quart of flour, sifting the powder and flour well together in a dry state.

Plain White Bread.—Put into the baking dish two quarts of sifted flour, less one teacupful to be used on the board when kneading; mix with it one teaspoonful of salt and one tablespoonful of sugar; rub in well one tablespoonful of either butter or lard. Mix half a teacupful of baker's yeast, or its equivalent, half a cake of dry hop or compressed yeast with one pint of lukewarm water, and pour it into the middle of the flour, mixing the whole with a large spoon until the proper consistency for the dough has been attained, using either more water or flour as may be needed. Knead the mass for about half an hour and set it in a warm place to rise. By morning it should have about doubled in bulk. Knead it over with a little flour, shape into loaves, and after it has risen in the pans put into the oven and bake. Do not have the oven too hot at first. When done take out of the pan and lean against something until cool.

Boston Brown Bread.—Half pint each of wheat and rye flour, one pint corn meal, two potatoes, one teaspoonful of salt, one tablespoonful brown sugar, two teaspoonfuls Price's Cream Baking Powder. Sift all together thoroughly and add half pint of water. Take two boiled potatoes and grate them through a sieve, diluting with water, and mix with flour and other ingredients. Put in a buttered tin boiler, cover tightly and set in a covered iron kettle to boil. When done set the bread boiler in a fairly hot oven. One cup of molasses may be substituted for the brown sugar if desired.

Steamed Brown Bread.—One quart each of corn meal and milk, one pint of rye meal, one teacupful of molasses and two teaspoonful of Price's Cream Baking Powder. Add a little salt and steam four hours.

Salt-Raised Bread.—Pour upon a teacupful of milk sufficient boiling water to bring it to blood temperature, or about 90 degrees—must not be too hot or you will fail—add a very little salt and sugar, say one-fourth of a teaspoonful of each; then stir in one large tablespoonful of corn meal or Graham flour and two tablespoonful of wheat flour; mix all up to the consistency of pancake batter and set to rise by placing the cup or bowl containing it in warm water; should water gather on top dust a little flour and stir. If set in the early morning it will rise at noon. Mix as other bread, put in pans at once and let stand until light, when it is ready for the oven.

Oatmeal Bread.—Boil half a pint of oatmeal thoroughly in salted water and when boiled add to it three-fourths of a pint of milk; mix in carefully one and a half pints of flour previously sifted with three teaspoonful of Price's Cream Baking Powder and half a teaspoonful of salt. Grease the bread pan well and bake in a moderate oven.

Scotch Short Bread.—Sift together one and a half pints of flour, four tablespoonfuls of sugar, one teaspoonful of Price's Cream Baking Powder and half a teaspoonful of salt; add four tablespoonfuls of butter and three beaten eggs with one teacupful of milk and a little caraway seed; work into a smooth dough with as little handling as possible and roll to quarter inch thickness; cut into shapes about two by three inches, wash over with milk when in baking pan and bake in a moderate oven.

Scandinavian Bread.—Sift together half a pint each of wheat and Graham flour, one pint of barley meal, two teaspoonfuls of Price's Cream Baking Powder and a teaspoonful of salt; make into a batter with one pint of milk and bake in greased bread pan in a fairly hot oven.

Southern Corn Bread.—Sift one quart of white corn meal with two teaspoonfuls of Price's Cream Baking Powder. Add three tablespoonfuls of melted lard, salt to taste, three beaten eggs and a pint of milk or enough to make a thin batter. Beat all very hard for two minutes and bake rather quickly in a hot, well-greased pan in which a little dry meal has been sifted. Eat immediately.

Graham Bread.—To one part risen white bread sponge add two parts Graham flour, a little Indian meal, salt. Wet up, mix, add half a teacup of molasses to a loaf. Have the dough very soft. Knead well, set to rise. It takes longer to rise and longer to bake than white bread. Bake in a steady oven.

Corn Pone.—Mix one quart of corn meal with cold water into a soft dough, adding a teaspoonful of salt and a little melted lard. Shape with the hands into oval cakes and bake in a well greased pan and in a very hot oven.

Lunch Rolls.—Sift together one pint of flour, one teaspoonful of Price's Cream Baking Powder and half a teaspoonful of salt; work in one teaspoonful of lard or butter and add one-half pint of milk; mix to a smooth dough; roll out to half-inch thickness and cut into circular shapes. Bake in a moderate oven.

Breakfast Rolls.—Scald one-half pint of milk and put in it a piece of lard or butter; sift together one pint of flour, one teaspoonful of Price's Cream Baking Powder, one tablespoonful of sugar and a little salt. Add the milk, working it in carefully, so as to make a smooth dough; roll out and cut with a biscuit cutter; spread a little butter on each roll and lap together. Bake in quick oven.

Vienna Rolls.—Sift two or three times one quart of flour, two teaspoonfuls of Price's Cream Baking Powder and half a teaspoonful of salt; work in one tablespoonful of butter; add one pint of milk, stirring into a dough of the usual consistency; roll to the thickness of half an inch, cut into circular forms and fold over once, moistening a little between the folds, if necessary, to make them stick; butter the baking pan well, and do not let the rolls touch each other when placed thereon; moisten the tops of the rolls with a little milk, or butter melted in milk, and bake in a hot oven.

French Rolls.—Mix as for lunch rolls and add a scant pint of milk, mixing into a firm dough. Roll pieces of the dough into short, thick rolls, tapering at the ends, and put two of these side by side, pressing the ends together to make the finished roll. Wash over with milk and bake in a hot oven.

Egg Biscuit.—Take one pound of flour; wet nearly all of it to a paste with the whites of two eggs, beat and roll out thin, work in three-quarters of a pound of butter, placing bits on the paste, flouring, folding and rolling it out again until all is used. Move the rolling-pin always FROM you. Cut out in small squares or with a tumbler, and bake in a quick oven.

Cream Biscuit.—Sift together two or three times one quart of flour and two heaping teaspoonfuls of Price's Cream Baking Powder; work in one tablespoonful of butter or lard and half a teaspoonful of salt; add one teacupful of cream, and beat to a soft dough; roll to the thickness of three-fourths of an inch, cut out and bake immediately.

Tea Biscuit.—Sift together one quart of flour, two teaspoonfuls of Price's Cream Baking Powder and half a teaspoonful of salt. Beat with one pint of cream and bake in a hot oven.

Hot Biscuit.—Sift and mix thoroughly one quart of flour with two teaspoonfuls of Price's Cream Baking Powder, one teaspoonful of salt and one tablespoonful of white sugar; work in one tablespoonful of lard or butter, and make into a smooth dough with a pint of milk; roll to thickness of an inch, cut with biscuit cutter, and bake in a quick oven. If milk is not at hand, use a little more butter and substitute water.

Breakfast Biscuit.—With one quart of flour, sift thoroughly two rounding teaspoonfuls of Dr. Price's Cream Baking Powder and half a teaspoonful of salt. For shortening take one large tablespoonful of lard, which should be rubbed in thoroughly. Add cool water, stirring with large spoon until dough is stiff enough to transfer to board. Sprinkle board well with flour, and in moulding dough for cutting, work it as little as possible. CAUTION.—Do not mix dough too stiff. Keep it soft as is possible to handle. Do not work it too much. A stiff dough, worked like yeast bread, makes a hard, tough biscuit.

MUFFINS AND GEMS.

Cream Muffins.—One pint of flour sifted with one heaping teaspoonful of Price's Cream Baking Powder; beat together one pint of cream and one tablespoonful of butter; add two beaten eggs, mix in the flour, drop in buttered muffin moulds and bake quickly.

English Muffins.—Sift together one quart of flour, two teaspoonfuls of Price's Cream Baking Powder, one teaspoonful of salt and half a teaspoonful of sugar; mix in gradually one and a quarter pints of milk, and beat into a stiff griddle cake batter. Set the muffin rings on a hot and well greased griddle, and when the muffins have been cooked on both sides to a delicate brown, pull them apart in the center and toast lightly. Butter well and serve hot.

Superior Muffins.—One quart of flour sifted with two heaping teaspoonfuls of Price's Cream Baking Powder; add three tablespoonfuls of sugar, a piece of butter half the size of an egg, one beaten egg and one scant pint of sweet milk. Beat quickly to a batter and bake in a quick oven, having the tins warmed in advance.

Honey Muffins.—Sift together one and a half pints of flour, two teaspoonfuls of Price's Cream Baking Powder and half a teaspoonful of salt. Work in two tablespoonfuls of butter; beat and add three eggs, one teacupful of honey and a half pint of milk. Bake in a hot oven.

Delicate Muffins.—Sift together one quart of flour and two heaping teaspoonfuls of Price's Cream Baking Powder; add two tablespoonfuls of melted butter, the whites of eight eggs, and a teacupful of milk with a teaspoonful of salt. Bake at once in well greased muffin moulds in a moderate oven.

Chicago Muffins.—Mix together one and a half pints of flour, half a pint of corn meal, two teaspoonfuls of Price's Cream Baking Powder, one tablespoonful of sugar and one teaspoonful of salt. Work in one tablespoonful of butter; beat and add three eggs and one pint of milk, and beat the whole quickly into a firm batter. Have the griddle hot and well greased to receive the muffin rings and cook to a nice brown. Muffin rings should not, as a rule, be filled to more than one-half of their capacity, and as soon as the batter rises to the top the muffin is generally ready to be turned.

Rye Muffins.—Sift and mix one pint of rye flour, half a pint of corn meal, half a pint of flour, three teaspoonfuls of Price's Cream Baking Powder, one tablespoonful of sugar and one teaspoonful of salt; work in one tablespoonful of lard and butter, and add two beaten eggs with one pint of milk; beat into a firm batter. Grease muffin pans well and fill to two-thirds of their capacity. Bake in hot oven.

Florida Muffins.—One pint of white corn meal, half a teacupful of fine breakfast hominy, one pint of milk, half a teacupful of boiling water, three tablespoonfuls each of butter and sugar, one teaspoonful of salt, three eggs and three teaspoonfuls of Price's Cream Baking Powder. These ingredients will suffice for two dozen muffins. Put the hominy in a stew pan and set in another pan containing hot water. Cook for half an hour, and at the end of that time add the salt, sugar and butter. Heat the milk to the boiling point and pour it over the cornmeal. Beat well and then beat into it the hominy mixture. Set away in a cool place. This is to be done in the evening if the muffins are intended for breakfast. In the morning sift the baking powder into the mixture and add the eggs, yolks and whites beaten separately. Bake in hot gem pans and a hot oven.

Rice Muffins.—Add to two teacupfuls of cold boiled rice half a pint of milk and three eggs; sift together one pint of flour, one and a half teaspoonfuls of Price's Cream Baking Powder, one tablespoonful of sugar and one teaspoonful of salt, and mix with the rice, beating all into a smooth batter. Grease muffin pans and fill each mould two-thirds. Bake in a hot oven.

Sally Lunn Muffins.—Sift and mix together one quart of flour, three teaspoonfuls of Price's Cream Baking Powder, one tablespoonful of sugar and one teaspoonful of salt; work in one tablespoonful of butter or lard, and add one beaten egg and one and a quarter pints of milk. Beat into a firm batter and bake in muffin pans in a hot oven.

Breakfast Gems.—One and a half teacupfuls of flour sifted dry with a teaspoonful of Price's Cream Baking Powder, one egg, one teaspoonful of salt and a teacupful of milk. Beat together for five minutes and bake in hot gem pans in a hot oven.

Oatmeal Gems.—Mix with one and a half teacupfuls of finely ground oatmeal, half a teacupful of cornmeal, one teacupful of flour and a teaspoonful of Price's Cream Baking Powder. Mix in a tablespoonful of butter, two tablespoonfuls of sugar, one teaspoonful of salt and two teacupfuls of milk. Put in hot tins and bake in a hot oven.

Graham Gems.—Sift together one and a half pints of Graham flour, half a pint of cornmeal, two teaspoonfuls of Price's Cream Baking Powder and one teaspoonful of salt; add one and a quarter pints of milk and beat into a fairly stiff batter. Bake in a quick oven ten or twelve minutes.

Crumpets.—Sift with one quart of flour two teaspoonfuls of Price's Cream Baking Powder; beat two eggs thoroughly, and add one quart of warm milk and water, a tablespoonful of sugar and a teaspoonful of salt. Make the batter somewhat thicker than for an ordinary batter pudding. Have the griddle hot and rub it with a little butter; place muffin rings well greased upon the griddle and half fill them with the batter. The turning must be done carefully. Put away, and when they are to be used toast quickly, but not too crisply, and butter.

Popovers.—Two teacupfuls of flour sifted with two teaspoonfuls of Price's Cream Baking Powder, two teacupfuls of milk, two eggs, a piece of butter and a little salt. Beat all together thoroughly, put into buttered cake tins and bake in a very hot oven.

Indiana Gem Crackers.—Sift together one and a half pints of flour, half pint cornmeal, one teaspoonful Price's Cream Baking Powder and the same quantity of salt. Rub in two tablespoonfuls butter, solid, and two-thirds of a pint of milk, or a very little more if necessary; work into a smooth, firm dough. When the dough has been placed on the bread-board give it a smart turn or two and roll to quarter inch thickness; cut with a small oval or round cutter, lay on greased baking tin, puncture the top of each cracker with a fork, wash over with milk and bake eight to ten minutes in a hot oven.

Rusks.—Sift together one and a half pints of flour and two teaspoonfuls of Price's Cream Baking Powder with two tablespoonfuls of sugar and half a teaspoonful of salt;

mix in two tablespoonfuls of butter or lard ; add a little less than a pint of milk and three eggs well beaten, flavoring with cinnamon to taste. Make into a soft dough and roll into oblong shapes. Bake in a moderate oven and sift with sugar before putting on the table.

GRIDDLE-CAKES, WAFFLES, &c.

Buckwheat Cakes.—Sift dry one pint of buckwheat flour and two teaspoonfuls of Price's Cream Baking Powder, and add a tablespoonful of brown sugar with water sufficient to make a batter. Beat but lightly and bake at once on a hot griddle.

Rice Griddle-Cakes.—Take half a teacupful of rice and boil ; when cold mix with one quart of milk, the yolks of four eggs and two teacupfuls of flour sifted with two teaspoonfuls of Price's Cream Baking Powder with a little salt ; beat the whites of the eggs to a froth and add last. Bake on a griddle.

Indian Griddle-Cakes.—Sift and mix together two-thirds quart of corn meal, one-third quart of flour, one teaspoonful of brown sugar, two heaping teaspoonfuls of Price's Cream Baking Powder and a half teaspoonful of salt. Add two beaten eggs and one pint of milk, beating into a smooth batter. Brown nicely on a very hot griddle. Serve with syrup.

Flannel Cakes.—Sift together one and a half pints of flour, one tablespoonful brown sugar, two teaspoonfuls of Price's Cream Baking Powder and one teaspoonful of salt. Add two beaten eggs and one and a half pints milk and beat into a smooth thin batter. Bake on hot griddle to a rich brown color and serve with maple syrup. These should never be larger than a tea saucer.

Pancakes.—Mix one pint of flour and one teaspoonful of Price's Cream Baking Powder. Beat separately the whites and yolks of six eggs ; add the yolks first with one saltspoonful of salt ; then follow with the whites and flour alternately, with flour sufficient to make a thin batter. Lard the bottom of a hot frying pan and fry quickly. Pancakes should be rolled up like a sheet of paper, laid upon a hot dish and served with butter, jelly or preserves as preferred. If not sent to the table immediately upon coming from the pan they should be kept hot over boiling water so that they may not become dry.

English Pancakes.—Sift together one teacupful of flour, one teaspoonful of Price's Cream Baking Powder and a pinch of salt ; beat two eggs with one tablespoonful of sugar and diluted with one pint of milk and one teacupful of cream ; make thin batter with flour. Cook in hot frying pan with melted butter, using sufficient batter to cover the pan.

Bannocks.—Two teacupfuls of oatmeal or barley meal sifted with two teaspoonfuls of Price's Cream Baking Powder ; add to two beaten eggs one tablespoonful of sugar and one pint of milk with a little salt, sifting in the oatmeal. Bake on a griddle.

Jolly Boys.—Mix together thoroughly while dry one and a half pints of rye meal, half a pint of flour, half a teacupful of corn meal, two pinches of cinnamon, a little salt and two teaspoonfuls of Price's Cream Baking Powder. Add one egg, well beaten ; two tablespoonfuls each of molasses and sugar, and cold water enough to make a thick batter. Fry in hot lard a heaping tablespoonful at a time and cook until well browned.

Wilhelm Waffles.—Mix one quart of flour with three tablespoonfuls of sugar, two large teaspoonfuls of Price's Cream Baking Powder and half a teaspoonful of salt ; work in two tablespoonfuls of lard or butter and add four beaten eggs with one pint of

milk and the grated rind of a lemon. Beat into a smooth, stiff batter and bake in hot, well-greased waffle iron. Sprinkle with sugar before serving.

Soft Waffles.—Sift together one quart of flour, two teaspoonfuls of Price's Cream Baking Powder, one teaspoonful of sugar and half a teaspoonful of salt; rub in butter and add two beaten eggs with one and a half pints of milk. Mix the whole into a smooth batter and pour into hot and well-greased waffle iron. Sprinkle with sifted sugar and serve hot.

Rice Waffles.—One teacupful of flour sifted with a teaspoonful of Price's Cream Baking Powder, one coffee cupful of cold boiled rice, one tablespoonful of melted butter half a teaspoonful of salt and three beaten eggs. Mash the rice fine, add the butter, then two teacupfuls of milk with the flour and finish with the eggs. Beat all together. Have the waffle irons hot and well greased with butter. Fill three-quarters full and let the first side be well browned before turning.

EGGS.

In shaking an egg, if it makes a sound, it is not a good egg, and should be rejected. The water test consists in putting them in water deep enough to cover; the "good eggs" will lie flat at the bottom, while the "bad eggs" will stand upright, like many other unsound things in the world. The "candling" process consists in looking through the egg at a light, or holding it between you and the sun. If it shows up clear and spotless, so that the yolk can be perceived, it is good; otherwise it is not.

Columbus Eggs.—Peel the shells from a dozen hard boiled eggs and cut each egg in two around the center, cutting off also a little piece from one end so that they can stand on end as did the famous egg which Columbus handled; pulverize the yolks and mix with some finely minced chicken, smoked tongue or lean ham; moistening with a little fresh butter or vinegar and seasoning to the taste with salt, pepper and mustard. Fill with this the empty whites, taking care not to break them; press the two parts together and stand on a platter so that they will have the appearance of eggs that have not been dissected. The filling which remains over and above the capacity of the whites of the eggs to accommodate, may be made into a dressing by adding a little vinegar to it and pouring over the eggs.

Spanish Eggs.—Boil for twenty minutes a teacupful of rice in two quarts of boiling water containing a tablespoonful of salt; drain through a colander and add a tablespoonful of butter; spread the rice thinly on a hot platter and place on top of it six dropped eggs. Serve at once. This also should be a popular dish in honor of the nation that helped the great discoverer.

Baked Eggs.—Break into a buttered dish six or seven eggs, being careful to see that each is whole and so placed as not to mix with or disturb the yolks of the others; put upon each a small piece of butter and sprinkle with pepper and salt; bake in an oven until the whites have become firm, and serve hot with rounds of buttered toast.

Baked Eggs, with Gravy.—Butter a shallow pudding-dish or large plate lightly, and drop into it as many eggs as will cover the bottom. Pour over them a small cup of good, well-seasoned gravy, and bake till the whites are firm—about seven minutes.

Dutch Omelet.—Break eight eggs into a basin, season with pepper and salt, add two ounces of butter cut small, beat these well together; make an ounce of butter hot in a frying pan, put the eggs in, continue to stir it, drawing it away from the sides, that it

may be evenly done, shake it now and then to free it from the pan ; when the under side is a little browned, turn the omelet into a dish, and serve ; this must be done over a moderate fire.

Perfection Omelet.—Beat separately the whites and yolks of six eggs ; mix with six teaspoonfuls of corn-starch, one teaspoonful of Price's Cream Baking Powder ; add the yolks of the eggs and half a pint of milk with a little salt ; beat the whites of the eggs to a stiff froth and add them last of all. Cook in a little butter.

Excellent Omelet.—Heat a cup of milk and stir into it one tablespoonful of flour. Let it thicken, stirring well, then place in a pan of cold water. When cool, add salt, and the beaten yolks of six eggs, then the beaten whites with a few lively strokes, and cook in a warm, buttered pan. This will make three rolls.

Bread Omelet.—Crumble a cup of stale bread-crumbs and soak them in half a teacupful of milk. Then beat them quite smooth, and add half a teaspoonful of salt and five beaten eggs. Butter a shallow pudding-dish well, pour in the mixture, and bake in an oven about ten minutes, serving at once in the same dish, as it falls quickly.

Plain Omelet.—Beat the whites to a stiff froth that will stand alone, and the yolks to a smooth, firm batter ; add to the yolks pepper, salt and milk ; and then beat in the whites with the egg-beater. Have the pan hot, and when the melted butter upon it hisses pour in the egg mixture ; be careful not to stir, but, if there be danger of burning, slip a broad-bladed knife underneath. If the oven be hot set the omelet therein for a minute or two while still in the pan as it will tend to make it firmer. When turning out on the hot platter be careful not to break. Omelets should be served at once as they soon fall and flatten out.

Cheese Omelet.—Mix to a smooth batter three tablespoonfuls of flour with half a pint of milk. Beat up together four eggs, a little salt and one-fourth of a pound of old cheese grated. Add these to the flour and milk and mix all, beating briskly for several minutes. Put three ounces of butter on a frying pan, and when it is boiling hot pour in the mixture and cook to a nice brown on both sides, turning carefully. Serve on a hot dish.

Oyster Omelet.—Make a nice egg omelet, and just before turning it over, fill the center with some oyster filling prepared as for patties. Asparagus and mushrooms can be used the same way.

Rumbled Eggs.—Beat up three eggs with two ounces of fresh butter ; add a teaspoonful of cream or new milk. Put all in a saucepan and stir over the fire for about five minutes, or, until it rises up, when it should be immediately dished on buttered toast.

Shirred Eggs.—Beat the eggs thoroughly and season with butter, pepper and salt ; may be baked in one dish, or in separate dishes for each person. The dishes should be buttered before the eggs are put into them.

Creamed Eggs.—Boil the eggs for twenty minutes. Make a cream sauce. Prepare on a hot dish a slice of toast for each egg and pour the sauce upon it, placing thereon part of the whites of the eggs cut in thin narrow strips, and on this rub part of the yolks through a sieve. Repeat this and finish with a third layer of sauce. Three minutes in the oven will suffice. Garnish with parsley.

Swiss Style.—Cover the bottom of a dish with two ounces of fresh butter and on this scatter grated cheese ; drop the eggs upon the cheese without breaking the yolks ; season to taste. Pour over the eggs a little cream and sprinkle with about two ounces of grated cheese ; set in a moderate oven for about fifteen minutes.

Scrambled Eggs.—Break the eggs into a warm, buttered spider, being careful to avoid breaking the yolks ; add a little salt and butter or cream ; as soon as they begin to whiten stir carefully from the bottom until they are cooked as desired.

Poached Eggs.—Open the eggs carefully one at a time, so as to avoid breaking the yolks, and place on a wet saucer, from which slip them into the boiling water in the pan to which has been added salt and vinegar. About three minutes will suffice to cook them, when they must be taken up carefully with a perforated skimmer through which the water can drain off. Serve upon buttered toast.

Poached Eggs, Spanish Style.—Heat an earthen pan slowly and melt in it a tablespoonful of butter; add a teaspoonful of salt, a smaller quantity of pepper and a small onion minced very fine; or, instead of the onion, use parsley and sweet herbs or a combination of all together. Drop in the eggs one at a time; do not stir, but let them brown a little; turn carefully and brown on the other side. In Spain and Mexico they are served in the dish in which they are cooked and as hot as possible.

Pickled Eggs.—Have the eggs hard boiled, and, after removing the shells, put them in pickled blood beat juice until the whites become colored; cut lengthwise and serve as a relish.

Cheese Custards.—Six tablespoonfuls of grated cheese, two of butter, four eggs, one cup of milk with a teaspoonful of corn-starch stirred into it, salt and pepper to taste. Beat the eggs very light and pour upon them the heated milk (with a pinch of soda), having thickened with the cornstarch. While warm add butter, pepper, salt and cheese. Beat well and pour into greased custard-cups. Bake in a quick oven about fifteen minutes, or until high and brown. Serve at once, as a separate course, with bread and butter, after soup or before dessert.

SOUPS.

The herbs most in favor for soups are parsley, sage, mint, bay leaves, sweet marjoram and thyme; onions and garlic in small quantities; but only white vegetables should be used in white soups, such as chicken. The basis of all good soups is the stock or broth, made by boiling the cracked joints of beef, veal, mutton, etc., in something less than a quart of water to a pound of meat. The lean of meat is much better than the fat. All fat or grease should be skimmed off before using the soup. Long and slow boiling is necessary to extract the strength from the meat. If boiled fast over a fire that is too quick, the meat will not give out its juices. Thickened soups should be more highly seasoned than thin ones.

Spanish Soup.—Soak one-half pound or one pound of white beans over night; boil them the next morning till tender; add one large white cabbage, which has been cut up small, a bit of bacon, a whole red pepper and some salt; boil the whole for an hour. Heat some lard or drippings in a saucepan, and fry in it a sliced onion; put in the soup little by little, stir often with a wooden spoon. A little olive butter and garlic make this a perfect representative of the favorite soup kept for all travelers in Spanish inns.

Bean Soup.—Soak the beans over night, and, in the morning, pour off the water, replacing it with fresh water; set on the fire until the skins slip off easily; now throw them into cold water, and rub well, when the skins will rise to the top and can be removed. Boil the beans until perfectly soft, allowing two quarts of water to one quart of beans; mash the beans and add flour and butter rubbed together, seasoning with salt and pepper to taste. Pass the soup through a colander, rubbing all the thick portion through with a wooden spoon, and put into it before serving toasted bread cut into small pieces.

Split Pea Soup.—Put to soak over night, in two gallons of water, one quart of peas. Add, in the morning, one pound of salt pork and let it come slowly to a boil, stirring frequently so that it may not burn. When thoroughly cooked strain through a

wire sieve, pressing the sediment through with a wooden spoon and adding pepper and salt to taste; cut stale bread in small pieces and fry in boiling lard, to be put in the soup just before serving. This may be flavored with tomato instead of pork.

Green Pea Soup.—Cover a quart of green peas with hot water and boil with an onion until they mash easily. Mash and add a pint of stock or water. Cook two tablespoonfuls of butter and one of flour until smooth, but not brown. Add to peas, and then add a cupful of cream and one of milk. Season and let it boil up once. Strain and serve.

Chicken and Corn Soup.—Skim the liquor from boiled chickens, heat and strain; put back on the stove with twelve cobs from which the corn has been cut. Boil half an hour, take out the cobs and add the corn; stew forty minutes from time of boiling. Add a cup of hot milk, in which stir a spoonful of butter cut up in one of flour; simmer ten minutes and serve.

Corn Soup.—Split the grains of a dozen ears of corn and scrape from the cob; boil the cobs for ten minutes in sufficient water to cover them, and use of this water one quart, carefully straining it before using; add to the water one quart of cream poured in slowly and follow with the corn. Cook for fifteen minutes and season to taste. If milk be used instead of cream it should be thickened with a tablespoonful of butter and a like quantity of flour mixed together.

Tomato Soup.—Skin carefully one gallon of ripe tomatoes, put them in soup-pot, pour over two quarts rich soup stock. Let simmer an hour, run through sieve, return to pot, season with pepper, salt and clove of garlic; dish soup as soon as it boils up second time.

Tomato Soup, with Onions.—Slice two onions and fry them in butter until brown; remove them and fry one dozen tomatoes just sufficient to heat them through, then put them into a stewpan with their gravy and the onions; add a head of celery and a carrot sliced; stew gently for half an hour, add three pints of gravy; stew an hour and a half; pulp the whole of the vegetables through a sieve; season with white pepper, salt and cayenne. Serve with sippets of toasted bread cut in shapes.

Mock Bisque Soup.—A quart can of tomato, three pints milk, a large tablespoonful of flour; one of butter; pepper, salt and soda. Put the tomato on to stew adding a teaspoonful of soda. Boil milk in a double boiler except enough to mix with the flour. Add the cold thickened milk to boiling milk, and cook ten minutes. Add butter, pepper and salt, and then the tomato (strained). Serve immediately.

Vegetable Soup.—Boil a small shank of beef for two or three hours; then strain and return to the pot. Shred one carrot in long pieces, cut two onions and two or three stalks of celery with a large slice of turnip. Season to taste with pepper and salt.

French Vegetable Soup.—To a leg of lamb of moderate size take four quarts of water. Of carrots, potatoes, onions, tomatoes, cabbage and turnips, take a cupful each, chopped fine; salt and pepper to taste. Let the lamb be boiled in this water. Let it cool; skim off all fat that rises to the top. The next day boil again, adding the chopped vegetables. Let it boil three hours the second day.

Julienne Soup.—To make this favorite French soup a small quantity of every description of vegetables should be used, including lettuce, sorrel and tarragon; however, some few sorts of vegetables, mixed together, make a most estimable soup. Weigh half a pound of the vegetables in fair proportions to each, that is, carrots, turnips, onions, celery, and leeks, which cut into small fillets an inch in length, and of the thickness of a trussing needle; when done, wash dry, and pass them in butter and sugar; add two quarts of clear soup, adding, just before it is done, a little sorrel, cabbage, lettuce, and chervil or peas, if handy.

Potato Soup.—In a saucepan or pot containing four quarts of hot water put two ounces of chopped bacon, six chopped onions, one teaspoonful of pepper. Boil for fifteen minutes. Peel, slice and add one quart of raw potatoes and boil the whole again until the potatoes are reduced to a pulp.

Asparagus Soup.—Boil one quart of asparagus, cut in inch lengths, in one quart of water until tender; rub through a colander and return to the water in which it was boiled. Heat one pint milk, stir into it one tablespoonful butter rubbed with one of flour, and cook a few moments. Season, and pour into asparagus. Let get boiling hot, pour into tureen over toasted bread cut into dice. Serve at once.

Sago Soup.—One quarter pound of the best pearl sago, washed till the water poured from it is clear; then stew it quite tender in water or thick broth (it will require about a quart of liquid, which should be poured on it cold and heated very slowly); then mix with it a pint of good, boiling cream and the yolks of four eggs, and mingle the whole carefully with two quarts of strong veal or beef stock, which is already boiling.

Bouillon.—Cut up and break six pounds of beef and bone and put it in two quarts of water, allowing it to simmer slowly for about five hours. Strain through a fine sieve, removing all fatty matter. Season with pepper and salt.

Ox-Tail Soup.—Cut one ox-tail into joints and fry brown in good dripping; slice three onions and two carrots and fry in the same dripping when the pieces of ox-tail have been taken out. When done tie them with thyme and parsley in lace bag and drop into the soup-pot containing four quarts of water. Put in the tail and two pounds of lean beef cut into strips. Grate over them two carrots, with pepper and salt to taste, and boil slowly for four hours; strain and thicken with brown flour moistened with cold water and boil for an additional fifteen minutes.

Amber Soup.—Take a chicken, or the remains of two or more roasted ones, break in pieces and add a soup bone with three quarts of water. Cook slowly for four hours, then add an onion fried in a little hot fat, with half a dozen cloves stuck into it, one-half a small carrot, parsley and three stalks of celery, and cook for another hour, by which time the stock will have been reduced by boiling to two quarts. Strain into a large bowl and the following day remove the fat which will have accumulated on top; take out the jellied stock, avoiding the settlings which will do for some sauce or gravy; let it heat and skim and mix into it the beaten white of an egg, shell and all; skim off carefully and strain through a fine strainer. It may then be heated when wanted and a tablespoonful of caramel added for a richer coloring. The caramel is made by burning two tablespoonfuls of sugar and adding to it half a teacupful of boiling water.

Chicken Broth.—Cut up a chicken into small pieces and put it in a deep earthen dish, adding a quart of cold water, and setting it over a boiling kettle. Cover closely and let it steam several hours until the meat of the chicken has become very tender, after which strain off the broth and let it stand over night. Skim off all the fat in the morning and pour the broth into a bowl. Into the dish in which the broth was made put one-third of a teacupful of rice in a teacupful of cold water, and steam as before until the rice is soft; then pour in the broth and steam an hour or two longer.

Chicken Broth, 2.—Cut up the fowl and put into a pot with four quarts of cold water. Stew until diminished to three quarts. Take out the chicken and reserve for use. Season broth and add a small cup of rice. Cook rice tender. If desired add a cup of milk and one or two beaten eggs before serving.

Mutton Broth.—Two pounds coarse, lean, chopped mutton; half an onion sliced; one cup of milk; half a cup of raw rice; two quarts of cold water; seasoning. Boil meat and onion slowly four hours; season, and set by until cold. Skim and strain. Return to the pot with the rice (previously soaked three hours). Simmer half an hour, turn in hot milk, stir and serve.

Giblet Soup.—Giblets from two or three fowls; two quarts of water; one of stock; two tablespoonfuls of butter, two of flour; salt, pepper and onion if desired. Put giblets on to boil in the water and boil gently till reduced to one quart (about two hours); take out the giblets, cut off tough parts and chop the remainder. Return to the liquor

and add stock. Cook butter and flour together until rich brown, and add to the soup; season; cook gently half an hour; stir in half a cup of bread crumbs and in a few minutes serve.

Lobster Bisque.—One can of lobster; two cups of milk; three pints of boiling water; one tablespoonful of butter; one-half cup fine cracker crumbs; salt and pepper. Chop the lobster rather coarse, taking care not to tear it. Put boiling water, salt, pepper and lobster into a sauce-pan and cook gently forty minutes. Have ready scalding milk in which the crumbs have soaked twenty minutes. Stir in butter, then milk and crumbs; set in hot water five minutes, and serve.

FISH.

With the possible exception of salmon, fish is a less nutritious article of diet than flesh meat; and yet it fitly supplements the latter. The oily and coarser grained species is more nutritious than the white, or finer grained, but not so easily digested. A fish is in good condition when its gills are a bright clear red, its eyes full and the body firm and stiff. Before cooking they should be well washed in cold water, and kept in salt water for a short time, but they should not be allowed to stand in water for any length of time, and should be kept upon ice until wanted. Small fish are usually fried or broiled. All large fish to be boiled should be wrapped in a cloth and tied closely with twine. Steaming is preferable to boiling. Salmon, bluefish, halibut and shad are very palatable baked in cream. Mackerel is best broiled, and should be broiled upon the skin side first; other fish first on the inside. In boiling fish, let simmer gently, as hard boiling breaks them—time, eight minutes to a pound, sometimes longer.

Clam Chowder.—Wash the clams perfectly clean and boil in a kettle until they open easily; chop the clams and mix with finely chopped salt pork previously fried. Slice an onion on the bottom of the pot and have potatoes cut up in little square slices; put in a layer of clams and pork and then one of cold sliced potatoes, a layer of bread crumbs or broken crackers, and then another layer of onions, followed by one of clams, and so on until all used, finishing with a cover of bread crumbs and plenty of pepper and salt. Pour in the water in which the clams were boiled, adding enough more to cover to the top of the chowder. Cook until the potatoes are done.

Oyster Stew.—Take the oysters with their liquor, adding a little water, if not sufficient liquor. One tablespoonful butter, pepper and salt to taste; cover the stew pan; place over fire, and then remove as soon as it boils; if milk is desired, the bottom of the soup plates should simply be covered with cold milk, then serve the stew.

NOTE.—Many prefer oysters well done, in which case stew should be boiled five minutes.

Creamed Oysters.—To one-half tablespoonful butter, melted in a saucepan, add one heaping tablespoonful flour. Cook a few moments, and stir in gradually one cup hot milk. Season with salt, pepper and one teaspoonful celery salt. Wash and pick over carefully one pint fine oysters, boil them in their own liquor until plump, drain, and pour over them the sauce.

Stuffed Oysters.—Scald in their own juice 100 oysters, drain and chop, add a small loaf of stale bread moistened with the juice, three large spoonfuls of fried onions, chopped, seasoning to taste. Beat in three eggs, and pour the whole into a pan with a tablespoonful of melted butter (having drained off the superfluous juice). Fill oyster shells with the mixture and sift powdered crackers on top. Bake until brown, with a little butter on each.

Escalloped Oysters.—Take equal quantities of oysters and cracker crumbs, season the crumbs with pepper and salt and dip the oysters therein, first being careful to see that no shells or impurities are attached to them. Add to one quart of oysters and one of crumbs, one and a half pints of milk, stirring the whole together with a teacupful of melted butter; strew a little powdered cracker and bits of butter over the top and bake one hour.

Oyster Croquettes.—Half pint raw oysters, half a pint of cooked veal, one heaping tablespoonful of butter, three tablespoonfuls of cracker crumbs, the yolks of two eggs, one tablespoonful of onion juice. Chop the oysters and veal very fine. Soak the crackers in oyster liquor, and then mix all the ingredients, and shape. Dip in egg and roll in cracker crumbs, and fry as usual. The butter should be softened before the mixing.

Oyster Patties.—Take of oysters according to the number to be served and put them in the same pan with butter, pepper, salt and a little flour; stir and let simmer for a few minutes. Bake shells of rich puff paste in patty tins and also small rounds for covers; heat the shells and fill with oysters; put on the covers and set in the oven for five minutes. They should be served immediately.

Fried Oysters.—Drain the oysters carefully and sprinkle with pepper and salt. Take each oyster separately if large enough, or, if not, take two, and roll first in cracker dust and then in beaten egg mixed with a little milk, also seasoned with pepper and salt. Dip again in the cracker and fry in butter and hot lard mixed.

Steamed Oysters.—Buy the oysters unopened, wash thoroughly, using a brush or coarse cloth; place them separately in the steamer or in a large sieve put on top of a large pot of boiling water. The deep shell must be undermost in order that no juice may be wasted. As soon as the oysters open they are done and should be served at once with pepper, salt, butter, etc., to taste.

Fulton Market Roast.—Take large oysters, wash them, dry and roast over a charcoal fire. In two minutes after the shells open the oysters will be done. Take up quickly, preserving the juice in a shallow tin pan; butter, sprinkle with pepper and serve immediately.

Escalloped Lobster.—Butter the bottom of the dish and cover with bread crumbs, upon which place a layer of chopped lobster seasoned with pepper and salt; on this another covering of bread crumbs followed by another layer of lobster and so on alternately, finishing, however, with bread crumbs on top, which moisten with milk, adding a little butter.

Broiled Lobster.—First remove stomach and intestinal vein (the only uneatable parts of a lobster); split the meat of the tail and claws. Season, cover with butter, and dredge with flour all the meat and broil over a hot fire until light brown. Serve with Bechamel sauce (omitting cheese).

Or, broil in the shell, dividing tail and claws into two parts, and broiling in half-shell on meat side eight minutes, on shell side ten.

Lobster Croquettes.—Take any bits of lobster and pound until dark and light meats and coral are well mixed. Mix with it not quite an equal quantity bread crumbs, season, and add a little melted butter. Form into balls, roll in egg and fine crumbs and fry in boiling lard.

Deviled Crabs.—Boil the crab and extract the meat therefrom, season with cayenne pepper, mustard, salt and such table sauce as you may prefer; put into a covered saucepan with hot water sufficient to keep from burning; add cracker dust moistened with a tablespoonful of cream together with a quantity of butter. Serve in the back shell, putting a sprig of parsley with each.

Fricassee of Shrimp.—A quart of tomatoes, a quart of water, onions to suit the taste, stewed together until the tomatoes can be passed through a sieve. After strain-

ing, stew with seasoning (season highly), and a tablespoonful of butter creamed with a little flour, for fifteen minutes. Add two cans Barataria shrimps that have been carefully washed; heat thoroughly and serve with a couple of spoonfuls of rice on each plate. The shrimp should be kept whole.

Fish Chowder.—Fry out dry in the dinner pot some thin slices of pork; put in a layer of fish cut in thin slices on the pork, then a layer of thinly sliced onions, followed by a layer of potatoes sliced in the same way; repeat in the same order until all is in the pot, putting some pepper and salt on each layer of onions; split some hard biscuits, dip in water and put them round the sides and over the top; put in water enough to come into sight. Stew until the potatoes are done and add half a pint of milk or a teacupful of sweet cream before taking up.

Creamed Codfish.—Soak the fish three hours, then boil in fresh water until tender, then pick out all the bones. To cream it for breakfast, take one pint of milk and bring to a boiling point; thicken with a tablespoonful of corn-starch dissolved in a little water; add a spoonful of butter, and stir in the fish—not less than a large cupful; add two well beaten eggs, let them cook a moment, and serve very hot.

Codfish Balls.—Cut and pick the codfish into small pieces, freed from bones and skin, and soak in lukewarm water about an hour; put in cold water and boil; change the water when it boils and give it a second boiling. Take boiled potatoes hot from the pot, mash them and mix with the codfish, seasoning with butter, a little pepper, and, when slightly cooled, add one beaten egg. Shape into balls or thick cakes and fry in hot lard.

Cod Omelet.—Break into small pieces the thickest parts of a dressed cod, season it with a little grated nutmeg and a little pounded mace; beat up six eggs well and mix with it, forming it into paste. Fry it as an omelet, and serve as hot as possible.

Pate of Salt Cod.—Boil one cup of oyster liquor, stir in two tablespoonfuls of cornstarch wet with cold milk; when it thickens add three tablespoonfuls of butter and a little pepper, then one of fish (which has been soaked, boiled and flaked); heat and stir in three chopped, hard boiled eggs. Take from the fire and cover over a pot of boiling water fifteen minutes. Line a buttered mould with puff paste, pricking at the bottom. Cut a round piece for a cover and bake separately. Bake both in a quick oven. When almost cold turn out the shell and fill with fish, fit on the top and invert on to a hot plate.

Baked Halibut.—Two pounds of the fish with one egg, three pounded crackers, one pint of milk, one ounce of butter, and seasoned with salt and pepper. Bake for one hour.

Stewed Sole with Tomato Sauce.—Put a can of tomatoes in a saucepan, with a teaspoonful of finely chopped onion, a dessertspoonful of salad oil, and a little cayenne pepper and salt; simmer for half an hour; then lay in the fish—a flounder (usually called sole)—adding a little water if there be not sufficient liquor to cook. Beat up the yolk of an egg with the juice of a lemon, and five minutes before dishing the fish pour it in, and shake the saucepan to prevent curdling.

Fricasseeed Eels.—Skin clean and cut in two-inch lengths; boil in water, without quite covering, until tender; add a piece of butter with a teaspoonful of wheat flour or crushed cracker worked into it, and a little chopped and scalded parsley, with salt and pepper to taste, and a little vinegar if desired.

Haddock Souffle.—One cup of cold baked haddock and one of mashed potatoes mixed together, one-half cup of milk added gradually; salt and pepper; stir in one egg well beaten, put in a buttered mould or dish and set in the oven till very hot; then beat the white of another egg very stiff, and stir into it the yolk beaten with salt and pepper. Heap over the fish and brown.

Broiled Salt Salmon, or other Salt Fish.—Soak in tepid or cold water twenty-four hours, changing water several times. If in a hurry, or desiring a very salt

relish, it may do to soak short time, having water warm, and changing, parboiling slightly. At the hour wanted, broil sharply; season to suit taste, covering with butter. This receipt will answer for all kinds of salt fish.

Scalloped Shad Roes.—Boil the roes in water with a little vinegar; lay in cold water five minutes and wipe dry; crumble, but not crush; set by; pound yolks of three hard-boiled eggs to powder, and beat into a cup of drawn butter; add seasoning and then the roes; pour into a layer of crumbs in a bake-dish and cover with crumbs (about a cup of crumbs in all); stick dots of butter over the top, and bake covered until it begins to bubble, then brown on upper grating of the oven.

Fish Croquettes.—One pint cold boiled fish, free from skin and bone and minced fine, one pint hot mashed potato, one tablespoonful butter, one-half cup hot milk, one egg well beaten; pepper and salt and a little chopped parsley. Mix thoroughly and let cool. When cold make into balls, dip into a beaten egg, roll in bread crumbs and fry in hot lard. Very nice made of shad roes. For salmon croquettes, use (if made of canned salmon) bread crumbs instead of potatoes, and an extra egg, omitting the milk.

Salmon Gratin.—One cup of cold boiled salmon, flaked; mixed with one-half cup of cold, drawn butter; pepper and salt. Fill little earthen dishes with the mixture, cover with fine bread crumbs and brown.

Salmon Pudding.—Mince one can of salmon, saving liquor for sauce; put in four tablespoonfuls of melted butter, one-half cup of fine crumbs, pepper and salt, and finally three well-beaten eggs. Put in buttered mould, set in a pan of hot water; cover and steam in oven for one hour, filling with boiling water as it evaporates. Set in cold water a minute and turn out. Sauce: heat one cup of milk to boiling, and thicken with a tablespoonful of cornstarch wet in cold water; add a spoonful of butter, salmon liquor and a beaten egg; take from the fire, season and stand in hot water three minutes covered; add juice of half a lemon; pour over the pudding.

MEATS AND POULTRY.

Beef which shows elasticity on being pressed with the finger and presents a bright red color after being cut may be regarded as good and fresh; where it shows a coarse fibre in the fat, and the lean is of a dark red color, the animal of which it formed a part may be set down as having been poorly fed or ancient at the time of its taking off. Boiled meats should be put in boiling water to set the juices. Cold water should only be used for soups and corned meats, since it extracts the flavor. Mutton should be boiled about fifteen minutes to a pound, ham twenty, corned beef twenty. For roasting mutton allow twelve minutes to a pound, or a little more; veal seventeen, pork twenty. Steaks should be cut from half an inch to an inch and a half thick, and are better broiled than fried. Salt should not be applied to a broiling steak as it extracts the juices. Of round steaks the inner half is the best. Should the meat be tough, the putting of a little vinegar in the water in which it is to be boiled will make it tender. Strongly salted or dried meats should be soaked over night in cold water. To ascertain whether poultry is young and tender try the skin under the leg or wing; if easily broken, it is young; or if the joint of the wing yields readily on an attempt to turn the wing backward, it is tender. A fat fowl is best for any style of cooking.

Beefsteak.—The only proper way to cook a beefsteak is to broil it on a light wire gridiron over a clear fire. When ready to turn, place it on a warm plate with a little butter, turning the cooked side down so that the juices may be saved in the plate, and not lost, as would be the case were it turned upon the gridiron; return it to the gridiron

as quickly as possible, and as soon as the other side is cooked place it again upon the plate, which be sure to have always warm ; season with pepper and salt to taste, adding a little butter.

Beefsteak and Onions.—This very popular dish necessitates the use of a frying pan upon which put the steak with a little suet, and add sliced onions which have previously been prepared by dropping into cold water ; season with salt and pepper and cover tightly before putting upon the fire.

Beef a la Mode.—Take a piece of the rump and into deep incisions made therein put little thin squares of pork that have been rolled in a seasoning of pepper, salt and spices, such as cloves and nutmeg ; then in a stewpan containing sliced onions, carrots, lemon, a bay-leaf and pieces of pork, lay the meat, putting over it a piece of bread crust ; over all pour half a pint of wine, adding a little vinegar, and enough water to about half cover the meat. Cook until the meat becomes tender, being careful to keep the dish tightly covered.

Roast Beef.—Select a loin or rib piece—the latter is the best—and pound it thoroughly before placing in the pan ; pour a cupful of boiling water over it and sprinkle a little salt ; have the oven well heated and baste frequently with the drippings after the juices have cooked out. Cook about ten minutes to a pound. When done it should be brown outside and a little red within. If the meat has an excess of fat cover the fatty portion with a flour and water paste, which can be removed before fully done. Turn the gravy upon the meat after skimming off the fat ; season with pepper and salt. Any attempt at basting before the juices commence running from the meat will have the effect of toughening it.

Fillet or Filet of Beef Larded.—(This is the tenderloin, although the sirloin is sometimes used.) Trim off fat, tough skin, etc., and skewer into shape (round). Lard with salt pork. Dredge well with salt, pepper and flour and put without water into a very small pan. Place in a hot oven thirty minutes ; in lower part ten, and then on upper grate. Serve with mushroom sauce or with potatoe balls. The shape of the fillet is such that the time required for cooking is the same whether it weigh two or six pounds.

Corned Beef.—Should be cooked in plenty of cold water brought slowly to a boil ; if very salt the meat should be soaked over night ; but if young and not too strongly brined this will not be necessary. It should be cooked sufficiently long to make tender, so that in a brisket or plate piece the bones may be readily removed. Preserve the liquor in the pot, and if any of the meat remains after the first meal, return it and let it stand over night in the liquor so that it may absorb it. If no meat remains to be returned to the liquor, the latter will make a good soup for next day's dinner.

Welsh Steak.—Broil a tender sirloin steak over a quick fire, take it up on a platter, and butter it well. Then slice onions over it and cut them fine upon the meat. The juice will be readily absorbed, for it is intended only to flavor the beef with the onions ; they are not to be eaten with it. Then remove the chopped onions, put in a bowl for addition to a stew or soup, and serve the steak.

Chipped Beef—Stewed—Make a gravy of equal parts of milk and water, using a beaten egg and a little flour as thickening ; chip or slice the beef as thin as possible and put in the pan as soon as the gravy comes to a boil ; do not let the meat remain long as it will be better for not being over-much cooked. If the beef is not very salt it will season just right ; otherwise it should be freshened a little before being put in the pan.

Breakfast Dried Beef.—Cut or pare the beef very thin and freshen by placing in hot water for a few minutes ; pour off the water ; place in the pan or skillet a lump of butter and as soon as it is heated put the dried beef into it, adding five or six eggs immediately.

Cannelon of Beef.—Chop the remains of a piece of beef, season well and moisten with thickened gravy. Bind with a beaten egg or two. Roll some pie-crust into an oblong sheet, put the beef in the middle and make into a roll enclosing the meat ; close

at the ends with round caps of pastry, pinch the edges together, lay in a dripping-pan, joined side down, and bake to a good brown.

Beef au Gratin.—Put in a baking-dish a few bits of cold boiled pork or ham, or a little butter and water, add a bit of an onion, cover with bread or cracker crumbs; lay upon this slices of cold beef, cover with crumbs, moisten with stock and bake in a gentle oven.

Beef Loaf.—One pound of rare beef chopped fine, three Boston crackers rolled and sifted; add salt and pepper, one egg well beaten. Work all until thoroughly mixed. Form in a loaf by pressing into a bowl, and turn out onto a buttered tin. Rub a little butter over it and pour on a large cup of canned tomato. Bake three-quarters of an hour, basting frequently with the tomato. Serve cold.

Irish Stew.—Chop mutton or beefsteak or both together; add raw potatoes sliced very thin, two onions and two small carrots; season with pepper and salt. Cover with water in a stew pan and stew gently until the meat becomes tender and the potatoes are nearly or quite dissolved in the gravy.

Spring Lamb, Mint Sauce.—Rub the saddle of lamb with salt and water, and while roasting baste frequently with the gravy and salted water. Cook ten minutes to a pound. The sauce is made from young leaves of mint chopped fine, adding two tablespoonfuls of powdered sugar to three tablespoonfuls of mint; after mixing add six tablespoonfuls of white wine vinegar or cider, pouring it slowly over the mint. In order to extract all the flavor of the mint the sauce should be made in advance of dinner-time.

Sanders.—Mince cold mutton with seasoning and enough gravy to moisten. Put into patty-pans, cover with mashed potato, and brown.

Veal Pates.—Chop the remains of veal with a little ham; season well, add gravy and a little oyster liquor. Heat almost to boiling and set by, covered, where it will keep warm. Butter patty-pans, line with paste and bake. Slip the shells onto a hot dish, fill with the mince, sprinkle with crumbs on top and brown lightly.

Veal and Ham Pie.—Cut about one and a half pounds of veal into thin slices as also a quarter of a pound of boiled ham; season the veal highly with pepper and salt, with which cover the bottom of the dish; lay upon this a few slices of ham, then the remainder of the veal, finishing with the remainder of the ham; add a wineglassful of water and cover with a good paste and bake. A bay leaf will improve it.

Veal Scallop.—Mince cold veal very fine. Put a layer in the bottom of a buttered bake-dish, season with pepper, salt and a very little nutmeg. Put a layer of fine crumbs, next veal again, and so on until full. Wet with good broth and put on top a layer of crumbs wet with milk and mixed with a beaten egg. If the oven is hot cover with a pan for half an hour and then brown ten minutes.

Veal Loaf.—Three and one-half pounds of minced veal (the leg is best for this purpose), three eggs well beaten, one tablespoonful of pepper and one of salt, one grated nutmeg, four rolled crackers, one tablespoonful of cream, butter the size of an egg. Mix these together and make into a loaf, roast and baste like other meats. Beef may be used in place of veal by adding one-fourth pound of salt pork, minced fine.

Broiled Chicken.—In order to have it juicy and more evenly done, the chicken should be steamed for at least one hour before broiling, after which the work of the grid-iron will be more effective, being less likely to be overdone in some spots and underdone in others.

Pork Sausage.—Take six pounds of young pork free from gristle or fat; mince and beat fine in a mortar; chop six pounds of beef suet very fine; pick off the leaves of a handful of sage and shred it very fine; spread the meat on a clean dresser and sprinkle the sage over it; grate the rind of a lemon and sprinkle it with sweet herbs over the meat; grate also two nutmegs, to which add a teaspoonful of pepper and a tablespoonful of salt; throw the suet over and mix all well together. Pack closely in the pot, and when used, roll with as much egg as will make it smooth.

Salmi of Chicken.—Take minced cold chicken and moisten well with drawn butter, using celery, salt and pepper for seasoning and heating the whole. Cover the bottom of the baking dish with bread crumbs; add to the chicken a beaten egg, and lemon juice to flavor, and pour into the dish. Sprinkle bread crumbs over the top, together with pieces of butter, and bake to a nice brown. The baking dish should be covered.

Chicken Pie.—Cut the chicken in pieces and boil nearly tender. Make a rich crust with an egg or two to make it light. Season the chicken and slices of ham with pepper, salt, mace, nutmeg and cayenne. Put them in layers: First the ham, chicken, forcemeat ball and hard eggs in layers. Make a gravy of knuckle of veal, mutton bones seasoned with herbs, onions, pepper, etc. Pour it over the contents of the pie and cover with paste. Bake one hour.

Jellied Chicken.—Boil thoroughly so that the bones will readily drop away from the meat, then return it to the water and keep there over night. Next morning chop the chicken into very fine pieces and to it add salt and pepper with a little butter if needed. Mix thoroughly and put in moulds to turn out after it has cooled and hardened.

Chicken Fritters.—Cold chicken, salt and pepper, lemon juice, batter. Cut the cold chicken in small pieces, season with salt, pepper and juice of a lemon. Let stand one hour. Make a batter of two eggs to a pint of milk, a little salt, and flour enough to make a batter not too stiff. Stir the chicken in this, and drop it by spoonfuls in boiling fat. Fry brown, drain and serve. Any kind of tender cold meat can be used in this way.

Chicken Dumplings.—Take meat from cold chickens, mince and put with seasoning and one-half cup of liquor from boiled chickens (or stock) into a sauce-pan. Heat to a gentle boil. Stir in one tablespoonful of flour wet in a little cold water, and afterward the beaten yolks of three eggs. Stir till it thickens, pour out and let it get cold. Flour your hands and make into balls. Roll in cracker-dust, dip into a batter made of one egg, a half cup of milk and a little flour; dip again in crumbs and fry in hot lard.

Chicken Croquettes.—One cup of finely chopped chicken, one of sifted bread-crums, salt, pepper, half a cup of stock or gravy. Heat all together and stir in a beaten egg. When cold form into croquettes, roll in crumbs, then in egg and then crumbs again. Lift carefully into frying-basket, and plunge into boiling lard for a minute or two.

Prairie Chicken.—After preparing, boil in hot water until quite tender all the joints except the breast; take out and rub over with butter, salt and pepper, and broil briskly with the breast; then take out again and with a lump of butter on each piece set in the oven for a very short time.

Braised Turkey.—Truss and stuff as for roasting, using a forcemeat made of minced chicken, mushrooms and sweetbreads, in addition to the bread; lard the breast with fine square shreds of fat salt pork; place the turkey in a stewpan, breast uppermost, with sliced vegetables and sufficient broth to cover. Set it on top of the stove, and as soon as it begins to simmer put into the oven and cook slowly for an hour and a half. Baste occasionally with the gravy. Garnish the turkey with stoned olives and thicken the gravy.

Giblet Pie.—Clean the giblets well; stew with a little water, onion, pepper, salt and sweet herbs until nearly done. Cool and add beef, veal or mutton steaks. Put the liquor of the stew to the giblets. Cover with paste and when the pie is baked pour into it a coffee-cupful of cream.

Fried Sweetbreads.—Parboil for, say, five minutes, after which wipe dry and lard with strips of fat salt pork. Have the fryingpan hot and well greased with lard or butter. Turn frequently while frying, and when fully cooked they will have a crisp brown appearance.

Fricasseeed Rabbit.—Cut up and disjoint the rabbit; put into a stewpan and season with cayenne pepper, salt and chopped parsley. Pour in a pint of warm water and stew over a slow fire until quite tender, adding when nearly done some bits of butter

rolled in flour, and before taking from the fire add a gill of rich cream with grated nutmeg in it. Stir the gravy well, being careful not to let it boil after the cream is in.

Grand Pacific Game Pie.—Take about two dozen of woodcock, quail, snipe or other small birds. Split each one in half and put them into a saucepan containing about a gallon of cold water, although beef broth or soup stock would be preferable. See that the fire is hot, and when the boiling point has been reached, carefully skim off all the scum from the surface, and put in for seasoning a little pepper and salt with mace, ground cloves and one bay leaf, adding half a pound slice of salt pork cut into squares, two small carrots and one onion. Boil until tender, being careful that there is enough broth to cover the game. Into another saucepan put four ounces of butter and two tablespoonfuls browned flour, mixing well and stirring into it a part of the broth or gravy so as to make a thin sauce. Strain off what broth remains in the first saucepan, removing therefrom the vegetables and spices to go with the sauce. Slice, and cut into dice shape, potatoes equal in quantity to the meat, and put in a deep baking dish; put on the top crust of dough and bake in an oven that is not too hot. If a separate pie is desired for each person the baking may be done in small vegetable dishes.

Plain Mince Meat.—Boil tender four pounds of lean, fresh beef, a beef's heart, if preferable, and when cold chop it fine. Chop also four pounds of apples, one pound of suet, one pound each of currants and raisins, one-fourth of a pound of citron. Put it over the fire with one pound of brown sugar dissolved to a syrup in water, two quarts of cider and a half pint of brandy. Add, while heating, the spices as follows: One tablespoonful of cloves, one of allspice, one of salt, one of ginger, and one of ground mace, with one nutmeg grated, and the juice and rind of one lemon. Let it all boil together.

Drippings.—The proper care and use of drippings should be known and practiced by all housekeepers; for frying purposes they are more wholesome than lard, many persons who are unable to partake of food fried in the latter finding no trouble with the use of the former; besides, the drippings do not spatter from the pan as does lard, and are, therefore, more desirable on the score of cleanliness. For frying fish, potatoes and such food as does not require butter, they will be found very satisfactory. To clarify drippings pour on boiling water, stir thoroughly and set aside until the following day, then put into a saucepan with boiling water and a little salt and allow to simmer slowly, skimming well until the water has evaporated; strain into an earthen vessel and keep covered, and if the work has been well done so as to remove the water and all impurities, it will keep for weeks.

Forcemeat.—A good forcemeat for game or poultry is made by soaking a five-cent loaf of bread in cold water; press the water out and put the bread in a basin; add a quarter of a pound of sausage meat, or cold minced veal, chicken, or game, one beaten egg, a small onion, minced and fried in butter, salt, pepper, nutmeg, and butter the size of an egg, melted.

VEGETABLES.

When vegetables break or snap crisply they are fresh. Home-grown asparagus, spinach, peas, etc., should be gathered early in the morning when fresh with the dew. Vegetables are improved by being put in cold water before cooking, and nearly all are injured by boiling with fresh meat. A very small quantity of cayenne pepper put into the water will somewhat neutralize the disagreeable odor arising from the boiling of cabbage, onions, etc. Green vegetables should be cooked in water that is just beginning to boil, and which has been slightly salted (one tablespoonful of salt to two quarts of

water). Water which has boiled long is flat, and destroys the flavor and appearance of the vegetables. The time required for cooking green vegetables varies somewhat according to age and freshness, the younger and fresher requiring less.

TIME-TABLE FOR COOKING VEGETABLES.

Potatoes, boiled.....	30 minutes.
Potatoes, baked.....	45 minutes.
Sweet Potatoes, boiled.....	45 minutes.
Sweet Potatoes, baked.....	1 hour.
Squash, boiled.....	25 minutes.
Squash, baked.....	45 minutes.
Green Peas, boiled.....	20 to 40 minutes.
Shell Beans, boiled.....	$\frac{1}{2}$ hour to 1 hour.
String Beans, boiled.....	about 1 hour.
Green Corn, boiled.....	20 minutes to 1 hour.
Asparagus.....	15 to 30 minutes.
Spinach.....	1 to 2 hours.
Tomatoes (fresh).....	1 hour.
Tomatoes (canned).....	30 minutes.
Cabbage.....	45 minutes to 2 hours.
Cauliflower.....	1 to 2 hours.
Onions.....	1 to 2 hours.
Beets.....	1 to 3 hours.
Turnips.....	45 minutes to 1 $\frac{1}{2}$ hours.
Parsnips and Carrots.....	45 minutes to 1 hour or more.

Flaked Potatoes.—Get potatoes as perfect as possible, large, white and free from blemish; boil in their skins in salt water until fully done; drain and dry and then peel; rub them through a coarse sieve on to a hot dish before the fire; do not touch them after this or the flakes will flatten out. Serve hot. The great art of cooking potatoes lies in taking them up as soon as they are done as too long cooking makes them soggy. Do not let the water stop boiling as this will have the same effect.

Saratoga Chips.—Peel the potatoes carefully, cut into very thin slices and keep in cold water over night, drain off the water and rub the potatoes between napkins or towels until thoroughly dry, then throw a handful at a time into a kettle or pan of very hot lard, stirring with a fork so that they may not adhere to the kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

French Fried Potatoes.—Slice the potatoes lengthwise in slices about a quarter of an inch thick and let them remain in cold water for an hour or longer; dry in a cloth and fry in hot lard. Before they become quite done and for the purpose of making them puff up, take them out with a skimmer and drain, returning them again to the lard and continuing the frying until done. Sprinkle with salt and serve hot.

Lyonnais Potatoes.—Cut cold boiled potatoes into irregular shapes and for one quart of potatoes take one tablespoonful each of chopped onions and chopped parsley with three tablespoonfuls of butter. Fry the onion in butter and when yellow add the potatoes seasoned to taste with salt and pepper; stir with a fork carefully so as not to break the potatoes, and when hot add the parsley. Cook for about two minutes longer and serve hot in a hot dish.

Fried Potatoes.—A nice way to fry potatoes is to dip them in egg and then in bread crumbs; then fry until brown.

White or Sweet Potatoes, Fried Raw.—Peel and cut into thin slices and put in cold water; drain and put into a frying pan containing drippings or melted butter, or a mixture of both; cover and cook for ten minutes, only stirring to prevent burning; cook for ten minutes longer until lightly browned.

Potato Border.—Pare, boil and mash six large potatoes with three eggs and half a teacupful of boiling milk; when well mixed add a tablespoonful of butter with salt and pepper as needed and two well beaten eggs. Butter the mould and pack the potato on it. Let stand on the table ten minutes, then turn out on a dish and brush over with one well beaten egg. Brown in the oven.

Potato Croquettes.—Take cold boiled potatoes, mash and season with pepper, salt and nutmeg; mix a tablespoonful of melted butter with each cupful of potato and beat to cream; add beaten eggs and a little parsley. Roll into small cakes or balls, dip in egg and again in bread crumbs and fry in hot lard.

Duchesse Potatoes.—Half a dozen fine potatoes boiled, mashed, and rubbed through a sieve. Add some cream, yolks of two eggs, well beaten, salt, and a very little pepper; beat together and make into balls, and brown them quickly in a hot oven.

Broiled Potatoes.—Slice cold boiled potatoes rather thick and lengthwise. Lay between the wires of a broiler and cook over a hot fire until light brown on each side. Sprinkle with pepper and salt and add a little butter.

Potatoes Hashed and Browned.—Pare and cut into quarter-inch squares. Leave in cold water for an hour and boil tender (not until they break), in hot water slightly salted. Drain, put into a greased pudding dish, pour over them a cup of warm milk seasoned with pepper and salt, and a spoonful of butter cut up in one of flour. Bake covered half an hour, then brown.

Scalloped Potatoes.—Butter a bright tin basin or pudding-dish and put in a layer of cold potatoes sliced and seasoned with pepper, salt and bits of butter. Dredge lightly with flour. Fill the dish with these layers, covering the top with fine cracker-crums. Pour over it a cup (or a little more) of milk or cream, and bake half an hour.

Browned Potatoes.—Boil large potatoes in their skins, peel, and when your roast of meat is almost done, lay the potatoes in the dripping-pan about the meat. Dredge and baste as you do the meat. If not quite done when your meat is ready, leave in the pan before thickening the gravy until brown. Drain and arrange around the meat on the platter.

Potatoe Souffle.—Select for baking, potatoes as near of a size as possible; cut off each end; when baked, scoop out the inside with a spoon, being careful not to break the skins. Add to the potato, butter, salt, and sufficient hot milk to make quite soft; beat till very light and smooth; fill the skins with this and place on end in a buttered pan on the oven grate till browned on top. The potatoes will puff up considerably if sufficiently beaten. Nice for breakfast or tea.

Egg Plant.—Cut in slices and lay in cold water, strongly impregnated with salt, for over an hour. Roll in cracker crumbs and egg and fry with butter.

Stuffed Egg Plant.—Cut the plant in two; scrape out the inside and put it in a saucepan with a little minced ham; cover with water and boil until soft; drain off and add two tablespoonfuls grated crumbs, one tablespoonful of butter, half a minced onion, with pepper and salt to taste. Fill each half of the hull with the mixture; add a small lump of butter and bake for fifteen minutes. Or, if preferred omit ham, using more bread crumbs and mixing them with beaten egg yolks (two to an egg plant).

Oyster Plant.—After scraping cut across in thin slices; put in water sufficient to cover them, using a piece of salt codfish for seasoning, and stew until quite tender, removing the codfish before serving; add flour and butter mixed together for thickening; put slices of toasted bread on a dish and pour over.

Fried Oyster Plant.—Scrape and lay in cold water ten minutes. Boil tender, drain, and when cold mash with a wooden spoon, picking out the fibrous parts. Wet to a paste with milk; work in a little butter and one and one-half eggs for each cupful of oyster plant. Beat the eggs very light, season to taste, make into round flat cakes, dredge with flour, and fry to a light brown; drain off the fat and serve hot.

Asparagus.—Put the green part into boiling water with a little salt, and after a five minutes' boil drain off the water; pour on a second water, boiling hot, and boil briskly a second time for say ten or fifteen minutes, or until there is just sufficient water left for the gravy; add salt, pepper and a lump of butter, and take a sufficient number of thin slice of toasted and buttered bread, which place on the dish on which the asparagus is to be served and distribute the asparagus over it. The toast is a matter of choice and may be omitted.

Scalloped Onions, Cauliflower or Asparagus.—Boil until tender, then put in baking dish and pour over sauce made of one tablespoonful butter rubbed into one and one-half tablespoonfuls flour, pour over it one pint hot milk, and cook until like custard. Bake one-half hour. Cut cauliflower or asparagus into small pieces before pouring over the sauce.

Asparagus in Ambush.—Scrape out the inside of eight or nine rolls or plate biscuits (cut off tops to serve as covers). Set open in the oven to crisp. Heat two cups of milk, pour upon four beaten eggs; stir over the fire until it thickens; add one spoonful of butter rolled in flour. Put in the tops of two bunches of asparagus; boiled tender, chopped fine and seasoned. Fill the rolls with this mixture, put on the tops and serve hot.

Asparagus and Eggs.—Cut about two dozen stalks of asparagus (tearing out hard parts), into inch lengths and boil tender. Drain, pour on a cupful of drawn butter; stir until hot, turn into a bake-dish. Break about six eggs on top, put a bit of butter on each; salt, pepper, and put into a quick oven until the eggs are "set."

Asparagus Pudding.—Beat together four eggs, a tablespoonful of butter, pepper and salt. Add three tablespoonfuls of flour mixed with one-third teaspoonful of Price's Cream Baking Powder, then a scant cup of milk, and finally the boiled, chopped tender tops of two bunches of asparagus, when cool. Put into a well-greased mould with a top, cook in a pot of boiling water two hours; turn out and pour over it a cup of drawn butter.

Baked Asparagus.—Lay two bunches of cooked asparagus on a buttered baking dish and spread Bechamel sauce thickly over the upper half of the stalks only. Sprinkle with grated cheese and bread crumbs and dot with bits of butter. Lay an inverted pan over the baking dish so that only the part of the asparagus covered with the sauce will be exposed to the heat and bake a light brown.

Deviled Tomatoes.—Take two or three large, firm tomatoes, not over ripe, cut them in slices half an inch thick and lay on a sieve. Make a dressing of one tablespoonful of butter and one of vinegar rubbed smooth with the yolk of one hard-boiled egg; add a very little sugar, salt, mustard and cayenne pepper; beat until smooth and heat to a boil. Take from the fire and pour upon a well-beaten egg whipping to a smooth cream. Put the vessel containing this dressing in hot water while the tomatoes are being broiled over a clear fire. Put the tomatoes on a hot dish and pour the dressing over them. Cooked in this way they will be found an exquisite accompaniment with roast chicken.

Stuffed Tomatoes.—Get them as large and firm as possible; cut a round place in top of each, scrape out all the soft parts; mix with stale bread crumbs, corn, onions, parsley, butter, pepper and salt; chop very fine, and fill tomatoes; carefully bake in moderately hot oven; put a little butter in pan; see that they do not burn or become dry.

Scalloped Tomatoes.—Turn off nearly all of the juice from a can of tomatoes (which juice may be used in soup). Put a layer of bread crumbs in the bottom of a buttered dish; then a layer of tomatoes seasoned with pepper, salt and a little butter and sugar. Continue until dish is full, finishing with crumbs. Bake covered until hot, then brown quickly.

Fried Parsnips.—Slice lengthwise about quarter of an inch thick and fry in beef drippings or butter; they will fry sooner if previously boiled and should be nicely browned.

Parsnip Fritters.—Boil the parsnips and when tender take off the skin and mash them fine; add a tablespoonful of flour and a beaten egg; make into small cakes with a spoon and put into boiling hot lard or beef drippings in a hot frying-pan. When fried a delicate brown put on a dish with a little of the fat in which they were fried over them and serve hot.

Spinach on Toast.—Wash well, cooking in salted, boiling water. Drain and chop fine. Put a tablespoonful of butter into a sauce-pan with seasoning. Stir in the spinach and beat smooth. When hot add a tablespoonful of cream, or two of milk. Pour upon buttered toast.

Cauliflower.—Tie up the cauliflower in coarse tarlatan and boil in hot water to which a little salt has been added. Drain and lay in a deep dish with flower uppermost. Heat a teacupful of milk thickened with two tablespoonfuls of butter cut in pieces and rolled in flour; add pepper, salt and the beaten white of an egg; boil up for a few seconds, stirring briskly. Take from the fire; flavor with lemon and pour over the cauliflower, reserving about half the sauce for use at the table.

Scalloped Cauliflower.—Boil in a net, then clip into clusters and set, stems downward, in a buttered bake-dish. Beat a cup of bread crumbs to a soft paste with two tablespoonfuls of melted butter and four of milk. Season and whip in a raw egg. Butter, pepper and salt the cauliflower, and pour the mixture over. Bake ten minutes, covered, in a brisk oven, then brown.

Baked Mushrooms.—Toast for each person a large slice of bread and spread over with rich sweet cream; lay on each slice, head downward, a mushroom, or if small, more than one; season and fill each with as much cream as it will hold. Place over each a custard cup, pressing well down to the toast; set in a moderate oven and cook fifteen minutes. Do not remove the cups for five minutes after they come from the oven, as thereby the flavor of the mushroom is preserved in its entirety.

Grilled Mushrooms.—Prepared in this way the mushrooms must be large. After washing and peeling, score the tops with a knife and lay them for one hour in a pickle of oil, salt, pepper and lemon juice. Place them tops down on a close-barred gridiron and broil over a clear, slow fire. Serve on toast with a sauce made as follows: Chop the stalks and pieces of mushrooms that have broken in the washing and stew in broth for ten minutes with a little minced parsley and onion. Beat the yolk of one egg with a gill of cream and add slowly to the sauce. Stir the whole until hot without boiling and pour it over the toast.

Escalloped Mushrooms.—Put the mushrooms in a buttered baking-dish with alternate layers of crumbs, seasoning each layer plentifully with butter; add salt, pepper and a gill of cream or gravy. Bake twenty minutes, keeping covered while in the oven.

String Beans.—String, snap and wash two quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about two quarts boiling water; boil an hour and a half, and add salt and pepper just before taking up, stirring in one and a half tablespoonfuls of butter rubbed into two tablespoonfuls of flour and half a pint of sweet cream. Or boil a piece of salted pork one hour, then add beans and boil an hour and a half. For shelled beans boil half hour in water enough to cover, and dress as above.

Hot Slaw.—Take one-half of a firm, white head of cabbage, cut into fine pieces, and put in a pan with a teaspoonful of salt, about the same quantity of pepper and a piece of butter the size of an egg, adding a teacupful of vinegar and half that quantity of water. Cover and cook until the cabbage becomes tender, stirring frequently.

Succotash.—Cut the corn from eight ears and mix with one pint of Lima beans; cover with water and boil for about an hour; drain off and add one teacupful of milk, and when this is heated put in one tablespoonful of butter, with salt and pepper to taste. Simmer the whole gently for about ten minutes.

Corn Fritters.—Grate or pound the corn and mix with flour and eggs sufficient to make a batter, adding pepper and salt to taste. Use a spoonful of the batter for each fritter and fry in hot lard.

Boston Baked Beans.—Soak small white beans over night in fresh water. In the morning put them in a kettle with a second water sufficient to cover and parboil until the skins present a shriveled appearance. Pour off the water, add salt to the beans, mixing them up, and transfer to a bean pot; place in the middle of the beans a piece of fat salt pork scored on top. Mix in a cup a teaspoonful of molasses, a half teaspoonful of baking soda and a teaspoonful of dry mustard and pour over the beans (the above quantities are for a quart of beans). Fill the pot with warm water, put on the lid and bake in a slow oven all day, keeping watch that the water does not dry out until the beans are thoroughly cooked. Place in an oven that is not too hot about half an hour in advance of the meal for which they are desired without adding any more water. They should when served be moist and hot. Only earthen vessels should be used in which to boil and bake the beans.

Peas Pudding.—Soak four cups of split peas over night. In the morning put them with a small onion into a farina-kettle with just enough water to cover, and boil until soft. Drain and pulp through a colander. Beat in a tablespoonful of butter, pepper, salt and three eggs. Boil in a buttered mould or floured cloth one hour. Turn out and cut in slices on the table.

Rice Croquettes.—Take a teacupful of cold, well-boiled rice, and a teaspoonful each of sugar and melted butter, with half that quantity of salt, and to them add one beaten egg and sufficient milk to bring all to the consistency of a firm paste after thoroughly beating and mixing. Shape into oval balls and dip in beaten egg, followed by a dipping in flour or cracker dust. Fry in sweet, hot lard, turning with care, and when done to a nice brown put into a heated colander.

Baked Rice, or Hominy.—Mix with cold, boiled rice or hominy a beaten egg and a little milk and butter; season; put into a bake-dish and brown in the oven. May be served as a vegetable.

Pilaff.—Two cups of water, one cup of rice. Put on the water with a little salt, and add the juice of one or two tomatoes to the water, or sufficient to color it. When the water boils, put in the rice, and boil until all the water is soaked up. Then add melted butter to taste, stir, cover and keep in a warm place, but not on the fire, till dinner is served.

Baked Macaroni.—Break one-fourth pound macaroni in pieces an inch long, cook in boiling water, slightly salted, twenty minutes; drain, and put a layer in bottom of a greased bake dish, upon this some grated cheese and tiny bits of butter, then more macaroni, and so on, filling dish, with grated cheese on top; wet with a little milk, and salt lightly. Cover and bake one-half hour; brown; serve in a bake dish.

SALADS & FISH & MEAT SAUCES.

Oyster Salad.—One quart of oysters, one pint of celery, one-third teacupful of mayonnaise dressing, three tablespoonfuls vinegar, one of oil, salt, pepper, one tablespoonful of lemon juice. Let the oysters come to a boil in their own liquor. Skim well and drain; season with the oil, salt, pepper, vinegar and lemon juice. When cold, put in the ice-chest for two hours. Scrape and wash the whitest, tenderest part of the celery, and cut in very thin slices; put in a bowl with a large lump of ice, and set in the

ice-chest until serving time. When ready to serve, drain the celery and mix with the oysters, and half of the dressing. Arrange in the dish, pour the remainder of the dressing over, and garnish with white celery leaves.

Lobster Salad.—Boil the lobster rapidly in boiling salted water for about twenty minutes. If boiled too long it will be tough. When cold split the body lengthwise, crack the claws and take off the head; pick out the meat and save the coral; cut up a head of lettuce and place on a dish upon which lay the lobster, arranging the coral on the outside of the dish. Pour a mayonnaise dressing over the lobster before sending to table. Use the head of the lobster for garnishing.

Salmon Salad.—Take a quart of boiled salmon and break it up into small bits; add one teaspoonful of salt, one-third of a teaspoonful of pepper, one tablespoonful of vinegar and two tablespoonfuls of lemon juice. Place in the ice-chest for two or three hours. Cut up a lettuce slightly, place on a dish, and put the salmon on it, picking out enough of the leaves to border the dish; cover the salmon with a dressing made of the yolks of eggs and salad oil, a little salt, red pepper, vinegar and mixed mustard. Other fish may be used in the same way.

Herring Salad.—Three parts of dried herrings pickled fine to one part of chipped dried beef; mix with an equal bulk of the white crisp part of celery cut in dice shape, with a small proportion of stoned olives and boiled beet root. Sprinkle with chopped chives and parsley. For a sauce break and mash the yolks of two hard-boiled eggs, adding oil and vinegar as in mayonnaise, and season with red pepper.

Chicken Salad.—Boil the chicken until it is tender and chop in small pieces; chop also the whites of a dozen hard-boiled eggs; add chopped cabbage and celery in equal quantities; pound the yolks of the eggs fine and add two tablespoonfuls of sugar and butter, one teaspoonful of mustard with pepper and salt to taste. Finally, add half a teacupful of good cider vinegar. Mix thoroughly.

Vegetable Salad.—Six good-sized potatoes boiled and sliced thin; three-quarters of a cup of finely-chopped cabbage; three tablespoonfuls of chopped pickles; two chopped onions; two chopped apples; yolks of three hard-boiled eggs pounded fine; a green pepper cut fine; butter size of an egg; one tablespoonful flour. Chop all separately, then mix thoroughly. Pour over it a vegetable-salad dressing.

Potato Salad.—Pare and boil the potatoes, and when cold chop fine; cut up and add raw onion sufficient to properly season; make a dressing by mashing fine the yolks of three hard-boiled eggs, with salt and mustard to taste, adding olive oil or melted butter sufficient to make into a paste by mixing thoroughly; to this add a teacupful of vinegar so as to dilute. The vinegar must be added very gradually and be well beaten with the paste.

Tomato Salad.—Take tomatoes fully ripe, but firm and smooth, and scald them a moment; skin and set on ice to cool; slice; put them into a salad bowl; add a teaspoonful of chopped tarragon and a plain salad dressing.

Tomato Mayonnaise.—Peel the tomatoes; cut each in half, and let them stand on the ice for an hour. Make a mayonnaise dressing; put a little on each half tomato.

Beet Salad.—Slice cold, boiled beets; cut into neat strips; line a salad bowl with white, crisp lettuce; heap the beets in the center, and pour mayonnaise dressing over them just before it goes to the table; or you can pass the dressing with the salad in an ice-cold pitcher or a pretty bowl with a ladle in it.

Celery Salad.—Boil a cup of milk and thicken it with a tablespoonful of corn-starch dissolved in a little milk; mix well together one beaten egg, two teaspoonfuls of sugar, one of salt, a half teaspoonful of dry mustard and a small pinch of cayenne pepper; pour this into the hot milk a little at a time, stirring constantly; when quite smooth take off the fire and add a tablespoonful (or more) of olive oil and the same quantity of vinegar; mix well together and when cool pour over celery cut in very small pieces.

Lettuce Salad.—Arrange a head of lettuce on a platter. Cut several (about three) hard-boiled eggs in half crosswise; take out the yolks and pound them fine, mix with one and a half tablespoonfuls of olive oil, one even teaspoonful of mustard, pepper and salt and enough vinegar to thin sufficiently. Cut a little off the end of each half-egg to make it stand, arrange among the lettuce leaves and fill with the dressing.

Cabbage Salad.—Chop fine one-half head of cabbage and pour over it a cream dressing.

Mayonnaise Dressing.—Break carefully two eggs and put the yolks into a shallow dish, then add, drop by drop, enough Lucca oil to work to a cream, stirring steadily one way with a wooden or plated fork—never steel; add salt to taste and follow with mustard to taste, next a very small pinch of powdered sugar, and last of all vinegar to taste and drop by drop. The stirring should be continuous and always in one direction, and when properly made the mayonnaise will have the smoothness and consistency of the richest cream. Some use all of the egg.

Mayonnaise Dressing, No. 2.—Put the yolk of an egg into a bowl with a saltspoonful of salt, and beat until light; then add half a teaspoonful of dry mustard, and beat again. Then add olive oil, drop by drop, until it is thickening, then a few drops of vinegar, and the same of lemon juice. Continue this process until the egg has absorbed a little more than a gill of oil; finish by adding a *very little* cayenne pepper.

French Dressing.—One tablespoonful of vinegar, three of olive oil, one saltspoonful of salt, one of pepper, and a *little* scraped onion, if desired.

Nice Dressing.—Take a yolk of a hard-boiled egg, rub it through a sieve and put into a bowl with the yolk of a raw egg, salt, pepper and a teaspoonful of prepared mustard; stir one way with a wooden spoon, adding slowly and alternately one gill of sweet oil and two tablespoonfuls of vinegar. Finish with a tablespoonful of chopped herbs, parsley, celery tops and chives. This is served at Nice with cold asparagus.

Salad Cream.—One cup of butter and one-half cup of sugar creamed; add one tablespoonful of salt, one of mustard, a pinch of cayenne pepper. Then add four eggs, one at a time, beating thoroughly. Next one cup of cream and last one and a half pints of boiling vinegar. Stand over the fire until it approaches boiling point; remove and bottle. It is nice with potato salad.

Salad Cream, No. 2.—Heat one-half cup of vinegar and one-half cup of sugar. When very hot add one-half cup of sour cream into which the yolks of two eggs have been beaten. Stir well, remove from the fire and, when cool enough, use.

Salad Cream, No. 3.—Four tablespoonfuls of butter, one of flour, one of sugar; a teaspoonful of salt, one of dry mustard; a half cup of vinegar, a cup of milk three eggs and a speck of cayenne pepper. Let the butter get hot; add flour and stir until smooth, being careful not to brown. Add milk, stir, and boil up. Place the saucepan in another of hot water; beat eggs, salt and mustard, add vinegar and stir into boiling mixture. Continue stirring until it thickens. When cold, bottle.

Vegetable Salad Dressing.—One teaspoonful celery seed, one of salt, a pinch of pepper; one-half cup sugar, one-half cup vinegar; a tablespoonful of butter, a teaspoonful Worcestershire sauce. Put butter and vinegar on the stove. When warm add other ingredients and let it come to a boil stirring all the time. Draw back on the stove, and add the beaten yolks of two eggs. Continue stirring till it thickens, then remove from the fire and bottle.

Drawn Butter.—One-half cup butter, rubbed *well* with two tablespoonfuls flour; put into a saucepan with about one pint boiling water, stirring constantly until well melted. Throw in a sprig of parsley and serve at once.

Drawn Butter, No. 2.—Put two teaspoonfuls flour in a bowl with a little salt, and wet to a smooth paste with a teacupful of hot water. Set in a vessel of boiling water, stir well, and when boiling add about one-fourth cup of butter, mixing thoroughly. Boil up once.

Egg Sauce.—Add the chopped yolks of two or three hard-boiled eggs to drawn butter.

Oyster Sauce.—To drawn butter sauce add a few small oysters drained from their liquor, and a few drops of vinegar or lemon. Let come to a boil and serve.

Tartare Sauce.—Make a mayonnaise dressing after receipt No. 2, and add one tablespoonful finely chopped Gherkins pickles.

Sauce Tartare, 2.—To the yolks of four eggs add salt and mustard to taste and a pinch of powdered sugar; stir in drop by drop four tablespoonfuls of olive oil; follow in the same way with an equal quantity of tarragon vinegar; add a button onion minced and mashed, a little pickled cucumber cut fine; pepper. This makes a choice fine sauce.

Celery Sauce for Turkey.—Boil a head of celery until quite tender, then put it through a sieve; put the yolk of an egg in a basin and beat it well with the strained juice of a lemon; add the celery and a couple of spoonfuls of liquor in which the turkey was boiled; salt and pepper to taste.

Caper Sauce.—Mix well one tablespoonful of flour and twice the quantity of butter; add boiling water until it thickens. Chop fine and add one hard-boiled egg and two tablespoonfuls of capers.

Mushroom Gravy.—Put a pint of peeled mushrooms into a small saucepan with a few slices of fat bacon or a lump of butter; brown until they stick to the bottom, but be careful not to scorch; stir in a tablespoonful of flour, add a pint of broth and let simmer five minutes. A little lemon juice may be added if desired.

Bechamel Sauce.—Melt a tablespoonful of butter in a saucepan and when melted stir in an equal quantity of flour; cook thoroughly, being careful not to allow it to scorch; add one half pint each of rich cream and veal stock; season with pepper, salt and nutmeg to taste; add three ounces of grated Parmesan cheese and the yolks of three eggs well beaten. Stir until hot, but do not let it boil.

PICKLES AND CATSUPS.

Pickles should not be made in vessels of brass, copper, iron or tin. Use only porcelain or earthenware and the best cider or white wine vinegar. The jars should be of stone or glass and the pickles kept in a cool, dark place, and examined at frequent intervals. If white specks make their appearance in the vinegar draw it off, scald, and add two tablespoonfuls of sugar and a few cloves. All vinegar should be scalded before using with pickles, otherwise it will not keep well.

Pickled Cauliflower.—Cut up one cauliflower fine; add half a pint of small onions and two small red peppers. Dissolve one-fourth of a pint of salt in water sufficient to fully cover the vegetables and let stand over night. Drain in the morning. Heat one quart of vinegar with two tablespoonfuls of mustard until it boils. Put in the vegetables and boil for about fifteen minutes.

Chili Sauce.—One peck of tomatoes, three teacupfuls each of peppers and sugar, two teacupfuls of onions, one teacupful of salt, three pints of vinegar, three teaspoonful of cloves, three of cinnamon, two each of nutmeg and ginger. Boil three hours.

Green Pepper Catsup.—Fill a porcelain-lined kettle of ten pounds capacity with green peppers—the hot variety. Crush a tablespoonful each of cloves, allspice and mace and stew among the peppers, adding four large onions cut fine. Fill the kettle with vinegar and set on to boil until the peppers can be readily mashed. Set aside to

cool, keeping the kettle carefully covered, and when cool dip up the contents into a sieve and rub through until nothing remains in the sieve but seeds and skins. Bottle and cork tightly.

Tomato Catsup.—Scald, peel and core a peck of sound, ripe tomatoes. Mash as if for stewing. Season with a tablespoonful of ground black pepper, half a teaspoonful of red pepper, one tablespoonful each of cloves, allspice and mace, and three large onions cut very fine, with salt to taste. Put all in a porcelain-lined kettle to boil, and when the tomatoes are thoroughly cooked rub the catsup through a sieve to get out the seeds and pieces of spice. After straining return to the kettle and let it boil until thick as cream. Set aside and when cold put into pint bottles, filling each to within half an inch of the cork, and pouring in on top of each a teaspoonful of salad oil. The bottles should be kept in a cool, dry place, resting on their sides.

Pickled Walnuts.—Pick them when tender enough to pierce with a pin and put in a strong brine, letting them stand for four days and changing the brine once during that time. Rinse off and keep in the sun until they become black, turning them frequently so that all parts of their surface may be exposed to the sun's rays. Pack in jars and pour over them a pickle of the best vinegar with plenty of pepper ginger, mace, cloves, mustard-seed and horse-radish all boiled together.

Pickled Beet Roots.—Boil the roots until tender, pare off the skin and cut in slices and pack in a jar. Boil as much vinegar as will cover them in the jar, adding to it a little mace, pieces of ginger and horse-radish. Pour hot upon the roots and cover. They are a pretty garnish for made dishes.

Green Cucumber Pickles.—To a peck of cucumbers take half a pint of coarse salt and make a brine sufficient to cover the cucumbers, pouring it on them boiling hot. Let stand for a day, drain off and repeat the operation twice again, using new brine each time and allowing twenty-four hours between each change. On the fourth day drain off the brine, pour on boiling water and let stand another twenty-four hours. When the cucumbers are well filled out pack them in jars, placing among them little bags of whole allspice, cloves and cinnamon, with pieces of horse-radish scattered through the cucumbers; heat vinegar sufficient to cover them and pour it in. When cold place horse-radish leaves over the top.

Piccalilli.—Cut one peck of green tomatoes and six onions in thin slices, and, with one teacupful of salt, pack in layers of tomatoes, onions and salt and let stand over night. In the morning pour off the liquid that has formed, add four green peppers and chop all fine. Put the whole in a porcelain-lined kettle with a pint of vinegar and a tablespoonful each of cloves, cinnamon and white mustard seed. Cook until soft and sweeten to taste.

Chow-Chow.—Take one peck of green tomatoes, five onions, three heads of solid cabbage, one dozen of green peppers. Chop separately, then mix, salt well and drain over night. Put in a porcelain kettle one pound of brown sugar, half a teacupful of grated horse-radish, a teaspoonful of ground black pepper, one of ground mustard, a tablespoonful each of whole white mustard and of celery seed. Cover with vinegar, boil and pour on the pickles in a jar. Do this for several successive days, then put away in glass jars.

Sweet Cucumber Pickles.—Take ripe cucumbers, cut in two, scrape out the seeds, cut into strips and soak over night in salt water. To every quart of vinegar add one pound of sugar; boil and skim. Boil the strips in the vinegar until tender and quite transparent. Take out the pickles, strain the vinegar, put it over the fire with a small muslin bag of mixed spices, boil two hours, pour over the pickles, cover and put away.

Indian Chetney.—Pare, core and chop in small square pieces half a pound of sour apples, and to them add half a pound each of tomatoes, brown sugar, stoned raisins and salt, a quarter of a pound each of cayenne pepper and powdered ginger, two ounces each of onions and garlic, one quart of lemon juice and three quarts of vinegar. Mix all well together and put in a closely-covered jar. Keep in a warm place and stir every day

for a month, being careful to see that it is kept covered; strain through a sieve at the end of this time and bottle. The liquor may be used as a sauce for fish or meat.

Pickled Cherries.—To every quart of cherries allow a coffeecupful of vinegar, one-half cupful of sugar, one dozen whole cloves, half a dozen blades of mace; put the vinegar and sugar on to heat with the spices, boil five minutes, turn out into a covered stoneware vessel and let it get perfectly cold. Strain out the spices, fill small jar three-fourths full with cherries, then fill up with cold vinegar. Cork or seal tightly. Leave the stems on the cherries.

Pickled Watermelon Rind.—To each quart of the best vinegar add three pounds of the best brown sugar, four ounces of stick cinnamon and two ounces of cloves. Bruise the spices, tie in a muslin bag and boil with the vinegar for five minutes. Then pour over the rind letting it stand twenty-four hours. Remove the liquid and, after heating it, pour it over the rind again and let stand another twenty-four hours, after which boil all together for a short time.

Pickled Peaches or Pears.—One-half cup of vinegar and one-half pound of sugar to a little over a pound of the fruit; place all the sugar and vinegar over the fire till it comes to a boil; add a layer of fruit and cook until soft enough to run a fork through; then remove the fruit, and fill the same way until all are done. The syrup needs no more cooking. Stick cloves in the fruit before cooking, and add cinnamon to syrup if desired.

Pickled Apples.—Take ripe, hard, sweet apples. Peel evenly, and if the apples are perfect leave them whole, otherwise cut in quarters. To a peck of apples take about two quarts of vinegar and four pounds of sugar, half an ounce of mace, half an ounce of cloves and the same amount of allspice, all unground, one teaspoonful of mustard seed, a few pepper grains and a little salt. Heat the vinegar and sugar together till it boils, skim well, put the spices into a thin muslin bag and add to the vinegar, then put in the apples. Place over the fire, and stew slowly until the apples are soft. Then take out the apples, let the vinegar boil down and pour it over the fruit; cover and put away.

Pickled Plums.—To seven pounds of plums take four pounds of sugar and two ounces each of cinnamon stick and cloves, one quart of vinegar and a little mace. Put in the jar first a layer of plums, then a layer of spices; scald the vinegar and sugar together and pour over the plums, and when the jar is full scald all together. Ready for use at once.

Spiced Currants.—Three pounds white sugar, five pounds ripe currants, one tablespoonful each cinnamon, nutmeg, cloves and allspice. Boil currants one hour, then add sugar, spices and one-half pint vinegar, boil one-half hour longer.

PRESERVES, JELLIES, ETC.

Tomato Preserves.—Peel the tomatoes and to each pound add a pound of sugar and let stand over night. Take the tomatoes out of the sugar and boil the syrup, removing the scum. Put in the tomatoes and boil gently twenty minutes; remove the fruit again and boil until the syrup thickens. On cooling put the fruit into jars and pour the syrup over. The round yellow variety of tomato should be used and as soon as ripe.

Preserved Pears.—Peel the fruit, which should not be over ripe, cut into halves, extract cores and throw at once into a dish of cold water. From the water put into jars, arranging the pieces as compactly as possible, cover with cold water and then

drain off. Make a syrup of sugar and water, allowing a teacupful of sugar to a jar, and fill the jars to the brim; put on the covers, without rubbers, and place in a kettle of cold water over the fire. The water in the kettle should come to the neck of the jars. Note carefully when the water comes to a boil and let it boil twenty minutes or more, according to the ripeness of the fruit. Take the jars from the water, adjust the rubbers and screw on the tops, tighter and tighter as the jars cool. A plated knife should be used in peeling the fruit as a steel one discolors it.

Pears, 2.—Pare, cut in halves and throw into cold water. Take one pound of sugar and a little over a cup of water for every three pounds of the fruit. When the syrup boils put in a layer of fruit and cook until tender. Have jars ready in a pan of boiling hot water (be careful to plunge them in so the water strikes outside and inside at the same time); fill the jars to the top with fruit, then pour on boiling syrup to the brim and screw the tops very tight. Set away in a cool, dark place.

Peaches.—Plunge into boiling water to make the skins come off easily, then throw into cold water. For three pounds of fruit use one pound of sugar and not quite a cup of water. When the syrup boils put in peaches, a few at a time, and cook until tender. Fill jars as for pears. The stones will add to the flavor.

Brandied Peaches.—Put the peaches in boiling water for a few minutes, when the skin will peel off easily. Make a syrup of half a pound of sugar and half a teacup of water for each pound of peaches. Skim as the scum rises in boiling, then put in the peaches and boil them gently until tender—no longer. Take them out carefully and fill your cans or jars. Remove the syrup from the fire, and add to it half a pint of best brandy to every pound of peaches.

Preserved Quinces.—Pare and quarter, taking out cores and all hard parts. Boil in clear water until tender; spread out to dry. Allow a half pound of sugar and one-third of a cup of water to a pound of fruit. When the syrup boils put in the fruit, set back on stove and cook very slowly for an hour or more if not too tender, as the longer it cooks the brighter will be the color. Put in jars as other fruit.

Preserved Grapes.—A delicious preserve can be made of California grapes. Cut each grape open with a knife and extract the seeds; add sugar to the fruit, pound for pound; cook slowly for half an hour or longer until the syrup and pulp of the grape are perfectly clear and transparent.

Tomato Marmalade.—Pare and slice without wetting four pounds of unripe tomatoes; give them a slow boil for several hours until a large portion of the water has evaporated; add for each pound of tomatoes three-quarters of a pound of sugar and two sliced lemons. Boil for one hour longer.

Orange Marmalade.—Take equal weights of sour oranges and sugar. Grate the yellow rind from one-fourth of the oranges. Cut all the fruit in halves at what might be called the "equator." Pick out the pulp and free it of seeds. Drain off as much juice as you can, and put it on to boil with the sugar. Let it come to a boil; skim and simmer for fifteen minutes; then put in the pulp and grated rind and boil fifteen minutes longer. Put away in jelly tumblers.

Raspberry Jam.—To three or four pounds of ripe red raspberries add an equal quantity of white sugar. Crush the whole well in a preserving kettle; add one pint of currant juice and boil gently until it jellies upon a cold plate; put into small jars and cover with brandied paper. Tie over them a thick paper and keep in a dark, cool and dry place.

Strawberry Jam.—Put into a porcelain kettle four pounds of strawberries, one pint of red currant juice and two pounds of sugar. Boil the berries and currant juice first; add the sugar and boil up again, skimming well. Put in jars, cover with brandied paper and keep in a cool place.

Apple Jelly.—Apples for jelly should be tart, juicy and of good flavor. Pare the apples, core and quarter them, then put them, with the skins and cores, in a jar in a slow oven. When they are quite soft, strain all through a coarse muslin bag, pressing hard to extract all the flavor of the fruit. Put a pound of loaf sugar to every pint of juice, and the juice of a lemon, and put the liquor over the fire in a preserving kettle. Boil steadily for twenty minutes or so, skimming occasionally. Roll glasses in hot water, and fill them with the jelly while hot. When cold, cover with brandied tissue paper, and store in a cool, dry place.

Currant Jelly.—Wash the currants but do not stem; put in a kettle; scald but not cook; cool and strain. Boil the juice alone twenty minutes. Weigh the sugar, a pound to a pint of juice, and have it in the oven browning lightly and heating thoroughly. When the juice has boiled twenty minutes stir in the sugar until it dissolves; then put into glasses.

Crab-Apple Jelly.—Wash the fruit clean, put into a kettle, cover with water and boil until thoroughly cooked. Then pour into a sieve and let it drain. Do not press it through. For each pint of this liquor allow one pound of sugar. Boil from twenty minutes to half an hour. Jellies can be made from quinces, peaches and Porter apples in the same way.

Canning.—The proportions of sugar and fruit used in canning and preserving vary greatly. The amount of sugar given below is about an average for canning when a very rich preserve is not desired. These canned fruits are excellent for pies, etc.

SUGAR TO A QUART JAR.

Cherries	6 ounces.	Grapes.....	6 to 8 ounces.
Strawberries.....	6 to 8 "	Peaches.....	4 "
Raspberries.....	4 "	Pineapples	4 to 6 "
Blackberries.....	5 to 6 "	Crab-apples.....	6 to 8 "
Quinces.....	8 to 10 "	Plums	4 "
Pears.....	4 to 6 "	Pie-plant	8 to 10 "

Canned Watermelon.—Pare off the thin green rind, cut the melon (or white rind) in pieces and weigh it. Cook in clear water until partly transparent, but not until likely to break. Take out the pieces in a dish. There will be nearly enough juice that drains from the pieces; add a little from the kettle if necessary. With the juice put sugar to the amount of one-half pound to a pound of the fruit as it weighed when raw. When the sugar is well dissolved put in the melon and cook until even and clear. Flavor as desired and can.

SAUCES.

Peach or Apple Sauce.—Pare, core and slice the fruit, stew in water enough to cover until it breaks to pieces. Beat to a pulp with a good lump of butter and plenty of sugar; serve cold or hot, as preferred.

Cranberry Sauce.—Cook a pint of cranberries in one-half teacupful of water for ten minutes; add a teacupful of sugar and cook about ten minutes more. Pass through a colander and pour into mould or dish.

FROZEN & OTHER DESSERTS.

Vanilla Ice Cream.—This foundation is suitable for any kind of ice cream. One large pint of milk, one cup of sugar, a half cup of flour, scant, two eggs, a quart of cream, flavoring, and when the cream is added, another cup of sugar. Let milk come to a boil. Beat one cup of sugar, flour and eggs together, and stir into boiling milk. Cook twenty minutes, stirring often; cool, and when cool add remainder of sugar, cream and seasoning, and freeze. For freezing, have ice pounded in small pieces (pound in a bag); pack around the tin can a layer of ice about five inches deep, then a thin one of salt, and so on till the tub is full, packing down well. For a gallon can, use three pints of rock salt and about ten quarts of ice. If packed solid, no more ice or salt is needed. Do not let off the water while freezing. If more salt is used the cream freezes sooner, but will not be so rich and smooth.

Peach or Strawberry Ice Cream.—Crush berries or peeled and stoned peaches with sufficient sugar to sweeten well, and stir into the cream when half frozen. If preferred, strain the fruit and add only the juice (before freezing).

Lemon Water Ice.—Take two lemons and rasp them on sugar, the juice of six lemons, the juice of one orange, one pint of clarified sugar and half a pint of water. Mix all together; strain through a hair sieve and freeze.

Currant Ice.—Pick two pounds of ripe, red currants and half a pound of raspberries; rub the pulp through a fine hair sieve into an earthen pastry vessel or a new dish; add about a pint and a half of thick syrup. Put this into a freezer, and freeze in the ordinary way.

Pineapple Sherbet.—Cut the heart and eyes from one large pineapple and chop it fine; add to it a scant pint of sugar and one pint of water; soak one tablespoonful of gelatine for one hour in sufficient water to cover it, and add to the pineapple. Dissolve the whole in half a teacupful of boiling water. Freeze as for ice cream.

Italian Cream.—Grate the rinds of two lemons upon a few lumps of loaf sugar; stir these into a pint of rich cream and add enough white sugar to sweeten. Whip briskly, add the juice of a lemon, and strain in one ounce of gelatine dissolved in water. When beaten thoroughly light, flavor to taste and put in a mould and freeze. Garnish with preserved fruit when served.

Frozen Pudding.—Make as for vanilla ice cream, adding to the custard two tablespoonfuls of soaked gelatine. When ready to freeze add four tablespoonfuls of wine. Freeze ten minutes; add one pound candied fruit, and finish freezing. Serve with whipped cream.

Almond Cream.—Blanch and pound fine, with a little water, one and a half pounds of almonds; beat the whites of two eggs to a froth; add and beat into the eggs five ounces of powdered sugar, and to both add one quart of milk. Boil gently over a slow fire until reduced one-quarter, then add the almond paste and boil five minutes longer. Flavor with orange or to taste, and when cold, sprinkle thickly with granulated sugar and brown, garnishing with whole almonds.

Bavarian Cream.—Boil one pint of rich milk with four tablespoonfuls of sugar, and add half a box of gelatine, which has soaked for an hour in warm water. Stir in also the beaten yolks of four eggs, and take from the fire, adding a teaspoonful of vanilla. While it is cooling whip a pint of cream to a froth, laying it on a sieve. Beat the gelatine mixture, when nearly cold, till very smooth; then stir in the whipped cream lightly, and pour into moulds, which must be put on ice.

Raspberry or Strawberry Cream.—Mash one quart berries with one cup powdered sugar, and rub through a hair sieve; dissolve one and one-half ounces gelatine in one pint sweet milk; strain and add one pint whipped cream and the berry juice. Pour in a wet mould, and set on ice to form. *Another way.*—One quart berries rubbed through a hair sieve, mix with three pints rich cream, and sweeten; whip to a froth; add one-half ounce dissolved gelatine. Serve in glasses.

Strawberry or Raspberry Sponge.—One quart berries, one-half box gelatine, one and one-half cups water, one cup sugar, juice of one lemon, beaten whites of four eggs. Soak gelatine in one-half cup of the water; mash the berries and add half the sugar to them; boil the remainder of sugar and the cup of water gently twenty minutes; rub berries through a hair sieve; add gelatine to boiling syrup; take from the fire and add berry juice; place the bowl in pan of ice water, and beat with egg beater five minutes; add beaten whites, and beat till it begins to thicken. Pour into well-wet moulds and set on ice. Serve with cream.

Spanish Cream.—Dissolve half a box of gelatine in a pint of milk, and when thoroughly dissolved boil and add the yolks of two eggs beaten with half a teacupful of sugar; when it comes to a boil, remove from the fire and add the whites of the eggs beaten to a froth. Flavor to taste.

Blanc Mange.—Put one ounce of isinglass into one quart of cold milk, and soak for three hours, after which put it on to boil with sugar to taste; do not allow it to boil hard; strain after boiling and flavor with lemon, vanilla, or whatever flavoring suits your fancy. When nearly cold pour it into moulds, first rinsing the moulds with cold water. The richer the milk the more satisfactory will be the result, and if, instead of all milk, part cream be used, the result will be better.

Charlotte Russe.—Take two tablespoonfuls of gelatine and soften in cold water sufficient to cover; when well soaked add a little boiling water to dissolve it, and four heaping tablespoonfuls of granulated sugar; when cool strain slowly into a pint of rich cream that has been chilled in ice, and whipped to a stiff froth, beating all the time while the gelatine is being put in. Flavor to fancy.

Floating Island.—For one common-sized floating island have a sponge cake that will weigh a pound and a half or two pounds; slice it downward, almost to the bottom, but do not take the slices apart; stand up the cake in the center of a glass bowl or a deep dish; have ready a pint and a half of cream, make it very sweet with sugar, and color it a fine green with a teacupful of the juice of pounded spinach, boiled five minutes by itself, strained and made very sweet. Or for coloring pink, currant jelly or the juice of preserved strawberries may be used. Whip to a stiff froth another pint and a half of sweetened cream, and flavor it with a glass of mixed wine and brandy; pour round the cake in the dish the colored, unfrothed cream, and pile the whipped white cream all over the cake, highest on the top.

Vanilla Snow Eggs.—Beat stiff the whites of six eggs; have ready on the fire a pint of milk sweetened and flavored with vanilla; as soon as it boils drop the beaten egg into it by tablespoonfuls, and as soon as they become set dip them out with a tin; slice and arrange them according to fancy upon a broad dish; allow the milk in the saucepan to cool a little, and then stir in the yolks of the egg very gradually. When thick, pour around the snowed eggs, and serve cold.

Snow Pyramids.—Beat the whites of half a dozen eggs to a stiff froth; add a teacupful of currant jelly, and whip all together; fill saucers half full of cream, dropping in the center of each a tablespoonful of the egg and jelly in the shape of a pyramid.

Apple Snow.—Take apples of clear white pulp, pare, core and quarter, put with the necessary quantity of water, over a hot fire and cook as rapidly as possible. Pass through a sieve and set in the coldest place you can find. While they are cooling, whip the whites of two or three eggs to a stiff froth, and add some powdered sugar. When the apple has become quite cold, whip the egg into it and keep it in a cold place until time for serving. Whipped cream may be served with it if desired.

Quince Souffle.—Stew the quinces soft, sweeten and pass through a colander. Pour into a glass dish and cover with a custard made of one pint of milk, three egg-yelks and half a cup of sugar. Whip whites of eggs light with sugar and heap on top.

Orange Jelly.—Mix with the juice of eight oranges and four lemons one pound of white sugar, one box of gelatine previously soaked in a pint of cold water; add one and a half pints of boiling water, and strain. Put into molds.

Wine or Lemon Jelly.—Take half a package of gelatine, a gill and a half of cold water; soak for two hours; add one teacupful and a third of sugar and one pint of boiling water; stir all together; add the juice of two lemons or one glassful of wine; strain through a cloth and put in mold.

Iceland Moss Jelly.—Into one quart of water put about three-fourths of an ounce of moss and simmer it down to half a pint; add fine sugar and a little lemon juice. One-fourth of an ounce of isinglass will improve it. The moss should first be steeped in cold water for an hour or two.

Dutch Flummery.—Boil gently seven sheets of isinglass in a pint and a half of water for forty-five minutes and strain through a sieve; beat and add the yolks of seven eggs with the grated peel of one lemon and the juice of three in a pint of Madeira wine; sweeten to taste; give it a scald and put into molds.

Calf's Foot Jelly.—Put a couple of calf's feet in three quarts of water and let boil for five hours, or until about half wasted, keeping simmering during the time. Run the liquor through a hair sieve and let it firm, after which remove the oil and fat from the surface. Take a teacupful of water, two wineglassfuls of sherry wine, the juice of half a dozen lemons and the rind of one, the whites and shells of five eggs, half a pound of white sugar, and mix the whole until the sugar melts, then add the jelly; place on the fire in a porcelain kettle and keep stirring until it comes to the boiling point. Pass it twice through a jelly bag and put in molds.

Plain Custard.—The beaten yolks of five eggs and five tablespoonfuls of sugar. Pour over this one quart of hot milk, add flavoring and the whites of two eggs. Bake in cups set in a pan of boiling water. Cover with meringue and eat cold. Do not leave too long in the oven. Boil instead, if preferred.

Brown Custard.—Scald one quart of milk, but do not boil; beat five eggs light with three tablespoonfuls of sugar, and pour upon them the hot milk. Mix well, adding nutmeg and flavoring extract to taste; bake in a well buttered dish. Turn out when cold; strew very thickly with white sugar. Set the plate containing the custard upon the upper grating of a hot oven. The sugar will melt and run in brown streams all over the molded pudding. Slip carefully to a dish and eat cold.

Cocoanut Custard.—Boil a pint of milk with the milk of a cocoanut and half a teacupful of the meat grated, a pinch of salt and two tablespoonfuls of sugar. Beat three eggs, leaving out two whites; stir the boiling milk very gradually to the eggs, then let the custard thicken in boiling water; stir until cool, then pour into cups. Beat the two whites of eggs with two tablespoonfuls of powdered sugar, pile this on the custards, sprinkle thickly with grated cocoanut, dredge with sugar and set in the oven to color.

Tea Custards.—Take four eggs and one quart of milk. Beat the eggs with one teacupful of sugar and a saltspoonful of salt; add the milk boiling hot. Stir in one teacupful of strong tea and pour at once into cups, and set them in a pan in which boiling water can be poured. Grate nutmeg over each, and bake in a moderate oven. The moment a knife put into one comes out clean, they are done. It will require about half an hour.

Orange Custard.—Boil the rind of half an orange until it is very tender, and then beat in a mortar until it is very fine; add the juice of the orange, one-fourth of a pound of loaf sugar and the yolks of four eggs; beat all together thoroughly and pour in gradually a pint of boiling cream, keeping up the beating until the mixture is cold; put

into custard cups and set in an earthen dish containing hot water. Let stand until the custard is set, and when taken out place preserved oranges on top. Serve hot or cold.

Orange Custard, 2.—Place one pint of milk on the fire to boil, add a table-spoonful of cornstarch, the yolks of three eggs and one-half teacupful of sugar. (The cornstarch should be dissolved in a little cold milk before being put into the boiling milk.) Stir all together thoroughly until the mixture thickens; set aside to cool, and when cold add the whites of the eggs beaten to a firm froth, stirring them slightly into the custard. Then take half a dozen oranges and cut into thin slices, mixing with them a teacupful of sugar, and pour over them the custard previously prepared.

Fruit Glace.—Put the fruit on hooks of fine wire, dip into sugar at the sixth degree and hang where nothing will touch until dry.

A Pretty Dish.—Scoop out the pulp from some oranges, fill the hollowed skins with wine jelly. Pile whipped cream on top. The oranges may be used for cake, pudding, etc.

How to Whip Cream.—Too rich cream, which will hardly pour, will turn to butter, and should be diluted with milk. Too poor cream will not whip well either. Have the cream ice cold, and while whipping stand the bowl in a pan of ice-water. Skim off the froth as it rises and continue till all the cream is whipped.

To Blanche Almonds.—Shell the nuts and pour boiling water over them. Let them stand a minute, then throw into cold water. Rub between the hands.

To Remove Jellies from Molds.—Have in a pan enough warm water to come to top of the mold. If a tin mold, set in this for about half a minute; if earthen, long enough for the heat to pass through. Wipe the mold, place over it the dish into which the jelly is to be turned and turn both simultaneously. Remove the mold gently.

How to Boil Sugar.—Put one cup of sugar and half a cup of water on to boil. Do not stir after it boils. Boil fifteen minutes, dip the fingers into cold water, take up a little of the syrup between them; draw apart, and if a thread is formed the sugar is at the second degree, the best for sherbets, preserves, etc. A little later, if on taking a spoon and blowing, bubbles fly off, it is the fourth, which is best for creams, etc., and gives a rich flavor to preserves. If taken on a stick it is brittle, it is the sixth, suitable for fruit glacé.

PUDDINGS.

It is a very old and trite saying that "the proof of the pudding is in the eating." In many cases, the testimony is dearly bought, especially when the *onus probandi*, or, burden of proof, rests upon the digestive organs like unto a nightmare. It has its enticing qualities, however, has the pudding, and the average man and woman are readily inclined to admit that with all its faults they love it still. Pure and fresh ingredients are the necessary basis of a good pudding, as indeed they are of all other dishes. Given these, the cook must be looked to for the rest, and upon the result which attends his or her efforts must the verdict depend when "the proof" is all in.

Peach Pudding.—Twelve ripe peaches, pared, stoned, and stewed in a little water; one cup bread crumbs, two cups boiling milk, five tablespoonfuls of sugar, five beaten eggs, a tablespoonful of butter. Soak the crumbs in the hot milk; stir in butter, beaten eggs and sugar; at last the cooled and mashed peaches. Beat light, put in a buttered pudding-mould, set in a pan of boiling water, cover and cook an hour in a good oven. Turn out and eat with sweetened cream.

Peach Cottage Pudding.—Stir sliced peaches into a batter made of one-half cup sugar, three tablespoonfuls melted butter, one beaten egg, one cup milk, one pint flour, and one and one-half teaspoonfuls Price's Cream Baking Powder. Bake in a loaf, and serve with hard sauce. It is nice made with berries—also without fruit.

Peach Cobbler.—Fill a shallow pudding dish or deep earthen pie plate with ripe, peeled peaches, leaving in the pits to increase the flavor of the fruit. Add cold water enough to half fill the dish and cover the whole with a light paste rolled to twice the thickness used for pies. Cut slits across the middle, prick with a fork and bake in a slow oven about three-fourths of an hour. The peaches should be sugared according to the taste before putting on the crust. Serve either warm or cold, the crust should be inverted after being cut into sections, and the peaches piled upon it. Eat with sweet cream.

Apple or Peach Tapioca Pudding.—Soak a cup of tapioca in water three or four hours. Pare and core eight or ten apples, fill the holes with sugar and stick a clove or two in each apple. Pour the tapioca over them as they are placed in the pudding dish, and bake till the apples are thoroughly done. Be careful not to have the tapioca too thick. Eat with milk or cream. Peaches may be used in the same way.

Peach Meringue Pudding.—Stew the peaches in a syrup of sugar and water until tender; remove, and boil the syrup until thick, then pour over the peaches. Make a corn-starch custard of the yolks of two or three eggs, about a pint of milk, two teaspoonfuls of corn-starch (wet in cold milk), sugar vanilla. Make a meringue of the whites of the eggs and sugar, and spread over the peaches. Use the custard as sauce.

Batter Pudding.—Stir into a smooth batter, being careful not to get it too stiff, two teacupfuls of flour and one pint of milk; add four eggs well beaten, so as to be very light, and a teaspoonful of salt. One teaspoonful Price's Cream Baking Powder should be sifted with the flour while dry. Bake in a quick oven.

Steamed Pudding.—One and a half teacupfuls of sugar, one quart of milk, one teacupful of currants, one teaspoonful of salt; one or two eggs and a teaspoonful of lard with two teacupfuls of flour previously mixed with two teaspoonfuls of Price's Cream Baking Powder.

Steamed Berry Pudding.—One cup of sugar, two eggs, one and one-half teaspoonfuls of Price's Cream Baking Powder, two cups of flour, one cup of sweet milk, two cups of berries. Steam about two hours.

Apple Pudding.—Pare and extract the cores, without cutting, of six apples, and pour over them a batter made of a pint of sifted flour, one gill of cream and three gills of milk, four beaten eggs and salt; be careful to have the batter very smooth. Bake for one hour and serve with liquid sauce.

Amber Pudding.—Into a quart of boiling milk stir a teacupful of corn meal and a quart of sliced sweet apples; add a teaspoonful of salt and a teacupful of molasses. Mix thoroughly. Add two quarts of milk; pour into a large, buttered dish and bake in a slow oven four hours. When cold, a clear, amber-colored jelly will have formed throughout the pudding, and the apples will be of a rich dark brown.

Apple Charlotte.—Rub the bottom and sides of a baking pan with butter and line with slices of wheat bread or rolls; peel tart apples, cut small and nearly fill the pan, scattering bits of butter and sugar between the apples; grate a small nutmeg over the apples; soak as many slices of bread or rolls as will cover, and on this put a plate with a weight on top to keep the bread close upon the apples. Bake in a quick oven. The proportion of apples, butter and sugar to be used is: To half a peck of tart apples, half a pound of sugar and a quarter of a pound of butter.

Oxford Pudding.—Pare and quarter four large tart apples and boil in a very little water. Mash with a silver spoon; add one tablespoonful of butter, half a cup of sugar (more if the apples are very sour), half a cup of fine bread crumbs, the yolks of

four and the whites of two eggs, beaten light. Put into a dish, cover with a frosting made of the other two whites whipped stiff with sugar, and brown.

Apple Dumplings.—For boiled dumplings the shortening should be suet powdered and rubbed thoroughly with the flour and a little salt. Wet with milk to the proper consistency and roll out the dough to quarter-inch thickness; cut into squares; put the apple, pared and cored, in the centre and cover with the paste. Place each dumpling in a small square cloth dipped in hot water and floured on the inside. Tie up loosely and boil one hour. Apple dumplings for baking should be made with a pie paste by sifting the flour with Price's Cream Baking Powder, one teaspoonful of powder to one teacupful of flour, and adding a little salt; afterwards working the butter or lard into the flour, adding milk necessary to make a smooth paste and rolling out quickly. Put the apple in the paste and bake in a hot oven to a nice brown. Glaze with butter when done and serve hot with cream or sweet sauce.

Bachelor's Pudding.—Pare, core and slice apples sufficient to weigh a quarter of a pound; add a quarter of a pound each of currants and grated bread; two ounces of sugar; beat three eggs and add with lemon to flavor and a little nutmeg. When all are thoroughly mixed, put into a buttered basin; tie down with a cloth and boil for three hours.

Gooseberry Pudding.—One quart of scalded gooseberries rubbed smooth when cold with the back of a spoon. Take of the pulp six tablespoonfuls, half a pound of sugar, quarter of a pound of melted butter, six eggs, the grated rind of two lemons and a handful of grated bread. Bake thirty minutes.

Favorite Pudding.—Stew prunes or any small fruit, sweeten to taste, and while boiling hot put in a few thin slices of good bread; when the bread has become fully saturated with the boiling juice, put the bread and fruit in alternate layers in a deep dish, leaving a thick layer of fruit for the top. Place a plate over it and when cool set on ice. With whipped cream it will be found most delicious.

Fig Pudding.—One-fourth pound figs chopped fine, two cups bread crumbs, one cup brown sugar, one-fourth pound suet chopped fine, two eggs, the grated rind and juice of one lemon, one dessert spoonful of molasses, one-half grated nutmeg, one tablespoonful flour. Steam three hours and serve with boiled sauce, flavored with lemon.

Christmas Pudding.—Sift and mix with one and a half pounds of flour, three teaspoonfuls of Price's Cream Baking Powder; chop fine one pound of suet and mix with it ten well-beaten eggs, one teacupful of milk, a quarter of a pound of sugar, one pound of raisins seeded and chopped, and the same quantity of clean currants, one teaspoonful each of cinnamon, allspice and ground cloves, the grated rind and juice of a lemon and two ounces of citron. Mix thoroughly, rinse the pudding cloth in hot water and sprinkle it with flour; tie up the ends and boil for five hours. Sauce to liking.

Boiled Indian Pudding.—Warm a pint of molasses and one of milk, stir well together, beat four eggs and stir gradually into molasses and milk; add a pound of suet chopped fine, Indian meal to make a thick batter; a teaspoonful cinnamon, nutmeg and a little grated lemon-peel, and stir all together thoroughly; dip cloth into boiling water, shake, flour a little, turn in the mixture, tie up, leaving room for the pudding to swell, and boil three hours; serve hot with sauce.

Baked Indian Pudding.—Two quarts scalded milk with salt, one and one-half cups Indian meal (yellow), one tablespoonful ginger, letting this stand twenty minutes; one cup molasses, two eggs (saleratus if no eggs), a piece of butter the size of a common walnut. Bake two hours. Splendid.

Suet Pudding.—To one teacupful of suet, minced down very fine, add four teacupfuls of flour, half a pound of raisins, one teacupful of molasses, a teaspoonful of Price's Cream Baking Powder and a scant teacupful of milk with a little salt and cinnamon to flavor. Boil for nearly three hours and serve with sauce. The baking powder should be mixed with the flour when dry.

Omega Pudding.—A quart of crushed wheat mixed with a teaspoonful of Price's Cream Baking Powder; add half a pound of minced suet, two teacupfuls of sugar, two beaten eggs, half a teacupful of molasses, half a pound of seeded raisins chopped fine, a teaspoonful of ground cinnamon and half a teaspoonful of cloves; citron or lemon peel if desired. Boil two hours.

Treacle Pudding.—Sift with two and a half teacupfuls of flour, one teaspoonful of Price's Cream Baking Powder, and add thereto one teacupful of hot water, one teacupful of molasses, the same quantity of raisins, two tablespoonfuls of melted butter and a teaspoonful of cinnamon. Steam for nearly three hours.

Plum Pudding.—One teacupful of milk and the same quantity of molasses; one pint of raisins stoned and chopped; one tablespoonful of melted butter and a teaspoonful each of cinnamon and cloves with half a nutmeg. Use flour sufficient to make it about the consistency of soft gingerbread, having previously sifted with the flour half a teaspoonful of Price's Cream Baking Powder. See that the bag in which it is to be boiled is scrupulously clean, and before using dip it in hot water and sprinkle with flour. Boil for three or four hours, and if the pudding can be suspended in the pot, instead of resting on the bottom, the risk of having the cloth adhere to the bottom will be avoided. The water should be boiling when the pudding is put into it, and should always be sufficient to completely cover the pudding. The boiling process must be continuous, never allowing it to fall below a simmer. Serve with wine sauce.

Bread Pudding.—Cut into dice half a dozen slices of buttered bread and put into a baking dish. Pour over it a custard made of a quart of milk, a teacupful of molasses, half a teacupful of currants and a little nutmeg. Bake brown. Use with it any sauce desired.

Queen Pudding.—Beat well together the yolks of four eggs and one teacupful of sugar; add one quart of milk and one pint of bread crumbs with a piece of butter as large as an egg. When baked spread with jelly, and on this a frosting made of the whites of the eggs whipped to a froth with five teaspoonfuls of sugar, and the grated rind of a lemon for flavoring. Put into the oven and brown.

Dainty Pudding.—Take two ounces of citron and one orange; grate two large cupfuls of stale bread and soften it with a cupful of water; grate the rind and squeeze the juice of the orange; cut the citron in small bits and mix them with the bread, together with the yolks of two or three eggs, and sugar enough to sweeten the mixture; butter six small cups. Just before putting the puddings in the oven beat the whites of the eggs to a stiff froth, quickly mix them with the bread and fruit, distribute them in the buttered cups and bake the little puddings slowly for about twenty minutes, or until they are brown. They are to be served hot with cream sauce.

Rice Pudding.—Two quarts of fresh rich milk with half a teacupful of rice, one teacupful of sugar, a little salt with a sprinkling of nutmeg for flavor. Bake in a very slow oven for three hours, stirring often so as to avoid burning.

Currant Pudding.—Stew for fifteen minutes a teacupful of rice and two ounces of sugar in as much milk as will cover. Do not allow it to burn. Take off the fire and when nearly cold stir in one ounce of butter, three well beaten eggs and three tablespoonfuls of cream. Lay the currants in a deep pie-dish and sugar well; put in the oven for fifteen minutes; when taken out pour the rice mixture over them and put back in the oven. Bake thirty minutes and serve with sauce.

Dandy Pudding.—Place in a pudding dish a layer of boiled rice seasoned with cream, sugar and nutmeg. Cover this with a layer of quince or apple preserves, and alternate rice and preserves until the dish is full. Add on top the whites of two eggs beaten to a stiff froth. Bake in a slow oven for twenty minutes, keeping careful watch that it does not burn. Serve cold with cream and sugar.

Tapioca Pudding.—Soak seven tablespoonfuls of tapioca in one quart of milk over night; add half a dozen eggs well beaten, two grated lemons, sugar to taste and vanilla or other flavoring. Bake in a moderately quick oven.

Danish Pudding.—Put into one and a half pints of cold water, half a teacupful of pearl tapioca and let it soak for half an hour, after which boil it until clear and soft, which will take about an hour, stirring frequently while boiling; add a quarter of a teacupful of sugar, half a tumbler of currant jelly and a little salt, steadily stirring until all the jelly is dissolved. Put into a mold and serve cold with cream and sugar.

Quick Puff Puddings.—Sift with one pint of flour one teaspoonful of Price's Cream Baking Powder and a little salt; stir into milk until a soft batter is produced. Put as many cups as you desire into a steamer, first having the cups well greased, and into each cup put a tablespoonful of the batter, on top of which place a layer of strawberries or any other berry you may select. Cover these with another tablespoonful of the batter and steam for twenty minutes.

Spanish Pudding.—Put two ounces of butter and a little salt in a pint of water, and when it comes to a boil add as much flour as will make it to the consistency of hasty pudding. Keep it stirred. After it has been taken from the fire and has become cold, beat it up with three eggs and a little grated lemon peel and nutmeg. Drop the batter with a spoon into the frying pan with boiling lard and fry quickly. Sprinkle with sugar before sending to table.

Sweet Potato Pudding.—Mix with one pound of sweet potatoes, grated raw, half a teacupful of molasses, two beaten eggs, one tablespoonful of butter with two tablespoonfuls of sugar and enough milk to make a thin mixture; add one teaspoonful of ginger and spice to taste. Bake one and a half hours.

Cracker Pudding.—One quart of scalded milk, five tablespoonfuls of rolled cracker, small piece of butter, four eggs; bake one-half hour, and serve with any kind of sweet sauce.

Cocoanut Pudding.—Swell in two teacupfuls of boiling water one of sago, and add one of sugar, one and a half teacupfuls of grated cocoanut; mix the whole thoroughly with one-fourth peck of tart juicy apples chopped fine, and bake for one hour in a slow oven.

Cocoanut Pudding, No. 2.—One pint of milk with the yolks of two eggs well beaten, two tablespoonfuls of cocoanut, half a teacup of rolled cracker crumbs and flavoring to fancy. Bake half an hour, then spread over it a frosting made by beating the whites of two eggs and a teacupful of sugar. Put in the oven to brown.

Chocolate Pudding.—After a pint of milk has come to a boil add one large tablespoonful of corn-starch, two of chocolate grated and half a teacup of sugar. Boil until it thickens and turn into molds; set on ice. Serve with cream and sugar flavored to taste.

Florentine Pudding.—Put a quart of milk into a pan and let it come to a boil; mix smoothly three tablespoonfuls of corn-starch and a little cold milk; add the yolks of three beaten eggs, half a teacupful of sugar and flavoring to taste; stir into the boiling milk, and stir until of the consistency of starch ready to use, then put into the dish in which it is to be served. Beat the whites of the eggs with a teacupful of pulverized sugar, spread over the top and place in the oven to brown.

Snow Pudding.—In half a teacupful of cold water put half a package of gelatine and let it stand for an hour; pour over it a pint of boiling water, adding two teacupfuls of sugar and the juice of a large lemon. Set aside again and when cool, but not cold, mix in the whites of five eggs and beat the whole to a stiff froth. For a custard to be served separately and poured over the pudding take one egg entire and the yolks of three others, with one pint of milk and a teacupful of sugar.

Lemon Pudding.—Work thoroughly so as to be very light, one teacupful of sugar and a piece of butter the size of a walnut; then add the grated skin and pulp of one lemon with all its juice, three eggs and a teacupful of milk. Bake in an undercrust with a frosting of white of egg and sugar if desired.

Sponge-cake Pudding.—Boil one pint of milk and beat into it while hot one pint of stale sponge-cake crumbs. Add the yolks of three eggs; then the whipped whites and, if desired, a cupful of grated cocoanut. Bake slowly three-quarters of an hour. Eat with whipped cream.

PUDDING SAUCES.

Sauce for All.—Cream together a teacupful of sugar and a tablespoonful of butter; add a pint of boiling water and a tablespoonful of corn-starch dissolved in cold water; boil thoroughly and season with nutmeg. If this sauce be made without flavoring, a tablespoonful of currant jelly mixed with the same quantity of hot water and poured over it just before serving will make it very palatable.

Favorite Sauce.—Beat together until very light one teacupful of powdered sugar with one egg and the yolk of a second; add wineglass of wine heated very hot.

Superior Sauce.—Rub together thoroughly one tablespoonful of butter with one teacupful of sugar; add the yolks of four eggs beaten very light and the juice of one lemon. Beat the whole briskly for ten minutes and then pour in a glass of wine, stirring hard while so doing. Set the bowl containing the mixture in a saucepan of boiling water and stir until it becomes heated, being careful, however, not to let it boil.

Maple Sauce.—An agreeable sauce to serve with a steamed pudding is made by dissolving half a pint of maple sugar in a teacupful of water; add half a teacupful of butter mixed with one tablespoonful of flour; flavor to taste and boil.

Cider Sauce.—To one teacupful of sugar and half the quantity of butter, creamed together, add two teacupfuls of boiling water and a tablespoonful of corn-starch dissolved in cold water; boil, and while boiling add half a teacupful of boiled cider with flavoring to taste.

Aerial Sauce.—Beat to a cream half a teacupful of butter, adding gradually one teacupful of powdered sugar, and constantly beating. When beaten to a creamy foam add three tablespoonfuls of wine or brandy, a little at a time; and, lastly, add a quarter of a teacupful of cream or rich milk, beating all the time. When the whole is beaten smooth set the bowl containing it in a saucepan of hot water, stirring constantly, but do not let it boil. Flavor to taste.

Hard Sauce.—Beat together one teacupful of sugar and half a teacupful of butter; flavor to taste; form into a pyramid and shape to suit the fancy.

Soft Sauce.—A teacupful of sugar with two tablespoonfuls of butter and the yolk of one egg. When beaten stir them into a pint of boiling water on the fire. Keep stirring until it foams; then take up and serve.

Aurora Sauce.—Beat to a froth, two eggs and two teacupfuls of sugar; add a teacupful of milk, flavor to taste. Steam for twenty minutes, stirring frequently, and before taking from the fire, add a piece of butter the size of an egg.

Brown Sauce.—Mix half a teacupful of brown sugar with half the quantity of butter; add a pint of hot water and a little vinegar, with such flavoring as may be desired. Use a tablespoonful of flour, moistened with milk as a thickening, and boil. Should be served hot.

Custard Sauce.—Beat the yolks of four eggs and half a teacupful of sugar; add one pint of good milk. Stir constantly while on the fire.

Strawberry Sauce.—Beat two eggs, one teacupful of sugar, and half a teacupful of butter; add a teacupful of boiling milk and the same quantity of strawberries.

Foaming Sauce.—Beat the whites of three eggs to a stiff froth; melt a teacupful of sugar in a little water, let it boil; stir in a glass of wine, then the whites of the eggs. Serve at once.

Spanish Sauce.—One tablespoonful of corn-starch in half a teacupful of boiling water; add two tablespoonfuls of vinegar, one tablespoonful of butter, one teacupful of sugar and half a nutmeg grated.

Apple Jelly Sauce.—Whip a teacupful of apple jelly until it is thin and smooth; add gradually two tablespoonfuls of melted butter, the juice of a lemon and grated peel, with half a teaspoonful of grated nutmeg. Put in a cup or bowl inside a saucepan of boiling water, heat it to the boiling point, stirring steadily all the time, then beat in a heaping tablespoonful of powdered sugar and a glass of wine. Cover it closely and let it stand in the boiling water until wanted. Stir occasionally and beat up well before pouring out.

English Sauce.—Put in a saucepan the yolks of six eggs, a quarter of a pound of sugar, a glass of sherry wine, a lemon rind rubbed on two small pieces of loaf sugar, a little salt and a pint of milk; mix well, put on a slow fire, stir briskly with an egg beater until the sauce thickens and foams. Do not keep it on the fire too long or it will curdle.

Dumpling Sauce.—Boil one pint of water and a teacupful of brown sugar together; thicken with one tablespoonful of flour mixed with cold water; when cooked add one tablespoonful of butter and a little salt. Flavor to taste.

Egg Sauce.—The whites of two eggs beaten stiff; one and a half cups of sugar; four tablespoonfuls of milk or cream. A pint of berries mashed and beaten in make a delicious addition.

Caramel Sauce.—Put one cup of sugar in a small pan and stir on the fire until brown. Add a cupful of boiling water and simmer fifteen minutes. Set away to cool.

Molasses Sauce.—One cup of molasses, half a cup of water, a tablespoonful of butter, a little cinnamon or nutmeg, one-fourth teaspoonful of salt, the juice of a lemon or a little vinegar. Boil all together for twenty minutes. Nice for apple or rice pudding.

PIES AND TARTS.

Pastry—The water used in making pastry should always be cold, and in summer ice water is the best. The cook must be dexterous as well as skilled, for so much depends upon the handling that, although pastry be made never so well, unless it gets into the oven quickly, it will lose its elasticity and become heavy. Fruit and filling should always be cold when put into the crust. Less shortening will be required when Price's Cream Baking Powder is used. To make a good pie crust is in itself an accomplishment.

A Rich Puff Paste.—One quart of flour and one pound of butter; sift the flour and add the yolk of an egg well beaten; mix in ice water and roll out to the thickness of an inch or less. After the butter has been worked in water to extract the salt, place it on one-half of the dough, folding the other half over it; set away for fifteen minutes in an ice chest, or other equally cold place, and then roll out into a long strip, which fold into

three parts by turning over each end and rolling each fold; repeat this operation six or seven times. The colder the dough can be kept while being worked in this way, the better will be the results, as it will prevent the butter from oiling.

Plain Pie Crust.—Three teacupfuls of flour, half the quantity of butter, and half a teacupful of lard; work the lard and butter into the flour and pour in a teacupful of cold water; knead into a firm dough with the least possible handling; roll out to a thin sheet and place all over it pieces of butter set closely together; fold up and roll out again as before, repeating the process until the butter has been thoroughly assimilated with the dough, using a slight sprinkling of flour when needed. One teaspoonful of Price's Cream Baking Powder will facilitate the attainment of a successful result. It should in all cases be mixed with the dry flour.

Apple Pie.—To make a perfect apple pie a fine flavored, tart apple is needed; ripe, but not too soft. Pare, quarter and cut in thin slices. Line the pie-plate with a fine puff paste neatly trimmed around the edges. On this heap the apple, allowing an abundant filling; put on the top crust, moistening the edges before pressing the upper and lower crusts together. Bake in a brisk oven about half an hour. Take from the oven and quickly loosen the upper from the lower crust around the edges and lay the upper crust on another plate; scatter into the pie two or three tablespoonfuls of sugar, a lump of butter and a little grated nutmeg. Replace the upper crust quickly and put the pie in the oven again for five minutes.

Apple Custard Pie.—Make a very smooth apple sauce; to each cupful add two eggs beaten light, and half a cup of fresh milk. Have shells of paste ready and fill with the custard. Bake without upper crust.

Apple Meringue Pie.—Fill a lower crust with fine apple sauce and cover with a meringue made of the white of an egg beaten stiff, with sugar. Brown lightly after putting on the meringue.

Apple Slump.—Cut apples as for pies and fill a rich undercrust of a good thickness; cover with a thick top crust and bake in a slow oven for about an hour; when baked remove the top crust, add sweetening, seasoning, and butter half the size of an egg; then remove part of the apple. Place the top crust in an inverted position upon what remains, and the apple that has been taken out on top of that. Should be eaten hot.

Cherry, Blackberry and Peach Pies.—Make both upper and lower crust and fill with the fruit well sweetened.

Strawberry Pie.—Into a rich deep undercrust that has been baked, put strawberries sufficient to fill and cover with sugar. Make a meringue of the whites of two eggs and a tablespoonful of powdered sugar; cover the pie with it and brown.

Rhubarb Pie.—Pour boiling water over two teacupfuls of chopped rhubarb, drain off the water after four or five minutes and mix with the rhubarb a teacupful of sugar, the yolk of an egg, a piece of butter and a tablespoonful of flour, moistening the whole with three tablespoonfuls of water. Bake with the lower crust only and make a meringue of the white of the egg with three tablespoonfuls of sugar; spread over the top of the pie and return it to the oven to brown.

Date Pie.—Soak the dates over night and stew until they can be strained; mix with a quart of milk, three eggs and add a little salt and nutmeg. Bake with an undercrust only. One pound of dates will be sufficient for three pies, and the other ingredients are given in proportion for that quantity of dates.

Lemon Pie.—Two tablespoonfuls of flour, two thirds of a teacup of water, one teacup of sugar, yolks of three eggs and one grated lemon. Bake in a hot oven. While in the oven beat the whites of three eggs to a froth and mix in three teaspoonfuls of sugar; turn it over the pie and return to the oven until nicely browned.

Orange Pie.—Beat together the yolks of four eggs and eight tablespoonfuls of sugar; grate the skin of two oranges and with the juice and two-thirds of a tumbler of milk, add to the eggs and sugar. Bake for half an hour in an undercrust. For the frosting beat the whites of four eggs to a firm paste with four tablespoonfuls of powdered sugar, and as soon as the pie is done take from the oven and pour the frosting over the top, returning it again to the oven to be baked to a delicate brown.

Cocoanut Pie.—To a pint of scalded milk add half a teacupful of sugar, the yolks of two eggs and a dessertspoonful of corn starch dissolved in milk; beat altogether; cook in the boiling milk and add a teacupful of grated cocoanut which has been soaked in milk over night; bake with the lower crust only. Beat the whites of the eggs to a froth, mix with two teaspoonfuls of sugar and spread over the pie when baked, returning it to the oven until the surface is browned.

New England Pumpkin Pie.—Stew the pumpkin until soft and then press through a sieve. To a quart of pumpkin allow two quarts of milk and six eggs. Beat the eggs well and stir into the milk, adding the sifted pumpkin gradually. Add a little melted butter, sweetening to taste, a pinch of salt, a very little cinnamon and a generous flavoring of ginger. Pour into shells of pie-paste and bake in a quick oven.

Mince Pie.—One pound each of raisins, currants and sugar; stone and chop the raisins; one pound of suet chopped very fine, two-thirds of an ounce each of candied lemon and orange peel, two large apples, grated, one-third of an ounce of cinnamon, two-thirds of a nutmeg, the juice of one lemon added to the grated rind, and one-third of a gill of brandy; or substitute cider for the brandy.

Custard Pie.—Make a custard of the yolks of three eggs with milk, and seasoned to the taste; bake it in an ordinary crust, and in an oven but moderately heated, so that the custard may not curdle; when done, beat the whites of the eggs to a froth, add sugar and spread over the top, return it to the oven to brown slightly. A small pinch of salt will improve the custard.

Cream Pie.—Beat together one tablespoonful of flour, the white of an egg and half a teacupful of sugar; add a teacupful of milk; sprinkle grated nutmeg over all. No top crust.

Potato Pie.—Boil and mash fine four potatoes, to which add three eggs entire, and the yolks of three others, with one teacupful of butter; flavoring and sweetening to taste. Beat with sugar the whites of the eggs left out and spread over the pie, returning it to the oven until browned.

Transparent Pie.—The yolks of two eggs with a third of a teacupful of butter and double the quantity of sugar, one tablespoonful of flour with flavoring of brandy and nutmeg or cinnamon. No upper crust.

Lemon Tarts.—Pare the rinds of four lemons, boil tender in two waters and beat very fine; add a quarter of a pound of blanched almonds cut thin, the same quantity of loaf sugar, the juice of the lemons and a little grated peel of lemon; simmer to a syrup. When cold turn it into a shallow tart dish, lined with a rich puff paste rolled thin and lay bars of paste on top.

Strawberry Tarts.—Butter and line a ten-inch wide pastry pan with tart paste; line the paste with a buttered strip of paper, fill with plum or cherry pits or dry corn and bake as you would a pie. Remove the pits and paper, baste the paste all over with thick syrup and dry in the oven; let cool and fill with strawberries. Steep more strawberries in a very thick syrup for two hours, strain, mask the tart over with this syrup and serve.

Sand Tarts.—Cream together one pound of brown sugar and half a pound of butter. Beat the yolks of three eggs very light and add butter and sugar; sift one pound of flour in dry state with two teaspoonfuls of Price's Cream Baking Powder, mix with the eggs and butter and sugar until a paste firm enough to roll has been formed.

Roll out thin and cut into squares ; spread the whites of the eggs over the top ; sift over this granulated sugar and crown with half a pound of blanched almonds, rolled and spread over the surface. Bake in a quick oven.

Chocolate Tartlets.—Four eggs ; one-half cake of chocolate, grated ; one tablespoonful corn-starch dissolved in milk ; three tablespoonfuls of milk ; four of sugar ; vanilla flavoring ; one-half teaspoonful of cinnamon ; salt ; a heaping teaspoonful of butter. Rub the chocolate smooth in the milk ; heat over the fire and add the corn-starch wet in more milk. Stir until thickened, then pour out. When cold beat in the yolks of the eggs, sugar and flavoring. Bake in open shells, lining *paté-pans*. Cover with meringue ; eat cold.

Neapolitainoes.—Make enough puff-paste for a pie ; roll into a sheet half an inch thick and cut into strips three inches by one and a half. Bake in a quick oven. When cold spread with jam or jelly half of the strips, and stick the others over in pairs with jelly between. Cover with frosting.

CAKE.

Some flour contains more moisture than others. That made from spring wheat is likely to be sticky and the same may be said of new flour generally. Any excess of moisture may be removed by drying before the fire. This will improve it and give better chance for success with the cake to be made from it. The proportions of ingredients should be carefully watched. Cake batter should be beaten thoroughly, with an upward motion of the spoon, and never by any means stirred. See that the oven is properly heated ; if too hot the cake will brown at once and be burnt before the inside has fairly commenced to bake ; if not hot enough the cake will not rise. A general rule is that a hotter oven is required for small cakes than is necessary for larger ones. Always have eggs cold before whipping. Placing them in a bucket of fresh cold water will make them beat stiffer and lighter. Grease the pan well and line with greased paper, placing also a sheet of clean, white paper on top when the cake is first placed in the oven in order to prevent the sudden formation of a top crust which would interfere with the rising of the cake. Remove the paper from the top when the cake has become thoroughly heated and well raised, otherwise it will not brown. Only good, sweet butter should be used, as the flavor of the cake is largely dependent upon it. Fruit should be put in with the flour. In mixing the ingredients for cake the most generally accepted plan is to cream the butter and sugar together, add the yolks of the eggs, follow with the milk and finish by alternating the flour and whites of eggs.

Plain Cake.—Three teacupfuls of flour, two teaspoonfuls of Price's Cream Baking Powder, two teacupfuls of sugar, half a teacupful of butter, one teacupful of milk, three eggs, whites and yolks beaten separately. Flavor with lemon or vanilla.

Very Plain Cake.—Beat one egg in a cup and fill the cup with milk ; add one teacupful sugar, and thicken with two teacupfuls flour into which has been mixed one teaspoonful Price's Cream Baking Powder.

Sponge Cake, No. 1.—Beat thoroughly the yolks of one dozen eggs and add thereto one pound of granulated sugar ; beat the whites of the eggs to a stiff froth and add alternately with half a pound of flour ; grate the rinds of two lemons and add with the juice. Bake in a moderate oven.

Sponge Cake, No. 2.—Beat three eggs light and add one teacupful sugar, one tablespoonful water, or more if necessary, to prevent the dough from becoming too firm; one teacupful flour mixed with one teaspoonful Price's Cream Baking Powder.

Pound Cake.—Cream one pound sugar and three-fourths pound of butter; add the yolks of eight eggs well beaten, following with the whites well beaten, flavor to taste, and mix with all one pound flour, beating the whole well together.

Yellow Cake.—One teacupful sugar with half the quantity of butter; add the yolks of four eggs beaten, half a teacupful milk and two and a half teacupfuls flour sifted with two teaspoonfuls Price's Cream Baking Powder. Flavor with vanilla.

Lady Cake.—Take two and a half scant teacupfuls flour and after sifting mix well with it one heaping teaspoonful Price's Cream Baking Powder and sift again; add one and a half teacupfuls powdered sugar, blended with half a teacupful of butter; beat the whites of two eggs to a froth; add gradually to the flour half a teacupful of milk; follow with the sugar and the butter, and next the whites of the eggs, finishing up with a teaspoonful of the essence of almond. Bake in a hot oven for three-quarters of an hour.

Corn-Starch Cake.—Cream two teacupfuls sugar and one teacupful butter; add one teacupful corn-starch and the same quantity milk; mix with two teacupfuls flour two teaspoonfuls Price's Cream Baking Powder and then add, following with the whites of seven eggs beaten to a stiff froth.

Almond Cake.—Beat one teacupful of sugar with half a teacup of butter; add half a teacup of milk; sift two teacupfuls of flour with a teaspoonful of Price's Cream Baking Powder and add four whites of eggs and one pound of blanched almonds chopped fine.

Angel Cake.—Sift one teacupful of flour with one teaspoonful of Price's Cream Baking Powder. Beat the whites of eleven eggs to a stiff froth, add one and a half teacupfuls of sugar; follow with the flour mixing it in gradually, and flavoring with vanilla. Beat quickly and lightly. Bake in a moderate oven.

Bride's Cake.—Sift with six teacupfuls of flour two teaspoonfuls of Price's Cream Baking Powder. Beat very light the whites of two dozen eggs and cream four teacupfuls of sugar and two teacupfuls of butter. Add to the butter and sugar a portion of the flour, using a teacupful of milk, then a portion of the egg, alternating until all are mixed. Bake in a moderate oven for an hour and a half.

Wedding Cake.—Beat to a cream two pounds of butter and beat into it two pounds of crushed loaf sugar powdered and sifted; add the yolks of sixteen eggs beaten to a froth and follow with the whites beaten stiff. Mix with two pounds of flour browned, two pounds of raisins, four pounds of currants, two-thirds of a pound of citron; two-thirds of an ounce each of cinnamon, nutmeg and mace, a quarter of an ounce of cloves and add last half a gill of brandy, beating the whole very thoroughly. Bake about five hours.

Fruit Cake.—One pound of crushed loaf sugar, powdered and sifted, one pound of butter, one of flour, nine eggs, three teaspoonfuls each of cloves, cinnamon, mace and nutmeg, one wineglass of brandy, the same of wine, half a teacup of molasses, two pounds of currants, three of raisins and half a pound of citron. Bake in a slow oven.

Gaelic Fruit Cake.—Cream two teacupfuls sugar and one of butter; add gradually one teacupful of milk, then the beaten yolks of nine eggs, four teacupfuls flour sifted and mixed while dry with two teaspoonfuls Price's Cream Baking Powder. While beating in the flour add the whites of the eggs whipped to a froth. Flavor to taste. In putting the cake in the pan place first a thin layer of cake, then sprinkle in a portion of the following three kinds of fruit mixed together: One pound raisins seeded and chopped, half a pound currants and one fourth of a pound of citron sliced thin. Follow with a layer of cake, then a layer of fruit and so on, finishing with a thin layer of cake. Bake in a moderate oven for two hours. It is perhaps needless to add that the currants should be washed and dried before using.

Home Fruit Cake.—Three teacupfuls flour sifted with three teaspoonfuls Price's Cream Baking Powder, one teacupful each brown sugar and molasses, half a teacupful of butter, three eggs, half a teaspoonful each allspice, cloves, cinnamon and nutmeg, and half a pound each stoned raisins, currants, citron and figs cut fine, with one teacupful nut meats. Mix the fruit and spices together the day before making the cake. Bake in a slow oven.

Breakfast Fruit Cake.—One pound cold boiled potatoes mashed smooth; add one pound flour, half a pound finely chopped suet, a little less than half a pound of currants and two ounces moist sugar. A teaspoonful Price's Cream Baking Powder should be mixed with the flour in its dry state. Roll out the dough to half-inch thickness and bake in a moderate oven. Cut into squares and serve hot. As an accompaniment to the morning cup of coffee this cannot be beaten.

Tutti-Frutti Cake.—Cream one teacupful each of sugar and butter; add with a teacupful of milk two and a half teacupfuls of flour sifted with two heaping teaspoonfuls Price's Cream Baking Powder, one pound each of raisins, figs, almonds and dates, and a quarter pound citron, followed by the whites of seven eggs. Blanch the almonds and shred them in fine pieces. Bake in a slow oven.

Molasses Cake.—One cupful butter, one cupful brown sugar, one-half cupful molasses, one cupful milk, one and one-half pints flour, one and one-half teaspoonfuls Price's Cream Baking Powder, one egg. Rub smooth the butter and sugar; add the milk, egg and molasses, stir in the flour sifted with the powder; mix into a consistent batter, and bake forty minutes.

Dolly Varden Cake.—The whites of three eggs with one teacupful powdered sugar and half a teacupful of butter; two teacupfuls flour with one and a half teaspoonfuls Price's Cream Baking Powder. Cream the butter and sugar, add the eggs, mix in the flour with half a teacupful of milk and flavor with lemon. Make a frosting of the yolks of the eggs and one teacupful of sugar.

Cinnamon Cake.—Two teacupfuls brown sugar and half the quantity butter well creamed; add four eggs beaten, a tablespoonful cinnamon, three-fourths teacupful of milk, four teacupfuls of flour sifted with two teaspoonfuls Price's Cream Baking Powder. Beat all together and add half a teacupful of vinegar.

Alice Cake.—One and a half teacupfuls sugar, half teacupful cream, four well-beaten eggs and a little salt. Beat with two teacupfuls flour mixed with a teaspoonful Price's Cream Baking Powder. Bake in a hot oven.

Coffee Cake.—Two teacupfuls sugar, one of butter; add one teacupful molasses, a large cup strong coffee, four eggs beaten, five teacupfuls flour sifted with one teaspoonful Price's Cream Baking Powder, one pound each raisins and currants, quarter pound of sliced citron, two teaspoonfuls each cloves and cinnamon, and one each allspice and grated nutmeg.

Jelly Cake.—Four cups of flour, one teaspoonful of Price's Cream Baking Powder, two teacupfuls of sugar, two-thirds of a teacupful of butter, three eggs, one teacupful of milk, a little salt and flavor to taste. Put half of the mixture in two oblong tins and add to the remainder three tablespoonfuls of molasses, one large cup of raisins stoned and chopped, one teaspoonful of cinnamon, half a pound of citron sliced fine, a tablespoonful of flour and half a teaspoonful each of clove and allspice, with the addition of a little grated nutmeg. Put this latter mixture in two tins in size and shape like the former; put the white and brown together alternately, with jelly or jam between. Or, it will make a handsome marble loaf if baked in one pan, omitting the fruit, and pouring in the light and dark in alternate layers.

Queen Cake.—One pound each of flour and sugar, one teaspoonful Price's Cream Baking Powder, three-fourths of a pound of butter, five eggs, one gill each of wine, brandy and cream, one pound of currants; citron, mace and nutmeg to taste.

Honey Cake.—Mix one teacupful each of honey and sugar; add half a teacupful of melted butter and two beaten eggs, sift together and add one pint of flour with one teaspoonful of Price's Cream Baking Powder, and lastly one teaspoonful of caraway seed. Bake in a moderate oven for half an hour or longer.

Chocolate Cake.—Boil together until they thicken half a teacupful of rich milk, the yolk of one egg and one-fourth of a cake of chocolate. Set aside and when cold add one teacupful sugar or such other quantity as the chocolate may require and the taste demand, one tablespoonful butter and half a teacupful milk; thicken with two teacupfuls flour into which has previously been sifted two teaspoonfuls Price's Cream Baking Powder. Flavor with vanilla; make into four layers and when cold put together with boiled icing.

Cheese Cake.—Beat three eggs very thoroughly, sifting in as you beat as much flour as will make them stiff; add three or four eggs more and beat altogether; take one quart cream, put into it a quarter pound fresh, sweet butter and set it on the fire. When it begins to boil add it to the eggs and flour. Stir all well and let boil until it thickens. Season with cinnamon, salt and sugar and bake.

Farmer's Cake.—Sift together four teacupfuls of flour and two teaspoonfuls of Price's Cream Baking Powder. Beat to a cream one teacupful of butter and the same quantity of sugar, add two beaten eggs, one teacupful milk and mix to a batter with the flour prepared as indicated above. Soak over night, drain and stew in a cup of molasses two teacupfuls sour dried apples; mix in the batter with one teaspoonful each of cloves and allspice, two teaspoonfuls of cinnamon and half a grated nutmeg. Bake in a moderate oven.

Rural Roll.—Make a pie paste of one quart flour sifted with two teaspoonfuls Price's Cream Baking Powder, two tablespoonfuls lard, one teaspoonful of salt and as much milk as may be necessary. Divide the dough into two pieces and roll out; cover with such fruit as you may choose, either fresh or canned, or if you prefer, jam or jelly of any kind; sweeten to taste and add small pieces of butter. Roll up in the form of jelly cake. Bake quickly.

Lady-Fingers.—Beat two eggs light; add one teacupful sugar, a little salt and flavoring to taste. Use one teacupful flour sifted with one teaspoonful Price's Cream Baking Powder, making the dough of a consistency that can be rolled. Cut into strips the size of the finger and bake.

Macaroons.—One pound of sweet almonds blanched and beaten to a paste; mix with them one and a quarter pounds of powdered sugar, the grated rind of two lemons and the whites of six eggs. Drop on buttered paper and bake a light brown in a moderate oven.

Crullers.—One quart flour, half cupful lard, half cupful butter, one cupful sugar, one and one-half teaspoonfuls Price's Cream Baking Powder, three-quarters pint milk, two eggs, little nutmeg. Sift flour, sugar and powder together; rub in the lard and butter; well the beaten eggs and milk. Mix into a smooth dough, soft enough to handle conveniently. Roll out on a well-floured board; cut into strips, twist in different shapes, and fry in plenty of hot lard. Serve with sifted sugar.

Doughnuts.—Half cupful butter, one cupful sugar, one and one-half pints flour, one and one-half teaspoonfuls Price's Cream Baking Powder, one egg, one and one-half cupfuls milk, little nutmeg. Rub the butter, sugar and egg together smooth. Sift the flour and powder together, add it to the butter, the milk, etc. Mix into a soft dough; well flour the board, roll out the dough to half inch in thickness, cut out with large biscuit cutter, and fry to a light brown in plenty of hot lard. Serve with sifted sugar.

Ginger Snaps.—Boil two teacupfuls of molasses for three minutes and add to it one teacupful of butter; one teaspoonful Price's Cream Baking Powder, mixed with flour sufficient to work into a smooth batter, and add a tablespoonful of ground ginger. Work in the flour as soft as possible—the softer the better.

Cookies.—Two cups sugar, one cup butter, three-fourths cup sweet milk, two eggs, five cups flour, two teaspoonfuls Price's Cream Baking Powder. Roll thin and bake quickly. Caraway seeds may be added.

Thin Rich Cookies.—One cup of butter, one cup of sugar, three eggs all beaten together to a cream; use just enough flour to mix and roll thin.

Swiss Cakes.—Beat thoroughly the yolks of five eggs and one pound sifted loaf-sugar; sift in one pound of flour and a tablespoonful anise seed; beat all together for several minutes; whip the whites of five eggs to a stiff froth, add and beat all briskly; roll out an inch thick and cut with a molded cutter into a small size; set aside and bake next morning; heat the baking tin and rub with yellow beeswax; let the tin cool again, wipe it and lay on the cakes. Bake a light brown.

Kennett Cakes.—Three teacupfuls brown sugar, half a pound butter, five eggs, one pint of molasses, one teacupful of milk and two pounds of flour sifted with three teaspoonfuls Price's Cream Baking Powder, flavoring with half an ounce of cinnamon and a grated nutmeg. Drop the batter, a spoonful at a time, on a greased pan, allowing room for spreading so the cakes will not touch. Bake in a quick oven.

Strawberry Cake.—Bake three sheets of sponge cake as for jelly cake; prepare cream by whipping and sweetening; put layers of strawberries between the sheets of cake, pour cream over each layer and over the top.

Strawberry Shortcake.—Beat together one teacupful sugar and one tablespoonful butter; beat three eggs very light and add; sift together two teacupfuls flour and a heaping teaspoonful of Price's Cream Baking Powder with a little salt, and stir in, using enough milk or cream to make it roll out easily. Bake in deep tin plates. With three pints of strawberries mix one teacupful of sugar and spread on the cake. The top layer of strawberries may be covered with a meringue made with a tablespoonful powdered sugar and the white of an egg.

German Puffs.—Sift together one pint flour, two tablespoonfuls sugar, one and a half teaspoonfuls Price's Cream Baking Powder and a pinch of salt; mix in three tablespoonfuls butter, four eggs, two ounces sweet almonds, half-pint cream, half teacupful raisins and half wineglass rum. Beat the butter and sugar to white light cream and add the eggs thereto, one at a time, beating the mixture from three to four minutes between each addition. Mix the whole together into smooth batter and pour into well-greased cups to two-thirds of their capacity. Bake for twenty minutes in a fairly hot oven, and if at the end of that time any uncooked batter adheres to a straw inserted in the puffs they must be returned to the oven for a few minutes longer, or until the inserted straw comes out clean.

Apple Puffs.—Mix a quart sifted flour with two teaspoonfuls Price's Cream Baking Powder, two eggs and a teaspoonful of salt; moisten with cold water so that the paste can be easily rolled; roll as thin as possible; cut into cakes; put three of them together, sprinkling flour between each one; lay on the top thin slices of tart apples; sprinkle sugar and a little nutmeg over them; inclose the apple by folding the pastry over them; press the edges well together and fry in sufficient hot lard to cover them. When done to a light brown take up carefully.

Cream Puffs.—Boil with a large cupful of hot water half a teacupful of butter, stirring in one teacupful of flour during the boiling; set aside to cool and when cold stir in four eggs, one at a time without beating; drop on tins quickly and bake in a fairly hot

oven. When baked fill in with a cream made by beating together three tablespoonfuls of flour, one egg and half a teacupful or more of sugar, according to taste; stir into half a pint of milk while boiling, and flavor to liking.

Neufchatel Cheese Cake.—One Neufchatel cheese, one teacupful sugar, grate the rind of one lemon and use with it half of the juice, half a teacupful each of rolled cracker crumbs and currants, four eggs, one tablespoonful melted butter, half a teacupful cream or rich milk, half a nutmeg grated and one saltspoonful of salt. Mix the cracker crumbs dry with the cheese, first removing the wrapper and taking off the thin skin on the outside of the cheese; crumble the cheese and cracker crumbs well together, beat the eggs well with the sugar and add, following with the butter and cream. If the cream is very rich the butter may be omitted. Lastly, add lemon, nutmeg and currants. The currants must be washed, dried and dusted with cracker dust or flour. Mix all well together and put into well-buttered patty-pans that have been lined with puff-paste. Bake fifteen or twenty minutes in a quick oven. They will puff up, but must not be permitted to get too brown.

Frosting.—Boil one teacupful of frosting sugar in two tablespoonfuls of water; take from the fire and add the white of one egg beaten stiff; stir all together and apply to the cake.

Gelatine Frosting.—Put one level teaspoonful of gelatine in two tablespoonfuls of boiling water, adding enough pulverized sugar to make the mixture of proper consistency to spread. Let the cake cool, but spread the frosting before it sets. Let dry in a cool place. Do not put the cake in the oven after the frosting is spread.

Icing.—Put the whites of the eggs in a shallow earthen dish and allow at least one-fourth of a pound of the finest white sugar for each egg. Take part of the sugar at first and sprinkle over the eggs; beat them very stiff, stirring in gradually the rest of the sugar, and adding flavoring to taste. Tartaric acid and lemon juice whiten icing, and it may be shaded a pretty pink with strawberry juice or cranberry syrup. If the cake is well dredged with flour after baking and then carefully wiped before the icing is put on, it will not run and can be spread more smoothly. Put frosting on the cake in large spoonfuls, commencing over the centre and spreading with a large knife, which should be dipped in cold water occasionally. Dry the frosting on the cake in a cool dry place.

Chocolate Icing, No. 1.—Half a pound brown sugar, one-fourth pound, scant, of chocolate, half a teacupful milk, butter the size of an egg, flavoring to fancy; mix thoroughly and cook as syrup until stiff enough to spread. Set the cake in the oven to dry the icing.

Chocolate Icing, No. 2.—Whites of two eggs beaten stiff, one cupful of sugar and six tablespoonfuls grated chocolate. Add when the cake is cold and cut in diamond-shaped slices.

Orange Icing.—Whites of three eggs whipped to a froth mixing with them two teacupfuls sugar and the juice, grated rind and pulp of two sour oranges.

Hickory-nut Filling.—Boil together a teacupful sugar and a little water until brittle when dropped in cold water; as soon as it has become so remove from the fire and stir quickly into the well-beaten white of an egg; add a teacupful of hickory nut meats and put between the layers and over the top.

Cocoanut Filling.—Thicken the whites of three eggs with powdered sugar and grated cocoanut; put between layers, and cover the top of the cake with the cocoanut.

Cream Filling.—Two eggs, half a teacupful of sugar, one tablespoonful of corn starch and a pint of milk, with such flavoring as may best please the fancy.

Apple Jelly Filling.—Pare and grate three apples and mix with two-thirds teacupful of sugar and one beaten egg; stir while cooking and when done and cooled add extract of lemon or other flavoring to taste.

Chocolate Filling.—One-half cake chocolate, grated and dissolved in a small cup of milk; let it boil; then add one-half cup sugar, a little butter, flavoring.

Chocolate Filling, 2.—Make a cream filling without eggs or with only one, and add grated chocolate.

Lemon Jelly Filling.—Grated rind and juice of one lemon, one cup of sugar and one egg; beat thoroughly and boil in a double boiler till cooked. Spread when cold, and frost with confectioner's sugar.

Coffee Filling or Icing.—One-half cup of strong coffee, two cups of sugar. Boil a few minutes, then plunge the pan into one of cold water, beating the mixture till it becomes creamy. Spread on quickly.

Fairy Cake Filling.—Beat with the whites of two eggs one cupful powdered sugar, two-thirds cupful of milk and half a cupful of flour; stir in one pint boiling milk letting all boil for a few minutes; flavor with lemon.

BEVERAGES.

Coffee.—The quantity of coffee to be used must be governed by individual taste, but as a general rule one tablespoonful to each cup of coffee will give satisfactory results. Pour on the water boiling hot, adding the white of one egg and crushed shell; stir well together; set aside for a moment and throw in a little cold water to drive the grounds to the bottom. In five minutes it will be clear. Coffee should not be allowed to boil else the aroma will be lost.

French Coffee.—Three pints of water to one cupful ground coffee. Put coffee in bowl; pour over it about half pint cold water and let stand for fifteen minutes; bring remaining water to a boil. Take coffee in bowl, strain through fine sieve, then take French coffee-pot, put coffee grounds in strainer at top of French pot, leaving water in bowl. Then take boiling water and pour over coffee very slowly. Then set coffee-pot on stove five minutes; *must not boil*. Take off and pour in cold water from bowl that coffee was first soaked in to settle. Serve in another pot. The French, who have the reputation of making the best coffee, use three parts Java, one part Mocha.

Chocolate.—Dissolve three tablespoonfuls of scraped chocolate, or equal parts of chocolate and cocoa, in a pint of boiling water and boil for fifteen minutes; add one pint of rich milk; let scald and serve hot.

Tea.—Put into a tea-steepers a very little boiling water, and into the water a teaspoonful of tea for each person. Pour over the tea boiling water until the steeper is about half full; cover tightly and set aside to draw, but do not let it boil. After not to exceed ten minutes pour into the tea urn, adding boiling water in the proportion of a teaspoonful of water to each teaspoonful of tea that was put into the steeper, and serve. A pot of boiling water should be kept at hand on the table to weaken the tea should any person so desire.

Russian Tea.—Pare and slice good juicy lemons and lay a piece in the bottom of each cup; sprinkle with white sugar and pour hot, strong tea upon it. Do not use cream.

Strawberry Sherbet.—Crush a pound of picked strawberries into a basin and add a quart of water, with a sliced lemon, and let it stand for two or three hours. Put one and a quarter pounds of sugar into another basin; cover the basin with a cloth and

through this cloth strain the strawberry juice ; when the sugar is fully dissolved, strain again, and set the vessel into which it is strained on ice until ready to serve.

Strawberry Wine.—To the juice of three quarts of strawberries, mashed and strained, add one-half the quantity of red currant juice. Put to each quart of fruit juice one quart of water and one pound of loaf-sugar. Ferment it in a clean, sweet cask, leaving the bung out; when fermentation has finished, put into bottles and cork it for use. It is a very pleasant wine for invalids and also for cooking purposes.

Blackberry Cordial.—Secure ripe berries and crush them ; to each gallon of juice add one quart of boiling water; let it stand twenty-four hours, stirring it a few times; strain and add two pounds of sugar to each gallon of liquid; put in jugs and cork tightly. It may be used in two months; is excellent for summer complaint, and can be taken by delicate invalids.

Currant Wine.—One quart of currant juice to three pounds of sugar, with sufficient water added to make a gallon.

Raspberry Shrub.—Four quarts of red raspberries to one of vinegar; let stand four days, then strain; to each pint of juice add a pound of sugar. Boil twenty minutes. Bottle and keep in a dry, cool place.

Koumiss (*sometimes called Milk Beer*).—Into one quart of new milk put one gill of fresh buttermilk and three or four lumps of white sugar. Mix well and see that the sugar dissolves. Put in warm place to stand ten hours, when it will be thick. Pour from one vessel to another until it becomes smooth and uniform in consistency. Bottle and keep in warm place twenty-four hours ; it may take thirty-six in winter. The bottles must be tightly corked and the corks tied down. Shake well five minutes before opening. It makes a very agreeable drink, which is especially recommended for persons who do not assimilate their food, and for young children may be drank as freely as milk. Instead of buttermilk, some use a teaspoonful of yeast. The richer your milk, which should be unskimmed, the better will be your koumiss.

Egg Nogg.—Six eggs well beaten (white and yolks separately), one quart milk, one-half cup sugar, one-half pint brandy, nutmeg. Stir yolks into the milk, with the sugar first beaten with yolks. Add brandy, then whites of eggs. Whip well.

Milk Punch.—One tumbler of milk well sweetened ; two tablespoonfuls brandy well stirred in. Serve very cold with ice.

CANDIES.

Everton Taffy.—Put into one teacupful of water one pound of powdered white sugar, and when the sugar is dissolved, add a quarter of a pound of butter beaten to a cream and keep constantly stirring the mixture until a little of it put on a buttered dish firmly sets; add lemon or other flavoring to taste just before taking from the fire. Pour out on a dish that has been buttered. Never undertake to make candy of any kind in a tin saucepan.

Butter Scotch.—Melt a pound of brown sugar in a pan without water, and when dissolved add a quarter of a pound of butter beaten to a cream and keep constantly stirred. Flavor with an ounce of ground ginger.

Cream Walnuts.—Dissolve one pound of powdered sugar in half a teacupful of water; boil five minutes and cool slowly, keeping it constantly stirred; flavor when cold; if not stiff enough to handle, work in a little more sugar; roll into small balls, press half an English walnut on each side and drop into granulated sugar.

Cocoanut Drops.—Grate one cocoanut and add to it one-half its weight in sugar and the white of an egg whipped to a stiff froth. Mix all together thoroughly and drop on buttered white paper in a pan. Bake for fifteen minutes.

Molasses Candy.—Two teacupfuls browned sugar, one teacupful molasses, one tablespoonful of vinegar, a little butter and vanilla or other flavoring; boil the mixture for ten minutes and pull thoroughly when sufficiently cooled.

Lemon Candy.—Put one pound of sugar into a pan or kettle with half a pint of water and a third of a teaspoonful of cream of tartar; let it boil and when a little of it dropped in cold water becomes brittle it is done; pour into a shallow butter-dish. When cooled sufficiently to be handled, add one-third of a teaspoonful of tartaric acid with the same quantity of extract of lemon, and work thoroughly into the candy until the acid has been evenly distributed. If worked too much the transparency of the candy may be destroyed.

Chocolate Caramels.—Cream together one teacupful of sugar with half the quantity of butter; add one-fourth of a pound of grated chocolate and one teacupful each of molasses and milk. Beat well together and boil until a portion of it dropped in ice water sets and cracks. Pour into well-buttered tin pans to the thickness of half an inch. When nearly cold mark into squares with a buttered knife.

Coffee Cream Caramels.—Melt two pounds of sugar with as little water as possible in a vessel on the fire; when the sugar begins to bubble, pour in slowly one teacupful of rich cream and stir carefully; add two ounces of fresh butter and extract from two ounces of coffee, stirring gently and continuously while adding. As soon as cooked sufficiently to be brittle when dropped in cold water, pour into buttered tin dish, and when nearly cooled, mark off with a buttered knife into squares.

Candied Pop-Corn.—Put into an iron kettle one tablespoonful butter, three tablespoonfuls water, one teacupful white pulverized sugar. Boil until ready to candy, then throw in three quarts of nicely popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little and you have each grain separate and crystallized with sugar, taking care that corn does not burn. Nuts of any kind prepared in same way.

SUSTENANCE FOR THE SICK.

Beef Tea.—Mince one pound of good lean beef and put into a jar with one teacupful of cold water; cork closely and set in a boiler or steamer to cook. It will require three or four hours. Strain and season.

Beef Essence.—Put one pound of lean beef, minced fine, into a jar, without any water whatever; cover the jar tightly and set it in a pot or kettle of cold water, bringing the water slowly to a boil and allowing the jar containing the meat to so remain simmering until the juice of the meat is all extracted and the fibre becomes colorless. Season to taste and skim when cold.

Barley Water.—Put two ounces of pearl barley into half a pint boiling water and let it simmer a few minutes. Drain off and add two quarts of boiling water with a few figs and stoned raisins cut fine. Boil slowly until reduced about one-half and strain. Sweeten to taste, adding the juice of a lemon and nutmeg if desired.

Toast Water.—Brown nicely, but do not burn, the slices of bread, and pour upon them sufficient boiling water to cover. Let them steep until cold, keeping the bowl or dish containing the toast closely covered. Strain off the water and sweeten to taste, putting a piece of ice into it as drank.

Flaxseed Lemonade.—Pour on four tablespoonfuls of whole flaxseed one quart of boiling water and add the juice of two lemons. Let it steep for three hours, keeping it closely covered. Sweeten to taste. Excellent for colds.

Slippery-Elm Bark Tea.—Pour boiling water over the bark, first breaking it into bits; cover the pitcher containing it and let it stand until cold; add lemon juice if desired and sweeten to taste.

Mulled Buttermilk.—The well-beaten yolk of an egg added to boiling buttermilk and allowed to boil up; or add to the boiling buttermilk a little thickening of flour and cold buttermilk.

Baked Milk.—Put the milk in a jar, covering the opening with white paper, and bake in a moderate oven until thick as cream. May be taken by the most delicate stomach.

Onion Gruel.—Boil a few sliced onions in a pint of fresh milk, stirring in a very little oatmeal and a pinch of salt; boil until the onions become tender and take at once just before going to bed. Excellent for a cold.

Arrowroot.—Use milk or water as preferred. Put a heaping teaspoonful of ground arrowroot into a cup and mix with a little cold milk. Stir into a pan containing a pint of either cream or water that has been brought to a boil, adding a little salt. Let it simmer for a few minutes and then pour out. May be sweetened or flavored with grated nutmeg if desired. Should be made only as it is wanted.

Herb Teas.—Made by infusing the dried or green stalks and leaves in boiling water and letting stand until cold. Sweeten to taste.

RELISH.

Welsh Rarebit.—Select richest and best American cheese, the milder the better, as melting brings out strength. To make five rarebits, take one pound cheese, grate and put in tin or porcelain-lined saucepan; add ale (old is best) enough to thin the cheese sufficiently, say about a wineglassful to each rarebit. Place over fire, stir until is melted. Have slice of toast ready for each rarebit (crusts trimmed); put a slice on each plate, and pour cheese enough over each piece to cover it. Serve while hot.

HINTS FOR THE TABLE AND KITCHEN.

In going to the dining room the host should offer his arm to the oldest guest or greatest stranger, unless there be a bride present, in which case she takes precedence. The lady whom he escorts should be seated at his right.

The hostess is escorted by the eldest gentleman, greatest stranger, or such member of the company as she desires to occupy the seat of honor at her right.

The seat for the carver should be higher than the other chairs at the table.

It is the rule in carving to cut across the fibre of the meat, except in the case of the fillet or under side of the sirloin of beef, which should be sliced in the direction of the fibre.

In carving fish the flakes should not be broken else the beauty and delicacy of the fish will be destroyed. The blade of the fish-knife should be broad.

The washing of pans and kettles will not involve half the labor if done immediately after using.

Wipe the range with brown paper after cooking and it can be kept bright with little trouble.

The hot air passages of stoves and ranges should be kept free from soot. Inattention to this will seriously interfere with the heating of the oven.

A basin of cold water placed in an oven will soon lower the temperature.

Rusty flat irons should be rubbed over with beeswax and lard, or beeswax and salt.

Tough meat will be made tender if placed in vinegar water for a few minutes.

To beat the whites of eggs quickly add a pinch of salt.

Dish-cloths should be scalded and washed daily.

For ironing days a fire of cinders is better than fresh coal.

Milk will keep sweet longer in a shallow pan than in a pitcher.

To prepare a new iron kettle for use and prevent rust, fill with potato peelings and boil for an hour, then wash the kettle with hot water; wipe dry and rub with a little lard.

Turpentine mixed with stove polish prevents rust and gives a brighter gloss than the use of water.

The mica in stoves can be made clear by washing with vinegar slightly diluted. If the black does not come off immediately allow the mica to remain in the vinegar a short time.

A small quantity of green sage placed in the pantry will keep out red ants.

Cold fruit requires cold jars. Hot fruit, hot jars.

The hands should be dipped in cold water before making pastry.

Yelks of eggs should be beaten until a spoonful can be taken up clear from strings.

Whites of eggs should be whipped to a froth.

Never use sour milk with Price's Cream Baking Powder.

Price's Cream Baking Powder should always be sifted with the flour in a dry state.

Old bread or biscuit can be made fresh by moistening and placing in an oven until heated through.

WEIGHTS AND MEASURES.

2½ Teaspoonfuls.....	make	One Tablespoonful.
4 Tablespoonfuls.....	"	One Wineglassful.
2 Wineglassfuls.....	"	One Gill.
2 Gills.....	"	One Teacupful.
2 Teacupfuls.....	"	One Pint.
4 Teaspoonfuls Salt.....	"	One Ounce.
1½ Tablespoonfuls Granulated Sugar.....	"	One Ounce.
2 Tablespoonfuls Flour.....	"	One Ounce.
2 Cups or 1 Pint Granulated Sugar will weigh.....	about	One Pound.
1 Scant Quart Wheat Flour.....	"	One Pound.
10 Ordinary Sized Eggs.....	"	One Pound.
A Piece of Butter the size of an Egg.....		1½ Ounces.
2 Cups of Butter.....	"	One Pound.

UTENSILS FOR MINERS OR RANCHMEN.

1 Iron Pot. 2 Saucepans. 1 Gridiron. 1 Frying-pan. Poor Man's Jack for toasting.

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BEWARE of baking powders sold with a prize. They are made of alum. Besides you really pay for the prize, as the powder is worthless.

BEWARE of baking powders put up under a private brand. They are seldom anything but alum.

Alum baking powders are not cheap at any price. Alum is not fit for food. It ruins the stomach.

Dr PRICE'S

CREAM BAKING POWDER

MADE FROM GRAPES

Read the Testimony of Competent Authority

THE PASTRY COOKS AND
CONFECTIONERS ASSOCIATION
OF CHICAGO

Incorporated

Chicago Ill., *October 1901*

*Price Baking Powder Co.
Chicago Ill.*

*Gentlemen: It is with pleasure that I say
to you that for twenty-five years as Pastry Cook
(six years in the Palmer House, three in the
Great Northern Hotel and thirteen in the
Hotel Metropole.) I have used Dr Price's
Baking Powder, and have always found
it the best and most economical*

Respectfully yours

Emil Frank

*Secretary Pastry Cooks & Confectioners
Association of Chicago.*

Fifty years the standard for quality—no alum, ammonia, or other
adulterant—wholesome and nutritious. Accept no substitute.

Price Baking Powder Co., Chicago

ALUM BAKING POWDERS DECLARED INJURIOUS.

Dr. S. W. Johnson, Professor of Chemistry at Yale College, speaks thus forcibly regarding alum baking powders: "Alum and the soluble alumina salts are well known to be poisons, which in small doses derange the digestive organs and in larger ones destroy life. I regard their introduction into baking powders as most dangerous to the public health. Bread made with baking powder containing alum must yield a soluble alumina salt with the gastric juice, and must therefore act as a poison. I am decidedly of the opinion that the manufacture and sale of such baking powders ought to be interdicted with heavy penalties."

"The use of alum in bread is *particularly injurious*. It hardens the nutritious constituent of the bread, the gluten, and so, on the authority of that great chemist, Liebig, renders the bread more indigestible. Further, alum is very apt to disorder the stomach and occasion acidity and dyspepsia."—*From Food: Its Adulterations and the Methods of their Detection*.—Hassall, London, 1875.

"Baking Powders.—Alum is a more objectionable constituent of many preparations, and it should be considered an adulteration." "Sodium bicarbonate and alum constitute the most reprehensible forms of baking powder. The alum may be present either as potash or ammonia alum." "Another objection to the use of alum is, that it is frequently employed for the purpose of disguising the bad quality of damaged and inferior grades of flour."—*From Food Adulteration and Its Detection*.—Battershall, New York, 1887.

"Alum.—There has been much difference of opinion as to its effects. It has been asserted to produce dyspepsia, to lessen the nutritive value of bread by rendering the phosphoric acid insoluble and to be also a falsification inasmuch as it permits an inferior flour to be sold for a good one. The last allegation is no doubt correct; the second probably so, as there is little doubt of the formation and none of the insolubility, of phosphate of alumina. The first point is more doubtful, though several physicians of great authority (Carpenter, Dundas, Thomson, Gibbon, Normandy), have considered its action very deleterious and that it causes dyspepsia and constipation. Pereira considered that whatever may have been the effect in the case of healthy persons, sick persons did really suffer in that way."—*From Parke's Hygiene*, London, 1883.

Dr. GIBBON, of London, says: "I have no hesitation in assigning the use of alum in bread, as the chief cause of the frequent constipation, headaches, liver derangements, etc."

People will be wise to consult their doctors as to the physiological effects of alum when taken in the food.

THREE GREAT CHEMISTS ENDORSE.

CHICAGO, March 28.

We have purchased in the open market cans of Dr. Price's Cream Baking Powder, and also the other leading brands of baking powders; and have submitted them to chemical analysis.

We find that Dr. Price's Cream Baking Powder is an absolutely pure Cream of Tartar powder, that it has a considerably greater leavening strength and a higher leavening value than other baking powder tested.

JOHN H. LONG, *Professor at Northwestern University, Chicago.*

WALTER S. HAINES, *Professor at Rush Medical College, Chicago.*

ALBERT B. PRESCOTT, *Professor at University of Michigan, Ann Arbor.*

HIGH GOVERNMENT AUTHORITY COMMENDS.

Dr. Mott, of New York, whose long experience as Government Chemist for the Indian Department made him the highest authority, submits the following:

LABORATORY OF HENRY A. MOTT, PH.D., LL.D.,

CHEMIST AND ENGINEER, Office, 100 Broadway.

PRICE BAKING POWDER COMPANY.

NEW YORK, March 20th.

Gentlemen:—In accordance with your request I have purchased samples of the leading baking powders in the market and I have the honor to report that after submitting the same to chemical analysis, I find Dr. Price's Cream Baking Powder to be superior to all others, for the following reasons:

1st—It liberates the greatest amount of leavening gas and is consequently more efficient. 2nd—The constituents used in its preparation are of the purest character. 3rd—Its keeping qualities are excellent. 4th—On account of the purity of the constituents and their relative proportions, Dr. Price's Cream Baking Powder must be considered the ACME OF PERFECTION as regards wholesomeness and efficiency.

Very respectfully,

H. A. MOTT, PH.D., LL.D.

TO DETECT ALUM IN BAKING POWDER.

Alum baking powder may be recognized by its slow action or effervescence when a teaspoonful is put into a glass half filled with cold water. Some of the alum powders, however, contain phosphate which slightly increases the effervescence.

A cream of tartar baking powder tested in the same way effervesces strongly and quickly.

A better and more impressive test is the following: Put about a half teaspoonful of the powder in a lid of a can and heat it over a hot flame until it becomes black. Remove the lid from the flame and add a teaspoonful of water. Place a silver coin in the mixture and let it remain one minute. If the powder contains alum the coin will be badly tarnished. Now pour a teaspoonful of strong vinegar into the lid and a foul odor (sulphuretted hydrogen) will be emitted.

When a cream of tartar powder is subjected to this test the silver coin will remain bright and untarnished and there will be no foul odor.

TO DETECT AMMONIA.

Mix one heaping teaspoonful of baking powder with one teaspoonful of water in a tin cup; boil thoroughly for a few moments, stir to prevent burning, and if ammonia is present you can smell it in the rising steam; or place a can of the suspected powder top down, on a hot stove for a minute or two, then take off the cover and smell.

U. S. Government Tests.

I have analyzed DR. PRICE'S CREAM BAKING POWDER, and find it absolutely free from all lime and other impurities. I use it in my own family and recommend its use.

R. S. G. PATON, Ph. D.,

Chemist for the United States Government.

Chicago, Ill.

I have analyzed DR. PRICE'S CREAM BAKING POWDER and find it of the highest degree of purity.

PETER COLLIER,

Chief Chemist of the U. S. Department of Agriculture.

Washington, D. C.

The following Chemists of the Great Universities and Public Food Authorities having analyzed DR. PRICE'S CREAM BAKING POWDER, find it to be the **STRONGEST, PUREST and MOST WHOLESOME**; free from ammonia, free from lime, free from alum and every trace of impurity, and recommend it for general family use:

Dr. HENRY A. MOTT, Ph. D. LL. D. (The well-known Government Chemist)
Dr. WALTER S. HAINES, Ph. D., Prof. Rush Medical College.
Dr. ELIAS A. BARTLEY, B. S., Chemist to the Dept. of Health, Brooklyn, N. Y.
Dr. HEINRICH DETTMER, Analytical Chemist, St. Louis, Mo.
Dr. JAMES ALBRECHT, Chemist at the United States Mint, New Orleans, La.
Prof. ALBERT B. PRESCOTT, Ph. D., Prof. University of Michigan.
Prof. JOHN H. LONG, Ph. D., Prof. Northwestern University.
Prof. R. A. WITTHAUS, A. M., M. D., University of Buffalo, N. Y.
Prof. JOHN M. ORDWAY, Mass. Institute of Technology, Boston, Mass.
Prof. JAMES F. BABCOCK, State Assayer, Boston, Mass.
Prof. CURTIS C. HOWARD, M. Sc., Starling Medical College, Columbus, Ohio.
Prof. JOHN BOHLANDER, JR., A. M., M. D., Prof. Chemistry and Toxicology, College Medicine and Surgery, Cincinnati, Ohio.
Prof. S. W. MCKEOWN, Analytical Chemist, Youngstown, Ohio.
Prof. A. W. SMITH, Ph. D., Prof. Chemistry, Case School Applied Science, Cleveland, Ohio.
Prof. A. H. SABIN, State Chemist, Burlington, Vt.
Prof. H. M. SCHEFFER, Analytical Chemist, St. Louis, Mo.
Prof. H. C. WHITE, State Chemist, University of Georgia, Athens, Georgia.
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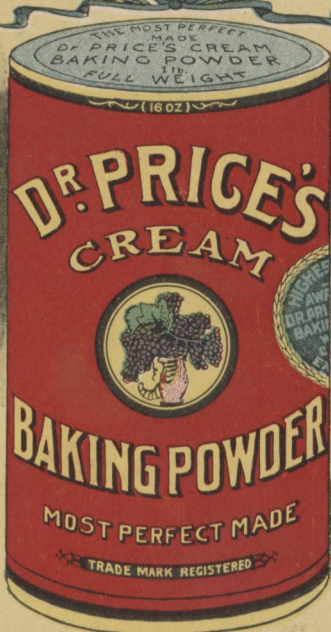
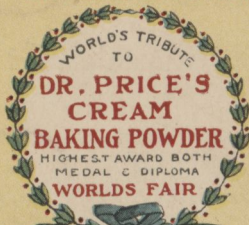
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