The Book of Household Management

By

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CHAPTER XXVIII. -- General observations on creams, jellies, soufflés, omelets, & sweet dishes.

1385. CREAMS.-- The yellowish-white, opaque fluid, smooth and unctuous to the touch, which separates itself from new milk, and forms a layer on its surface, when removed by skimming, is employed in a variety of culinary preparations. The analyses of the contents of cream have been decided to be, in 100 parts -- butter, 3.5; curd, or matter of cheese, 3.5; whey, 92.0. That cream contains an oil, is evinced by its staining clothes in the manner of oil; and when boiled for some time, a little oil floats upon the surface. The thick animal oil which it contains, the well-known butter, is separated only by agitation, as in the common process of churning, and the cheesy matter remains blended with the whey in the state of buttermilk. Of the several kinds of cream, the principal are the Devonshire and Dutch clotted creams, the Costorphin cream, and the Scotch sour cream. The Devonshire cream is produced by nearly boiling the milk in shallow tin vessels over a charcoal fire, and kept in that state until the whole of the cream is thrown up. It is used for eating with fruits and tarts. The cream from Costorphin, a village of that name near Edinburgh, is accelerated in its separation from three or four days' old milk, by a certain degree of heat; and the Dutch clotted cream -- a coagulated mass in which a spoon will stand upright -- is manufactured from fresh-drawn milk, which is put into a pan, and stirred with a spoon two or three times a day, to prevent the cream from separating from the milk. The Scotch "sour cream" is a misnomer; for it is a material produced without cream. A small tub filled with skimmed milk is put into a larger one, containing hot water, and after remaining there all night, the thin milk (called wigg) is drawn off, and the remainder of the contents of the smaller vessel is "sour cream."
1386. JELLIES are not the nourishing food they were at one time considered to be, and many eminent physicians are of opinion that they are less digestible than the flesh, or muscular part of animals; still, when acidulated with lemon-juice and flavoured with wine, they are very suitable for some convalescents. Vegetable jelly is a distinct principle, existing in fruits, which possesses the property of gelatinizing when boiled and cooled; but it is a principle entirely different from the gelatine of animal bodies, although the name of jelly, common to both, sometimes leads to an erroneous idea on that subject. Animal jelly, or gelatine, is glue, whereas vegetable jelly is rather analogous to gum. Liebig places gelatine very low indeed in the scale of usefulness. He says, "Gelatine, which by itself is tasteless, and when eaten, excites nausea, possesses no nutritive value; that, even when accompanied by the savoury constituents of flesh, it is not capable of supporting the vital process, and when added to the usual diet as a substitute for plastic matter, does not increase, but, on the contrary, diminishes the nutritive value of the food, which it renders insufficient in quantity and inferior in quality." It is this substance which is most frequently employed in the manufacture of the jellies supplied by the confectioner; but those prepared at home from calves' feet do possess some nutrition, and are the only sort that should be given to invalids. Isinglass is the purest variety of gelatine, and is prepared from the sounds or swimming-bladders of certain fish, chiefly the sturgeon. From its whiteness it is mostly used for making blanc-mange and similar dishes.

1387. THE WHITE OF EGGS is perhaps the best substance that can be employed in clarifying jelly, as well as some other fluids, for the reason that when albumen (and the white of eggs is nearly pure albumen) is put into a liquid that is muddy, from substances suspended in it, on boiling the liquid, the albumen coagulates in a flocculent manner, and, entangling with it the impurities, rises with them to the surface as a scum, or sinks to the bottom, according to their weight.

1388. SOUFFLES, OMELETS, AND SWEET DISHES, in which eggs form the principal ingredient, demand, for their successful manufacture, an experienced cook. They are the prettiest, but most difficult of all entremets. The most essential thing to insure success is to secure the best ingredients from an honest tradesman. The entremets coming within the above classification, are healthy, nourishing, and pleasant to the taste, and may be eaten with safety by persons of the most delicate stomachs.
CHAPTER XXIX. -- Recipes for creams, jellies etc.

BAKED APPLE CUSTARD.

1389. INGREDIENTS.-- 1 dozen large apples, moist sugar to taste, 1 small teacupful of cold water, the grated rind of one lemon, 1 pint of milk, 4 eggs, 2 oz. of loaf sugar.

Mode.-- Peel, cut, and core the apples; put them into a lined saucepan with the cold water, and as they heat, bruise them to a pulp; sweeten with moist sugar, and add the grated lemon-rind. When cold, put the fruit at the bottom of a pie-dish, and pour over it a custard, made with the above proportion of milk, eggs, and sugar; grate a little nutmeg over the top, place the dish in a moderate oven, and bake from 25 to 35 minutes. The above proportions will make rather a large dish.

Time.-- 25 to 35 minutes.

Average cost, 1s. 4d.

Sufficient for 6 or 7 persons.

Seasonable from July to March.

BUTTERED APPLES
(Sweet Entremets).

1390. INGREDIENTS.-- Apple marmalade No. 1395, 6 or 7 good boiling apples, ½ pint of water, 6 oz. of sugar, 2 oz. of butter, a little apricot jam.

Mode.-- Pare the apples, and take out the cores without dividing them; boil up the sugar and water for a few minutes; then lay in the apples, and simmer them very gently until tender, taking care not to let them break. Have ready sufficient marmalade made by recipe No. 1395, and flavoured with lemon, to cover the bottom of the dish; arrange the apples on this with a piece of butter placed in each, and in between them a few spoonfuls of apricot jam or marmalade; place the dish in the oven for 10 minutes, then sprinkle over the top sifted sugar; either brown it before the fire or with a salamander, and serve hot.

Time.-- From 20 to 30 minutes to stew the apples very gently, 10 minutes in the oven.

Average cost, 1s. 6d.

Sufficient for 1 entremets.

Note.-- The syrup that the apples were boiled in should be saved for another occasion.
FLANC OF APPLES, or APPLES IN A RAISED CRUST.
(Sweet Entremets.)

1391. INGREDIENTS.-- ¾ lb. of short crust No. 1211 or 1212, 9 moderate-sized apples, the rind and juice of ½ lemon, ½ lb. of white sugar, ¾ pint of water, a few strips of candied citron.

Mode.-- Make a short crust by either of the above recipes; roll it out to the thickness of ½ inch, and butter an oval mould; line it with the crust, and press it carefully all round the sides, to obtain the form of the mould, but be particular not to break the paste. Pinch the part that just rises above the mould with the paste-pincers, and fill the case with flour; bake it for about ¾ hour; then take it out of the oven, remove the flour, put the case back in the oven for another ¼ hour, and do not allow it to get scorched. It is now ready for the apples, which should be prepared in the following manner: peel, and take out the cores with a small knife, or a cutter for the purpose, without dividing the apples; put them into a small lined saucepan, just capable of holding them, with sugar, water, lemon juice and rind, in the above proportion. Let them simmer very gently until tender; then take out the apples, let them cool, arrange them in the flanc or case, and boil down the syrup until reduced to a thick jelly; pour it over the apples, and garnish them with a few slices of candied citron.

1392. A MORE SIMPLE FLANC may be made by rolling out the paste, cutting the bottom of a round or oval shape, and then a narrow strip for the sides: these should be stuck on with the white of an egg to the bottom piece, and the flanc then filled with raw fruit, with sufficient sugar to sweeten it nicely. It will not require so long baking as in a mould; but the crust must be made everywhere of an equal thickness, and so perfectly joined, that the juice does not escape. This dish may also be served hot, and should be garnished in the same manner, or a little melted apricot jam may be poured over the apples, which very much improves their flavour.

Time.-- Altogether, 1 hour to bake the flanc from 30 to 40 minutes to stew the apples very gently.

Average cost, 1s. 6d.

Sufficient for 1 entremets or side-dish.

Seasonable from July to March.

APPLE FRITTERS.

1393. INGREDIENTS.-- For the batter, ½ lb. of flour, ½ oz. of butter, ½ saltspoonful of salt, 2 eggs, milk, apples, hot lard or clarified beef-dripping.

Mode.-- Break the eggs; separate the whites from the yolks, and beat them separately. Put the flour into a basin, stir in the butter, which should be melted to a cream; add the salt, and moisten with sufficient warm milk to make it of a proper consistency, that is to say, a batter that will drop from the spoon. Stir this well, rub down any lumps that may be seen, and add the whites of the eggs, which have been previously well whisked; beat up the batter for a few minutes, and it is ready for use. Now peel and
cut the apples into rather thick whole slices, without dividing them, and stamp out the middle of each slice, where the core is, with a cutter. Throw the slices into the batter; have ready a pan of boiling lard or clarified dripping; take out the pieces of apple one by one, put them into the hot lard, and fry a nice brown, turning them -- when required. When done, lay them on a piece of blotting-paper before the fire, to absorb the greasy moisture; then dish on a white d'oyley, piled one above the other; strew over them some pounded sugar, and serve very hot. The flavour of the fritters would be very much improved by soaking the pieces of apple in a little wine, mixed with sugar and lemon-juice, for 3 or 4 hours before wanted for table; the batter, also, is better for being mixed some hours before the fritters are made.

_Time._-- About 10 minutes to fry them; 5 minutes to drain them.

_Average cost_, 9d.

_Sufficient_ for 4 or 5 persons.

_Seasonable_ from July to March.

**ICED APPLES, or APPLE HEDGEHOG.**

1394. INGREDIENTS.-- About 3 dozen good boiling apples, ½ lb. of sugar, ½ pint of water, the rind of ½ lemon minced very fine, the whites of 2 eggs, 3 tablespoonfuls of pounded sugar, a few sweet almonds.

_Mode._-- Peel and core a dozen of the apples without dividing them, and stew them very gently in a lined saucepan with ½ lb. of sugar and ½ pint of water, and when tender, lift them carefully on to a dish. Have ready the remainder of the apples pared, cored, and cut into thin slices; put them into the same syrup with the lemon-peel, and boil gently until they are reduced to a marmalade: they must be kept stirred, to prevent them from burning. Cover the bottom of a dish with some of the marmalade, and over that a layer of the stewed apples, in the insides of which, and between each, place some of the marmalade; then place another layer of apples, and fill up the cavities with marmalade as before, forming the whole into a raised oval shape. Whip the whites of the eggs to a stiff froth, mix with them the pounded sugar, and cover the apples very smoothly all over with the icing; blanch and cut each almond into 4 or 5 strips; place these strips at equal distances over the icing sticking up; strew over a little rough pounded sugar, and place the dish in a very slow oven, to colour the almonds, and for the apples to get warm through. This entremets may also be served cold, and makes a pretty supper-dish.

_Time._-- From 20 to 30 minutes to stew the apples.

_Average cost_, 1s. 9d. to 2s.

_Sufficient_ for 5 or 6 persons.

_Seasonable_ from July to March.
THICK APPLE JELLY OR MARMALADE,
for Entremets or Dessert Dishes.

1395. INGREDIENTS.-- Apples; to every lb. of pulp allow ¾ lb. of sugar, ½ teaspoonful of minced lemon-peel.

Mode.-- Peel, core, and boil the apples with only sufficient water to prevent them from burning; beat them to a pulp, and to every lb. of pulp allow the above proportion of sugar in lumps. Dip the lumps into water; put these into a saucepan, and boil till the syrup is thick and can be well skimmed; then add this syrup to the apple pulp, with the minced lemon-peel, and stir it over a quick fire for about 20 minutes, or until the apples cease to stick to the bottom of the pan. The jelly is then done, and may be poured into moulds which have been previously dipped in water, when it will turn out nicely for dessert or a side-dish; for the latter a little custard should be poured round, and it should be garnished with strips of citron or stuck with blanched almonds.

Time.-- From ½ to ¾ hour to reduce the apples to a pulp; 20 minutes to boil after the sugar is added.

Sufficient.-- 1-½ lb. of apples sufficient for a small mould.

Seasonable from July to March; but is best in September, October or November.

CLEAR APPLE JELLY.

1396. INGREDIENTS.-- 2 dozen apples, 1-½ pint of spring-water; to every pint of juice allow ½ lb. of loaf sugar, ½ oz. of isinglass, the rind of ½ lemon.

Mode.-- Pare, core, and cut the apples into quarters, and boil them, with the lemon-peel, until tender; then strain off the apples, and run the juice through a jelly-bag; put the strained juice, with the sugar and isinglass, which has been previously boiled in ½ pint of water, into a lined saucepan or preserving-pan; boil all together for about ¼ hour, and put the jelly into moulds. When this jelly is nice and clear, and turned out well, it makes a pretty addition to the supper-table, with a little custard or whipped cream round it; the addition of a little lemon-juice improves the flavour, but it is apt to render the jelly muddy and thick. If required to be kept any length of time, rather a larger proportion of sugar must be used.

Time.-- From 1 to 1-½ hour to boil the apples; ¼ hour the jelly.

Average cost, 1s. 6d.

Sufficient for a 1-½-pint mould.
Seasonable from July to March.

**A PRETTY DISH OF APPLES AND RICE.**

1397. **INGREDIENTS.**-- 6 oz. of rice, 1 quart of milk, the rind of ½ lemon, sugar to taste, ½ saltspoonful of salt, 8 apples, ¼ lb. of sugar, ¼ pint of water, ½ pint of boiled custard No. 1423.

**Mode.**-- Flavour the milk with lemon-rind, by boiling them together for a few minutes; then take out the peel, and put in the rice, with sufficient sugar to sweeten it nicely, and boil gently until the rice is quite soft; then let it cool. In the mean time pare, quarter, and core the apples, and boil them until tender in a syrup made with sugar and water in the above proportion; and, when soft, lift them out on a sieve to drain. Now put a middling-sized gallipot in the centre of a dish; lay the rice all round till the top of the gallipot is reached; smooth the rice with the back of a spoon, and stick the apples into it in rows, one row sloping to the right and the next to the left. Set it in the oven to colour the apples; then, when required for table, remove the gallipot, garnish the rice with preserved fruits, and pour in the middle sufficient custard, made by recipe No. 1423, to be level with the top of the rice, and serve hot.

**Time.**-- From 20 to 30 minutes to stew the apples; ¾ hour to simmer the rice; ¼ hour to bake.

**Average cost, 1s. 6d.**

**Sufficient for 5 or 6 persons.**

Seasonable from July to March.

**APPLIES A LA PORTUGAISE.**

1398. **INGREDIENTS.**-- 8 good boiling apples, ½ pint of water, 6 oz. of sugar, a layer of apple marmalade No. 1395, 8 preserved cherries, garnishing of apricot jam.

**Mode.**-- Peel the apples, and, with a vegetable-cutter, push out the cores; boil them in the above proportion of sugar and water, without being too much done, and take care they do not break. Have ready a white apple marmalade, made by recipe No. 1395; cover the bottom of the dish with this, level it, and lay the apples in a sieve to drain, pile them neatly on the marmalade, making them high in the centre, and place a preserved cherry in the middle of each. Garnish with strips of candied citron or apricot jam, and the dish is ready for table.

**Time.**-- From 20 to 50 minutes to stew the apples.

**Average cost, 1s. 3d.**

**Sufficient for 1 entremets.**

Seasonable from July to March.
APPLES IN RED JELLY.
(A pretty Supper Dish.)

1399. INGREDIENTS.-- 6 good-sized apples, 12 cloves, pounded sugar, 1 lemon, 2
teacupfuls of water, 1 tablespoonful of gelatine, a few drops of prepared cochineal.

Mode.-- Choose rather large apples; peel them and take out the cores, either with a
scoop or a small silver knife, and put into each apple 2 cloves and as much sifted
sugar as they will hold. Place them, without touching each other, in a large pie-dish;
add more white sugar, the juice of 1 lemon, and 2 teacupfuls of water. Bake in the
oven, with a dish over them, until they are done. Look at them frequently, and, as each
apple is cooked, place it in a glass dish. They must not be left in the oven after they
are done, or they will break, and so would spoil the appearance of the dish. When the
apples are neatly arranged in the dish without touching each other, strain the liquor in
which they have been stewing, into a lined saucepan; add to it the rind of the lemon,
and a tablespoonful of gelatine which has been previously dissolved in cold water,
and, if not sweet, a little more sugar, and 6 cloves. Boil till quite clear; colour with a
few drops of prepared cochineal, and strain the jelly through a double muslin into a
jug; let it cool a little; then pour it into the dish round the apples. When quite cold,
garnish the tops of the apples with a bright-coloured marmalade, a jelly, or the white
of an egg, beaten to a strong froth, with a little sifted sugar.

Time.-- From 30 to 50 minutes to bake the apples.

Average cost, 1s., with the garnishing.

Sufficient for 4 or 5 persons.

Seasonable from July to March.

APPLES AND RICE.
(A Plain Dish.)

1400. INGREDIENTS.-- 8 good sized apples, 3 oz. of butter, the rind of ½ lemon
minced very fine, 6 oz. of rice, 1-½ pint of milk, sugar to taste, ½ teaspoonful of
grated nutmeg, 6 tablespoonfuls of apricot jam.

Mode.-- Peel the apples, halve them, and take out the cores; put them into a stewpan
with the butter, and strew sufficient sifted sugar over to sweeten them nicely, and add
the minced lemon-peel. Stew the apples very gently until tender, taking care they do
not break. Boil the rice, with the milk, sugar, and nutmeg, until soft, and, when
thoroughly done, dish it, piled high in the centre; arrange the apples on it, warm the
apricot jam, pour it over the whole, and serve hot.

Time.-- About 30 minutes to stew the apples very gently; about ¾ hour to cook the
rice.

Average cost, 1s. 6d.

Sufficient for 5 or 6 persons.
Seasonable from July to March.

APPLE SNOW.
(A pretty Supper Dish.)

1401. INGREDIENTS.-- 10 good-sized apples, the whites of 10 eggs, the rind of 1 lemon, ½ lb. of pounded sugar.

Mode.-- Peel, core, and cut the apples into quarters, and put them into a saucepan with the lemon-peel and sufficient water to prevent them from burning.-- rather less than ½ pint. When they are tender, take out the peel, beat them to a pulp, let them cool, and stir them to the whites of the eggs, which should be previously beaten to a strong froth. Add the sifted sugar, and continue the whisking until the mixture becomes quite stiff; and either heap it on a glass dish, or serve it in small glasses. The dish may be garnished with preserved barberries, or strips of bright-coloured jelly; and a dish of custards should be served with it, or a jug of cream.

Time.-- From 30 to 40 minutes to stew the apples.

Average cost, 1s. 6d.

Sufficient to fill a moderate-sized glass dish.

Seasonable from July to March.

APPLE SOUFFLE.

1402. INGREDIENTS.-- 6 oz. of rice, 1 quart of milk, the rind of ½ lemon, sugar to taste, the yolks of 4 eggs, the whites of 6, 1½ oz. of butter, 4 tablespoonfuls of apple marmalade No. 1395.

Mode.-- Boil the milk with the lemon-peel until the former is well flavoured; then strain it, put in the rice, and let it gradually swell over a slow fire, adding sufficient sugar to sweeten it nicely. Then crush the rice to a smooth pulp with the back of a wooden spoon; line the bottom and sides of a round cake-tin with it, and put it into the oven to set; turn it out of the tin carefully, and be careful that the border of rice is firm in every part. Mix with the marmalade the beaten yolks of eggs and the butter, and stir these over the fire until the mixture thickens. Take it off the fire; to this add the whites of the eggs, which should be previously beaten to a strong froth; stir all together, and put it into the rice border. Bake in a moderate oven for about ½ hour, or until the soufflé rises very light. It should be watched, and served instantly, or it will immediately fall after it is taken from the oven.

Time.-- ½ hour.

Average cost, 1s. 6d.

Sufficient for 4 or 5 persons.

Seasonable from July to March.
STEWED APPLES AND CUSTARD.
(A pretty Dish for a Juvenile Supper.)

1403. INGREDIENTS.-- 7 good-sized apples, the rind of ½ lemon or 4 cloves, ½ lb. of sugar, ¾ pint of water, ½ pint of custard No. 1423.

Mode.-- Pare and take out the cores of the apples, without dividing them, and, if possible, leave the stalks on; boil the sugar and water together for 10 minutes; then put in the apples with the lemon-rind or cloves, whichever flavour may be preferred, and simmer gently until they are tender, taking care not to let them break. Dish them neatly on a glass dish, reduce the syrup by boiling it quickly for a few minutes, let it cool a little; then pour it over the apples. Have ready quite ½ pint of custard made by recipe No. 1423; pour it round, but not over, the apples when they are quite cold, and the dish is ready for table. A few almonds blanched and cut into strips, and stuck in the apples, would improve their appearance.-- See coloured plate Q1.

Time.-- From 20 to 30 minutes to stew the apples.

Average cost, 1s.

Sufficient to fill a large glass dish.

Seasonable from July to March.

APPLE TRIFLE.
(A Supper Dish.)

1404. INGREDIENTS.-- 10 good-sized apples, the rind of ½ lemon, 6 oz. of pounded sugar, ½ pint of milk, ½ pint of cream, 2 eggs, whipped cream.

Mode.-- Peel, core, and cut the apples into thin slices, and put them into a saucepan with 2 tablespoonfuls of water, the sugar, and minced lemon-rind. Boil all together until quite tender, and pulp the apples through a sieve; if they should not be quite sweet enough, add a little more sugar, and put them at the bottom of the dish to form a thick layer. Stir together the milk, cream, and eggs, with a little sugar, over the fire, and let the mixture thicken, but do not allow it to reach the boiling-point. When thick, take it off the fire; let it cool a little, then pour it over the apples. Whip some cream with sugar, lemon-peel, &c., the same as for other trifles; heap it high over the custard, and the dish is ready for table. It may be garnished as fancy dictates, with strips of bright apple jelly, slices of citron, &c.

Time.-- From 30 to 40 minutes to stew the apples; 10 minutes to stir the custard over the fire.

Average cost, 1s. 6d.

Sufficient for a moderate-sized trifle.

Seasonable from July to March.
APRICOT CREAM.

1405. INGREDIENTS.-- 12 to 16 ripe apricots, ¼ lb. of sugar, 1-½ pint of milk, the yolks of 8 eggs, 1 oz. of isinglass.

Mode.-- Divide the apricots, take out the stones, and boil them in a syrup made with ¼ lb. of sugar and ¼ pint of water, until they form a thin marmalade, which rub through a sieve. Boil the milk with the other ¼ lb. of sugar, let it cool a little, then mix with it the yolks of eggs which have been previously well beaten; put this mixture into a jug, place this jug in boiling water, and stir it one way over the fire until it thickens; but on no account let it boil. Strain through a sieve, add the isinglass, previously boiled with a small quantity of water, and keep stirring it till nearly cold; then mix the cream with the apricots; stir well, put it into an oiled mould, and, if convenient, set it on ice; at any rate, in a very cool place. It should turn out on the dish without any difficulty.

Time.-- From 20 to 30 minutes to boil the apricots.

Average cost, 3s. 6d.

Sufficient to fill a quart mould.

Seasonable in August, September, and October.

Note.-- In winter-time, when fresh apricots are not obtainable, a little jam may be substituted for them.

FLANC OF APRICOTS, or Compote of Apricots in a Raised Crust.

(Sweet Entremets.)

1406. INGREDIENTS.-- ¾ lb. of short crust No. 1212, from 9 to 12 good-sized apricots, ¾ pint of water, ½ lb. of sugar.

Mode.-- Make a short crust by recipe No. 1212, and line a mould with it as directed in recipe No. 1391. Boil the sugar and water together for 10 minutes; halve the apricots, take out the stones, and simmer them in the syrup until tender; watch them carefully, and take them up the moment they are done, for fear they break. Arrange them neatly in the flanc or case; boil the syrup until reduced to a jelly, pour it over the fruit, and serve either hot or cold. Greengages, plums of all kinds, peaches, &c., may be done in the same manner, as also currants, raspberries, gooseberries, strawberries, &c.; but with the last-named fruits, a little currant-juice added to them will be found an improvement.

Time.-- Altogether, 1 hour to bake the flanc, about 10 minutes to simmer the apricots.

Average cost, 1s. 6d.

Sufficient for 1 entremets or side-dish.

Seasonable in July, August, and September.
ARROWROOT BLANC-MANGE.
(An inexpensive Supper Dish.)

1407. INGREDIENTS.-- 4 heaped tablespoonfuls of arrowroot, 1-½ pint of milk, 3 laurel-leaves or the rind of ½ lemon, sugar to taste.

Mode.-- Mix to a smooth batter the arrowroot with ½ pint of the milk; put the other pint on the fire, with laurel-leaves or lemon-peel, whichever may be preferred, and let the milk steep until it is well flavoured. Then strain the milk, and add it, boiling, to the mixed arrowroot; sweeten it with sifted sugar, and let it boil, stirring it all the time, till it thickens sufficiently to come from the saucepan. Grease a mould with pure salad-oil, pour in the blanc-mange, and when quite set, turn it out on a dish, and pour round it a compôte of any kind of fruit, or garnish it with jam. A tablespoonful of brandy, stirred in just before the blanc-mange is moulded, very much improves the flavour of this sweet dish.

Time.-- Altogether, ½ hour.

Average cost, 6d. without the garnishing.

Sufficient for 4 or 5 persons.

Seasonable at any time.

BLANC-MANGE.
(A Supper Dish.)

1408. INGREDIENTS.-- 1 pint of new milk, 1-¼ oz. of isinglass, the rind of ½ lemon, ¼ lb. of loaf sugar, 10 bitter almonds, ½ oz. of sweet almonds, 1 pint of cream.

Mode.-- Put the milk into a saucepan, with the isinglass, lemon-rind, and sugar, and let these ingredients stand by the side of the fire until the milk is well flavoured; add the almonds, which should be blanched and pounded in a mortar to a paste, and let the milk just boil up; strain it through a fine sieve or muslin into a jug, add the cream, and stir the mixture occasionally until nearly cold. Let it stand for a few minutes, then pour it into the mould, which should be previously oiled with the purest salad-oil, or dipped in cold water. There will be a sediment at the bottom of the jug, which must not be poured into the mould, as, when turned out, it would very much disfigure the appearance of the blanc-mange. This blanc-mange may be made very much richer by using 1-½ pint of cream, and melting the isinglass in ½ pint of boiling water. The flavour may also be very much varied by adding bay-leaves, laurel-leaves, or essence of vanilla, instead of the lemon-rind and almonds. Noyeau, Maraschino, Curaçoa, or any favourite liqueur, added in small proportions, very much enhances the flavour of
this always favourite dish. In turning it out, just loosen the edges of the blanc-mange from the mould, place a dish on it, and turn it quickly over; it should come out easily, and the blanc-mange have a smooth glossy appearance when the mould is oiled, which it frequently has not when it is only dipped in water. It may be garnished as fancy dictates.

*Time.*-- About 1½ hour to steep the lemon-rind and almonds in the milk.

*Average cost,* with cream at 1s. per pint, 3s. 3d.

*Sufficient* to fill a quart mould. *Seasonable* at any time.

**CHEAP BLANC-MANGE.**

1409. **INGREDIENTS.**—¼ lb. of sugar, 1 quart of milk, 1½ oz. of isinglass, the rind of ½ lemon, 4 laurel-leaves.

*Mode.*—Put all the ingredients into a lined saucepan, and boil gently until the isinglass is dissolved; taste it occasionally, to ascertain when it is sufficiently flavoured with the laurel-leaves; then take them out, and keep stirring the mixture over the fire for about 10 minutes. Strain it through a fine sieve into a jug, and, when nearly cold, pour it into a well-oiled mould, omitting the sediment at the bottom. Turn it out carefully on a dish, and garnish with preserves, bright jelly, or a compote of fruit.

*Time.*—Altogether, ½ hour. *Average cost,* 8d.

*Sufficient* to fill a quart mould. *Seasonable* at any time.

**BREAD-AND-BUTTER FRITTERS.**

1410. **INGREDIENTS.**—Batter, 8 slices of bread and butter, 3 or 4 tablespoonfuls of jam.

*Mode.*—Make a batter, the same as for apple fritters No. 1393; cut some slices of bread and butter, not very thick; spread half of them with any jam that may be preferred, and cover with the other slices; slightly press them together, and cut them out in square, long, or round pieces. Dip them in the batter, and fry in boiling lard for about 10 minutes; drain them before the fire on a piece of blotting-paper or cloth. Dish them, sprinkle over sifted sugar, and serve.

*Time.*—About 10 minutes.

*Average cost,* 1s.

*Sufficient* for 4 or 5 persons. *Seasonable* at any time.
TO MAKE THE STOCK FOR JELLY, AND TO CLARIFY IT.

1411. INGREDIENTS.-- 2 calf's feet, 6 pints of water.

Mode.-- The stock for jellies should always be made the day before it is required for use, as the liquor has time to cool, and the fat can be so much more easily and effectually removed when thoroughly set. Procure from the butcher’s 2 nice calf’s feet: scald them, to take off the hair; slit them in two, remove the fat from between the claws, and wash the feet well in warm water; put them into a stewpan, with the above proportion of cold water, bring it gradually to boil, and remove every particle of scum as it rises. When it is well skimmed, boil it very gently for 6 or 7 hours, or until the liquor is reduced rather more than half; then strain it through a sieve into a basin, and put it in a cool place to set. As the liquor is strained, measure it, to ascertain the proportion for the jelly, allowing something for the sediment and fat at the top. To clarify it, carefully remove all the fat from the top, pour over a little warm water, to wash away any that may remain, and wipe the jelly with a clean cloth; remove the jelly from the sediment, put it into a saucepan, and, supposing the quantity to be a quart, add to it 6 oz. of loaf sugar, the shells and well-whisked whites of 5 eggs, and stir these ingredients together cold; set the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil about 10 minutes after it rises to a , then throw in a teacupful of cold water; let it boil 5 minutes longer, then take the saucepan off, cover it closely, and let it remain ½ hour near the fire. Dip the jelly-bag into hot water, wring it out quite dry, and fasten it on to a stand or the back of a chair, which must be placed near the fire, to prevent the jelly from setting before it has run through the bag. Place a basin underneath to receive the jelly; then pour it into the bag, and should it not be clear the first time, run it through the bag again. This stock is the foundation of all really good jellies, which may be varied in innumerable ways, by colouring and flavouring with liqueurs, and by moulding it with fresh and preserved fruits. To insure the jelly being firm when turned out, ½ oz. of isinglass clarified might be added to the above proportion of stock. Substitutes for calf’s feet are now frequently used in making jellies, which lessen the expense and trouble in preparing this favourite dish; isinglass and gelatine being two of the principal materials employed; but, although they may look as nicely as jellies made from good stock, they are never so delicate,
having very often an unpleasant flavour, somewhat resembling glue, particularly when made with gelatine.

*Time.*-- About 6 hours to boil the feet for the stock; to clarify it,-- ¼ hour to boil, ½ hour to stand in the saucepan covered.

*Average cost.*-- Calf's feet may be purchased for 6d. each when veal is in full season, but more expensive when it is scarce.

*Sufficient.*-- 2 calf's feet should make 1 quart of stock.

*Seasonable* from March to October, but may be had all the year.

HOW TO MAKE A JELLY-BAG.-- The very stout flannel called double-mill, used for ironing-blankets, is the best material for a jelly-bag: those of home manufacture are the only ones to be relied on for thoroughly clearing the jelly. Care should be taken that the seam of the bag be stitched twice, to secure it against unequal filtration. The most convenient mode of using the bag is to tie it upon a hoop the exact size of the outside of its mouth; and, to do this, strings should be sewn round it at equal distances. The jelly-bag may, of course, be made any size; but one of twelve or fourteen inches deep, and seven or eight across the mouth, will be sufficient for ordinary use. The form of a jelly-bag is the fool's cap.

COW-HEEL STOCK FOR JELLIES.
(More Economical than Calf's Feet.)

1412. INGREDIENTS.-- 2 cow-heels, 3 quarts of water.

*Mode.*-- Procure 2 heels that have only been scalded, and not boiled; split them in two, and remove the fat between the claws; wash them well in warm water, and put them into a saucepan with the above proportion of cold water; bring it gradually to boil, remove all the scum as it rises, and simmer the heels gently from 7 to 8 hours, or until the liquor is reduced one-half; then strain it into a basin, measuring the quantity, and put it in a cool place. Clarify it in the same manner as calf's-feet stock No. 1411, using, with the other ingredients, about ½ oz. of isinglass to each quart. This stock should be made the day before it is required for use. Two dozen shank-bones of mutton, boiled for 6 or 7 hours, yield a quart of strong firm stock. They should be put on in 2 quarts of water, which should be reduced one-half. Make this also the day before it is required.

*Time.*-- 7 to 8 hours to boil the cow-heels, 6 to 7 hours to boil the shank-bones.

*Average cost,* from 4d. to 6d. each.

*Sufficient.*-- 2 cow-heels should make 3 pints of stock.

*Seasonable* at any time.

ISINGLASS OR GELATINE JELLY.
(Substitutes for Calf's Feet.)

1413. INGREDIENTS.-- 3 oz. of isinglass or gelatine, 2 quarts of water.
Mode. -- Put the isinglass or gelatine into a saucepan with the above proportion of cold water; bring it quickly to boil, and let it boil very fast, until the liquor is reduced one-half. Carefully remove the scum as it rises, then strain it through a jelly-bag, and it will be ready for use. If not required very clear, it may be merely strained through a fine sieve, instead of being run through a bag. Rather more than ½ oz. of isinglass is about the proper quantity to use for a quart of strong calf’s-feet stock, and rather more than 2 oz. for the same quantity of fruit juice. As isinglass varies so much in quality and strength, it is difficult to give the exact proportions. The larger the mould, the stiffer should be the jelly; and where there is no ice, more isinglass must be used than if the mixture were frozen. This forms a stock for all kinds of jellies, which may be flavoured in many ways.

Time.-- 1½ hour.

Sufficient, with wine, syrup, fruit, &c., to fill two moderate-sized moulds.

Seasonable at any time.

Note.-- The above, when boiled, should be perfectly clear, and may be mixed warm with wine, flavourings, fruits, &c., and then run through the bag.

ISINGLASS. -- The best isinglass is brought from Russia; some of an inferior kind is brought from North and South America and the East Indies: the several varieties may be had from the wholesale dealers in isinglass in London. In choosing isinglass for domestic use, select that which is whitest, has no unpleasant odour, and which dissolves most readily in water. The inferior kinds are used for fining beer, and similar purposes. Isinglass is much adulterated: to test its purity, take a few threads of the substance, drop some into boiling water, some into cold water, and some into vinegar. In the boiling water the isinglass will dissolve, in cold water it will become white and “cloudy,” and in vinegar it will swell and become jelly-like. If the isinglass is adulterated with gelatine (that is to say, the commoner sorts of gelatine,-- for isinglass is classed amongst gelatines, of all which varieties it is the very purest and best), in boiling water the gelatine will not so completely dissolve as the isinglass; in cold water it becomes clear and jelly-like; and in vinegar it will harden.

HOW TO MOULD BOTTLED JELLIES.

1414. Uncork the bottle; place it in a saucepan of hot water until the jelly is reduced to a liquid state; taste it, to ascertain whether it is sufficiently flavoured, and if not, add a little wine. Pour the jelly into moulds which have been soaked in water; let it set, and turn it out by placing the mould in hot water for a minute; then wipe the outside, put a dish on the top, and turn it over quickly. The jelly should then slip easily away from the mould, and be quite firm. It may be garnished as taste dictates.

TO CLARIFY SYRUP FOR JELLIES.

1415. INGREDIENTS.-- To every quart of water allow 2 lbs. of loaf sugar; the white of 1 egg.

Mode. -- Put the sugar and water into a stewpan; set it on the fire, and, when the sugar is dissolved, add the white of the egg, whipped up with a little water. Whisk the whole well together, and simmer very gently until it has thrown up all the scum. Take this
off as it rises, strain the syrup through a fine sieve or cloth into a basin, and keep it for use.

**Calf's-Feet Jelly.**

1416. **Ingredients.**—1 quart of calf's-feet stock No. 1411, ½ lb. of sugar, ½ pint of sherry, 1 glass of brandy, the shells and whites of 5 eggs, the rind and juice of 2 lemons, ½ oz. of isinglass.

**Mode.**—Prepare the stock as directed in recipe No. 1411, taking care to leave the sediment, and to remove all the fat from the surface. Put it into a saucepan, cold, without clarifying it; add the remaining ingredients, and stir them well together before the saucepan is placed on the fire. Then simmer the mixture gently for ¼ hour, *but do not stir it after it begins to warm.* Throw in a teacupful of cold water, boil for another 5 minutes, and keep the saucepan covered by the side of the fire for about ½ hour, but do not let it boil again. In simmering, the scum may be carefully removed as it rises; but particular attention must be given to the jelly, that it be not stirred in the slightest degree after it is heated. The isinglass should be added when the jelly begins to boil: this assists to clear it, and makes it firmer for turning out. Wring out a jelly-bag in hot water; fasten it on to a stand, or the back of a chair; place it near the fire with a basin underneath it, and run the jelly through it. Should it not be perfectly clear the first time, repeat the process until the desired brilliancy is obtained. Soak the moulds in water, drain them for half a second, pour in the jelly, and put it in a cool place to set. If ice is at hand, surround the moulds with it, and the jelly will set sooner, and be firmer when turned out. In summer it is necessary to have ice in which to put the moulds, or the cook will be, very likely, disappointed, by her jellies being in too liquid a state to turn out properly, unless a great deal of isinglass is used. When wanted for table, dip the moulds in hot water for a minute, wipe the outside with a cloth, lay a dish on the top of the mould, turn it quickly over, and the jelly should slip out easily. It is sometimes served broken into square lumps, and piled high in glasses. Earthenware moulds are preferable to those of pewter or tin, for red jellies, the colour and transparency of the composition being often spoiled by using the latter.

To make this jelly more economically, raisin wine may be substituted for the sherry and brandy, and the stock made from cow-heels, instead of calf's feet.

**Time.**—20 minutes to simmer the jelly, ½ hour to stand covered.

**Average cost,** reckoning the feet at 6d. each, 3s. 6d.

**Sufficient** to fill two 1½-pint moulds.

**Seasonable** at any time.
Note.-- As lemon-juice, unless carefully strained, is liable to make the jelly muddy, see that it is clear before it is added to the other ingredients. Omit the brandy when the flavour is objected to.

SHERRY.-- There are several kinds of sherry, as pale and brown, and there are various degrees of each. Sherry is, in general, of an amber-colour, and, when good, has a fine aromatic odour, with something of the agreeable bitterness of the peach kernel. When new, it is harsh and fiery, and requires to be mellowed in the wood for four or five years. Sherry has of late got much into fashion in England, from the idea that it is more free from acid than other wines; but some careful experiments on wines do not fully confirm this opinion.

CANNELONS, or FRIED PUFFS.
(Sweet Entremets.)

1417. INGREDIENTS.-- ½ lb. of puff-paste No. 1205; apricot, or any kind of preserve that may be preferred; hot lard.

Mode.-- Cannelons which are made of puff-paste rolled very thin, with jam inclosed, and cut out in long narrow rolls or puffs, make a very pretty and elegant dish. Make some good puff-paste, by recipe No. 1205; roll it out very thin, and cut it into pieces of an equal size, about 2 inches wide and 8 inches long; place upon each piece a spoonful of jam, wet the edges with the white of egg, and fold the paste over twice; slightly press the edges together, that the jam may not escape in the frying; and when all are prepared, fry them in boiling lard until of a nice brown, letting them remain by the side of the fire after they are coloured, that the paste may be thoroughly done. Drain them before the fire, dish on a d'oyley, sprinkle over them sifted sugar, and serve. These cannelons are very delicious made with fresh instead of preserved fruit, such as strawberries, raspberries, or currants: it should be laid in the paste, plenty of pounded sugar sprinkled over, and folded and fried in the same manner as stated above.

Time.-- About 10 minutes. Average cost, 1s.

Sufficient.-- ½ lb. of paste for a moderate-sized dish of cannelons.

Seasonable, with jam, at any time.

CHARLOTTE-AUX-POMMES.

1418. INGREDIENTS.-- A few slices of rather stale bread ½ inch thick, clarified butter, apple marmalade made by recipe No. 1395, with about 2 dozen apples, ½ glass of sherry.

Mode.-- Cut a slice of bread the same shape as the bottom of a plain round mould, which has been well buttered, and a few strips the height of the mould, and about 1-½ inch wide; dip the bread in clarified butter (or spread it with cold butter, if not wanted quite so rich); place the round piece at the bottom of the mould, and set the narrow strips up the sides of it, overlapping each other a little, that
no juice from the apples may escape, and that they may hold firmly to the mould. Brush the interior over with white of egg (this will assist to make the case firmer); fill it with apple marmalade made by recipe No. 1395, with the addition of a little sherry, and cover them with a round piece of bread, also brushed over with egg, the same as the bottom; slightly press the bread down, to make it adhere to the other pieces; put a plate on the top, and bake the charlotte in a brisk oven, of a light colour. Turn it out on the dish, strew sifted sugar over the top, and pour round it a little melted apricot jam.

*Time.* -- 40 to 50 minutes. *Average cost*, 1s. 9d.

*Sufficient* for 5 or 6 persons. *Seasonable* from July to March.

**AN EASY METHOD OF MAKING A CHARLOTTE-AUX-POMMES.**

1419. **INGREDIENTS.** -- ½ lb. of flour, ¼ lb. of butter, ¼ lb. of powdered sugar, ½ teaspoonful of baking-powder, 1 egg, milk, 1 glass of raisin-wine, apple marmalade No. 1395, ¼ pint of cream, 2 dessertspoonfuls of pounded sugar, 2 tablespoonfuls of lemon-juice.

**Mode.** -- Make a cake with the flour, butter, sugar, and baking-powder; moisten with the egg and sufficient milk to make it the proper consistency, and bake it in a round tin. When cold, scoop out the middle, leaving a good thickness all round the sides, to prevent them breaking; take some of the scooped-out pieces, which should be trimmed into neat slices; lay them in the cake, and pour over sufficient raisin-wine, with the addition of a little brandy, if approved, to soak them well. Have ready some apple marmalade, made by recipe No. 1395; place a layer of this over the soaked cake, then a layer of cake and a layer of apples; whip the cream to a froth, mixing with it the sugar and lemon-juice; pile it on the top of the charlotte, and garnish it with pieces of clear apple jelly. This dish is served cold, but may be eaten hot, by omitting the cream, and merely garnishing the top with bright jelly just before it is sent to table.

*Time.* -- 1 hour to bake the cake. *Average cost*, 2s.

*Sufficient* for 5 or 6 persons. *Seasonable* from July to March.

**A VERY SIMPLE APPLE CHARLOTTE.**

1420. **INGREDIENTS.** -- 9 slices of bread and butter, about 6 good-sized apples, 1 tablespoonful of minced lemon-peel, 2 tablespoonfuls of juice, moist sugar to taste.

**Mode.** -- Butter a pie-dish; place a layer of bread and butter, without the crust, at the bottom; then a layer of apples, pared, cored, and cut into thin slices; sprinkle over these a portion of the lemon-peel and juice, and sweeten with moist sugar. Place another layer of bread and butter, and then one of apples, proceeding in this manner until the dish is full; then cover it up with the peel of the apples, to preserve the top from browning or burning; bake in a brisk oven for rather more than ¾ hour; turn the charlotte on a dish, sprinkle sifted sugar over, and serve.
Time.-- ¾ hour. Average cost, 9d.

Sufficient for 5 or 6 persons. Seasonable from July to March.

CHARLOTTE RUSSE.
(An Elegant Sweet Entremets.)

1421. INGREDIENTS.-- About 18 Savoy biscuits, ¾ pint of cream, flavouring of vanilla, liqueurs, or wine, 1 tablespoonful of pounded sugar, ½ oz. of isinglass.

Mode.-- Procure about 18 Savoy biscuits, or ladies'-fingers, as they are sometimes called; brush the edges of them with the white of an egg, and line the bottom of a plain round mould, placing them like a star or rosette. Stand them upright all round the edge; carefully put them so closely together that the white of the egg connects them firmly, and place this case in the oven for about 5 minutes, just to dry the egg. Whisk the cream to a stiff froth, with the sugar, flavouring, and melted isinglass; fill the charlotte with it, cover with a slice of sponge-cake cut in the shape of the mould; place it in ice, where let it remain till ready for table; then turn it on a dish, remove the mould, and serve. 1 tablespoonful of liqueur of any kind, or 4 tablespoonfuls of wine, would nicely flavour the above proportion of cream. For arranging the biscuits in the mould, cut them to the shape required, so that they fit in nicely, and level them with the mould at the top, that, when turned out, there may be something firm to rest upon. Great care and attention is required in the turning out of this dish, that the cream does not burst the case; and the edges of the biscuits must have the smallest quantity of egg brushed over them, or it would stick to the mould, and so prevent the charlotte from coming away properly.

Time.-- 5 minutes in the oven.

Average cost, with cream at 1s. per pint, 2s.

Sufficient for 1 charlotte. Seasonable at any time.

CREAM A LA VALOIS.

1422. INGREDIENTS.-- 4 sponge-cakes, jam, ¾ pint of cream, sugar to taste, the juice of ½ lemon, ¼ glass of sherry, 1-¼ oz. of isinglass.

Mode.-- Cut the sponge-cakes into thin slices; place two together, with preserve between them, and pour over them a small quantity of sherry mixed with a little brandy. Sweeten and flavour the cream with the lemon-juice and sherry; add the isinglass, which should be dissolved in a little water, and beat up the cream well. Place a little in an oiled mould; arrange the pieces of cake in the cream; then fill the mould with the remainder; let it cool, and turn it out on a dish. By oiling the mould, the cream will have a much smoother appearance, and will turn out more easily than when merely dipped in cold water.

Average cost, 3s. 6d.

Sufficient to fill a 1-½ pint mould. Seasonable at any time.
BOILED CUSTARDS.

1423. INGREDIENTS.-- 1 pint of milk, 5 eggs, 3 oz. of loaf sugar, 3 laurel-leaves, or the rind of 4 lemon, or a few drops of essence of vanilla, 1 tablespoonful of brandy.

Mode.-- Put the milk into a lined saucepan, with the sugar, and whichever of the above flavourings may be preferred (the lemon-rind flavours custards most deliciously), and let the milk steep by the side of the fire until it is well flavoured. Bring it to the point of boiling, then strain it into a basin; whisk the eggs well, and, when the milk has cooled a little, stir in the eggs, and strain this mixture into a jug. Place this jug in a saucepan of boiling water over the fire; keep stirring the custard one way until it thickens; but on no account allow it to reach the boiling-point, as it will instantly curdle and be full of lumps. Take it off the fire, stir in the brandy, and, when this is well mixed with the custard, pour it into glasses, which should be rather more than three-parts full; grate a little nutmeg over the top, and the dish is ready for table. To make custards look and eat better, ducks' eggs should be used, when obtainable; they add very much to the flavour and richness, and so many are not required as of the ordinary eggs, 4 ducks' eggs to the pint of milk making a delicious custard. When desired extremely rich and good, cream should be substituted for the milk, and double the quantity of eggs used, to those mentioned, omitting the whites.

Time. ½ hour to infuse the lemon-rind, about 10 minutes to stir the custard. Average cost, 8d.

Sufficient to fill 8 custard-glasses. Seasonable at any time.

GINGER APPLES.

(A pretty Supper or Dessert Dish.)

1424. INGREDIENTS.-- 1-½ oz. of whole ginger, ¼ pint of whiskey, 3 lbs. of apples, 2 lbs. of white sugar, the juice of 2 lemons.

Mode.-- Bruise the ginger, put it into a small jar, pour over sufficient whiskey to cover it, and let it remain for 3 days; then cut the apples into thin slices, after paring and coring them; add the sugar and the lemon-juice, which should be strained; and simmer all together very gently until the apples are transparent, but not broken. Serve cold, and garnish the dish with slices of candied lemon-peel or preserved ginger.

Time.-- 3 days to soak the ginger; about ¾ hour to simmer the apples very gently.

Average cost, 2s, 6d.

Sufficient for 3 dishes. Seasonable from July to March.
FRENCH PANCAKES.

1425. INGREDIENTS.-- 2 eggs, 2 oz. of butter, 2 oz. of sifted sugar, 2 oz. of flour, ½ pint of new milk.

Mode.-- Beat the eggs thoroughly, and put them into a basin with the butter, which should be beaten to a cream; stir in the sugar and flour, and when these ingredients are well mixed, add the milk; keep stirring and beating the mixture for a few minutes; put it on buttered plates, and bake in a quick oven for 20 minutes. Serve with a cut lemon and sifted sugar, or pile the pancakes high on a dish, with a layer of preserve or marmalade between each.

Time.-- 20 minutes. Average cost, 7d.

Sufficient for 3 or 4 persons. Seasonable at any time.

DUTCH FLUMMERY.

1426. INGREDIENTS.-- 1-½ oz. of isinglass, the rind and juice of 1 lemon, 1 pint of water, 4 eggs, 1 pint of sherry, Madeira, or raisin-wine; sifted sugar to taste.

Mode.-- Put the water, isinglass, and lemon-rind into a lined saucepan, and simmer gently until the isinglass is dissolved; strain this into a basin, stir in the eggs, which should be well beaten, the lemon-juice, which should be strained, and the wine; sweeten to taste with pounded sugar, mix all well together, pour it into a jug, set this jug in a saucepan of boiling water over the fire, and keep stirring it one way until it thickens; but take care that it does not boil. Strain it into a mould that has been oiled or laid in water for a short time, and put it in a cool place to set. A tablespoonful of brandy stirred in just before it is poured into the mould, improves the flavour of this dish: it is better if made the day before it is required for table.

Time.-- ¼ hour to simmer the isinglass; about ¼ hour to stir the mixture over the fire.

Average cost, 4s. 6d., if made with sherry; less with raisin-wine.

Sufficient to fill a quart mould. Seasonable at any time.

PALE SHERRIES are made from the same grapes as brown. The latter are coloured by an addition of some cheap must, or wine which has been boiled till it has acquired a deep-brown tint. Pale sherries were, some time ago, preferred in England, being supposed most pure; but the brown are preferred by many people. The inferior sherries exported to England are often mixed with a cheap and light wine called Moguer, and are strengthened in the making by brandy; but too frequently they are adulterated by the London dealers.

CHOCOLATE SOUFFLE.

1427. INGREDIENTS.-- 4 eggs, 3 teaspoonfuls of pounded sugar, 1 teaspoonful of flour, 3 oz. of the best chocolate.

Mode.-- Break the eggs, separating the whites from the yolks, and put them into different basins; add to the yolks the sugar, flour, and chocolate, which should be very
finely grated, and stir these ingredients for 5 minutes. Then well whisk the whites of the eggs in the other basin, until they are stiff, and, when firm, mix lightly with the yolks, till the whole forms a smooth and light substance; butter a round cake-tin, put in the mixture, and bake in a moderate oven from 15 to 20 minutes. Pin a white napkin round the tin, strew sifted sugar over the top of the soufflé, and send it immediately to table. The proper appearance of this dish depends entirely on the expedition with which it is served, and some cooks, to preserve its lightness, hold a salamander over the soufflé until it is placed on the table. If allowed to stand after it comes from the oven, it will be entirely spoiled, as it falls almost immediately.

_**Time.**-- 15 to 20 minutes. _**Average cost, 1s.**

_**Sufficient for a moderate-sized soufflé. Seasonable at any time.**_

**DARIOLES A LA VANILLE.**

_(Sweet Entremets.)_

1428. **INGREDIENTS.**-- ½ pint of milk, ½ pint of cream, 2 oz. of flour, 3 oz. of pounded sugar, 6 eggs, 2 oz. of butter, puff-paste, flavouring of essence of vanilla.

**Mode.**-- Mix the flour to a smooth batter, with the milk; stir in the cream, sugar, the eggs, which should be well whisked, and the butter, which should be beaten to a cream. Put in some essence of vanilla, drop by drop, until the mixture is well flavoured; line some dariole-moulds with puff-paste, three-parts fill them with the batter, and bake in a good oven from 25 to 35 minutes. Turn them out of the moulds on a dish, without breaking them; strew over sifted sugar, and serve. The flavouring of the darioles may be varied by substituting lemon, cinnamon, or almonds, for the vanilla.

_**Time.**-- 25 to 35 minutes. _**Average cost, 1s. 8d.**

_**Sufficient to fill 6 or 7 dariole-moulds. Seasonable at any time.**_

**CURRANT FRITTERS.**

1429. **INGREDIENTS.**-- ½ pint of milk, 2 tablespoonfuls of flour, 4 eggs, 3 tablespoonfuls of boiled rice, 3 tablespoonfuls of currants, sugar to taste, a very little grated nutmeg, hot lard or clarified dripping.

**Mode.**-- Put the milk into a basin with the flour, which should previously be rubbed to a smooth batter with a little cold milk; stir these ingredients together; add the well-whisked eggs, the rice, currants, sugar, and nutmeg. Beat the mixture for a few minutes, and, if not sufficiently thick, add a little more boiled rice; drop it, in small quantities, into a pan of boiling lard or clarified dripping; fry the fritters a nice brown, and, when done, drain them on a piece of blotting-paper, before the fire. Pile them on a white d'oyley, strew over sifted sugar, and serve them very hot. Send a cut lemon to table with them.

_**Time.**-- From 8 to 10 minutes to fry the fritters._
CHOCOLATE CREAM.

1430. INGREDIENTS.—3 oz. of grated chocolate, ¼ lb. of sugar, 1½ pint of cream, ½ oz. of clarified isinglass, the yolks of 6 eggs.

Mode.—Beat the yolks of the eggs well; put them into a basin with the grated chocolate, the sugar, and 1 pint of the cream; stir these ingredients well together, pour them into a jug, and set this jug in a saucepan of boiling water; stir it one way until the mixture thickens, but do not allow it to boil, or it will curdle. Strain the cream through a sieve into a basin; stir in the isinglass and the other ½ pint of cream, which should be well whipped; mix all well together, and pour it into a mould which has been previously oiled with the purest salad-oil, and, if at hand, set it in ice until wanted for table.

Time.—About 10 minutes to stir the mixture over the fire.

Average cost, 4s. 6d., with cream at 1s. per pint.

Sufficient to fill a quart mould. Seasonable at any time.

GENEVA WAFERS.

1431. INGREDIENTS.—2 eggs, 3 oz. of butter, 3 oz. of flour, 3 oz. of pounded sugar.

Mode.—Well whisk the eggs; put them into a basin, and stir to them the butter, which should be beaten to a cream; add the flour and sifted sugar gradually, and then mix all well together. Butter a baking-sheet, and drop on it a teaspoonful of the mixture at a time, leaving a space between each. Bake in a cool oven; watch the pieces of paste, and, when half done, roll them up like wafers, and put in a small wedge of bread or piece of wood, to keep them in shape. Return them to the oven until crisp. Before serving, remove the bread, put a spoonful of preserve in the widest end, and fill up with whipped cream. This is a very pretty and ornamental dish for the supper-table, and is very nice and very easily made.

Time.—Altogether 20 to 25 minutes.

Average cost, exclusive of the preserve and cream, 7d.

Sufficient for a nice-sized dish. Seasonable at any time.
GINGER CREAM.

1432. INGREDIENTS.-- The yolks of 4 eggs, 1 pint of cream, 3 oz. of preserved ginger, 2 dessertspoonfuls of syrup, sifted sugar to taste, 1 oz. of isinglass.

Mode.-- Slice the ginger finely; put it into a basin with the syrup, the well-beaten yolks of eggs, and the cream; mix these ingredients well together, and stir them over the fire for about 10 minutes, or until the mixture thickens; then take it off the fire, whisk till nearly cold, sweeten to taste, add the isinglass, which should be melted and strained, and serve the cream in a glass dish. It may be garnished with slices of preserved ginger or candied citron.

Time.-- About 10 minutes to stir the cream over the fire.

Average cost, with cream at 1s. per pint, 3s. 6d.

Sufficient for a good-sized dish. Seasonable at any time.

PRESERVED GINGER comes to us from the West Indies. It is made by scalding the roots when they are green and full of sap, then peeling them in cold water, and putting them into jars, with a rich syrup; in which state we receive them. It should be chosen of a bright-yellow colour, with a little transparency: what is dark-coloured, fibrous, and stringy, is not good. Ginger roots, fit for preserving, and in size equal to West Indian, have been produced in the Royal Agricultural Garden in Edinburgh.

TO MAKE GOOSEBERRY FOOL.

1433. INGREDIENTS.-- Green gooseberries; to every pint of pulp add 1 pint of milk, or ½ pint of cream and ½ pint of milk; sugar to taste.

Mode.-- Cut the tops and tails off the gooseberries; put them into a jar, with 2 tablespoonfuls of water and a little good moist sugar; set this jar in a saucepan of boiling water, and let it boil until the fruit is soft enough to mash. When done enough, beat it to a pulp, work this pulp through a colander, and stir to every pint the above proportion of milk, or equal quantities of milk and cream. Ascertain if the mixture is sweet enough, and put in plenty of sugar, or it will not be eatable; and in mixing the milk and gooseberries, add the former very gradually to these: serve in a glass dish, or in small glasses. This, although a very old-fashioned and homely dish, is, when well made, very delicious, and, if properly sweetened, a very suitable preparation for children.

Time.-- From ¾ to 1 hour. Average cost, 6d. per pint, with milk.

Sufficient.-- A pint of milk and a pint of gooseberry pulp for 5 or 6 children.

Seasonable in May and June.

GOOSEBERRY TRIFLE.

1434. INGREDIENTS.-- 1 quart of gooseberries, sugar to taste, 1 pint of custard No. 1423, a plateful of whipped cream.
Mode.-- Put the gooseberries into a jar, with sufficient moist sugar to sweeten them, and boil them until reduced to a pulp. Put this pulp at the bottom of a trifle-dish; pour over it a pint of custard made by recipe No. 1423, and, when cold, cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be so much firmer and more solid. The dish may be garnished as fancy dictates.

Time.-- About ¾ hour to boil the gooseberries.

Average cost, 1s. 6d.

Sufficient for 1 trifle. Seasonable in May and June.

INDIAN FRITTERS.

1435. INGREDIENTS.-- 3 tablespoonfuls of flour, boiling water, the yolks of 4 eggs, the whites of 2, hot lard or clarified dripping, jam.

Mode.-- Put the flour into a basin, and pour over it sufficient boiling water to make it into a stiff paste, taking care to stir and beat it well, to prevent it getting lumpy. Leave it a little time to cool, and then break into it (without beating them at first) the yolks of 4 eggs and the whites of 2, and stir and beat all well together. Have ready some boiling lard or butter; drop a dessertspoonful of batter in at a time, and fry the fritters of a light brown. They should rise so much as to be almost like balls. Serve on a dish, with a spoonful of preserve or marmalade dropped in between each fritter. This is an excellent dish for a hasty addition to dinner, if a guest unexpectedly arrives, it being so easily and quickly made, and it is always a great favourite.

Time.-- From 5 to 8 minutes to fry the fritters.

Average cost, exclusive of the jam, 5d.

Sufficient for 4 or 5 persons. Seasonable at any time.

INDIAN TRIFLE.

1436. INGREDIENTS.-- 1 quart of milk, the rind of ½ large lemon, sugar to taste, 5 heaped tablespoonfuls of rice-flour, 1 oz. of sweet almonds, ½ pint of custard.

Mode.-- Boil the milk and lemon-rind together until the former is well flavoured; take out the lemon-rind and stir in the rice-flour, which should first be moistened with cold milk, and add sufficient loaf sugar to sweeten it nicely. Boil gently for about 5 minutes, and keep the mixture stirred; take it off the fire, let it cool a little, and pour it into a glass dish. When cold, cut the rice out in the form of a star, or any other shape that may be preferred; take out the spare rice, and fill the space with boiled custard. Blanch and cut the almonds into strips; stick them over the trifle, and garnish it with pieces of brightly-coloured jelly, or preserved fruits, or candied citron.

Time.-- ¼ hour to simmer the milk, 5 minutes after the rice is added.
**Average cost**, 1s.

**Sufficient** for 1 trifle.

**Seasonable** at any time.

**THE CITRON.**-- The citron belongs to the same species as the lemon, being considered only as a variety, the distinction between them not being very great. It is larger, and is less succulent, but more acid: with a little artificial heat, the citron comes to as great perfection in England as in Spain and Italy. The fruit is oblong and about five or six inches in length. The tree is thorny. The juice forms an excellent lemonade with sugar and water; its uses in punch, negus, and in medicine, are well known. The rind is very thick, and, when candied with sugar, forms an excellent sweetmeat. There are several varieties cultivated in England, one of which is termed the Forbidden Fruit.

**ITALIAN CREAM.**

1437. **INGREDIENTS.**-- 1 pint of milk, 4 pint of cream, sugar to taste, 1 oz. of isinglass, 1 lemon, the yolks of 4 eggs.

**Mode.**-- Put the cream and milk into a saucepan, with sugar to sweeten, and the lemon-rind. Boil until the milk is well flavoured then strain it into a basin, and add the beaten yolks of eggs. Put this mixture into a jug; place the jug in a saucepan of boiling water over the fire, and stir the contents until they thicken, but do not allow them to boil. Take the cream off the fire, stir in the lemon-juice and isinglass, which should be melted, and whip well; fill a mould, place it in ice if at hand, and, when set, turn it out on a dish, and garnish as taste may dictate. The mixture may be whipped and drained, and then put into small glasses, when this mode of serving is preferred.

**Time.**-- From 5 to 8 minutes to stir the mixture in the jug.

**Average cost**, with the best isinglass, 2s. 6d.

**Sufficient** to fill 1½-pint mould. **Seasonable** at any time.

**THE HIDDEN MOUNTAIN.**

(A pretty Supper Dish.)

1438. **INGREDIENTS.**-- 6 eggs, a few slices of citron, sugar to taste, ¼ pint of cream, a layer of any kind of jam.

**Mode.**-- Beat the whites and yolks of the eggs separately; then mix them and beat well again, adding a few thin slices of citron, the cream, and sufficient pounded sugar to sweeten it nicely. When the mixture is well beaten, put it into a buttered pan, and fry the same as a pancake; but it should be three times the thickness of an ordinary pancake. Cover it with jam, and garnish with slices of citron and holly-leaves. This dish is served cold.

**Time.**-- About 10 minutes to fry the mixture.
Average cost, with the jam, 1s. 4d.

Sufficient for 3 or 4 persons. Seasonable at any time.

**JAUNEMANGE.**

1439. **INGREDIENTS.**—1 oz. of isinglass, 1 pint of water, ½ pint of white wine, the rind and juice of 1 large lemon, sugar to taste, the yolks of 6 eggs.

**Mode.**—Put the isinglass, water, and lemon-rind into a saucepan, and boil gently until the former is dissolved; then add the strained lemon-juice, the wine, and sufficient white sugar to sweeten the whole nicely. Boil for 2 or 3 minutes, strain the mixture into a jug, and add the yolks of the eggs, which should be well beaten; place the jug in a saucepan of boiling water; keep stirring the mixture one way until it thickens, but do not allow it to boil; then take it off the fire, and keep stirring until nearly cold. Pour it into a mould, omitting the sediment at the bottom of the jug, and let it remain until quite firm.

**Time.**—¼ hour to boil the isinglass and water; about 10 minutes to stir the mixture in the jug.

Average cost, with the best isinglass, 2s. 9d.

Sufficient to fill a quart mould. Seasonable at any time.

**JELLY MOULDED WITH FRESH FRUIT, or MACEDOINE DE FRUITS.**

1440. **INGREDIENTS.**—Rather more than 1-½ pint of jelly, a few nice strawberries, or red or white currants, or raspberries, or any fresh fruit that may be in season.

**Mode.**—Have ready the above proportion of jelly, which must be very clear and rather sweet, the raw fruit requiring an additional quantity of sugar. Select ripe, nice-looking fruit; pick off the stalks, unless currants are used, when they are laid in the jelly as they come from the tree. Begin by putting a little jelly at the bottom of the mould, which must harden; then arrange the fruit round the sides of the mould, recollecting that it will be reversed when turned out; then pour in some more jelly to make the fruit adhere, and, when that layer is set, put another row of fruit and jelly until the mould is full. If convenient, put it in ice until required for table, then wring a cloth in boiling water, wrap it round the mould for a minute, and turn the jelly carefully out. Peaches, apricots, plums, apples, &c., are better for being boiled in a little clear syrup before they are laid in the jelly; strawberries, raspberries, grapes, cherries, and currants are put in raw. In winter, when fresh fruits are not obtainable, a very pretty jelly may be made with preserved fruits or brandy cherries: these, in a bright and clear jelly, have a very pretty effect; of course, unless the jelly be very clear, the beauty of the dish will be spoiled. It may be garnished with the same fruit as is laid in the jelly; for instance, an open jelly with strawberries might have, piled in the centre, a few of the same fruit prettily arranged, or a little whipped cream might be substituted for the fruit.
Time.-- One layer of jelly should remain 2 hours in a very cool place, before another layer is added. Average cost, 2s. 6d.

Sufficient, with fruit, to fill a quart mould.

Seasonable, with fresh fruit, from June to October; with dried, at any time.

JELLY OF TWO COLOURS.

1441. INGREDIENTS.-- 1½ pint of calf's-feet jelly No. 1416, a few drops of prepared cochineal.

Mode.-- Make 1½ pint of jelly by recipe No. 1416, or, if wished more economical, of clarified syrup and gelatine, flavouring it in any way that may be preferred. Colour one-half of the jelly with a few drops of prepared cochineal, and the other half leave as pale as possible. Have ready a mould well wetted in every part; pour in a small quantity of the red jelly, and let this set; when quite firm, pour on it the same quantity of the pale jelly, and let this set; then proceed in this manner until the mould is full, always taking care to let one jelly set before the other is poured in, or the colours would run one into the other. When turned out, the jelly should have a striped appearance. For variety, half the mould may be filled at once with one of the jellies, and, when firm, filled up with the other: this, also, has a very pretty effect, and is more expeditiously prepared than when the jelly is poured in small quantities into the mould. Blanmcange and red jelly, or blanmcange and raspberry cream, moulded in the above manner, look very well. The layers of blanmcange and jelly should be about an inch in depth, and each layer should be perfectly hardened before another is added. Half a mould of blanmcange and half a mould of jelly are frequently served in the same manner. A few pretty dishes may be made, in this way, of jellies or blanmcanges left from the preceding day, by melting them separately in a jug placed in a saucepan of boiling water, and then moulding them by the foregoing directions. (See coloured plate S1.)

Time.-- ¾ hour to make the jelly.

Average cost, with calf's-feet jelly, 2s.; with gelatine and syrup, more economical.

Sufficient to fill 1½ pint mould. Seasonable at any time.

Note.-- In making the jelly, use for flavouring a very pale sherry, or the colour will be too dark to contrast nicely with the red jelly.
LEMON BLANCMANGE.

1442. INGREDIENTS.-- 1 quart of milk, the yolks of 4 eggs, 3 oz. of ground rice, 6 oz. of pounded sugar, 1-½ oz. of fresh butter, the rind of 1 lemon, the juice of 2, ½ oz. of gelatine.

Mode.-- Make a custard with the yolks of the eggs and ½ pint of the milk, and, when done, put it into a basin; put half the remainder of the milk into a saucepan with the ground rice, fresh butter, lemon-rind, and 3 oz. of the sugar, and let these ingredients boil until the mixture is stiff, stirring them continually; when done, pour it into the bowl where the custard is, mixing both well together. Put the gelatine with the rest of the milk into a saucepan, and let it stand by the side of the fire to dissolve; boil for a minute or two, stir carefully into the basin, adding 3 oz. more of pounded sugar. When cold, stir in the lemon-juice, which should be carefully strained, and pour the mixture into a well-oiled mould, leaving out the lemon-peel, and set the mould in a pan of cold water until wanted for table. Use eggs that have rich-looking yolks; and, should the weather be very warm, rather a larger proportion of gelatine must be allowed.

Time.-- Altogether, 1 hour. Average cost, 1s. 6d.

Sufficient to fill 2 small moulds. Seasonable at any time.

LEMON CREAM.

1443. INGREDIENTS.-- 1 pint of cream, the yolks of 2 eggs, ¼ lb. of white sugar, 1 large lemon, 1 oz. of isinglass.

Mode.-- Put the cream into a lined saucepan with the sugar, lemon-peel, and isinglass, and simmer these over a gentle fire for about 10 minutes, stirring them all the time. Strain the cream into a jug, add the yolks of eggs, which should be well beaten, and put the jug into a saucepan of boiling water; stir the mixture one way until it thickens, but do not allow it to boil; take it off the fire, and keep stirring it until nearly cold. Strain the lemon-juice into a basin, gradually pour on it the cream, and stir it well until the juice is well mixed with it. Have ready a well-oiled mould, pour the cream into it, and let it remain until perfectly set. When required for table, loosen the edges with a small blunt knife, put a dish on the top of the mould, turn it over quickly, and the cream should easily slip away.
Time.-- 10 minutes to boil the cream; about 10 minutes to stir it over the fire in the jug.

Average cost, with cream at 1s. per pint, and the best isinglass, 2s. 6d.

Sufficient to fill 1-½-pint mould. Seasonable at any time.

ECONOMICAL LEMON CREAM.

1444. INGREDIENTS.-- 1 quart of milk, 8 bitter almonds, 2 oz. of gelatine, 2 large lemons, ¾ lb. of lump sugar, the yolk of 6 eggs.

Mode.-- Put the milk into a lined saucepan with the almonds, which should be well pounded in a mortar, the gelatine, lemon-rind, and lump sugar, and boil these ingredients for about 5 minutes. Beat up the yolks of the eggs, strain the milk into a jug, add the eggs, and pour the mixture backwards and forwards a few times, until nearly cold; then stir briskly to it the lemon-juice, which should be strained, and keep stirring until the cream is almost cold: put it into an oiled mould, and let it remain until perfectly set. The lemon-juice must not be added to the cream when it is warm, and should be well stirred after it is put in.

Time.-- 5 minutes to boil the milk. Average cost, 2s. 5d.

Sufficient to fill two 1-½-pint moulds. Seasonable at any time.

LEMON CREAMS.

(Very good.)

1445. INGREDIENTS.-- 1 pint of cream, 2 dozen sweet almonds, 3 glasses of sherry, the rind and juice of 2 lemons, sugar to taste.

Mode.-- Blanch and chop the almonds, and put them into a jug with the cream; in another jug put the sherry, lemon-rind, strained juice, and sufficient pounded sugar to sweeten the whole nicely. Pour rapidly from one jug to the other till the mixture is well frothed; then, pour it into jelly-glasses, omitting the lemon-rind. This is a very cool and delicious sweet for summer, and may be made less rich by omitting the almonds and substituting orange or raisin wine for the sherry.

Time.-- Altogether, ½ hour.

Average cost, with cream at 1s. per pint, 3s.

Sufficient to fill 12 glasses. Seasonable at any time.

LEMON CREAMS OF CUSTARDS.

1446. INGREDIENTS.-- 5 oz. of loaf sugar, 2 pints of boiling water, the rind of 1 lemon and the juice of 3, the yolks of 8 eggs.
Mode.-- Make a quart of lemonade in the following manner:-- Dissolve the sugar in the boiling water, having previously, with part of the sugar, rubbed off the lemon-rind, and add the strained juice. Strain the lemonade into a saucepan, and add the yolks of the eggs, which should be well beaten; stir this one way over the fire until the mixture thickens, but do not allow it to boil, and serve in custard-glasses, or on a glass dish. After the boiling water is poured on the sugar and lemon, it should stand covered for about ½ hour before the eggs are added to it, that the flavour of the rind may be extracted.

Time.-- ½ hour to make the lemonade; about 10 minutes to stir the custard over the fire.

Average cost, 1s.

Sufficient to fill 12 to 14 custard-glasses. Seasonable at any time.

**LEMON JELLY.**

1447. INGREDIENTS.-- 6 lemons, ¾ lb. of lump sugar, 1 pint of water, 1-½ oz. of isinglass, ¼ pint of sherry.

Mode.-- Peel 3 of the lemons, pour ½ pint of boiling water on the rind, and let it infuse for ½ hour; put the sugar, isinglass, and ½ pint of water into a lined saucepan, and boil these ingredients for 20 minutes; then put in the strained lemon-juice, the strained infusion of the rind, and bring the whole to the point of boiling; skim well, add the wine, and run the jelly through a bag; pour it into a mould that has been wetted or soaked in water; put it in ice, if convenient, where let it remain until required for table. Previously to adding the lemon-juice to the other ingredients, ascertain that it is very nicely strained, as, if this is not properly attended to, it is liable to make the jelly thick and muddy. As this jelly is very pale, and almost colourless, it answers very well for moulding with a jelly of any bright hue; for instance, half a jelly bright red, and the other half made of the above, would have a very good effect. Lemon jelly may also be made with calf's-feet stock, allowing the juice of 3 lemons to every pint of stock.

Time.-- Altogether, 1 hour.

Average cost, with the best isinglass, 2s. 9d.

Sufficient to fill 1-½-pint mould. Seasonable at any time.

**LEMON SPONGE.**

1448. INGREDIENTS.-- 2 oz. of isinglass, 1-¾ pint of water, ¾ lb. of pounded sugar, the juice of 5 lemons, the rind of 1, the whites of 3 eggs.

Mode.-- Dissolve the isinglass in the water, strain it into a saucepan, and add the sugar, lemon-rind, and juice. Boil the whole from 10 to 15 minutes; strain it again, and let it stand till it is cold and begins to stiffen. Beat the whites of the eggs, put them to it, and whisk the mixture till it is quite white; put it into a mould which has been
previously wetted, and let it remain until perfectly set; then turn it out, and garnish it according to taste.

Time.-- 10 to 15 minutes. Average cost, with the best isinglass, 3s. 6d.

Sufficient to fill a quart mould. Seasonable at any time.

LIQUEUR JELLY.

1449. INGREDIENTS.-- 1 lb. of lump sugar, 2 oz. of isinglass, 1-½ pint of water, the juice of 2 lemons, ¼ pint of liqueur.

Mode.-- Put the sugar, with 1 pint of the water, into a stewpan, and boil them gently by the side of the fire until there is no scum remaining, which must be carefully removed as fast as it rises. Boil the isinglass with the other ½ pint of water, and skim it carefully in the same manner. Strain the lemon-juice, and add it, with the clarified isinglass, to the syrup; put in the liqueur, and bring the whole to the boiling-point. Let the saucepan remain covered by the side of the fire for a few minutes; then pour the jelly through a bag, put it into a mould, and set the mould in ice until required for table. Dip the mould in hot water, wipe the outside, loosen the jelly by passing a knife round the edges, and turn it out carefully on a dish. Noyeau, Maraschino, Curaçoa, brandy, or any kind of liqueur, answers for this jelly; and, when made with isinglass, liqueur jellies are usually prepared as directed above.

Time.-- 10 minutes to boil the sugar and water.

Average cost, with the best isinglass, 3s. 6d.

Sufficient to fill a quart mould. Seasonable at any time.

A SWEET DISH OF MACARONI.

1450. INGREDIENTS.-- ¼ lb. of macaroni, 1-½ pint of milk, the rind of ½ lemon, 3 oz. of lump sugar, ¼ pint of custard No. 1423.

Mode.-- Put the milk into a saucepan, with the lemon-peel and sugar; bring it to the boiling-point, drop in the macaroni, and let it gradually swell over a gentle fire, but do not allow the pipes to break. The form should be entirely preserved; and, though tender, should be firm, and not soft, with no part beginning to melt. Should the milk dry away before the macaroni is sufficiently swelled, add a little more. Make a custard by recipe No. 1423; place the macaroni on a dish, and pour the custard over the hot
macaroni; grate over it a little nutmeg, and, when cold, garnish the dish with slices of candied citron.

_TimeType._-- From 40 to 50 minutes to swell the macaroni.

_Average cost._-- with the custard, 1s.

_Sufficient_ for 4 or 5 persons. _Seasonable_ at any time.

**MERINGUES.**

1451. **INGREDIENTS.**-- ½ lb. of pounded sugar, the whites of 4 eggs.

_Mode._-- Whisk the whites of the eggs to a stiff froth, and, with a wooden spoon, stir in _quickly_ the pounded sugar; and have some boards thick enough to put in the oven to prevent the bottom of the meringues from acquiring too much colour. Cut some strips of paper about 2 inches wide; place this paper on the board, and drop a tablespoonful at a time of the mixture on the paper, taking care to let all the meringues be the same size. In dropping it from the spoon, give the mixture the form of an egg, and keep the meringues about 2 inches apart from each other on the paper. Strew over them some sifted sugar, and bake in a moderate oven for ½ hour. As soon as they begin to colour, remove them from the oven; take each slip of paper by the two ends, and turn it gently on the table, and, with a small spoon, take out the soft part of each meringue. Spread some clean paper on the board, turn the meringues upside down, and put them into the oven to harden and brown on the other side. When required for table, fill them with whipped cream, flavoured with liqueur or vanilla, and sweetened with pounded sugar. Join two of the meringues together, and pile them high in the dish, as shown in the annexed drawing. To vary their appearance, finely-chopped almonds or currants may be strewn over them before the sugar is sprinkled over; and they may be garnished with any bright-coloured preserve. Great expedition is necessary in making this sweet dish; as, if the meringues are not put into the oven as soon as the sugar and eggs are mixed, the former melts, and the mixture would run on the paper, instead of keeping its egg-shape. The sweeter the meringues are made, the crisper will they be; but, if there is not sufficient sugar mixed with them, they will most likely be tough. They are sometimes coloured with cochineal; and, if kept well covered in a dry place, will remain good for a month or six weeks.

_Time._-- Altogether, about ½ hour.

_Average cost._-- with the cream and flavouring, 1s.

_Sufficient_ to make 2 dozen meringues. _Seasonable_ at any time.
NOYEAU CREAM.

1452. INGREDIENTS.— 1½ oz. of isinglass, the juice of 2 lemons, noyeau and pounded sugar to taste, 1½ pint of cream.

Mode.— Dissolve the isinglass in a little boiling water, add the lemon-juice, and strain this to the cream, putting in sufficient noyeau and sugar to flavour and sweeten the mixture nicely; whisk the cream well, put it into an oiled mould, and set the mould in ice or in a cool place; turn it out, and garnish the dish to taste.

Time.— Altogether, ½ hour.

Average cost, with cream at 1s. per pint and the best isinglass, 4s.

Sufficient to fill a quart mould. Seasonable at any time.

OPEN JELLY WITH WHIPPED CREAM.

(A very pretty dish.)

1453. INGREDIENTS.— 1½ pint of jelly, ½ pint of cream, 1 glass of sherry, sugar to taste.

Mode.— Make the above proportion of calf’s-feet or isinglass jelly, colouring and flavouring it in any way that may be preferred; soak a mould, open in the centre, for about ½ hour in cold water; fill it with the jelly, and let it remain in a cool place until perfectly set; then turn it out on a dish; fill the centre with whipped cream, flavoured with sherry and sweetened with pounded sugar; pile this cream high in the centre, and serve. The jelly should be made of rather a dark colour, to contrast nicely with the cream.

Time.— ¾ hour. Average cost, 3s. 6d.

Sufficient to fill 1½-pint mould. Seasonable at any time.

ORANGE JELLY.

1454. INGREDIENTS.— 1 pint of water, 1½ to 2 oz. of isinglass, ½ lb. of loaf sugar, 1 Seville orange, 1 lemon, about 9 China oranges.

Mode.— Put the water into a saucepan, with the isinglass, sugar, and the rind of 1 orange, and the same of ½ lemon, and
stir these over the fire until the isinglass is dissolved, and remove the scum; then add to this the juice of the Seville orange, the juice of the lemon, and sufficient juice of China oranges to make in all 1 pint; from 8 to 10 oranges will yield the desired quantity. Stir all together over the fire until it is just on the point of boiling; skim well; then strain the jelly through a very fine sieve or jelly-bag, and when nearly cold, put it into a mould previously wetted, and, when quite set, turn it out on a dish, and garnish it to taste. To insure this jelly being clear, the orange-and lemon-juice should be well strained, and the isinglass clarified, before they are added to the other ingredients, and, to heighten the colour, a few drops of prepared cochineal may be added.

_Time._-- 5 minutes to boil without the juice; 1 minute after it is added.

_Average cost_, with the best isinglass, 3s. 6d.

_Sufficient_ to fill a quart mould. _Seasonable_ from November to May.

**ORANGE JELLY MOULDED WITH SLICES OF ORANGE.**

1455. **INGREDIENTS.**-- 1½ pint of orange jelly No. 1454, 4 oranges, 1 pint of clarified syrup.

_Mode._-- Boil ½ lb. of loaf sugar with ½ pint of water until there is no scum left (which must be carefully removed as fast as it rises), and carefully peel the oranges; divide them into thin slices, without breaking the thin skin, and put these pieces of orange into the syrup, where let them remain for about 5 minutes; then take them out, and use the syrup for the jelly, which should be made by recipe No. 1454. When the oranges are well drained, and the jelly is nearly cold, pour a little of the latter into the bottom of the mould; then lay in a few pieces of orange; over these pour a little jelly, and when this is set, place another layer of oranges, proceeding in this manner until the mould is full. Put it in ice, or in a cool place, and, before turning it out, wrap a cloth round the mould for a minute or two, which has been wrung out in boiling water.

_Time._-- 5 minutes to simmer the oranges. _Average cost_, 3s. 6d.

_Sufficient_, with the slices of orange, to fill a quart mould.

_Seasonable_ from November to May.

**TO MAKE A PLAIN OMELET.**

1456. **INGREDIENTS.**-- 6 eggs, 1 saltspoonful of salt, 1/3 saltspoonful of pepper, ¼ lb. of butter.

_Mode._-- Break the eggs into a basin, omitting the whites of 3, and beat them up with the salt and pepper until extremely light; then add 2 oz. of the butter broken into small pieces, and stir this into the mixture. Put the other 2 oz. of butter into a frying-pan, make it quite hot, and, as soon as it begins to bubble, whisk the eggs, &c. very briskly for a minute or two, and pour them
into the pan; stir the omelet with a spoon one way until the mixture thickens and becomes firm, and when the whole is set, fold the edges over, so that the omelet assumes an oval form; and when it is nicely brown on one side, and quite firm, it is done. To take off the rawness on the upper side, hold the pan before the fire for a minute or two, and brown it with a salamander or hot shovel. Serve very expeditiously on a very hot dish, and never cook it until it is just wanted. The flavour of this omelet may be very much enhanced by adding minced parsley, minced onion or eschalot, or grated cheese, allowing 1 tablespoonful of the former, and half the quantity of the latter, to the above proportion of eggs. Shrimps or oysters may also be added: the latter should be scalded in their liquor, and then bearded and cut into small pieces. In making an omelet, be particularly careful that it is not too thin, and, to avoid this, do not make it in too large a frying-pan, as the mixture would then spread too much, and taste of the outside. It should also not be greasy, burnt, or too much done, and should be cooked over a gentle fire, that the whole of the substance may be heated without drying up the outside. Omelets are sometimes served with gravy; but *this should never be poured over them*, but served in a tureen, as the liquid causes the omelet to become heavy and flat, instead of eating light and soft. In making the gravy, the flavour should not overpower that of the omelet, and should be thickened with arrowroot or rice flour.

*Time.*-- With 6 eggs, in a frying-pan 18 or 20 inches round, 4 to 6 minutes. *Average cost*, 9d.

*Sufficient for 4 persons. Seasonable at any time.*

**HAM OMELET**

(A delicious Breakfast Dish.)

1457. **INGREDIENTS.**-- 6 eggs, 4 oz. of butter, ½ saltspoonful of pepper, 2 tablespoonfuls of minced ham.

*Mode.*-- Mince the ham very finely, without any fat, and fry it for 2 minutes in a little butter; then make the batter for the omelet, stir in the ham, and proceed as directed in recipe No. 1456. Do not add any salt to the batter, as the ham is usually sufficiently salt to impart a flavour to the omelet. Good lean bacon, or tongue, answers equally well for this dish; but they must also be slightly cooked previously to mixing them with the batter. Serve very hot and quickly, without gravy.

*Time.*-- From 4 to 6 minutes. *Average cost*, 1s.

*Sufficient for 4 persons. Seasonable at any time.*

**KIDNEY OMELET**

(A favourite French dish.)

1458. **INGREDIENTS.**-- 6 eggs, 1 saltspoonful of salt, ½ saltspoonful of pepper, 2 sheep's kidneys, or 2 tablespoonfuls of minced veal kidney, 5 oz. of butter.
Mode.-- Skin the kidneys, cut them into small dice, and toss them in a frying-pan, in 1 oz. of butter, over the fire for 2 or 3 minutes. Mix the ingredients for the omelet the same as in recipe No. 1456, and when the eggs are well whisked, stir in the pieces of kidney. Make the butter hot in the frying-pan, and when it bubbles, pour in the omelet, and fry it over a gentle fire from 4 to 6 minutes. When the eggs are set, fold the edges over, so that the omelet assumes an oval form, and be careful that it is not too much done: to brown the top, hold the pan before the fire for a minute or two, or use a salamander until the desired colour is obtained, but never turn an omelet in the pan. Slip it carefully on to a very hot dish, or, what is a much safer method, put a dish on the omelet, and turn the pan quickly over. It should be served the instant it comes from the fire.

*Time.*-- 4 to 6 minutes. *Average cost,* 1s.

*Sufficient* for 4 persons. *Seasonable* at any time.

**TO MAKE A PLAIN SWEET OMELET.**

1459. INGREDIENTS.-- 6 eggs, 4 oz. of butter, 2 oz. of sifted sugar.

Mode.-- Break the eggs into a basin, omitting the whites of 3; whisk them well, adding the sugar and 2 oz. of the butter, which should be broken into small pieces, and stir all these ingredients well together. Make the remainder of the butter quite hot in a small frying-pan, and when it commences to bubble, pour in the eggs, &c. Keep stirring them until they begin to set; then turn the edges of the omelet over, to make it an oval shape, and finish cooking it. To brown the top, hold the pan before the fire, or use a salamander, and turn it carefully on to a very hot dish: sprinkle sifted sugar over, and serve.

*Time.*-- From 4 to 6 minutes. *Average cost,* 10d.

*Sufficient* for 4 persons. *Seasonable* at any time.

**OMELETTE AUX CONFITURES, or JAM OMELET.**

1460. INGREDIENTS.-- 6 eggs, 4 oz. of butter, 3 tablespoonfuls of apricot, strawberry, or any jam that may be preferred.

Mode.-- Make the omelet by recipe No. 1459, only instead of doubling it over, leave it flat in the pan. When quite firm, and nicely brown on one side, turn it carefully on to a hot dish, spread over the middle of it the jam, and fold the omelet over on each side; sprinkle sifted sugar over, and serve very quickly. A pretty dish of small omelets may be made by dividing the batter into 3 or 4 portions, and frying them separately; they should then be spread each one with a different kind of preserve, and the omelets rolled over. Always sprinkle sweet omelets with sifted sugar before being sent to table.
Time.-- 4 to 6 minutes. Average cost, 1s. 2d.

Sufficient for 4 persons. Seasonable at any time.

OMELETTE SOUFFLÉ.

1461. INGREDIENTS.-- 6 eggs, 5 oz. of pounded sugar, flavouring of vanilla, orange-flower water, or lemon-rind, 3 oz. of butter, 1 dessert-spoonful of rice-flour.

Mode.-- Separate the yolks from the whites of the eggs, add to the former the sugar, the rice-flour, and either of the above flavourings that may be preferred, and stir these ingredients well together. Whip the whites of the eggs, mix them lightly with the batter, and put the butter into a small frying-pan. As soon as it begins to bubble, pour the batter into it, and set the pan over a bright but gentle fire; and when the omelet is set, turn the edges over to make it an oval shape, and slip it on to a silver dish, which has been previously well buttered. Put it in the oven, and bake from 12 to 15 minutes; sprinkle finely-powdered sugar over the soufflé, and serve it immediately.

Time.-- About 4 minutes in the pan; to bake, from 12 to 15 minutes.

Average cost. 1s.

Sufficient for 3 or 4 persons. Seasonable at any time.

BACHELOR'S OMELET.

1462. INGREDIENTS.-- 2 or 3 eggs, 2 oz. of butter, 1 teaspoonful of flour, ½ teacupful of milk.

Mode.-- Make a thin cream of the flour and milk; then beat up the eggs, mix all together, and add a pinch of salt and a few grains of cayenne. Melt the butter in a small frying-pan, and, when very hot, pour in the batter. Let the pan remain for a few minutes over a clear fire; then sprinkle upon the omelet some chopped herbs and a few shreds of onion; double the omelet dexterously, and shake it out of the pan on to a hot dish. A simple sweet omelet can be made by the same process, substituting sugar or preserve for the chopped herbs.

Time.-- 2 minutes.

Average cost, 6d.

Sufficient for 2 persons.

Seasonable at any time.

ORANGE CREAM.

1463. INGREDIENTS.-- 1 oz. of isinglass, 6 large oranges, 1 lemon, sugar to taste, water, ½ pint of good cream.
Mode.-- Squeeze the juice from the oranges and lemon; strain it, and put it into a saucepan with the isinglass, and sufficient water to make in all 1-½ pint. Rub the sugar on the orange and lemon-rind, add it to the other ingredients, and boil all together for about 10 minutes. Strain through a muslin bag, and, when cold, beat up with it ½ pint of thick cream. Wet a mould, or soak it in cold water; pour in the cream, and put it in a cool place to set. If the weather is very cold, 1 oz. of isinglass will be found sufficient for the above proportion of ingredients.

Time.-- 10 minutes to boil the juice and water.

Average cost, with the best isinglass, 3s.

Sufficient to fill a quart mould.

Seasonable from November to May.

ORANGE CREAMS.

1464. INGREDIENTS.-- 1 Seville orange, 1 tablespoonful of brandy, ¼ lb. of loaf sugar, the yolks of 4 eggs, 1 pint of cream.

Mode.-- Boil the rind of the Seville orange until tender, and beat it in a mortar to a pulp; add to it the brandy, the strained juice of the orange, and the sugar, and beat all together for about 10 minutes, adding the well-beaten yolks of eggs. Bring the cream to the boiling-point, and pour it very gradually to the other ingredients, and beat the mixture till nearly cold; put it into custard-cups, place the cups in a deep dish of boiling water, where let them remain till quite cold. Take the cups out of the water, wipe them, and garnish the tops of the creams with candied orange-peel or preserved chips.

Time.-- Altogether, ¾ hour.

Average cost, with cream at 1s. per pint, 1s. 7d.

Sufficient to make 7 or 8 creams.

Seasonable from November to May.

Note.-- To render this dish more economical, substitute milk for the cream, but add a small pinch of isinglass to make the creams firm.

SEVILLE ORANGE (Citrus vulgaris).-- This variety, called also bitter orange, is of the same species as the sweet orange, and grows in great abundance on the banks of the Guadalquiver, in Andalusia, whence this fruit is chiefly obtained. In that part of Spain there are very extensive orchards of these oranges, which form the chief wealth of the monasteries. The pulp of the bitter orange is not eaten raw. In the yellow rind, separated from the white spongy
substance immediately below it, is contained an essential oil, which is an agreeable warm aromatic, much superior for many purposes to that of the common orange. The best marmalade and the richest wine are made from this orange; and from its flowers the best orange-flower water is distilled. Seville oranges are also preserved whole as a sweetmeat.

**ORANGE FRITTERS.**

1465. **INGREDIENTS.**-- For the batter, ½ lb. of flour, ½ oz. of butter, ½ saltspoonful of salt, 2 eggs, milk, oranges, hot lard or clarified dripping.

**Mode.**-- Make a nice light batter with the above proportion of flour, butter, salt, eggs, and sufficient milk to make it the proper consistency; peel the oranges, remove as much of the white skin as possible, and divide each orange into eight pieces, without breaking the thin skin, unless it be to remove the pips; dip each piece of orange in the batter. Have ready a pan of boiling lard or clarified dripping; drop in the oranges, and fry them a delicate brown from 8 to 10 minutes. When done, lay them on a piece of blotting-paper before the fire, to drain away the greasy moisture, and dish them on a white d'oyley; sprinkle over them plenty of pounded sugar, and serve quickly.

**Time.**-- 8 to 10 minutes to fry the fritters; 5 minutes to drain them.

**Average cost**, 9d.

**Sufficient** for 4 or 5 persons.

**Seasonable** from November to May.

**A PRETTY DISH OF ORANGES.**

1466. **INGREDIENTS.**-- 6 large oranges, ½ lb. of loaf sugar, ¼ pint of water, ½ pint of cream, 2 tablespoonfuls of any kind of liqueur, sugar to taste.

**Mode.**-- Put the sugar and water into a saucepan, and boil them until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon, and dipping it in cold water; if the sugar is sufficiently boiled, it will easily snap. Peel the oranges, remove as much of the white pith as possible, and divide them into nice-sized slices, without breaking the thin white skin which surrounds the juicy pulp. Place the pieces of orange on small skewers, dip them into the hot sugar, and arrange them in layers round a plain mould, which should be well oiled with the purest salad-oil. The sides of the mould only should be lined with the oranges, and the centre left open for the cream. Let the sugar become firm by cooling; turn the oranges carefully out on a dish, and fill the centre with whipped cream, flavoured with any kind of liqueur, and sweetened with pounded sugar. This is an exceedingly ornamental and nice dish for the supper-table.

**Time.**-- 10 minutes to boil the sugar. **Average cost**, 1s. 8d.

**Sufficient** for 1 mould. **Seasonable** from November to May.
TO MAKE PANCAKES.

1467. INGREDIENTS.-- Eggs, flour, milk; to every egg allow 1 oz. of flour, about 1 gill of milk, 1/8 saltspoonful of salt.

Mode.-- Ascertain that the eggs are fresh; break each one separately in a cup; whisk them well, put them into a basin, with the flour, salt, and a few drops of milk, and beat the whole to a perfectly smooth batter; then add by degrees the remainder of the milk. The proportion of this latter ingredient must be regulated by the size of the eggs, &c. &c.; but the batter, when ready for frying, should be of the consistency of thick cream. Place a small frying-pan on the fire to get hot; let it be delicately clean, or the pancakes will stick, and, when quite hot, put into it a small piece of butter, allowing about ½ oz. to each pancake. When it is melted, pour in the batter, about ½ teacupful to a pan 5 inches in diameter, and fry it for about 4 minutes, or until it is nicely brown on one side. By only pouring in a small quantity of batter, and so making the pancakes thin, the necessity of turning them (an operation rather difficult to unskilful cooks) is obviated. When the pancake is done, sprinkle over it some pounded sugar, roll it up in the pan, and take it out with a large slice, and place it on a dish before the fire. Proceed in this manner until sufficient are cooked for a dish; then send them quickly to table, and continue to send in a further quantity, as pancakes are never good unless eaten almost immediately they come from the frying-pan. The batter may be flavoured with a little grated lemon-rind, or the pancakes may have preserve rolled in them instead of sugar. Send sifted sugar and a cut lemon to table with them. To render the pancakes very light, the yolks and whites of the eggs should be beaten separately, and the whites added the last thing to the batter before frying.

Time.-- from 4 to 6 minutes for a pancake that does not require turning; from 6 to 8 minutes for a thicker one.

Average cost, for 3 persons, 6d.

Sufficient.-- Allow 3 eggs, with the other ingredients in proportion, for 3 persons.

Seasonable at any time, but specially served on Shrove Tuesday.

RICHER PANCAKES.

1468. INGREDIENTS.-- 6 eggs, 1 pint of cream, ¼ lb. of loaf sugar, 1 glass of sherry, ½ teaspoonful of grated nutmeg, flour.

Mode.-- Ascertain that the eggs are extremely fresh, beat them well, strain and mix with them the cream, pounded sugar, wine, nutmeg, and as much flour as will make the batter nearly as thick as that for ordinary pancakes. Make the frying-pan hot, wipe it with a clean cloth, pour in sufficient batter to make a thin pancake, and fry it for about 5 minutes. Dish the pancakes piled one above the other, strew sifted sugar between each, and serve.
Time.-- About 5 minutes.

Average cost, with cream at 1s. per pint, 2s. 3d.

Sufficient to make 8 pancakes.

Seasonable at any time, but specially served on Shrove Tuesday.

PEACH FRITTERS.

1469. INGREDIENTS.-- For the batter: ½ lb. of flour, ½ oz. of butter, ½ saltspoonful of salt, 2 eggs, milk;-- peaches, hot lard or clarified dripping.

Mode.-- Make a nice smooth, batter in the same manner as directed in recipe No. 1393, and skin, halve, and stone the peaches, which should be quite ripe; dip them in the batter, and fry the pieces in hot lard or clarified dripping, which should be brought to the boiling-point before the peaches are put in. From 8 to 10 minutes will be required to fry them, and, when done, drain them before the fire, and dish them on a white d'oyley. Strew over plenty of pounded sugar, and serve.

Time.-- From 8 to 10 minutes to fry the fritters, 6 minutes to drain them.

Average cost, 1s.

Sufficient for 4 or 5 persons.

Seasonable in July, August, and September.

PEACH.-- The peach and nectarine are amongst the most delicious of our fruits, and are considered as varieties of the same species produced by cultivation. The former is characterized by a very delicate down, while the latter is smooth; but, as a proof of their identity as to species, trees have borne peaches in one part and nectarines in another; and even a single fruit has had down on one side and the other smooth. The trees are almost exactly alike, as well as the blossoms. Pliny states that the peach was originally brought from Persia, where it grows naturally, from which the name of Persica was bestowed upon it by the Romans; and some modern botanists apply this as the generic name, separating them from Amygdalus, or Almond, to which Linnaeus had united them. Although they are not tropical, they require a great deal of warmth to bring them to perfection: hence they seldom ripen in this country, in ordinary seasons, without the use of walls or glass; consequently, they bear a high price. In a good peach, the flesh is firm, the skin thin, of a deep bright colour next the sun and of a yellowish green next to the wall; the pulp is yellowish, full of highly-flavoured juice, the fleshy part thick, and the stone small. Too much down is a sign of inferior quality. This fruit is much used at the dessert, and makes a delicious preserve.
MRS. ISABELLA BEETON

PEARS A L'ALLEMANDE.

1470. INGREDIENTS.-- 6 to 8 pears, water, sugar, 2 oz. of butter, the yolk of an egg, 1/2 oz. of gelatine.

Mode.-- Peel and cut the pears into any form that may be preferred, and steep them in cold water to prevent them turning black; put them into a saucepan with sufficient cold water to cover them, and boil them with the butter and enough sugar to sweeten them nicely, until tender; then brush the pears over with the yolk of an egg, sprinkle them with sifted sugar, and arrange them on a dish. Add the gelatine to the syrup, boil it up quickly for about 5 minutes, strain it over the pears, and let it remain until set. The syrup may be coloured with a little prepared cochineal, which would very much improve the appearance of the dish.

Time.-- From 20 minutes to 1/2 hour to stew the pears; 5 minutes to boil the syrup.

Average cost, 1s. 3d.

Sufficient for a large dish.

Seasonable from August to February.

MOULDED Pears.

1471. INGREDIENTS.-- 4 large pears or 6 small ones, 8 cloves, sugar to taste, water, a small piece of cinnamon, 1/4 pint of raisin wine, a strip of lemon-peel, the juice of 1/2 lemon, 1/2 oz. of gelatine.

Mode.-- Peel and cut the pears into quarters; put them into a jar with 3/4 pint of water, cloves, cinnamon, and sufficient sugar to sweeten the whole nicely; cover down the top of the jar, and bake the pears in a gentle oven until perfectly tender, but do not allow them to break. When done, lay the pears in a plain mould, which should be well wetted, and boil 1/2 pint of the liquor the pears were baked in with the wine, lemon-peel, strained juice, and gelatine. Let these ingredients boil quickly for 5 minutes, then strain the liquid warm over the pears; put the mould in a cool place, and when the jelly is firm, turn it out on a glass dish.

Time.-- 2 hours to bake the pears in a cool oven.

Average cost, 1s. 3d.

Sufficient for a quart mould.

Seasonable from August to February

PINEAPPLE FRITTERS.

(An elegant Dish.)

1472. INGREDIENTS.-- A small pineapple, a small wineglassful of brandy or liqueur, 2 oz. of sifted sugar; batter as for apple fritters No. 1393.
Mode. -- This elegant dish, although it may appear extravagant, is really not so if made when pineapples are plentiful. We receive them now in such large quantities from the West Indies, that at times they may be purchased at an exceedingly low rate: it would not, of course, be economical to use the pines which are grown in our English pineries for the purposes of fritters. Pare the pine with as little waste as possible, cut it into rather thin slices, and soak these slices in the above proportion of brandy or liqueur and pounded sugar for 4 hours; then make a batter the same as for apple fritters, substituting cream for the milk, and using a smaller quantity of flour; and, when this is ready, dip in the pieces of pine, and fry them in boiling lard from 5 to 8 minutes; turn them when sufficiently brown on one side, and, when done, drain them from the lard before the fire, dish them on a white d'oyley, strew over them sifted sugar, and serve quickly.

Time. -- 5 to 8 minutes.

Average cost, when cheap and plentiful, 1s. 6d. for the pine.

Sufficient for 3 or 4 persons.

Seasonable in July and August.

PINEAPPLE. -- The pineapple has not been known in Europe above two hundred years, and has not been cultivated in England much above a century. It is stated that the first pineapples raised in Europe were by M. La Cour, of Leyden, about the middle of the 17th century; and it is said to have been first cultivated in England by Sir Matthew Decker, of Richmond. In Kensington Palace, there is a picture in which Charles II. is represented as receiving a pineapple from his gardener Rose, who is presenting it on his knees.

PLAIN FRITTERS.

1473. INGREDIENTS. -- 3 oz. of flour, 3 eggs, 1/3 pint of milk.

Mode. -- Mix the flour to a smooth batter with a small quantity of the milk; stir in the eggs, which should be well whisked, and then the remainder of the milk; boat the whole to a perfectly smooth batter, and should it be found not quite thin enough, add two or three tablespoonfuls more milk. Have ready a frying-pan, with plenty of boiling lard in it; drop in rather more than a tablespoonful at a time of the batter, and fry the fritters a nice brown, turning them when sufficiently cooked on one side. Drain them well from the greasy moisture by placing them upon a piece of blotting-paper before the fire; dish them on a white d'oyley, sprinkle over them sifted sugar, and send to table with them a cut lemon and plenty of pounded sugar.

Time. -- From 6 to 8 minutes.
Average cost, 4d.

Sufficient for 3 or 4 persons.

Seasonable at any time.

**POTATO FRITTERS.**

1474. INGREDIENTS.-- 2 large potatoes, 4 eggs, 2 tablespoonfuls of cream, 2 ditto of raisin or sweet wine, 1 dessertspoonful of lemon-juice, 4 teaspoonful of grated nutmeg, hot lard.

Mode.-- Boil the potatoes, and beat them up lightly with a fork, but do not use a spoon, as that would make them heavy. Beat the eggs well, leaving out one of the whites; add the other ingredients, and beat all together for at least 20 minutes, or until the batter is extremely light. Put plenty of good lard into a frying-pan, and drop a tablespoonful of the batter at a time into it, and fry the fritters a nice brown. Serve them with the following sauce:-- A glass of sherry mixed with the strained juice of a lemon, and sufficient white sugar to sweeten the whole nicely. Warm these ingredients, and serve the sauce separately in a tureen. The fritters should be neatly dished on a white d'oyley, and pounded sugar sprinkled over them; and they should be well drained on a piece of blotting-paper before the fire previously to being dished.

Time.-- From 6 to 8 minutes.

Average cost, 9d.

Sufficient for 3 or 4 persons.

Seasonable at any time.

**RASPBERRY CREAM.**

1475. INGREDIENTS.-- ¾ pint of milk, ¾ pint of cream, 1-½ oz. of isinglass, raspberry jelly, sugar to taste, 2 tablespoonfuls of brandy.

Mode.-- Boil the milk, cream, and isinglass together for ¼ hour, or until the latter is melted, and strain it through a hair sieve into a basin. Let it cool a little; then add to it
sufficient raspberry jelly, which, when melted, would make 1/3 pint, and stir well till the ingredients are thoroughly mixed. If not sufficiently sweet, add a little pounded sugar with the brandy; whisk the mixture well until nearly cold, put it into a well-oiled mould, and set it in a cool place till perfectly set. Raspberry jam may be substituted for the jelly, but must be melted, and rubbed through a sieve, to free it from seeds: in summer, the juice of the fresh fruit may be used, by slightly mashing it with a wooden spoon, and sprinkling sugar over it; the juice that flows from the fruit should then be used for mixing with the cream. If the colour should not be very good, a few drops of prepared cochineal may be added to improve its appearance. (See coloured plate T1.)

Time.-- ¼ hour to boil the cream and isinglass.

Average cost, with cream at 1s. per pint, and the best isinglass, 3s.

Sufficient to fill a quart mould.

Seasonable, with jelly, at any time.

Note.-- Strawberry cream may be made in precisely the same manner, substituting strawberry jam or jelly for the raspberry.

RICE BLANCMANGE.

1476. INGREDIENTS.-- ¼ lb. of ground rice, 3 oz. of loaf sugar, 1 oz. of fresh butter, 1 quart of milk, flavouring of lemon-peel, essence of almonds or vanilla, or laurel-leaves.

Mode.-- Mix the rice to a smooth batter with about ½ pint of the milk, and the remainder put into a saucepan, with the sugar, butter, and whichever of the above flavourings may be preferred; bring the milk to the boiling-point, quickly stir in the rice, and let it boil for about 10 minutes, or until it comes easily away from the saucepan, keeping it well stirred the whole time. Grease a mould with pure salad-oil; pour in the rice, and let it get perfectly set, when it should turn out quite easily; garnish it with jam, or pour round a compôte of any kind of fruit, just before it is sent to table. This blancmange is better for being made the day before it is wanted, as it then has time to become firm. If laurel-leaves are used for flavouring, steep 3 of them in the milk, and take them out before the rice is added: about 8 drops of essence of almonds, or from 12 to 16 drops of essence of vanilla, would be required to flavour the above proportion of milk.

Time.-- From 10 to 15 minutes to boil the rice.

Average cost, 9d.

Sufficient to fill a quart mould.

Seasonable at any time.
RICE CROQUETTES.

1477. INGREDIENTS.-- ½ lb. of rice, 1 quart of milk, 6 oz. of pounded sugar, flavouring of vanilla, lemon-peel, or bitter almonds, egg and bread crumbs, hot lard.

Mode.-- Put the rice, milk, and sugar into a saucepan, and let the former gradually swell over a gentle fire until all the milk is dried up; and just before the rice is done, stir in a few drops of essence of any of the above flavourings. Let the rice get cold; then form it into small round balls, dip them into yolk of egg, sprinkle them with bread crumbs, and fry them in boiling lard for about 10 minutes, turning them about, that they may get equally browned. Drain the greasy moisture from them, by placing them on a cloth in front of the fire for a minute or two; pile them on a white d'oyley, and send them quickly to table. A small piece of jam is sometimes introduced into the middle of each croquette, which adds very much to the flavour of this favourite dish.

Time.-- From ¼ to 1 hour to swell the rice; about 10 minutes to fry the croquettes.

Average cost, 10d.

Sufficient to make 7 or 8 croquettes.

Seasonable at any time.

RICE FRITTERS.

1478. INGREDIENTS.-- 6 oz. of rice, 1 quart of milk, 3 oz. of sugar, 1 oz. of fresh butter 6 oz. of orange marmalade, 4 eggs.

Mode.-- Swell the rice in the milk, with the sugar and butter, over a slow fire until it is perfectly tender, which will be in about ¾ hour. When the rice is done, strain away the milk, should there be any left, and mix with it the marmalade and well-beaten eggs; stir the whole over the fire until the eggs are set; then spread the mixture on a dish to the thickness of about ½ inch, or rather thicker. When it is perfectly cold, cut it into long strips, dip them in a batter the same as for apple fritters, and fry them a nice brown. Dish them on a white d'oyley, strew sifted sugar over, and serve quickly.

Time.-- About ¾ hour to swell the rice; from 7 to 10 minutes to fry the fritters.

Average cost, 1s. 6d.

Sufficient to make 7 or 8 fritters.

Seasonable at any time.

RICE SNOWBALLS.

(A pretty dish for Juvenile Suppers.)

1479. INGREDIENTS.-- 6 oz. of rice, 1 quart of milk, flavouring of essence of almonds, sugar to taste, 1 pint of custard made by recipe No. 1423.
**Mode.**-- Boil the rice in the milk, with sugar and a flavouring of essence of almonds, until the former is tender, adding, if necessary, a little more milk, should it dry away too much. When the rice is quite soft, put it into teacups, or small round jars, and let it remain until cold; then turn the rice out on a deep glass dish, pour over a custard made by recipe No. 1423, and, on the top of each ball place a small piece of bright-coloured preserve or jelly. Lemon-peel or vanilla may be boiled with the rice instead of the essence of almonds, when either of these is preferred; but the flavouring of the custard must correspond with that of the rice.

**Time.**-- About ¾ hour to swell the rice in the milk.

**Average cost,** with the custard, 1s. 6d.

**Sufficient** for 5 or 6 children.

**Seasonable** at any time.

**RICE SOUFFLE.**

1480. **INGREDIENTS.**-- 3 tablespoonfuls of ground rice, 1 pint of milk, 5 eggs, pounded sugar to taste, flavouring of lemon-rind, vanilla, coffee, chocolate, or anything that may be preferred, a piece of butter the size of a walnut.

**Mode.**-- Mix the ground rice with 6 tablespoonfuls of the milk quite smoothly, and put it into a saucepan with the remainder of the milk and butter, and keep stirring it over the fire for about ¼ hour, or until the mixture thickens. Separate the yolks from the whites of the eggs, beat the former in a basin, and stir to them the rice and sufficient pounded sugar to sweeten the soufflé; but add this latter ingredient as sparingly as possible, as, the less sugar there is used, the lighter will be the soufflé. Now whisk the whites of the eggs to a stiff froth or snow; mix them with the other preparation, and pour the whole into a soufflé-dish, and put it instantly into the oven; bake it about ½ hour in a moderate oven; take it out, hold a salamander or hot shovel over the top, sprinkle sifted sugar over it, and send the soufflé to table in the dish it was baked in, either with a napkin pinned round, or inclosed in a more ornamental dish. The excellence of this fashionable dish entirely depends on the proper whisking of the whites of the eggs, the manner of baking, and the expedition with which it is sent to table. Soufflés should be served *instantly* from the oven, or they will sink, and be nothing more than an ordinary pudding.

**Time.**-- About ½ hour.

**Average cost,** 1s.

**Sufficient** for 3 or 4 persons.

**Seasonable** at any time.
TO MAKE A SOUFFLE.

1481. INGREDIENTS.-- 3 heaped tablespoonfuls of potato-flour, rice-flour, arrowroot, or tapioca, 1 pint of milk, 5 eggs, a piece of butter the size of a walnut, sifted sugar to taste, ¼ saltspoonful of salt flavouring.

Mode.-- Mix the potato-flour, or whichever one of the above ingredients is used, with a little of the milk; put it into a saucepan, with the remainder of the milk, the butter, salt, and sufficient pounded sugar to sweeten the whole nicely. Stir these ingredients over the fire until the mixture thickens; then take it off the fire, and let it cool a little. Separate the whites from the yolks of the eggs, beat the latter, and stir them into the soufflé batter. Now whisk the whites of the eggs to the firmest possible froth, for on this depends the excellence of the dish; stir them to the other ingredients, and add a few drops of essence of any flavouring that may be preferred; such as vanilla, lemon, orange, ginger, &c. &c. Pour the batter into a soufflé-dish, put it immediately into the oven, and bake for about ½ hour; then take it out, put the dish into another more ornamental one, such as is made for the purpose; hold a salamander or hot shovel over the soufflé, streww it with sifted sugar, and send it instantly to table. The secret of making a soufflé well, is to have the eggs well whisked, but particularly the whites, the oven not too hot, and to send it to table the moment it comes from the oven. If the soufflé be ever so well made, and it is allowed to stand before being sent to table, its appearance and goodness will be entirely spoiled. Soufflés may be flavoured in various ways, but must be named accordingly. Vanilla is one of the most delicate and recherché flavourings that can be used for this very fashionable dish.

Time.-- About ½ hour in the oven; 2 or 3 minutes to hold the salamander over.

Average cost, 1s.

Sufficient for 3 or 4 persons.

Seasonable at any time.

SNOW EGGS, or OEUFS A LA NEIGE.

(A very pretty Supper Dish.)

1482. INGREDIENTS.-- 4 eggs, ¾ pint of milk, pounded sugar to taste, flavouring of vanilla, lemon-rind, or orange-flower water.

Mode.-- Put the milk into a saucepan with sufficient sugar to sweeten it nicely, and the rind of ½ lemon. Let this steep by the side of the fire for ½ hour, when take out the peel; separate the whites from the yolks of the eggs, and whisk the former to a perfectly stiff froth, or until there is no liquid remaining; bring the milk to the boiling-point, and drop in the snow a tablespoonful at a time, and keep turning the eggs until sufficiently cooked. Then place them on a glass dish, beat up the yolks of the eggs, stir to them the milk, add a little more sugar, and strain this mixture into a jug; place the jug in a saucepan of boiling water, and stir it one way until the mixture thickens,
but do not allow it to boil, or it will curdle. Pour this custard over the eggs, when they should rise to the surface. They make an exceedingly pretty addition to a supper, and should be put in a cold place after being made. When they are flavoured with vanilla or orange-flower water, it is not necessary to steep the milk. A few drops of the essence of either may be poured in the milk just before the whites are poached. In making the custard, a little more flavouring and sugar should always be added.

_Time._-- About 2 minutes to poach the whites; 8 minutes to stir the custard.

_Average cost_, 8d.

_Sufficient_ for 4 or 5 persons. _Seasonable_ at any time.

**STONE CREAM OF TOUS LES MOIS.**

1483. **INGREDIENTS.**-- ½ lb. of preserve, 1 pint of milk, 2 oz. of lump sugar, 1 heaped tablespoonful of tous les mois, 3 drops of essence of cloves, 3 drops of almond-flavouring.

_Mode._-- Place the preserve at the bottom of a glass dish; put the milk into a lined saucepan, with the sugar, and make it boil. Mix to a smooth batter the tous les mois, with a very little cold milk; stir it briskly into the boiling milk, add the flavouring, and simmer for 2 minutes. When rather cool, but before turning solid, pour the cream over the jam, and ornament it with strips of red-currant jelly or preserved fruit.

_Time._-- 2 minutes. _Average cost_, 10d.

_Sufficient_ for 4 or 5 persons. _Seasonable_ at any time.

**STRAWBERRY JELLY.**

1484. **INGREDIENTS.**-- Strawberries, pounded sugar; to every pint of juice allow 1-¼ oz. of isinglass.

_Mode._-- Pick the strawberries, put them into a pan, squeeze them well with a wooden spoon, add sufficient pounded sugar to sweeten them nicely, and let them remain for 1 hour, that the juice may be extracted; then add ½ pint of water to every pint of juice. Strain the strawberry-juice and water through a bag; measure it, and to every pint allow 1-¼ oz. of isinglass, melted and clarified in ¼ pint of water. Mix this with the juice; put the jelly into a mould, and set the mould in ice. A little lemon-juice added to the strawberry-juice improves the flavour of the jelly, if the fruit is very ripe; but it must be well strained before it is put to the other ingredients, or it will make the jelly muddy.

_Time._-- 1 hour to draw the juice.

_Average cost_, with the best isinglass, 3s.

_Sufficient._-- Allow 1½ pint of jelly for 5 or 6 persons.
Seasonable in June, July, and August.

**SWISS CREAM.**

1485. INGREDIENTS.—¼ lb. of macaroons or 6 small sponge-cakes, sherry, 1 pint of cream, 5 oz. of lump sugar, 2 large tablespoonfuls of arrowroot, the rind of 1 lemon, the juice of ½ lemon, 3 tablespoonfuls of milk.

*Mode.*—Lay the macaroons or sponge-cakes in a glass dish, and pour over them as much sherry as will cover them, or sufficient to soak them well. Put the cream into a lined saucepan, with the sugar and lemon-rind, and let it remain by the side of the fire until the cream is well flavoured, when take out the lemon-rind. Mix the arrowroot smoothly with the cold milk; add this to the cream, and let it boil gently for about 3 minutes, keeping it well stirred. Take it off the fire, stir till nearly cold, when add the lemon-juice, and pour the whole over the cakes. Garnish the cream with strips of angelica, or candied citron cut thin, or bright-coloured jelly or preserve. This cream is exceedingly delicious, flavoured with vanilla instead of lemon: when this flavouring is used, the sherry may be omitted, and the mixture poured over the dry cakes.

*Time.*—About ½ hour to infuse the lemon-rind; 5 minutes to boil the cream.

*Average cost,* with cream at 1s. per pint, 3s.

*Sufficient for 5 or 6 persons. Seasonable at any time.*

**TO MAKE SYLLABUB.**

1486. INGREDIENTS.—1 pint of sherry or white wine, ½ grated nutmeg, sugar to taste, 1½ pint of milk.

*Mode.*—Put the wine into a bowl, with the grated nutmeg and plenty of pounded sugar, and milk into it the above proportion of milk frothed up. Clouted cream may be laid on the top, with pounded cinnamon or nutmeg and sugar; and a little brandy may be added to the wine before the milk is put in. In some counties, cider is substituted for the wine: when this is used, brandy must always be added. Warm milk may be poured on from a spouted jug or teapot; but it must be held very high.

*Average cost,* 2s.

*Sufficient for 5 or 6 persons. Seasonable at any time.*

**TIPSY CAKE.**

1487. INGREDIENTS.—1 moulded sponge-or Savoy-cake, sufficient sweet wine or sherry to soak it, 6 tablespoonfuls of brandy, 2 oz. of sweet almonds, 1 pint of rich custard.

*Mode.*—Procure a cake that is three or four days old,—either sponge, Savoy, or rice answering for the purpose
of a tipsy cake. Cut the bottom of the cake level, to make it stand firm in the dish; make a small hole in the centre, and pour in and over the cake sufficient sweet wine or sherry, mixed with the above proportion of brandy, to soak it nicely. When the cake is well soaked, blanch and cut the almonds into strips, stick them all over the cake, and pour round it a good custard, made by recipe No. 1423, allowing 8 eggs instead of 5 to the pint of milk. The cakes are sometimes crumbled and soaked, and a whipped cream heaped over them, the same as for trifles.

Time.-- About 2 hours to soak the cake. Average cost, 4s. 6d.

Sufficient for 1 dish. Seasonable at any time.

ALMOND.-- The almond-tree is a native of warmer climates than Britain, and is indigenous to the northern parts of Africa and Asia; but it is now commonly cultivated in Italy, Spain, and the south of France. It is not usually grown in Britain, and the fruit seldom ripens in this country: it is much admired for the beauty of its blossoms. In the form of its leaves and blossoms it strongly resembles the peach-tree, and is included in the same genus by botanists; but the fruit, instead of presenting a delicious pulp like the peach, shrivels up as it ripens, and becomes only a tough coriaceous covering to the stone inclosing the eatable kernel, which is surrounded by a thin bitter skin. It flowers early in the spring, and produces fruit in August. There are two sorts of almonds,-- sweet and bitter; but they are considered to be only varieties of the species; and though the qualities of the kernels are very different, they are not distinguishable by their appearance.

AN EASY WAY OF MAKING A TIPSY CAKE.

1488. INGREDIENTS.-- 12 stale small sponge-cakes, raisin wine, ½ lb. of jam, 1 pint of custard No. 1423.

Mode.-- Soak the sponge-cakes, which should be stale (on this account they should be cheaper), in a little raisin wine; arrange them on a deep glass dish in four layers, putting a layer of jam between each, and pour round them a pint of custard, made by recipe No. 1423, decorating the top with cut preserved fruit.

Time.-- 2 hours to soak the cakes. Average cost, 2s. 6d.

Sufficient for 1 dish. Seasonable at any time.

TO MAKE A TRIFLE.

1489. INGREDIENTS.-- For the whip, 1 pint of cream, 3 oz. of pounded sugar, the whites of 2 eggs, a small glass of sherry or raisin wine. For the trifle, 1 pint of custard, made with 8 eggs to a pint of milk; 6 small sponge-cakes, or 6 slices of sponge-cake; 12 macaroons, 2 dozen ratafias, 2 oz. of sweet almonds, the grated rind of 1 lemon, a layer of raspberry or strawberry jam, ½ pint of sherry or sweet wine, 6 tablespoonfuls of brandy.

Mode.-- The whip to lay over the top of the trifle should be made the day before it is required for table, as the flavour is better, and it is much more solid than when
prepared the same day. Put into a large bowl the pounded sugar, the whites of the eggs, which should be beaten to a stiff froth, a glass of sherry or sweet wine, and the cream. Whisk these ingredients well in a cool place, and take off the froth with a skimmer as fast as it rises, and put it on a sieve to drain; continue the whisking till there is sufficient of the whip, which must be put away in a cool place to drain. The next day, place the sponge-cakes, macaroons, and ratafias at the bottom of a trifle-dish; pour over them ½ pint of sherry or sweet wine, mixed with 6 tablespoonfuls of brandy, and, should this proportion of wine not be found quite sufficient, add a little more, as the cakes should be well soaked. Over the cakes put the grated lemon-rind, the sweet almonds, blanched and cut into strips, and a layer of raspberry or strawberry jam. Make a good custard by recipe No. 1423, using 8 instead of 5 eggs to the pint of milk, and let this cool a little; then pour it over the cakes, &c. The whip being made the day previously, and the trifle prepared, there remains nothing to do now but heap the whip lightly over the top: this should stand as high as possible, and it may be garnished with strips of bright currant jelly, crystallized sweetmeats, or flowers; the small coloured comfits are sometimes used for the purpose of garnishing a trifle, but they are now considered rather old-fashioned. (See coloured plate, V1.)

Average cost, with cream at 1s. per pint, 5s. 6d.

Sufficient for 1 trifle. Seasonable at any time.

VANILLA CREAM.

1490. INGREDIENTS.—1 pint of milk, the yolks of 8 eggs, 6 oz. of sugar, 1 oz. of isinglass, flavouring to taste of essence of vanilla.

Mode.—Put the milk and sugar into a saucepan, and let it get hot over a slow fire; beat up the yolks of the eggs, to which add gradually the sweetened milk; flavour the whole with essence of vanilla, put the mixture into a jug, and place this jug in a saucepan of boiling water. Stir the contents with a wooden spoon one way until the mixture thickens, but do not allow it to boil, or it will be full of lumps. Take it off the fire; stir in the isinglass, which should be previously dissolved in about ¼ pint of water, and boiled for 2 or 3 minutes; pour the cream into an oiled mould, put it in a cool place to set, and turn it out carefully on a dish. Instead of using the essence of vanilla, a pod may be boiled in the milk instead, until the flavour is well extracted. A pod, or a pod and a half, will be found sufficient for the above proportion of ingredients.

Time.—About 10 minutes to stir the mixture.

Average cost, with the best isinglass, 2s. 6d.

Sufficient to fill a quart mould. Seasonable at any time.
VANILLE or VANILLA, is the fruit of the vanillier, a parasitical herbaceous plant, which flourishes in Brazil, Mexico, and Peru. The fruit is a long capsule, thick and fleshy. Certain species of this fruit contain a pulp with a delicious perfume and flavour. Vanilla is principally imported from Mexico. The capsules for export are always picked at perfect maturity. The essence is the form in which it is used generally and most conveniently. Its properties are stimulating and exciting. It is in daily use for ices, chocolates, and flavouring confections generally.

VICTORIA SANDWICHES.

1491. INGREDIENTS.-- 4 eggs; their weight in pounded sugar, butter, and flour; ¼ saltspoonful of salt, a layer of any kind of jam or marmalade.

Mode.-- Beat the butter to a cream; dredge in the flour and pounded sugar; stir these ingredients well together, and add the eggs, which should be previously thoroughly whisked. When the mixture has been well beaten for about 10 minutes, butter a Yorkshire-pudding tin, pour in the batter, and bake it in a moderate oven for 20 minutes. Let it cool, spread one half of the cake with a layer of nice preserve, place over it the other half of the cake, press the pieces slightly together, and then cut it into long finger-pieces; pile them in crossbars on a glass dish, and serve.

Time.-- 20 minutes.

Average cost, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

WHIPPED CREAM, for putting on Trifles, serving in Glasses, &c.

1492. INGREDIENTS.-- To every pint of cream allow 3 oz. of pounded sugar, 1 glass of sherry or any kind of sweet white wine, the rind of ½ lemon, the white of 1 egg.

Mode.-- Rub the sugar on the lemon-rind, and pound it in a mortar until quite fine, and beat up the white of the egg until quite stiff; put the cream into a large bowl, with the sugar, wine, and beaten egg, and whip it to a froth; as fast as the froth rises, take it off with a skimmer, and put it on a sieve to drain, in a cool place. This should be made the day before it is wanted, as the whip is then so much firmer. The cream should be whipped in a cool place, and in summer, over ice, if it is obtainable. A plain whipped cream may be served on a glass dish, and garnished with strips of angelica, or pastry leaves, or pieces of bright-coloured jelly: it makes a very pretty addition to the supper-table.

Time.-- About 1 hour to whip the cream.
Average cost, with cream at 1s. per pint, 1s. 9d.

Sufficient for 1 dish or 1 trifle.

Seasonable at any time.

WHIPPED SYLLABUBS.

1493. INGREDIENTS.—½ pint of cream, ¼ pint of sherry, half that quantity of brandy, the juice of ½ lemon, a little grated nutmeg, 3 oz. of pounded sugar, whipped cream the same as for trifle No. 1489.

Mode.-- Mix all the ingredients together, put the syllabub into glasses, and over the top of them heap a little whipped cream, made in the same manner as for trifle No. 1489. Solid syllabub is made by whisking or milling the mixture to a stiff froth, and putting it in the glasses, without the whipped cream at the top.

Average cost, 1s. 8d.

Sufficient to fill 8 or 9 glasses.

Seasonable at any time.

THE CURÉ'S OMELET.

"Every one knows," says Brillat Savarin, in his "Physiology of Taste," "that for twenty years Madame Récamier was the most beautiful woman in Paris. It is also well known that she was exceedingly charitable, and took a great interest in every benevolent work. Wishing to consult the Curé of -- -- respecting the working of an institution, she went to his house at five o'clock in the afternoon, and was much astonished at finding him already at his dinner-table.

"Madame Récamier wished to retire, but the Curé would not hear of it. A neat white cloth covered the table; some good old wine sparkled in a crystal decanter; the porcelain was of the best; the plates had heaters of boiling water beneath them; a neatly-costumed maid-servant was in attendance. The repast was a compromise between frugality and luxury. The crawfish-soup had just been removed, and there was on the table a salmon-trout, an omelet, and a salad.

"'My dinner will tell you,' said the worthy Curé, with a smile, 'that it is fast-day, according to our Church's regulations.' Madame Récamier and her host attacked the trout, the sauce served with which betrayed a skilful hand, the countenance of the Curé the while showing satisfaction.

"And now they fell upon the omelet, which was round, sufficiently thick, and cooked, so to speak, to a hair's-breath.

"As the spoon entered the omelet, a thick rich juice issued from it, pleasant to the eye as well as to the smell; the dish became full of it; and our fair friend owns that, between the perfume and the sight, it made her mouth water.
"It is an omelette au thon' (that is to say, a tunny omelet), said the Curé, noticing, with the greatest delight, the emotion of Madame Récamier, 'and few people taste it without lavishing praises on it.'

"It surprises me not at all,' returned the beauty; 'never has so enticing an omelet met my gaze at any of our lay tables.'

"My cook understands them well, I think.'

"Yes,' added Madame, 'I never ate anything so delightful.'"

Then came the salad, which Savarin recommends to all who place confidence in him. It refreshes without exciting; and he has a theory that it makes people younger.

Amidst pleasant converse the dessert arrived. It consisted of three apples, cheese, and a plate of preserves; and then upon a little round table was served the Mocha coffee, for which France has been, and is, so justly famous.

"I never,' said the Curé, 'take spirits; I always offer liqueurs to my guests but reserve the use of them, myself, to my old age, if it should please Providence to grant me that.'

"Finally, the charming Madame Récamier took her leave, and told all her friends of the delicious omelet which she had seen and partaken of."

And Brillat Savarin, in his capacity as the Layard of the concealed treasures of Gastronomia, has succeeded in withdrawing from obscurity the details of the preparation of which so much had been said, and which he imagines to be as wholesome as it was agreeable.

Here follows the recipe:--

**OMELETTE AU THON.**

1494. Take, for 6 persons, the roes of 2 Carp;* bleach them, by putting them, for 5 minutes, in boiling water slightly salted. Take a piece of fresh tunny about the size of a hen's egg, to which add a small shalot already chopped; hash up together the roe and the tunny, so as to mix them well, and throw the whole into a saucepan, with a sufficient quantity of very good butter: whip it up until the butter is melted! This constitutes the specialty of the omelet. Take a second piece of butter, à discrétion, mix it with parsley and herbs, place it in a long-shaped dish destined to receive the omelet; squeeze the juice of a lemon over it, and place it on hot embers. Beat up 12 eggs (the fresher the better); throw up the sauté of roe and tunny, stirring it so as to mix all well together; then make your omelet in the usual manner, endeavouring to turn it out long, thick, and soft. Spread it carefully on the dish prepared for it, and serve at once. This dish ought to be reserved for recherché déjeûners, or for assemblies where amateurs

* An American writer says he has followed this recipe, substituting pike, shad, &c., in the place of carp, and can recommend all these also, with a quiet conscience. Any fish, indeed, may be used with success
meet who know how to eat well; washed down with a good old wine, it will work wonders.

*Note.*-- The roe and the tunny must be beaten up (sauté) without allowing them to boil, to prevent their hardening, which would prevent them mixing well with the eggs. Your dish should be hollowed towards the centre, to allow the gravy to concentrate, that it may be helped with a spoon. The dish ought to be slightly heated, otherwise the cold china will extract all the heat from the omelet.
CHAPTER XXX. -- General observations on preserves, confectionary, ices, and dessert dishes.

PRESERVES.

1495. From the nature of vegetable substances, and chiefly from their not passing so rapidly into the putrescent state as animal bodies, the mode of preserving them is somewhat different, although the general principles are the same. All the means of preservation are put in practice occasionally for fruits and the various parts of vegetables, according to the nature of the species, the climate, the uses to which they are applied, &c. Some are dried, as nuts, raisins, sweet herbs, &c.; others are preserved by means of sugar, such as many fruits whose delicate juices would be lost by drying; some are preserved by means of vinegar, and chiefly used as condiments or pickles; a few also by salting, as French beans; while others are preserved in spirits. We have, however, in this place to treat of the best methods of preserving fruits. Fruit is a most important item in the economy of health; the epicurean can scarcely be said to have any luxuries without it; therefore, as it is so invaluable, when we cannot have it fresh, we must have it preserved. It has long been a desideratum to preserve fruits by some cheap method, yet by such as would keep them fit for the various culinary purposes, as making tarts and other similar dishes. The expense of preserving them with sugar is a serious objection; for, except the sugar is used in considerable quantities, the success is very uncertain. Sugar also overpowers and destroys the sub-acid taste so desirable in many fruits: those which are preserved in this manner are chiefly intended for the dessert. Fruits intended for preservation should be gathered in the morning, in dry weather, with the morning sun upon them, if possible; they will then have their fullest flavour, and keep in good condition longer than when gathered at any other time. Until fruit can be used, it should be placed in the dairy, an ice-house, or a refrigerator. In an icehouse it will remain fresh and plump for several
days. Fruit gathered in wet or foggy weather will soon be mildewed, and be of no service for preserves.

1496. Having secured the first and most important contribution to the manufacture of preserves,—the fruit, the next consideration is the preparation of the syrup in which the fruit is to be suspended; and this requires much care. In the confectioner's art there is a great nicety in proportioning the degree of concentration of the syrup very exactly to each particular case; and they know this by signs, and express it by certain technical terms. But to distinguish these properly requires very great attention and considerable experience. The principal thing to be acquainted with is the fact, that, in proportion as the syrup is longer boiled, its water will become evaporated, and its consistency will be thicker. Great care must be taken in the management of the fire, that the syrup does not boil over, and that the boiling is not carried to such an extent as to burn the sugar.

1497. The first degree of consistency is called the thread, which is subdivided into the little and great thread. If you dip the finger into the syrup and apply it to the thumb, the tenacity of the syrup will, on separating the finger and thumb, afford a thread, which shortly breaks: this is the little thread. If the thread, from the greater tenacity, and, consequently, greater strength of the syrup, admits of a greater extension of the finger and thumb, it is called the great thread. There are half a dozen other terms and experiments for testing the various thickness of the boiling sugar towards the consistency called caramel; but that degree of sugar-boiling belongs to the confectioner. A solution of sugar prepared by dissolving two parts of double-refined sugar (the best sugar is the most economical for preserves) in one of water, and boiling this a little, affords a syrup of the right degree of strength, and which neither ferments nor crystallizes. This appears to be the degree called smooth by the confectioners, and is proper to be used for the purposes of preserves. The syrup employed should sometimes be clarified, which is done in the following manner:—Dissolve 2 lbs. of loaf sugar in a pint of water; add to this solution the white of an egg, and beat it well. Put the preserving-pan upon the fire with the solution; stir it with a wooden spatula, and, when it begins to swell and boil up, throw in some cold water or a little oil, to damp the boiling; for, as it rises suddenly, if it should boil over, it would take fire, being of a very inflammable nature. Let it boil up again; then take it off, and remove carefully the scum that has risen. Boil the solution again, throw in a little more cold water, remove the scum, and so on for three or four times successively; then strain it. It is considered to be sufficiently boiled when some taken up in a spoon pours out like oil.

1498. Although sugar passes so easily into the state of fermentation, and is, in fact, the only substance capable of undergoing the vinous stage of that process, yet it will not ferment at all if the quantity be sufficient to constitute a very strong syrup: hence, syrups are used to preserve fruits and other vegetable substances from the changes they would undergo if left to themselves. Before sugar was in use, honey was employed to preserve many vegetable productions, though this substance has now given way to the juice of the sugar-cane.

1499. The fruits that are the most fit for preservation in syrup are, apricots, peaches, nectarines, apples, greengages, plums of all kinds, and pears. As an example, take some apricots not too ripe, make a small slit at the stem end, and push out the stone;
simmer them in water till they are softened and about half done, and afterwards throw them into cold water. When they have cooled, take them out and drain them. Put the apricots into the pie-serving-pan with sufficient syrup to cover them; let them boil up three or four times, and then skim them; remove them from the fire, pour them into an earthen pan, and let them cool till next day. Boil them up three days successively, skimming each time, and they will then be finished and in a state fit to be put into pots for use. After each bailing, it is proper to examine into the state of the syrup when cold; if too thin, it will bear additional boiling; if too thick, it may be lowered with more syrup of the usual standard. The reason why the fruit is emptied out of the preserving-pan into an earthen pan is, that the acid of the fruit acts upon the copper, of which the preserving-pan is usually made. From this example the process of preserving fruits by syrup will be easily comprehended. The first object is to soften the fruit by blanching or boiling it in water, in order that the syrup by which it is preserved may penetrate through its substance.

1500. Many fruits, when preserved by boiling, lose much of their peculiar and delicate flavour, as, for instance, pine-apples; and this inconvenience may, in some instances, be remedied by preserving them without heat. Cut the fruit in slices about one fifth of an inch thick, strew powdered loaf sugar an eighth of an inch thick on the bottom of a jar, and put the slices on it. Put more sugar on this, and then another layer of the slices, and so on till the jar is full. Place the jar with the fruit up to the neck in boiling water, and keep it there till the sugar is completely dissolved, which may take half an hour, removing the scum as it rises. Lastly, tie a wet bladder over the mouth of the jar, or cork and wax it.

1501. Any of the fruits that have been preserved in syrup may be converted into dry preserves, by first draining them from the syrup, and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every six or eight hours, fresh powdered sugar being sifted over them every time they are turned. Afterwards, they are to be kept in a dry situation, in drawers or boxes. Currants and cherries preserved whole in this manner, in bunches, are extremely elegant, and have a fine flavour. In this way it is, also, that orange and lemon chips are preserved.

1502. Marmalades, jams, and fruit pastes are of the same nature, and are now in very general request. They are prepared without difficulty, by attending to a very few directions; they are somewhat expensive, but may be kept without spoiling for a considerable time. Marmalades and jams differ little from each other: they are preserves of a half-liquid consistency, made by boiling the pulp of fruits, and sometimes part of the rinds, with sugar. The appellation of marmalade is applied to those confitures which are composed of the firmer fruits, as pineapples or the rinds of oranges; whereas jams are made of the more juicy berries, such as strawberries, raspberries, currants, mulberries, &c. Fruit pastes are a kind of marmalades, consisting of the pulp of fruits, first evaporated to a proper consistency, and afterwards boiled with sugar. The mixture is then poured into a mould, or spread on sheets of tin, and subsequently dried in the oven or stove till it has acquired the state of a paste. From a sheet of this paste, strips may be cut and formed into any shape that may be desired, as knots, rings, &c. Jams require the same care and attention in the boiling as marmalade; the slightest degree of burning communicates a disagreeable
empyreumatic taste, and if they are not boiled sufficiently, they will not keep. That
they may keep, it is necessary not to be sparing of sugar.

1503. In all the operations for preserve-making, when the preserving-pan is used, it
should not be placed on the fire, but on a trivet, unless the jam is made on a hot plate,
when this is not necessary. If the pan is placed close on to the fire, the preserve is very
liable to burn, and the colour and flavour be consequently spoiled.

1504. Fruit jellies are compounds of the juices of fruits combined with sugar,
concentrated, by boiling, to such a consistency that the liquid, upon cooling, assumes
the form of a tremulous jelly.

1505. Before fruits are candied, they must first be boiled in syrup, after which they are
taken out and dried on a stove, or before the fire; the syrup is then to be concentrated,
or boiled to a candy height, and the fruit dipped in it, and again laid on the stove to
dry and candy: they are then to be put into boxes, and kept dry.

1506. Conserves consist of fresh vegetable matters beat into a uniform mass with
refined sugar, and they are intended to preserve the virtues and properties of recent
flowers, leaves, roots, peels, or fruits, unaltered, and as near as possible to what they
were when fresh gathered, and to give them an agreeable taste.

1507. The last-mentioned, but not the least-important preparation of fruit, is the
compôte, a confiture made at the moment of need, and with much less sugar than
would be ordinarily put to preserves. They are most wholesome things, suitable to
most stomachs which cannot accommodate themselves to raw fruit or a large portion
of sugar: they are the happy medium, and far better than ordinary stewed fruit.

CONFECTIONARY.

1508. In speaking of confectionary, it should be remarked that all the various
preparations above named come, strictly speaking, under that; for the various fruits,
flowers, herbs, roots, and juices, which, when boiled with sugar, were formerly
employed in pharmacy as well as for sweetmeats, were called confections, from the
Latin word conficere, 'to make up;' but the term confectionary embraces a very large
class indeed of sweet food, many kinds of which should not be attempted in the
ordinary cuisine. The thousand and one ornamental dishes that adorn the tables of the
wealthy should be purchased from the confectioner: they cannot profitably be made at
home. Apart from these, cakes, biscuits, and tarts, &c., the class of sweetmeats called
confections may be thus classified:—1. Liquid confects, or fruits either whole or in
pieces, preserved by being immersed in a fluid transparent syrup; as the liquid
confects of apricots, green citrons, and many foreign fruits. 2. Dry confects are those
which, after having been boiled in the syrup, are taken out and put to dry in an oven,
as citron and orange-peel, &c. 3. Marmalade, jams, and pastes, a kind of soft
compounds made of the pulp of fruits or other vegetable substances, beat up with
sugar or honey; such as oranges, apricots, pears, &c. 4. Jellies are the juices of fruits
boiled with sugar to a pretty thick consistency, so as, upon cooling, to form a
trembling jelly; as currant, gooseberry, apple jelly, &c. 5. Conserves are a kind of dry
confects, made by beating up flowers, fruits, &c., with sugar, not dissolved. 6.
Candies are fruits candied over with sugar after having been boiled in the syrup.
DESSERT DISHES.

1509. With moderns the dessert is not so profuse, nor does it hold the same relationship to the dinner that it held with the ancients,—the Romans more especially. On ivory tables they would spread hundreds of different kinds of raw, cooked, and preserved fruits, tarts and cakes, as substitutes for the more substantial comestibles with which the guests were satiated. However, as late as the reigns of our two last Georges, fabulous sums were often expended upon fanciful desserts. The dessert certainly repays, in its general effect, the expenditure upon it of much pains; and it may be said, that if there be any poetry at all in meals, or the process of feeding, there is poetry in the dessert, the materials for which should be selected with taste, and, of course, must depend, in a great measure, upon the season. Pines, melons, grapes, peaches, nectarines, plums, strawberries, apples, pears, oranges, almonds, raisins, figs, walnuts, filberts, medlars, cherries, &c. &c., all kinds of dried fruits, and choice and delicately-flavoured cakes and biscuits, make up the dessert, together with the most costly and recherché wines. The shape of the dishes varies at different periods, the prevailing fashion at present being oval and circular dishes on stems. The patterns and colours are also subject to changes of fashion; some persons selecting china, chaste in pattern and colour; others, elegantly-shaped glass dishes on stems, with gilt edges.

The beauty of the dessert services at the tables of the wealthy tends to enhance the splendour of the plate. The general mode of putting a dessert on table, now the elegant tazzas are fashionable, is, to place them down the middle of the table, a tall and short dish alternately; the fresh fruits being arranged on the tall dishes, and dried fruits, bon-bons, &c., on small round or oval glass plates. The garnishing needs especial attention, as the contrast of the brilliant-coloured fruits with nicely-arranged foliage is very charming. The garnish par excellence for dessert is the ice-plant; its crystallized dewdrops producing a marvellous effect in the height of summer, giving a most inviting sense of coolness to the fruit it encircles. The double-edged mallow, strawberry, and vine leaves have a pleasing effect; and for winter desserts, the bay, cuba, and laurel are sometimes used. In town, the expense and difficulty of obtaining natural foliage is great, but paper and composite leaves are to be purchased at an almost nominal price. Mixed fruits of the larger sort are now frequently served on one dish. This mode admits of the display of much taste in the arrangement of the fruit: for instance, a pine in the centre of the dish, surrounded with large plums of various sorts and colours, mixed with pears, rosy-cheeked apples, all arranged with a due regard to colour, have a very good effect. Again, apples and pears look well mingled with plums and grapes, hanging from the border of the dish in a négligé sort of manner, with a large bunch of the same fruit lying on the top of the apples. A dessert would not now be considered complete without candied and preserved fruits and confections. The candied fruits may be purchased at a less cost than they can be manufactured at home. They are preserved abroad in most ornamental and elegant forms. And since, from the facilities of travel, we have become so familiar with the tables of the French, chocolate in different forms is indispensable to our desserts.

ICES.

1510. Ices are composed, it is scarcely necessary to say, of congealed cream or water, combined sometimes with liqueurs or other flavouring ingredients, or more generally with the juices of fruits. At desserts, or at some evening parties, ices are scarcely to be dispensed with. The principal utensils required for making ice-creams are ice-tubs,
freezing-pots, spaddles, and a cellaret. The tub must be large enough to contain about a bushel of ice, pounded small, when brought out of the ice-house, and mixed very carefully with either *salt*, *nitre*, or *soda*. The freezing-pot is best made of pewter. If it be of tin, as is sometimes the case, the congelation goes on too rapidly in it for the thorough intermingling of its contents, on which the excellence of the ice greatly depends. The spaddle is generally made of copper, kept bright and clean. The cellaret is a tin vessel, in which ices are kept for a short time from dissolving. The method to be pursued in the freezing process must be attended to. When the ice-tub is prepared with fresh-pounded ice and salt, the freezing-pot is put into it up to its cover. The articles to be congealed are then poured into it and covered over; but to prevent the ingredients from separating and the heaviest of them from falling to the bottom of the mould, it is requisite to turn the freezing-pot round and round by the handle, so as to keep its contents moving until the congelation commences. As soon as this is perceived (the cover of the pot being occasionally taken off for the purpose of noticing when freezing takes place), the cover is immediately closed over it, ice is put upon it, and it is left in this state till it is served. The use of the spaddle is to stir up and remove from the sides of the freezing pot the cream, which in the shaking may have washed against it, and by stirring it in with the rest, to prevent waste of it occurring. Any negligence in stirring the contents of the freezing-pot before congelation takes place, will destroy the whole: either the sugar sinks to the bottom and leaves the ice insufficiently sweetened, or lumps are formed, which disfigure and discolour it.

1511. The aged, the delicate, and children should abstain from ices or iced beverages; even the strong and healthy should partake of them in moderation. They should be taken immediately after the repast, or some hours after, because the taking these substances *during* the process of digestion is apt to provoke indisposition. It is necessary, then, that this function should have scarcely commenced, or that it should be completely finished, before partaking of ices. It is also necessary to abstain from them when persons are very warm, or immediately after taking violent exercise, as in some cases they have produced illnesses which have ended fatally.

[Do ladies know to whom they are indebted for the introduction of ices, which all the fair sex are passionately fond of? -- To Catherine de' Medici. Will not this fact cover a multitude of sins committed by the instigator of St. Bartholomew?]
CHAPTER XXXI. -- Recipes for preserves, confectionary, etc.

TO MAKE SYRUP FOR COMPOTES, &c.

1512. INGREDIENTS.-- To every lb. of sugar allow 1½ pint of water.

Mode.-- Boil the sugar and water together for ¼ hour, carefully removing the scum as it rises: the syrup is then ready for the fruit. The articles boiled in this syrup will not keep for any length of time, it being suitable only for dishes intended to be eaten immediately. A larger proportion of sugar must be added for a syrup intended to keep.

Time.-- ¼ hour.

TO CLARIFY SUGAR OR SYRUP.

1513. INGREDIENTS.-- To every lb. of sugar allow ½ pint of water and ½ the white of an egg.

Mode.-- Put the sugar, water, and the white of the egg, which should, be well beaten, into a preserving-pan or lined saucepan; and do not put it on the fire till the sugar is dissolved. Then place it on the fire, and when it boils, throw in a teacupful of cold water, and do not stir the sugar after this is added. Bring it to the boiling-point again, and then place the pan by the side of the fire, for the preparation to settle. Remove all the scum, and the sugar will be ready for use. The scum should be placed on a sieve, so that what syrup runs from it may be boiled up again: this must also be well skimmed.

Time.-- 20 minutes for the sugar to dissolve; 5 minutes to boil.

Note.-- The above two recipes are those used in the preparation of dishes usually made at home. There are many degrees of boiling sugar, which process requires great care, attention, and experience. Caramel sugar, which makes an elegant cover for sweetsmeats, is difficult to prepare, and is best left to an experienced confectioner. We give the recipe, for those of our readers who care to attempt the operation.

TO BOIL SUGAR TO CARAMEL.

1514. INGREDIENTS.-- To every lb. of lump sugar allow 1 gill of spring water.

Mode.-- Boil the sugar and water together very quickly over a clear fire, skimming it very carefully as soon as it boils. Keep it boiling until the sugar snaps when a little of it is dropped in a pan of cold water. If it remains hard, the sugar has attained the right degree; then squeeze in a little lemon-juice, and let it remain an instant on the fire. Set the pan into another of cold water, and the caramel is then ready for use. The insides of well-oiled moulds are often ornamented with this sugar, which with a fork should be spread over them in fine threads or network. A dish of light pastry, tastefully arranged, looks very prettily with this sugar spun lightly over it. The sugar must be carefully watched, and taken up the instant it is done. Unless the cook is very experienced and thoroughly understands her business, it is scarcely worth while to
attempt to make this elaborate ornament, as it may be purchased quite as economically at a confectioner's, if the failures in the preparation are taken into consideration.

**COMPOTE OF APPLES.**

*(Soyer's Recipe,-- a Dessert Dish.)*

1515. **INGREDIENTS.**-- 6 ripe apples, 1 lemon, ½ lb. of lump sugar, ½ pint of water.

*Mode.*-- Select the apples of a moderate size, peel them, cut them in halves, remove the cores, and rub each piece over with a little lemon. Put the sugar and water together into a lined saucepan, and let them boil until forming a thickish syrup, when lay in the apples with the rind of the lemon cut thin, and the juice of the same. Let the apples simmer till tender; then take them out very carefully, drain them on a sieve, and reduce the syrup by boiling it quickly for a few minutes. When both are cold, arrange the apples neatly on a glass dish, pour over the syrup, and garnish with strips of green angelica or candied citron. Smaller apples may be dressed in the same manner: they should not be divided in half, but peeled and the cores pushed out with a vegetable-cutter.

*Time.*-- 10 minutes to boil the sugar and water together; from 15 to 25 minutes to simmer the apples.

*Average cost,* 6d.

*Sufficient for 4 or 5 persons. Seasonable from July to March.*

**APPLE GINGER.**

*(A Dessert Dish.)*

1516. **INGREDIENTS.**-- 2 lbs. of any kind of hard apples, 2 lbs. of loaf sugar, 1-½ pint of water, 1 oz. of tincture of ginger.

*Mode.*-- Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core, and cut the apples into pieces; dip them in cold water to preserve the colour, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air, by well covering them. It will remain good some time, if kept in a dry place.

*Time.*-- From 5 to 10 minutes to boil the syrup; about ½ hour to simmer the apples.

*Average cost,* 2s.

*Sufficient for 7 or 8 persons.

*Seasonable.*-- Make this in September, October, or November.
APPLE JAM.

1517. INGREDIENTS.-- To every lb. of fruit weighed after being pared, cored, and sliced, allow ¾ lb. of preserving-sugar, the grated rind of 1 lemon, the juice of ½ lemon.

Mode.-- Peel the apples, core and slice them very thin, and be particular that they are all the same sort. Put them into a jar, stand this in a saucepan of boiling water, and let the apples stew until quite tender. Previously to putting the fruit into the jar, weigh it, to ascertain the proportion of sugar that may be required. Put the apples into a preserving-pan, crush the sugar to small lumps, and add it, with the grated lemon-rind and juice, to the apples. Simmer these over the fire for ½ hour, reckoning from the time the jam begins to simmer properly; remove the scum as it rises, and when the jam is done, put it into pots for use. Place a piece of oiled paper over the jam, and to exclude the air, cover the pots with tissue-paper dipped in the white of an egg, and stretched over the top. This jam will keep good for a long time.

Time.-- About 2 hours to stew in the jar; ½ hour to boil after the jam begins to simmer.

Average cost, for this quantity, 6s.

Sufficient.-- 7 or 8 lbs. of apples for 6 pots of jam.

Seasonable.-- Make this in September, October, or November.

APPLE JELLY.

I.

1518. INGREDIENTS.-- To 6 lbs. of apples allow 3 pints of water; to every quart of juice allow 2 lbs. of loaf sugar;-- the juice of ½ lemon.

Mode.-- Pare, core, and cut the apples into slices, and put them into a jar, with water in the above proportion. Place them in a cool oven, with the jar well covered, and when the juice is thoroughly drawn and the apples are quite soft, strain them through a jelly-bag. To every quart of juice allow 2 lbs. of loaf sugar, which should be crushed to small lumps, and put into a preserving-pan with the juice. Boil these together for rather more than ½ hour, remove the scum as it rises, add the lemon-juice just before it is done, and put the jelly into pots for use. This preparation is useful for garnishing sweet dishes, and may be turned out for dessert.

Time.-- The apples to be put in the oven over-night, and left till morning; rather more than ½ hour to boil the jelly.

Average cost, for this quantity, 3s.

Sufficient for 6 small pots of jelly.

Seasonable.-- This should be made in September, October, or November.
II.

1519. INGREDIENTS.-- Apples, water: to every pint of syrup allow ¾ lb. of loaf sugar.

Mode.-- Pare and cut the apples into pieces, remove the cores, and put them in a preserving-pan with sufficient cold water to cover them. Let them boil for an hour; then drain the syrup from them through a hair sieve or jelly-bag, and measure the juice; to every pint allow ¾ lb. of loaf sugar, and boil these together for ¾ hour, removing every particle of scum as it rises, and keeping the jelly well stirred, that it may not burn. A little lemon-rind may be boiled with the apples, and a small quantity of strained lemon-juice may be put in the jelly just before it is done, when the flavour is liked. This jelly may be ornamented with preserved greengages, or any other preserved fruit, and will turn out very prettily for dessert. It should be stored away in small pots.

Time.-- 1 hour to boil the fruit and water; ¾ hour to boil the juice with the sugar.

Average cost, for 6 lbs. of apples, with the other ingredients in proportion, 3s.

Sufficient for 6 small pots of jelly.

Seasonable.-- Make this in September, October, or November.

TO PRESERVE APPLES IN QUARTERS, in imitation of Ginger.

1520. INGREDIENTS.-- To every lb. of apples allow ¾ lb. of sugar, 1-½ oz. of the best white ginger; 1 oz. of ginger to every ½ pint of water.

Mode.-- Peel, core, and quarter the apples, and put the fruit, sugar, and ginger in layers into a wide-mouthed jar, and let them remain for 2 days; then infuse 1 oz. of ginger in ½ pint of boiling water, and cover it closely, and let it remain for 1 day: this quantity of ginger and water is for 3 lbs. of apples, with the other ingredients in proportion. Put the apples, &c., into a preserving-pan with the water strained from the ginger, and boil till the apples look clear and the syrup is rich, which will be in about an hour. The rind of a lemon may be added just before the apples have finished boiling; and great care must be taken not to break the pieces of apple in putting them into the jars. Serve on glass dishes for dessert.

Time.-- 2 days for the apples to remain in the jar with sugar, &c.; 1 day to infuse the ginger; about 1 hour to boil the apples.

Average cost, for 3 lbs. of apples, with the other ingredients in proportion, 2s. 3d.

Sufficient.-- 3 lbs. should fill 3 moderate-sized jars.

Seasonable.-- This should be made in September, October, or November.
COMPOTE OF APRICOTS.
(An elegant Dish.)

1521. INGREDIENTS.-- ½ pint of syrup No. 1512, 12 green apricots.

Mode.-- Make the syrup by recipe No. 1512, and when it is ready, put in the apricots whilst the syrup is boiling. Simmer them very gently until tender, taking care not to let them break; take them out carefully, arrange them on a glass dish, let the syrup cool a little, pour it over the apricots, and, when cold, serve.

Time.-- From 15 to 20 minutes to simmer the apricots.

Average cost, 9d.

Sufficient for 4 or 5 persons.

Seasonable in June and July, with green apricots.

APRICOT JAM or MARMALADE.

1522. INGREDIENTS.-- To every lb. of ripe apricots, weighed after being skinned and stoned, allow 1 lb. of sugar.

Mode.-- Pare the apricots, which should be ripe, as thinly as possible, break them in half, and remove the stones. Weigh the fruit, and to every lb. allow the same proportion of loaf sugar. Pound the sugar very finely in a mortar, strew it over the apricots, which should be placed on dishes, and let them remain for 12 hours. Break the stones, blanch the kernels, and put them with the sugar and fruit into a preserving-pan. Let these simmer very gently until clear; take out the pieces of apricot singly as they become so, and, as fast as the scum rises, carefully remove it. Put the apricots into small jars, pour over them the syrup and kernels, cover the jam with pieces of paper dipped in the purest salad-oil, and stretch over the top of the jars tissue-paper, cut about 2 inches larger and brushed over with the white of an egg: when dry, it will be perfectly hard and air-tight.

Time.-- 12 hours sprinkled with sugar; about ¾ hour to boil the jam.

Average cost.-- When cheap, apricots may be purchased for preserving at about 1s. 6d. per gallon.

Sufficient,-- 10 lbs. of fruit for 12 pots of jam.

Seasonable.-- Make this in August or September.

BARBERRIES IN BUNCHES.

1523. INGREDIENTS.-- 1 pint of syrup No. 1513, barberries.

Mode.-- Prepare some small pieces of clean white wood, 3 inches long and ¼ inch wide, and tie the fruit on to these in nice bunches. Have ready some clear syrup, made
by recipe No. 1513; put in the barberries, and simmer them in it for 2 successive days, boiling them for nearly ½ hour each day, and covering them each time with the syrup when cold. When the fruit looks perfectly clear, it is sufficiently done, and should be stored away in pots, with the syrup poured over, or the fruit may be candied.

_Time._—½ hour to simmer each day.

_Seasonable_ in autumn.

_Note._—The berries in their natural state make a very pretty garnishing for dishes, and may even be used for the same purpose, preserved as above, and look exceedingly nice on sweet dishes.

**TO MAKE BARLEY-SUGAR.**

1524. **INGREDIENTS._**—To every lb. of sugar allow ½ pint of water, ½ the white of an egg.

_Mode._—Put the sugar into a well-tinned saucepan, with the water, and, when the former is dissolved, set it over a moderate fire, adding the well-beaten egg before the mixture gets warm, and stir it well together. When it boils, remove the scum as it rises, and keep it boiling until no more appears, and the syrup looks perfectly clear; then strain it through a fine sieve or muslin bag, and put it back into the saucepan. Boil it again like caramel, until it is brittle, when a little is dropped in a basin of cold water: it is then sufficiently boiled. Add a little lemon-juice and a few drops of essence of lemon, and let it stand for a minute or two. Have ready a marble slab or large dish, rubbed over with salad-oil; pour on it the sugar, and cut it into strips with a pair of scissors: these strips should then be twisted, and the barley-sugar stored away in a very dry place. It may be formed into lozenges or drops, by dropping the sugar in a very small quantity at a time on to the oiled slab or dish.

_Time._—¼ hour.

_Average cost_, 7d.

_Sufficient_ for 5 or 6 sticks.

**CARROT JAM TO IMITATE APRICOT PRESERVE.**

1525. **INGREDIENTS._**—Carrots; to every lb. of carrot pulp allow 1 lb. of pounded sugar, the grated rind of 1 lemon, the strained juice of 2, 6 chopped bitter almonds, 2 tablespoonfuls of brandy.

_Mode._—Select young carrots; wash and scrape them clean, cut them into round pieces, put them into a saucepan with sufficient water to cover them, and let them simmer until perfectly soft; then beat them through a sieve. Weigh the pulp, and to every lb. allow the above ingredients. Put the pulp into a preserving-pan with the sugar, and let this boil for 5 minutes, stirring and skimming all the time. When cold, add the lemon-rind and juice, almonds and brandy; mix these well with the jam; then put it into pots, which must be well covered and kept in a dry place. The brandy may
be omitted, but the preserve will then not keep: with the brandy it will remain good for months.

*Time.*-- About ¾ hour to boil the carrots; 5 minutes to simmer the pulp.

*Average cost*, 1s. 2d. for 1 lb. of pulp, with the other ingredients in proportion.

*Sufficient* to fill 3 pots.

*Seasonable* from July to December.

**TO MAKE CHERRY BRANDY.**

1526. **INGREDIENTS.**-- Morella cherries, good brandy; to every lb. of cherries allow 3 oz. of pounded sugar.

*Mode.*-- Have ready some glass bottles, which must be perfectly dry. Ascertain that the cherries are not too ripe and are freshly gathered, and cut off about half of the stalks. Put them into the bottles, with the above proportion of sugar to every lb. of fruit; strew this in between the cherries, and, when the bottles are nearly full, pour in sufficient brandy to reach just below the cork. A few peach or apricot kernels will add much to their flavour, or a few blanched bitter almonds. Put corks or bungs into the bottles, tie over them a piece of bladder, and store away in a dry place. The cherries will be fit to eat in 2 or 3 months, and will remain good for years. They are liable to shrivel and become tough if too much sugar be added to them.

*Average cost*, 1s. to 1s. 6d. per lb.

*Sufficient.*-- 1 lb. of cherries and about ¼ pint of brandy for a quart bottle. *Seasonable* in August and September.

**DRIED CHERRIES.**

1527. **CHERRIES** may be put in a slow oven and thoroughly dried before they begin to change colour. They should then be taken out of the oven, tied in bunches, and stored away in a dry place. In the winter, they may be cooked with sugar for dessert, the same as Normandy pippins. Particular care must be taken that the oven be not too hot. Another method of drying cherries is to stone them, and to put them into a preserving-pan, with plenty of loaf sugar strewed amongst them. They should be simmered till the fruit shrivels, when they should be strained from the juice. The cherries should then be placed in an oven, cool enough to dry without baking them. About 5 oz. of sugar would be required for 1 lb. of cherries, and the same syrup may be used again to do another quantity of fruit.

**CHERRY JAM.**

1528. **INGREDIENTS.**-- To every lb. of fruit, weighed before stoning, allow ½ lb. of sugar; to every 6 lbs. of fruit allow 1 pint of red-currant juice, and to every pint of juice 1 lb. of sugar.
Mode.-- Weigh the fruit before stoning, and allow half the weight of sugar; stone the cherries, and boil them in a preserving-pan until nearly all the juice is dried up; then add the sugar, which should be crushed to powder, and the currant-juice, allowing 1 pint to every 6 lbs. of cherries (original weight), and 1 lb. of sugar to every pint of juice. Boil all together until it jellies, which will be in from 20 minutes to ½ hour; skim the jam well, keep it well stirred, and, a few minutes before it is done, crack some of the stones, and add the kernels: these impart a very delicious flavour to the jam.

Time.-- According to the quality of the cherries, from ¾ to 1 hour to boil them; 20 minutes to ½ hour with the sugar.

Average cost, from 7d. to 8d. per lb. pot.

Sufficient.-- 1 pint of fruit for a lb. pot of jam.

Seasonable.-- Make this in July or August.

TO PRESERVE CHERRIES IN SYRUP.

(Very delicious.)

1529. INGREDIENTS.-- 4 lbs. of cherries, 3 lbs. of sugar, 1 pint of white-currant juice.

Mode.-- Let the cherries be as clear and as transparent as possible, and perfectly ripe; pick off the stalks, and remove the stones, damaging the fruit as little as you can. Make a syrup with the above proportion of sugar, by recipe No. 1512; mix the cherries with it, and boil them for about 15 minutes, carefully skimming them; turn them gently into a pan, and let them remain till the next day; then drain the cherries on a sieve, and put the syrup and white-currant juice into the preserving-pan again. Boil these together until the syrup is somewhat reduced and rather thick; then put in the cherries, and let them boil for about 5 minutes; take them off the fire, skim the syrup, put the cherries into small pots or wide-mouthed bottles; pour the syrup over, and when quite cold, tie them down carefully, so that the air is quite excluded.

Time.-- 15 minutes to boil the cherries in the syrup; 10 minutes to boil the syrup and currant-juice; 6 minutes to boil the cherries the second time.

Average cost for this quantity, 3s. 6d.

Seasonable.-- Make this in July or August.

BLACK-CURRANT JAM.

1530. INGREDIENTS.-- To every lb. of fruit, weighed before being stripped from the stalks, allow ¾ lb. of loaf sugar, 1 gill of water.

Mode.-- Let the fruit be very ripe, and gathered on a dry day. Strip it from the stalks, and put it into a preserving-pan, with a gill of water to each lb. of fruit; boil these together for 10 minutes; then add the sugar, and boil the jam again for 30 minutes,
reckoning from the time when the jam simmers equally all over, or longer, should it not appear to set nicely when a little is poured on to a plate. Keep stirring it to prevent it from burning, carefully remove all the scum, and when done, pour it into pots. Let it cool, cover the top of the jam with oiled paper, and the top of the jars with a piece of tissue-paper brushed over on both sides with the white of an egg: this, when cold, forms a hard stiff cover, and perfectly excludes the air. Great attention must be paid to the stirring of this jam, as it is very liable to burn, on account of the thickness of the juice.

*Time.*-- 10 minutes to boil the fruit and water; 30 minutes with the sugar, or longer.

*Average cost,* from 6d. to 8d. for a pot capable of holding 1 lb.

*Sufficient.*-- Allow from 6 to 7 quarts of currants to make 1 dozen pots of jam, each pot to hold 1 lb.

*Seasonable.*-- Make this in July.

**BLACK-CURRANT JELLY.**

1531. **INGREDIENTS.**-- Black currants; to every pint of juice allow ¼ pint of water, 1 lb. of loaf sugar.

*Mode.*-- Strip the currants from the stalks, which may be done in an expeditious manner, by holding the bunch in one hand, and passing a small silver fork down the currants: they will then readily fall from the stalks. Put them into a jar, place this jar in a saucepan of boiling water, and simmer them until their juice is extracted; then strain them, and to every pint of juice allow the above proportion of sugar and water; stir these ingredients together cold until the sugar is dissolved; place the preserving-pan on the fire, and boil the jelly for about ½ hour, reckoning from the time it commences to boil all over, and carefully remove the scum as it rises. If the jelly becomes firm when a little is put on a plate, it is done; it should then be put into *small* pots, and covered the same as the jam in the preceding recipe. If the jelly is wanted very clear, the fruit should not be squeezed dry; but, of course, so much juice will not be obtained. If the fruit is not much squeezed, it may be converted into a jam for immediate eating, by boiling it with a little common sugar: this answers very well for a nursery preserve.

*Time.*-- About ¾ hour to extract the juice; ½ hour to boil the jelly.

*Average cost,* from 8d. to 10d. per ½-lb. pot.

*Sufficient.*-- From 3 pints to 2 quarts of fruit should yield a pint of juice.

*Seasonable.*-- Make this in July.

**RED-CURRANT JAM.**

1532. **INGREDIENTS.**-- To every lb. of fruit allow ¾ lb. of loaf sugar.
Mode.-- Let the fruit be gathered on a fine day; weigh it, and then strip the currants from the stalks; put them into a preserving-pan with sugar in the above proportion; stir them, and boil them for about \( \frac{3}{4} \) hour. Carefully remove the scum as it rises. Put the jam into pots, and, when cold, cover with oiled papers; over these put a piece of tissue-paper brushed over on both sides with the white of an egg; press the paper round the top of the pot, and, when dry, the covering will be quite hard and air-tight.

Time.-- \( \frac{1}{2} \) to \( \frac{3}{4} \) hour, reckoning from the time the jam boils all over.

Average cost, for a lb. pot, from 6d. to 8d.

Sufficient.-- Allow from 6 to 7 quarts of currants to make 12 1-lb, pots of jam.

Seasonable.-- Make this in July.

RED-CURRANT JELLY.

1533. INGREDIENTS.-- Red currants; to every pint of juice allow \( \frac{3}{4} \) lb. of loaf sugar.

Mode.-- Have the fruit gathered in fine weather; pick it from the stalks, put it into a jar, and place this jar in a saucepan of boiling water over the fire, and let it simmer gently until the juice is well drawn from the currants; then strain them through a jelly-bag or fine cloth, and, if the jelly is wished very clear, do not squeeze them too much, as the skin and pulp from the fruit will be pressed through with the juice, and so make the jelly muddy. Measure the juice, and to each pint allow \( \frac{3}{4} \) lb. of loaf sugar; put these into a preserving-pan, set it over the fire, and keep stirring the jelly until it is done, carefully removing every particle of scum as it rises, using a wooden or silver spoon for the purpose, as metal or iron ones would spoil the colour of the jelly when it has boiled from 20 minutes to \( \frac{1}{2} \) hour, put a little of the jelly on a plate, and if firm when cool, it is done. Take it off the fire, pour it into small gallipots, cover each of the pots with an oiled paper, and then with a piece of tissue-paper brushed over on both sides with the white of an egg. Label the pots, adding the year when the jelly was made, and store it away in a dry place. A jam may be made with the currants, if they are not squeezed too dry, by adding a few fresh raspberries, and boiling all together, with sufficient sugar to sweeten it nicely. As this preserve is not worth storing away, but is only for immediate eating, a smaller proportion of sugar than usual will be found enough: it answers very well for children's puddings, or for a nursery preserve.

Time.-- From \( \frac{3}{4} \) to 1 hour to extract the juice; 20 minutes to \( \frac{1}{2} \) hour to boil the jelly.

Average cost, from 8d. to 10d. per \( \frac{1}{2} \)-lb. pot. Sufficient.-- 8 quarts of currants will make from 10 to 12 pots of jelly. Seasonable.-- Make this in July. Note.-- Should the above proportion of sugar not be found sufficient for some tastes, add an extra \( \frac{1}{4} \) lb. to every pint of juice, making altogether 1 lb.
WHITE-CURRANT JELLY.

1534. INGREDIENTS.-- White currants; to every pint of juice allow ¾ lb. of good loaf sugar.

Mode.-- Pick the currants from the stalks, and put them into a jar; place this jar in a saucepan of boiling water, and simmer until the juice is well drawn from the fruit, which will be in from ¾ to 1 hour. Then strain the currants through a fine cloth or jelly-bag; do not squeeze them too much, or the jelly will not be clear, and put the juice into a very clean preserving-pan, with the sugar. Let this simmer gently over a clear fire until it is firm, and keep stirring and skimming until it is done; then pour it into small pots, cover them, and store away in a dry place.

Time.-- ¾ hour to draw the juice; ½ hour to boil the jelly.

Average cost, from 8d. to 10d. per ½-lb. pot.

Sufficient.-- From 3 pints to 2 quarts of fruit should yield 1 pint of juice.

Seasonable in July and August.

BAKED DAMSONS FOR WINTER USE.

1535. INGREDIENTS.-- To every lb. of fruit allow 6 oz. of pounded sugar; melted mutton suet.

Mode.-- Choose sound fruit, not too ripe; pick off the stalks, weigh it, and to every lb. allow the above proportion of pounded sugar. Put the fruit into large dry stone jars, sprinkling the sugar amongst it; cover the jars with saucers, place them in a rather cool oven, and bake the fruit until it is quite tender. When cold, cover the top of the fruit with a piece of white paper cut to the size of the jar; pour over this melted mutton suet about an inch thick, and cover the tops of the jars with thick brown paper, well tied down. Keep the jars in a cool dry place, and the fruit will remain good till the following Christmas, but not much longer.

Time.-- From 5 to 6 hours to bake the damsons, in a very cool oven.

Seasonable in September and October.

DAMSON CHEESE.

1536. INGREDIENTS.-- Damsons; to every lb. of fruit pulp allow ½ lb. of loaf sugar.

Mode.-- Pick the stalks from the damsons, and put them into a preserving-pan; simmer them over the fire until they are soft, occasionally stirring them; then beat them through a coarse sieve, and put the pulp and juice into the preserving-pan, with sugar in the above proportion, having previously carefully weighed them. Stir the sugar well in, and simmer the damsons slowly for 2 hours. Skim well; then boil the preserve quickly for ½ hour, or until it looks firm and hard in the spoon; put it quickly into shallow pots, or very tiny earthenware moulds, and, when cold, cover it with oiled
papers, and the jars with tissue-paper brushed over on both sides with the white of an egg. A few of the stones may be cracked, and the kernels boiled with the damsons, which very much improves the flavour of the cheese.

*Time.*-- 1 hour to boil the damsons without the sugar; 2 hours to simmer them slowly, ½ hour quickly.

*Average cost,* from 8d. to 10d. per 1/3 lb. pot.

*Sufficient.*-- 1 pint of damsons to make a *very small* pot of cheese.

*Seasonable.*-- Make this in September or October.

**COMPOTE OF DAMSONS.**

1537. **INGREDIENTS.**-- 1 quart of damsons, 1 pint of syrup No. 1512.

**Mode.**-- Procure sound ripe damsons; pick the stalks from them, and put them into boiling syrup, made by recipe No. 1512. Simmer them gently until the fruit is tender, but not sufficiently soft to break; take them up, boil the syrup for 5 minutes; pour it over the damsons, and serve. This should be sent to table in a glass dish.

*Time.*-- About ¼ hour to simmer the damsons; 5 minutes to boil the syrup.

*Average cost,* 9d.

*Sufficient* for 4 or 5 persons. *Seasonable* in September and October.

**DAMSON JAM.**

1538. **INGREDIENTS.**-- Damsons; to every lb. of fruit allow ¾ lb. of loaf sugar.

**Mode.**-- Have the fruit gathered in dry weather; pick it over, and reject any that is at all blemished. Stone the damsons, weigh them, and to every lb. allow ¾ lb. of loaf sugar. Put the fruit and sugar into a preserving-pan; keep stirring them gently until the sugar is dissolved, and carefully remove the scum as it rises. Boil the jam for about an hour, reckoning from the time it commences to simmer all over alike: it must be well stirred all the time, or it will be liable to burn and stick to the pan, which will cause the jam to have a very disagreeable flavour. When the jam looks firm, and the juice appears to set, it is done. Then take it off the fire, put into pots, cover it down, when quite cold, with oiled and egged papers, the same as in recipe No. 1530, and store it away in a dry place.

*Time.*-- 1 hour after the jam simmers all over.

*Average cost,* from 6d. to 8d. per lb. pot.

*Sufficient.*-- 1-½ pint of damsons for a lb. pot.

*Seasonable.*-- Make this in September or October.
A VERY NICE PRESERVE OF DAMSONS.

1539. INGREDIENTS.-- To every quart of damsons allow ½ lb. of loaf sugar.

Mode.-- Put the damsons (which should be picked from the stalks and quite free from blemishes) into a jar, with pounded sugar sprinkled amongst them in the above proportion; tie the jar closely down, set it in a saucepan of cold water; bring it gradually to boil, and simmer gently until the damsons are soft, without being broken. Let them stand till cold; then strain the juice from them, boil it up well, strain it through a jelly-bag, and pour it over the fruit. Let it cool, cover with oiled papers, and the jars with tissue-paper brushed over on both sides with the white of an egg, and store away in a dry cool place.

Time.-- About ¾ hour to simmer the fruit after the water boils; ¼ hour to boil the juice.

Seasonable.-- Make this in September or October.

TO PRESERVE DAMSONS, OR ANY KIND OF PLUMS.
(Useful in Winter.)

1540. INGREDIENTS.-- Damsons or plums; boiling water.

Mode.-- Pick the fruit into clean dry stone jars, taking care to leave out all that are broken or blemished. When full, pour boiling water on the plums, until it stands one inch above the fruit; cut a piece of paper to fit the inside of the jar, over which pour melted mutton-suet; cover down with brown paper, and keep the jars in a dry cool place. When used, the suet should be removed, the water poured off, and the jelly at the bottom of the jar used and mixed with the fruit.

Seasonable in September and October.

COMPOTE OF GREEN FIGS.

1541. INGREDIENTS.-- 1 pint of syrup No. 1512, 1-½ pint of green figs, the rind of ½ lemon.

Mode.-- Make a syrup by recipe No. 1512, boiling with it the lemon-rind, and carefully remove all the scum as it rises. Put in the figs, and simmer them very slowly until tender; dish them on a glass dish; reduce the syrup by boiling it quickly for 5 minutes; take out the lemon-peel, pour the syrup over the figs, and the compote, when cold, will be ready for table. A little port wine, or lemon-juice, added just before the figs are done, will be found an improvement.

Time.-- 2 to 3 hours to stew the figs.

Average cost, figs, 2s. to 3s. per dozen.
Seasonable in August and September.

**TO BOTTLE FRESH FRUIT.**
*(Very useful in Winter.)*

I.

1542. **INGREDIENTS.**— Fresh fruits, such as currants, raspberries, cherries, gooseberries, plums of all kinds, damsons, &c.; wide-mouthed glass bottles, new corks to fit them tightly.

**Mode.**— Let the fruit be full grown, but not too ripe, and gathered in dry weather. Pick it off the stalks without bruising or breaking the skin, and reject any that is at all blemished: if gathered in the damp, or if the skins are cut at all, the fruit will mould. Have ready some perfectly dry glass bottles, and some nice new soft corks or bungs; burn a match in each bottle, to exhaust the air, and quickly place the fruit in to be preserved; gently cork the bottles, and put them into a very cool oven, where let them remain until the fruit has shrunk away a fourth part. Then take the bottles out; do not open them, but immediately beat the corks in tight, cut off the tops, and cover them with melted resin. If kept in a dry place, the fruit will remain good for months; and on this principally depends the success of the preparation; for if stored away in a place that is in the least damp, the fruit will soon spoil.

**Time.**— From 5 to 6 hours in a very slow oven.

II.

1543. **INGREDIENTS.**— Any kind of fresh fruit, such as currants, cherries, gooseberries, all kinds of plums, &c.; wide-mouthed glass bottles, new corks to fit them tightly.

**Mode.**— The fruit must be full-grown, not too ripe, and gathered on a fine day. Let it be carefully picked and put into the bottles, which must be clean and perfectly dry. Tie over the tops of the bottles pieces of bladder; stand the bottles in a large pot, copper, or boiler, with cold water to reach to their necks; kindle a fire under, let the water boil, and as the bladders begin to rise and puff, prick them. As soon as the water boils, extinguish the fire, and let the bottles remain where they are, to become cold. The next day remove the bladders, and strew over the fruit a thick layer of pounded sugar; fit the bottles with corks, and let each cork lie close at hand to its own bottle. Hold for a few moments, in the neck of the bottle, two or three lighted matches, and when they have filled the bottle neck with gas, and before they go out, remove them very quickly; instantly cork the bottle closely, and dip it in bottle cement.

**Time.**— Altogether about 8 hours.

**TO BOTTLE FRESH FRUIT WITH SUGAR.**
*(Very useful in Winter.)*

1544. **INGREDIENTS.**— Any kind of fresh fruit; to each quart bottle allow ¼ lb. of pounded sugar.
Mode.-- Let the fruit be gathered in dry weather. Pick it carefully, and drop it into clean and very dry quart glass bottles, sprinkling over it the above proportion of pounded sugar to each quart. Put the corks in the bottles, and place them in a copper of cold water up to their necks, with small hay-wisps round them, to prevent the bottles from knocking together. Light the fire under, bring the water gradually to boil, and let it simmer gently until the fruit in the bottles is reduced nearly one third. Extinguish the fire, and let the bottles remain in the water until it is perfectly cold; then take them out, make the corks secure, and cover them with melted resin or wax.

Time.-- About 1 hour from the time the water commences to boil.

TO FROST HOLLY-LEAVES, for garnishing and decorating Dessert and Supper Dishes.

1545. INGREDIENTS.-- Sprigs of holly, oiled butter, coarsely-powdered sugar.

Mode.-- Procure some nice sprigs of holly; pick the leaves from the stalks, and wipe them with a clean cloth free from all moisture; then place them on a dish near the fire, to get thoroughly dry, but not too near to shrivel the leaves; dip them into oiled butter, sprinkle over them some coarsely-powdered sugar, and dry them before the fire. They should be kept in a dry place, as the least damp would spoil their appearance.

Time.-- About 10 minutes to dry before the fire.

Seasonable.-- These may be made at any time; but are more suitable for winter garnishes, when fresh flowers are not easily obtained.

COMPOTE OF GOOSEBERRIES.

1546. INGREDIENTS.-- Syrup made by recipe No. 1512; to 1 pint of syrup allow nearly a quart of gooseberries.

Mode.-- Top and tail the gooseberries, which should not be very ripe, and pour over them some boiling water; then take them out, and plunge them into cold water, with which has been mixed a tablespoonful of vinegar, which will assist to keep the fruit a good colour. Make a pint of syrup by recipe No. 1512, and when it boils, drain the gooseberries and put them in; simmer them gently until the fruit is nicely pulped and tender, without being broken; then dish the gooseberries on a glass dish, boil the syrup for 2 or 3 minutes, pour over the gooseberries, and serve cold.

Time.-- About 5 minutes to boil the gooseberries in the syrup; 3 minutes to reduce the syrup.

Average cost, 9d.

Sufficient,-- a quart of gooseberries for 5 or 6 persons.

Seasonable in June.
GOOSEBERRY JAM.

I.

1547. INGREDIENTS.-- To every lb. of fruit allow \( \frac{3}{4} \) lb. of loaf sugar; currant-juice.

*Mode.*-- Select red hairy gooseberries; have them gathered in dry weather, when quite ripe, without being too soft. Weigh them; with a pair of scissors, cut off the tops and tails, and to every 6 lbs. of fruit have ready \( \frac{1}{2} \) pint of red-currant juice, drawn as for jelly. Put the gooseberries and currant-juice into a preserving-pan; let them boil tolerably quickly, keeping them well stirred; when they begin to break, add to them the sugar, and keep simmering until the jam becomes firm, carefully skimming: and stirring it, that it does not burn at the bottom. It should be boiled rather a long time, or it will not keep. Put it into pots (not too large); let it get perfectly cold; then cover the pots down with oiled and egged papers, as directed for red-currant jelly No. 1533.

*Time.*-- About 1 hour to boil the gooseberries in the currant-juice; from \( \frac{1}{2} \) to \( \frac{3}{4} \) hour with the sugar.

*Average cost,* per lb. pot, from 6d. to 8d.

*Sufficient.*-- Allow 1-\( \frac{1}{2} \) pint of fruit for a lb. pot.

*Seasonable.*-- Make this in June or July.

II.

1548. INGREDIENTS.-- To every 8 lbs. of red, rough, ripe gooseberries allow 1 quart of red-currant juice, 5 lbs. of loaf sugar.

*Mode.*-- Have the fruit gathered in dry weather, and cut off the tops and tails. Prepare 1 quart of red-currant juice, the same as for red-currant jelly No. 1533; put it into a preserving-pan with the sugar, and keep stirring until the latter is dissolved. Keep it boiling for about 5 minutes; skim well; then put in the gooseberries, and let them boil from \( \frac{1}{2} \) to \( \frac{3}{4} \) hour; then turn the whole into an earthen pan, and let it remain for 2 days. Boil the jam up again until it looks clear; put it into pots, and when cold, cover with oiled paper, and over the jars put tissue-paper brushed over on both sides with the white of an egg, and store away in a dry place. Care must be taken, in making this, to keep the jam well stirred and well skimmed, to prevent it burning at the bottom of the pan, and to have it very clear.

*Time.*-- 5 minutes to boil the currant-juice and sugar after the latter is dissolved; from \( \frac{1}{2} \) to \( \frac{3}{4} \) hour to simmer the gooseberries the first time, \( \frac{1}{4} \) hour the second time of boiling.

*Average cost,* from 8d. to 10d. per lb. pot.

*Sufficient.*-- Allow 1-\( \frac{1}{2} \) pint of fruit for a lb. pot.

*Seasonable.*-- Make this in June or July.
WHITE OR GREEN GOOSEBERRY JAM.

1549. INGREDIENTS.-- Equal weight of fruit and sugar.

Mode.-- Select the gooseberries not very ripe, either white or green, and top and tail them. Boil the sugar with water (allowing ½ pint to every lb.) for about ¼ hour, carefully removing the scum as it rises; then put in the gooseberries, and simmer gently till clear and firm: try a little of the jam on a plate; if it jellies when cold, it is done, and should then be poured into pots. When cold, cover with oiled paper, and tissue-paper brushed over on both sides with the unbeaten white of an egg, and store away in a dry place.

Time.-- ¼ hour to boil the sugar and water, ¾ hour the jam.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.-- Allow 1-½ pint of fruit for a lb. pot.

Seasonable.-- Make this in June.

GOOSEBERRY JELLY.

1550. INGREDIENTS.-- Gooseberries; to every pint of juice allow ¾ lb. of loaf sugar.

Mode.-- Put the gooseberries, after cutting off the tops and tails, into a preserving-pan, and stir them over the fire until they are quite soft; then strain them through a sieve, and to every pint of juice allow ¾ lb. of sugar. Boil the juice and sugar together for nearly ¾ hour, stirring and skimming all the time; and if the jelly appears firm when a little of it is poured on to a plate, it is done, and should then be taken up and put into small pots. Cover the pots with oiled and egged papers, the same as for currant jelly No. 1533, and store away in a dry place.

Time.-- ¾ hour to simmer the gooseberries without the sugar; ¾ hour to boil the juice.

Average cost, from 8d. to 10d. per ½-lb. pot.

Seasonable in July.

COMPOTE OF GREENAGES.

1551. INGREDIENTS.-- 1 pint of syrup made by recipe No. 1512, 1 quart of greengages.

Mode.-- Make a syrup by recipe No. 1512, skim it well, and put in the greengages when the syrup is boiling, having previously removed the stalks and stones from the fruit. Boil gently for ¼ hour, or until the fruit is tender; but take care not to let it break, as the appearance of the dish would be spoiled were the fruit reduced to a pulp. Take the greengages carefully out, place them on a glass dish, boil the syrup for
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another 5 minutes, let it cool a little, pour over the fruit, and, when cold, it will be ready for use.

Time.-- ¼ hour to simmer the fruit, 5 minutes the syrup.

Average cost, in full season, 10d.

Sufficient for 4 or 5 persons.

Seasonable in July, August, and September.

GREENGAGE JAM.

1552. INGREDIENTS.-- To every lb. of fruit, weighed before being stoned, allow ¾ lb. of lump sugar.

Mode.-- Divide the greengages, take out the stones, and put them into a preserving-pan. Bring the fruit to a boil, then add the sugar, and keep stirring it over a gentle fire until it is melted. Remove all the scum as it rises, and, just before the jam is done, boil it rapidly for 5 minutes. To ascertain when it is sufficiently boiled, pour a little on a plate, and if the syrup thickens and appears firm, it is done. Have ready half the kernels blanched; put them into the jam, give them one boil, and pour the preserve into pots. When cold, cover down with oiled papers, and, over these, tissue-paper brushed over on both sides with the white of an egg.

Time.-- ¾ hour after the sugar is added.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.-- Allow about 1-½ pint of fruit for every lb. pot of jam.

Seasonable.-- Make this in August or September.

TO PRESERVE AND DRY GREENGAGES.

1553. INGREDIENTS.-- To every lb. of sugar allow 1 lb. of fruit, ¼ pint of water.

Mode.-- For this purpose, the fruit must be used before it is quite ripe, and part of the stalk must be left on. Weigh the fruit, rejecting all that is in the least degree blemished, and put it into a lined saucepan with the sugar and water, which should have been previously boiled together to a rich syrup. Boil the fruit in this for 10 minutes, remove it from the fire, and drain the greengages. The next day, boil up the syrup and put in the fruit again, and let it simmer for 3 minutes, and drain the syrup away. Continue this process for 5 or 6 days, and the last time place the greengages, when drained, on a hair sieve, and put them in an oven or warm spot to dry; keep them in a box, with paper between each layer, in a place free from damp.

Time.-- 10 minutes the first time of boiling.

Seasonable.-- Make this in August or September.
PRESERVED GREENGAGES IN SYRUP.

1554. INGREDIENTS.-- To every lb. of fruit allow 1 lb. of loaf sugar ¼ pint of water.

Mode.-- Boil the sugar and water together for about 10 minutes; divide the greengages, take out the stones, put the fruit into the syrup, and let it simmer gently until nearly tender. Take it off the fire, put it into a large pan, and, the next day, boil it up again for about 10 minutes with the kernels from the stones, which should be blanched. Put the fruit carefully into jars, pour over it the syrup, and, when cold, cover down, so that the air is quite excluded. Let the syrup be well skimmed both the first and second day of boiling, otherwise it will not be clear.

Time.-- 10 minutes to boil the syrup; ¼ hour to simmer the fruit the first day, 10 minutes the second day.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.-- Allow about 1 pint of fruit to fill a 1-lb. pot.

Seasonable.-- Make this in August or September.

TO MAKE FRUIT ICE-CREAMS.

1555. INGREDIENTS.-- To every pint of fruit-juice allow 1 pint of cream; sugar to taste.

Mode.-- Let the fruit be well ripened; pick it off the stalks, and put it into a large earthen pan. Stir it about with a wooden spoon, breaking it until it is well mashed; then, with the back of the spoon, rub it through a hair sieve. Sweeten it nicely with pounded sugar; whip the cream for a few minutes, add it to the fruit, and whisk the whole again for another 5 minutes. Put the mixture into the freezing-pot, and freeze in the same manner as directed for Ice Pudding, No. 1290, taking care to stir the cream, &c., two or three times, and to remove it from the sides of the vessel, that the mixture may be equally frozen and smooth. Ices are usually served in glasses, but if moulded, as they sometimes are for dessert, must have a small quantity of melted isinglass added to them, to enable them to keep their shape. Raspberry, strawberry, currant, and all fruit ice-creams, are made in the same manner. A little pounded sugar sprinkled over the fruit before it is mashed assists to extract the juice. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it: it should be melted and worked through a sieve before being added to the whipped cream; and if the colour should not be good, a little prepared cochineal or beetroot may be put in to improve its appearance.

Time.-- ½ hour to freeze the mixture.

Average cost, with cream at 1s. per pint, 4d. each ice.

Seasonable, with fresh fruit, in June, July, and August.
TO MAKE FRUIT-WATER ICES.

1556. INGREDIENTS.-- To every pint of fruit-juice allow 1 pint of syrup made by recipe No. 1513.

Mode.-- Select nice ripe fruit; pick off the stalks, and put it into a large earthen pan, with a little pounded sugar strewed over; stir it about with a wooden spoon until it is well broken, then rub it through a hair sieve. Make the syrup by recipe No. 1513, omitting the white of the egg; let it cool, add the fruit-juice, mix well together, and put the mixture into the freezing-pot. Proceed as directed for Ice Puddings, No. 1290, and when the mixture is equally frozen, put it into small glasses. Raspberry, strawberry, currant, and other fresh-fruit-water ices, are made in the same manner.

Time.-- ½ hour to freeze the mixture.

Average cost, 3d. to 4d. each.

Seasonable, with fresh fruit, in June, July, and August.

LEMON-WATER ICE.

1557. INGREDIENTS.-- To every pint of syrup, made by recipe No. 1513, allow 1/3 pint of lemon-juice; the rind of 4 lemons.

Mode.-- Rub the sugar on the rinds of the lemons, and with it make the syrup by recipe No. 1513, omitting the white of egg. Strain the lemon-juice, add it to the other ingredients, stir well, and put the mixture into a freezing-pot. Freeze as directed for Ice Pudding, No. 1290, and, when the mixture is thoroughly and equally frozen, put it into ice-glasses.

Time.-- ½ hour to freeze the mixture. Average cost, 3d. to 4d. each.

Seasonable at any time.

ICED CURRANTS, for Dessert.

1558. INGREDIENTS.-- ¼ pint of water, the whites of 2 eggs, currants, pounded sugar.

Mode.-- Select very fine bunches of red or white currants, and well beat the whites of the eggs. Mix these with the water; then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very fine pounded sugar. Lay them to dry on paper, when the sugar will crystallize round each currant, and have a very pretty effect. All fresh fruit may be prepared in the same manner; and a mixture of various fruits iced in this manner, and arranged on one dish, looks very well for a summer dessert.
Time.--¼ day to dry the fruit.

Average cost, 8d. for a pint of iced currants. Seasonable in summer.

MELONS.

1559. This fruit is rarely preserved or cooked in any way, and should be sent to table on a dish garnished with leaves or flowers, as fancy dictates. A border of any other kind of small fruit, arranged round the melon, has a pretty effect, the colour the former contrasting nicely with the melon. Plenty of pounded sugar should be served with it; and the fruit should be cut lengthwise, in moderate-sized slices. In America, it is frequently eaten with pepper and salt.

Average cost.-- English, in full season, 3s. 6d. to 5s. each; when scarce, 10s. to 15s.; seasonable, June to August. French, 2s. to 3s. 6d. each; seasonable, June and July. Dutch, 9d. to 2s. each; seasonable, July and August.

MELON.-- The melon is a most delicious fruit, succulent, cool, and high-flavoured. With us, it is used only at the dessert, and is generally eaten with sugar, ginger, or pepper; but, in France, it is likewise served up at dinner as a sauce for boiled meats. It grows wild in Tartary, and has been lately found in abundance on the sandy plains of Jeypoor. It was brought originally from Asia by the Romans, and is said to have been common in England in the time of Edward III., though it is supposed that it was lost again, as well as the cucumber, during the wars of York and Lancaster. The best kind, called the Cantaloupe, from the name of a place near Rome where it was first cultivated in Europe, is a native of Armenia, where it grows so plentifully that a horse-load may be bought for a crown.

PRESERVED MULBERRIES.

1560. INGREDIENTS.-- To 2 lbs. of fruit and 1 pint of juice allow 2-½ lbs. of loaf sugar.

Mode.-- Put some of the fruit into a preserving-pan, and simmer it gently until the juice is well drawn. Strain it through a bag, measure it, and to every pint allow the above proportion of sugar and fruit. Put the sugar into the preserving-pan, moisten it with the juice, boil it up, skim well, and then add the mulberries, which should be ripe, but not soft enough to break to a pulp. Let them stand in the syrup till warm through, then set them on the fire to boil gently; when half done, turn them carefully into an earthen pan, and let them remain till the next day; then boil them as before, and when the syrup is thick, and becomes firm when cold, put the preserve into pots. In making this, care should be taken not to break the mulberries: this may be avoided by very gentle stirring, and by simmering the fruit very slowly.

Time.--¾ hour to extract the juice;

¼ hour to boil the mulberries the first time, ¼ hour the second time.

Seasonable in August and September.
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MULBERRY. -- Mulberries are esteemed for their highly aromatic flavour, and their sub-acid nature. They are considered as cooling, laxative, and generally wholesome. This fruit was very highly esteemed by the Romans, who appear to have preferred it to every other. The mulberry-tree is stated to have been introduced into this country in 1548, being first planted at Sion House, where the original trees still thrive. The planting of them was much encouraged by King James I. about 1605; and considerable attempts were made at that time to rear silkworms on a large scale for the purpose of making silk; but these endeavours have always failed, the climate being scarcely warm enough.

TO PRESERVE MORELLO CHERRIES.

1561. INGREDIENTS.-- To every lb. of cherries allow 1-¼ lb. of sugar, 1 gill of water.

Mode.-- Select ripe cherries; pick off the stalks, and reject all that have any blemishes. Boil the sugar and water together for 5 minutes; put in the cherries, and boil them for 10 minutes, removing the scum as it rises. Then turn the fruit, &c. into a pan, and let it remain until the next day, when boil it all again for another 10 minutes, and, if necessary, skim well. Put the cherries into small pots; pour over them the syrup, and, when cold, cover down with oiled papers, and the tops of the jars with tissue-paper brushed over on both sides with the white of an egg, and keep in a dry place.

Time.-- Altogether, 25 minutes to boil.

Average cost, from 8d. to 10d. per lb. pot.

Seasonable.-- Make this in July or August.

THE CHERRY-TREE IN ROME.-- The Cherry-tree was introduced into Rome by Lucullus about seventy years before the Christian era; but the capital of the world knew not at first how to appreciate this present as it deserved; for the cherry-tree was propagated so slowly in Italy, that more than a century after its introduction it was far from being generally cultivated. The Romans distinguished three principal species of cherries -- the Apronian, of a bright red, with a firm and delicate pulp; the Lutatian, very black and sweet; the Caecilian, round and stubby, and much esteemed. The cherry embellished the third course in Rome and the second at Athens.

PRESERVED NECTARINES.

1562. INGREDIENTS.-- To every lb. of sugar allow ¼ pint of water; nectarines.

Mode.-- Divide the nectarines in two, take out the stones, and make a strong syrup with sugar and water in the above proportion. Put in the nectarines, and boil them until they have thoroughly imbibed the sugar. Keep the fruit as whole as possible, and turn it carefully into a pan. The next day boil it again for a few minutes, take out the nectarines, put them into jars, boil the syrup quickly for 5 minutes, pour it over the fruit, and, when cold, cover the preserve down. The syrup and preserve must be carefully skimmed, or it will not be clear.
Time.-- 10 minutes to boil the sugar and water; 20 minutes to boil the fruit the first
time, 10 minutes the second time; 5 minutes to boil the syrup.

Seasonable in August and September, but cheapest in September.

STEWED NORMANDY PIPPINS.

1563. INGREDIENTS.-- 1 lb. of Normandy pippins, 1 quart of water, \(\frac{1}{2}\) teaspoonful
of powdered cinnamon, \(\frac{1}{2}\) teaspoonful of ground ginger, 1 lb. of moist sugar, 1 lemon.

Mode.-- Well wash the pippins, and put them into 1 quart of water with the above
proportion of cinnamon and ginger, and let them stand 12 hours; then put these all
together into a stewpan, with the lemon sliced thinly, and half the moist sugar. Let
them boil slowly until the pippins are half done; then add the remainder of the sugar,
and simmer until they are quite tender. Serve on glass dishes for dessert.

Time.-- 2 to 3 hours. Average cost, 1s. 6d. Seasonable.-- Suitable for a winter dish.

ICED ORANGES.

1564. INGREDIENTS.-- Oranges; to every lb. of pounded loaf sugar allow the whites
of 2 eggs.

Mode.-- Whisk the whites of the eggs well, stir in the sugar, and beat this mixture for
\(\frac{1}{4}\) hour. Skin the oranges, remove as much of the white pith as possible without
injuring the pulp of the fruit; pass a thread through the centre of each orange, dip them
into the sugar, and tie them to a stick. Place this stick across the oven, and let the
oranges remain until dry, when they will have the appearance of balls of ice. They
make a pretty dessert or supper dish. Care must be taken not to have the oven too
fierce, or the oranges would scorch and acquire a brown colour, which would entirely
spoil their appearance.

Time.-- From \(\frac{1}{2}\) to 1 hour to dry in a moderate oven.

Average cost, 1-½d. each.

Sufficient.-- \(\frac{1}{2}\) lb. of sugar to ice 12 oranges.

Seasonable from November to May.

THE FIRST ORANGE-TREE IN FRANCE.-- The first Orange-tree cultivated in the centre of
France was to be seen a few years ago at Fontainebleau. It was called Le Connétable (the
Constable), because it had belonged to the Connétable de Bourbon, and had been confiscated,
together with all property belonging to that prince, after his revolt against his sovereign.

COMPOTE OF ORANGES.

1565. INGREDIENTS.-- 1 pint of syrup No. 1512, 6 oranges.

Mode.-- Peel the oranges, remove as much of
the white pith as possible, and divide them into
small pieces without breaking the thin skin with which they are surrounded. Make the syrup by recipe No. 1512, adding the rind of the orange cut into thin narrow strips. When the syrup has been well skimmed, and is quite clear, put in the pieces of orange, and simmer them for 5 minutes. Take them out carefully with a spoon without breaking them, and arrange them on a glass dish. Reduce the syrup by boiling it quickly until thick; let it cool a little, pour it over the oranges, and, when cold, they will be ready for table.

_Time._—10 minutes to boil the syrup; 5 minutes to simmer the oranges; 5 minutes to reduce the syrup.

_Average cost_ 9d.

_Sufficient_ for 5 or 6 persons.

_Seasonable_ from November to May.

THE ORANGE IN PORTUGAL.—The Orange known under the name of "Portugal Orange" comes originally from China. Not more than two centuries ago, the Portuguese brought thence the first scion, which has multiplied so prodigiously that we now see entire forests of orange-trees in Portugal.

ORANGE AND CLOVES.—It appears to have been the custom formerly, in England, to make new year's presents with oranges stuck full with cloves. We read in one of Ben Jonson's pieces,—the "Christmas Masque,"—"He has an orange and rosemary, but not a clove to stick in it."

**ORANGE MARMALADE.**

II.

1566. _INGREDIENTS._—Equal weight of fine loaf sugar and Seville oranges; to 12 oranges allow 1 pint of water.

_Mode._—Let there be an equal weight of loaf sugar and Seville oranges, and allow the above proportion of water to every dozen oranges. Peel them carefully, remove a little of the white pith, and boil the rinds in water 2 hours, changing the water three times to take off a little of the bitter taste. Break the pulp into small pieces, take out all the pips, and cut the boiled rind into chips. Make a syrup with the sugar and water; boil this well, skim it, and, when clear, put in the pulp and chips. Boil all together from 20 minutes to ½ hour; pour it into pots, and, when cold, cover down with bladders or tissue-paper brushed over on both sides with the white of an egg. The juice and grated rind of 2 lemons to every dozen of oranges, added with the pulp and chips to the syrup, are a very great improvement to this marmalade.

_Time._—2 hours to boil the orange-rinds; 10 minutes to boil the syrup; 20 minutes to ½ hour to boil the marmalade.

_Average cost_, from 6d. to 8d. per lb. pot.
**Seasonable.**-- This should be made in March or April, as Seville oranges are then in perfection.

II.

1567. **INGREDIENTS.**-- Equal weight of Seville oranges and sugar; to every lb. of sugar allow ½ pint of water.

**Mode.**-- Weigh the sugar and oranges, score the skin across, and take it off in quarters. Boil these quarters in a muslin bag in water until they are quite soft, and they can be pierced easily with the of a pin; then cut them into chips about 1 inch long, and as thin as possible. Should there be a great deal of white stringy pulp, remove it before cutting the rind into chips. Split open the oranges, scrape out the best part of the pulp, with the juice, rejecting the white pith and pips. Make a syrup with the sugar and water; boil it until clear; then put in the chips, pulp, and juice, and boil the marmalade from 20 minutes to ½ hour, removing all the scum as it rises. In boiling the syrup, clear it carefully from scum before the oranges are added to it.

**Time.**-- 2 hours to boil the rinds, 10 minutes the syrup, 20 minutes to ½ hour the marmalade.

**Average cost,** 6d. to 8d. per lb. pot.

**Seasonable.**-- Make this in March or April, when Seville oranges are in perfection.

**AN EASY WAY OF MAKING ORANGE MARMALADE.**

1568. **INGREDIENTS.**-- To every lb. of pulp allow 1-½ lb. of loaf sugar.

**Mode.**-- Choose some fine Seville oranges; put them whole into a stewpan with sufficient water to cover them, and stew them until they become perfectly tender, changing the water 2 or 3 times; drain them, take off the rind, remove the pips from the pulp, weigh it, and to every lb. allow 1-½ of loaf sugar and ½ pint of the water the oranges were last boiled in. Boil the sugar and water together for 10 minutes; put in the pulp, boil for another 10 minutes; then add the peel cut into strips, and boil the marmalade for another 10 minutes, which completes the process. Pour it into jars; let it cool; then cover down with bladders, or tissue-paper brushed over on both sides with the white of an egg.

**Time.**-- 2 hours to boil the oranges; altogether ½ hour to boil the marmalade.

**Average cost,** from 6d. to 8d. per lb. pot.

**Seasonable** -- Make this in March or April.

**ORANGE MARMALADE MADE WITH HONEY.**

1569. **INGREDIENTS.**-- To 1 quart of the juice and pulp of Seville oranges allow 2 lbs. of honey, 1 lb. of the rind.
Mode.-- Peel the oranges and boil the rind in water until tender, and cut it into strips. Take away the pips from the juice and pulp, and put it with the honey and chips into a preserving-pan; boil all together for about ½ hour, or until the marmalade is of the proper consistency; put it into pots, and, when cold, cover down with bladders.

Time.-- 2 hours to boil the rind, ½ hour the marmalade.

Average cost, from 7d. to 9d. per lb. pot.

Seasonable.-- Make this in March or April.

TO PRESERVE ORANGES.

1570. INGREDIENTS.-- Oranges; to every lb. of juice and pulp allow 2 lbs. of loaf sugar; to every pint of water ½ lb. of loaf sugar.

Mode.-- Wholly grate or peel the oranges, taking off only the thin outside portion of the rind. Make a small incision where the stalk is taken out, squeeze out as much of the juice as can be obtained, and preserve it in a basin with the pulp that accompanies it. Put the oranges into cold water; let them stand for 3 days, changing the water twice; then boil them in fresh water till they are very tender, and put them to drain. Make a syrup with the above proportion of sugar and water, sufficient to cover the oranges; let them stand in it for 2 or 3 days; then drain them well. Weigh the juice and pulp, allow double their weight of sugar, and boil them together until the scum ceases to rise, which must all be carefully removed; put in the oranges, boil them for 10 minutes, place them in jars, pour over them the syrup, and, when cold, cover down. They will be fit for use in a week.

Time.-- 3 days for the oranges to remain in water, 3 days in the syrup; ½ hour to boil the pulp, 10 minutes the oranges.

Seasonable.-- This preserve should be made in February or March, when oranges are plentiful.

ORANGE SALAD.

1571. INGREDIENTS.-- 6 oranges, ¼ lb. of muscatel raisins, 2 oz. of pounded sugar, 4 tablespoonfuls of brandy.

Mode.-- Peel 5 of the oranges; divide them into slices without breaking the pulp, and arrange them on a glass dish. Stone the raisins, mix them with the sugar and brandy, and mingle them with the oranges. Squeeze the juice of the other orange over the whole, and the dish is ready for table. A little pounded spice may be put in when the flavour is liked; but this ingredient must be added very sparingly.

Average cost, 1s.

Sufficient for 5 or 6 persons.

Seasonable from November to May.
COMPOTE OF PEACHES.

1572. INGREDIENTS.-- 1 pint of syrup No. 1512, about 15 small peaches.

Mode.-- Peaches that are not very large, and that would not look well for dessert, answer very nicely for a compôte. Divide the peaches, take out the stones, and pare the fruit; make a syrup by recipe No. 1512, put in the peaches, and stew them gently for about 10 minutes. Take them out without breaking, arrange them on a glass dish, boil the syrup for 2 or 3 minutes, let it cool, pour it over the fruit, and, when cold, it will be ready for table.

Time.-- 10 minutes. Average cost, 1s. 2d.

Sufficient for 5 or 6 persons. Seasonable in August and September.

PEACH AND NECTARINE.-- The peach and nectarine, which are among the most delicious of our fruits, are considered as varieties of the same species, produced by cultivation. The former is characterized by a very delicate down, while the latter is smooth; but, as a proof of their identity as to species, trees have borne peaches on one part and nectarines on another; and even a single fruit has had down on one side, and on the other none; the trees are almost exactly alike, as well as the blossoms. Pliny states that the peach was originally brought from Persia, where it grows naturally. At Montreuil, a village near Paris, almost the whole population is employed in the cultivation of peaches; and this occupation has maintained the inhabitants for ages, and, in consequence, they raise better peaches than anywhere else in France. In Maryland and Virginia, peaches grow nearly wild in orchards resembling forests; but the fruit is of little value for the table, being employed only in fattening hogs and for the distillation of peach brandy. On the east side of the Andes, peaches grow wild among the cornfields and in the mountains, and are dried as an article of food. The young leaves of the peach are sometimes used in cookery, from their agreeable flavour; and a liqueur resembling the fine noyeau of Martinique may be made by steeping them in brandy sweetened with sugar and fined with milk; gin may also be flavoured in the same manner. The kernels of the fruit have the same flavour. The nectarine is said to have received its name from nectar, the particular drink of the gods. Though it is considered as the same species as the peach, it is not known which of the varieties come from the other; the nectarine, is by some considered as the superior fruit.

PEACHES PRESERVED IN BRANDY.

1573. INGREDIENTS.-- To every lb. of fruit weighed before being stoned, allow ¼ lb. of finely-pounded loaf sugar; brandy.

Mode.-- Let the fruit be gathered in dry weather; wipe and weigh it, and remove the stones as carefully as possible, without injuring the peaches much. Put them into a jar, sprinkle amongst them pounded loaf sugar in the above proportion, and pour brandy over the fruit. Cover the jar down closely, place it in a saucepan of boiling water over the fire, and bring the brandy to the simmering-point, but do not allow it to boil. Take the fruit out carefully, without breaking it; put it into small jars, pour over it the brandy, and, when cold, exclude the air by covering the jars with bladders, or tissue-paper brushed over on both sides with the white of an egg. Apricots may be done in the same manner, and, if properly prepared, will be found delicious.

Time.-- From 10 to 20 minutes to bring the brandy to the simmering-point.
BAKED Pears.

1574. INGREDIENTS.-- 12 pears, the rind of 1 lemon, 6 cloves, 10 whole allspice; to every pint of water allow ½ lb. of loaf sugar.

Mode.-- Pare and cut the pears into halves, and, should they be very large, into quarters; leave the stalks on, and carefully remove the cores. Place them in a clean baking-jar, with a closely-fitting lid; add to them the lemon-rind cut in strips, the juice of ½ lemon, the cloves, pounded allspice, and sufficient water just to cover the whole, with sugar in the above proportion. Cover the jar down closely, put it into a very cool oven, and bake the pears from 5 to 6 hours, but be very careful that the oven is not too hot. To improve the colour of the fruit, a few drops of prepared cochineal may be added; but this will not be found necessary if the pears are very gently baked.

Time.-- Large pears, 5 to 6 hours, in a very slow oven.

Average cost, 1d. to 2d. each.

Sufficient for 7 or 8 persons.

Seasonable from September to January.

PEAR.-- The pear, like the apple, is indigenous to this country; but the wild pear is a very unsatisfactory fruit. The best varieties were brought from the East by the Romans, who cultivated them with care, and probably introduced some of their best sorts into this island, to which others were added by the inhabitants of the monasteries. The Dutch and Flemings, as well as the French, have excelled in the cultivation of the pear, and most of the late varieties introduced are from France and Flanders. The pear is a hardy tree, and a longer liver than the apple: it has been known to exist for centuries. There are now about 150 varieties of this fruit. Though perfectly wholesome when ripe, the pear is not so when green; but in this state it is fit for stewing. An agreeable beverage, called perry, is made from pears, and the varieties which are least fit for eating make the best perry.

PRESERVED PEARS.

1575. INGREDIENTS.-- Jargonelle pears; to every lb. of sugar allow ½ pint of water.

Mode.-- Procure some Jargonelle pears, not too ripe; put them into a stewpan with sufficient water to cover them, and simmer them till rather tender, but do not allow them to break; then put them into cold water. Boil the sugar and water together for 5 minutes, skim well, put in the pears, and simmer them gently for 5 minutes. Repeat the simmering for 3 successive days, taking care not to let the fruit break. The last time of boiling, the syrup should be made rather richer, and the fruit boiled for 10 minutes. When the pears are done, drain them from the syrup, and dry them in the sun, or in a cool oven; or they may be kept in the syrup, and dried as they are wanted.

Time.-- ½ hour to simmer the pears in water, 20 minutes in the syrup.

Average cost, 1d. to 2d. each.
STEWED PEARS.

1576. INGREDIENTS.-- 8 large pears, 5 oz. of loaf sugar, 6 cloves, 6 whole allspice, ½ pint of water, ¼ pint of port wine, a few drops of prepared cochineal.

Mode.-- Pare the pears, halve them, remove the cores, and leave the stalks on; put them into a lined saucepan with the above ingredients, and let them simmer very gently until tender, which will be in from 3 to 4 hours, according to the quality of the pears. They should be watched, and, when done, carefully lifted out on to a glass dish without breaking them. Boil up the syrup quickly for 2 or 3 minutes; allow it to cool a little, pour it over the pears, and let them get perfectly cold. To improve the colour of the fruit, a few drops of prepared cochineal may be added, which rather enhances the beauty of this dish. The fruit must not be boiled fast, but only simmered, and watched that it be not too much done.

Time.-- 3 to 4 hours. Average cost, 1s. 6d.

Sufficient for 5 or 6 persons. Seasonable from September to January.

THE BON CHRETIEN PEAR.-- The valuable variety of pear called Bon Chrétien, which comes to our tables in winter, either raw or cooked, received its name through the following incident:-- Louis XI., king of France, had sent for Saint Francois de Paule from the lower part of Calabria, in the hopes of recovering his health through his intercession. The saint brought with him the seeds of this pear; and, as he was called at court Le Bon Chrétien, this fruit obtained the name of him to whom France owed its introduction.

PINEAPPLE CHIPS.

1577. INGREDIENTS.-- Pineapples; sugar to taste.

Mode.-- Pare and slice the fruit thinly, put it on dishes, and strew over it plenty of pounded sugar. Keep it in a hot closet, or very slow oven, 8 or 10 days, and turn the fruit every day until dry; then put the pieces of pine on tins, and place them in a quick oven for 10 minutes. Let them cool, and store them away in dry boxes, with paper between each layer.

Time.-- 8 to 10 days.

Seasonable.-- Foreign pines, in July and August.

PRESERVED PINEAPPLE.

1578. INGREDIENTS.-- To every lb. of fruit, weighed after being pared, allow 1 lb. of loaf sugar; ¼ pint of water.
Mode.-- The pines for making this preserve should be perfectly sound but ripe. Cut them into rather thick slices, as the fruit shrinks very much in the boiling. Pare off the rind carefully, that none of the pine be wasted; and, in doing so, notch it in and out, as the edge cannot be smoothly cut without great waste. Dissolve a portion of the sugar in a preserving-pan with ¼ pint of water; when this is melted, gradually add the remainder of the sugar, and boil it until it forms a clear syrup, skimming well. As soon as this is the case, put in the pieces of pine, and boil well for at least ½ hour, or until it looks nearly transparent. Put it into pots, cover down when cold, and store away in a dry place.

Time.-- ½ hour to boil the fruit. Average cost, 10d. to 1s. per lb. pot.

Seasonable.-- Foreign pines, in July and August.

THE PINEAPPLE IN HEATHENDOM.-- Heathen nations invented protective divinities for their orchards (such as Pomona, Vertumnus, Priapus, &c.), and benevolent patrons for their fruits: thus, the olive-tree grew under the auspices of Minerva; the Muses cherished the palm-tree, Bacchus the fig and grape, and the pine and its cone were consecrated to the great Cyble.

PRESERVED PINEAPPLE, for Present Use.

1579. INGREDIENTS.-- Pineapple, sugar, water.

Mode.-- Cut the pine into slices ¼ inch in thickness; peel them, and remove the hard part from the middle. Put the parings and hard pieces into a stewpan with sufficient water to cover them, and boil for ¼ hour. Strain the liquor, and put in the slices of pine. Stew them for 10 minutes, add sufficient sugar to sweeten the whole nicely, and boil again for another ¼ hour; skim well, and the preserve will be ready for use. It must be eaten soon, as it will keep but a very short time.

Time.-- ¼ hour to boil the parings in water; 10 minutes to boil the pine without sugar, ¼ hour with sugar.

Average cost.-- Foreign pines, 1s. to 3s. each; English, from 2s. to 12s. per lb.

Seasonable.-- Foreign, in July and August; English, all the year.

PLUM JAM.

1580. INGREDIENTS.-- To every lb. of plums, weighed before being stoned, allow ¾ lb. of loaf sugar.

Mode.-- In making plum jam, the quantity of sugar for each lb. of fruit must be regulated by the quality and size of the fruit, some plums requiring much more sugar than others. Divide the plums, take out the stones, and put them on to large dishes, with roughly-pounded sugar sprinkled over them in the above proportion, and let them remain for one day; then put them into a preserving-pan, stand them by the side of the fire to simmer gently for about ½ hour, and then boil them rapidly for another 15 minutes. The scum must be carefully removed as it rises, and the jam must be well stirred all the time, or it will burn at the bottom of the pan, and so spoil the colour and flavour of the preserve. Some of the stones may be cracked, and a few kernels added
to the jam just before it is done: these impart a very delicious flavour to the plums.
The above proportion of sugar would answer for Orleans plums; the Impératrice Magnum-bonum, and Winesour would not require quite so much.

*Time.*-- ½ hour to simmer gently, ¼ hour to boil rapidly.

*Best plums for preserving.*-- Violets, Mussels, Orleans, Impératrice Magnum-bonum, and Winesour.

*Seasonable* from the end of July to the beginning of October.

**PLUMS.**-- The Damson, or Damascene plum, takes its name from Damascus, where it grows in great quantities, and whence it was brought into Italy about 114 B.C. The Orleans plum is from France. The Greengage is called after the Gage family, who first brought it into England from the monastery of the Chartreuse, at Paris, where it still bears the name of Reine Claude. The Magnum-bonum is our largest plum, and greatly esteemed for preserves and culinary purposes. The best sorts of plums are agreeable at the dessert, and, when perfectly ripe, are wholesome; but some are too astringent. They lose much of their bad qualities by baking, and are extensively used, from their cheapness, when in full season, in tarts and preserves; but they are not a very wholesome fruit, and should be eaten in moderation.

**PRESERVED PLUMS.**

1581. **INGREDIENTS.**-- To every lb. of fruit allow ¾ lb. of loaf sugar; for the thin syrup, ¼ lb. of sugar to each pint of water.

*Mode.*-- Select large ripe plums; slightly prick them, to prevent them from bursting, and simmer them very gently in a syrup made with the above proportion of sugar and water. Put them carefully into a pan, let the syrup cool, pour it over the plums, and allow them to remain for two days. Having previously weighed the other sugar, dip the lumps quickly into water, and put them into a preserving-pan with no more water than hangs about them; and boil the sugar to a syrup, carefully skimming it. Drain the plums from the first syrup; put them into the fresh syrup, and simmer them very gently until they are clear; lift them out singly into pots, pour the syrup over, and when cold, cover down to exclude the air. This preserve will remain good some time, if kept in a dry place, and makes a very nice addition to a dessert. The magnum-bonum plums answer for this preserve better than any other kind of plum. Greengages are also very delicious done in this manner.

*Time.*-- ¼ hour to 20 minutes to simmer the plums in the first syrup; 20 minutes to ½ hour very gentle simmering in the second.

*Seasonable* from August to October.

**TO PRESERVE PLUMS DRY.**

1582. **INGREDIENTS.**-- To every lb. of sugar allow ¼ pint of water. *Mode.*-- Gather the plums when they are full-grown and just turning colour; prick them, put them into a saucepan of cold water, and set them on the fire until the water is on the point of boiling. Then take them out, drain them, and boil them gently in syrup made with the above proportion of sugar and water; and if the plums shrink, and will not take the
sugar, prick them as they lie in the pan; give them another boil, skim, and set them by. The next day add some more sugar, boiled almost to candy, to the fruit and syrup; put all together into a wide-mouthed jar, and place them in a cool oven for 2 nights; then drain the plums from the syrup, sprinkle a little powdered sugar over, and dry them in a cool oven.

_Time._-- 15 to 20 minutes to boil the plums in the syrup. _Seasonable_ from August to October.

PLUMS.-- The wild sloe is the parent of the plum, but the acclimated kinds come from the East. The cultivation of this fruit was probably attended to very early in England, as Gerrard informs us that, in 1597, he had in his garden, in Holborn, threescore sorts. The sloe is a shrub common in our hedgerows, and belongs to the natural order _Amygdaleae_; the fruit is about the size of a large pea, of a black colour, and covered with a bloom of a bright blue. It is one of the few indigenous to our island. The juice is extremely sharp and astringent, and was formerly employed as a medicine, where astringents were necessary. It now assists in the manufacture of a red wine made to imitate port, and also for adulteration. The leaves have been used to adulterate tea; the fruit, when ripe, makes a good preserve.

**STEWED FRENCH PLUMS.**

(A Dessert Dish.)

1583. INGREDIENTS.-- 1½ lb. of French plums, ¾ pint of syrup No. 1512, 1 glass of port wine, the rind and juice of 1 lemon.

_Mode._-- Stew the plums gently in water for 1 hour; strain the water, and with it make the syrup. When it is clear, put in the plums with the port wine, lemon-juice, and rind, and simmer very gently for 1½ hour. Arrange the plums on a glass dish, take out the lemon-rind, pour the syrup over the plums, and, when cold, they will be ready for table. A little allspice stewed with the fruit is by many persons considered an improvement.

_Time._-- 1 hour to stew the plums in water, 1½ hour in the syrup.

_Average cost._-- plums sufficiently good for stewing, 1s. per lb.

_Sufficient_ for 7 or 8 persons.

_Seaonable_ in winter.

**PRESERVED PUMPKIN.**

1584. INGREDIENTS.-- To each lb. of pumpkin allow 1 lb. of roughly pounded loaf sugar, 1 gill of lemon-juice.

_Mode._-- Obtain a good sweet pumpkin; halve it, take out the seeds, and pare off the rind; cut it into neat slices, or into pieces about the size of a five-shilling piece. Weigh the pumpkin, put the slices in a pan or deep dish in layers, with the sugar sprinkled between them; pour the lemon-juice over the top, and let the whole remain for 2 or 3 days. Boil altogether, adding ¼ pint of water to every 3 lbs. of sugar used until the pumpkin becomes tender; then turn the whole into a pan, where let it remain for a
week; then drain off the syrup, boil it until it is quite thick; skim, and pour it, boiling, over the pumpkin. A little bruised ginger and lemon-rind, thinly pared, may be boiled in the syrup to flavour the pumpkin.

_Time._-- From \( \frac{1}{2} \) to \( \frac{3}{4} \) hour to boil the pumpkin tender.

_Average cost_, 5d. to 7d. per lb. pot.

_Seasonable_ in September and October; but better when made in the latter month, as the pumpkin is then quite ripe.

_Note._-- Vegetable marrows are very good prepared in the same manner, but are not quite so rich.

**QUINCE JELLY.**

1585. **INGREDIENTS.**-- To every pint of juice allow 1 lb. of loaf sugar.

_Mode._-- Pare and slice the quinces, and put them into a preserving-pan with sufficient water to float them. Boil them until tender, and the fruit is reduced to a pulp; strain off the clear juice, and to each pint allow the above proportion of loaf sugar. Boil the juice and sugar together for about \( \frac{3}{4} \) hour; remove all the scum as it rises, and, when the jelly appears firm when a little is poured on a plate, it is done. The residue left on the sieve will answer to make a common marmalade, for immediate use, by boiling it with \( \frac{1}{2} \) lb. of common sugar to every lb. of pulp.

_Time._-- 3 hours to boil the quinces in water; \( \frac{3}{4} \) hour to boil the jelly.

_Average cost_, from 8d. to 10d. per lb. pot.

_Seasonable_ from August to October.

**QUINCE MARMALADE.**

1586. **INGREDIENTS.**-- To every lb. of quince pulp allow \( \frac{3}{4} \) lb. of loaf sugar.

_Mode._-- Slice the quinces into a preserving-pan, adding sufficient water for them to float; place them on the fire to stew, until reduced to a pulp, keeping them stirred occasionally from the bottom, to prevent their burning; then pass the pulp through a hair sieve, to keep back the skin and seeds. Weigh the pulp, and to each lb. add lump sugar in the above proportion, broken very small. Place the whole on the fire, and keep it well stirred from the bottom of the pan with a wooden spoon, until reduced to a marmalade, which may be known by dropping a little on a cold plate, when, if it jellies, it is done. Put it into jars whilst hot; let it cool, and cover with pieces of oiled paper cut to the size of the mouths of the jars. The tops of them may be afterwards covered with pieces of bladder, or tissue-paper brushed over on both sides with the white of an egg.

_Time._-- 3 hours to boil the quinces without the sugar; \( \frac{3}{4} \) hour to boil the pulp with the sugar.
Average cost, from 8d. to 9d. per lb. pot.

Sufficient.-- Allow 1 pint of sliced quinces for a lb. pot.

Seasonable in August, September, and October.

RAISIN CHEESE.

1587. INGREDIENTS.-- To every lb. of raisins allow a lb. of loaf sugar; pounded cinnamon and cloves to taste.

Mode.-- Stone the raisins; put them into a stewpan with the sugar, cinnamon, and cloves, and let them boil for 1½ hour, stirring all the time. Let the preparation cool a little, pour it into a glass dish, and garnish with strips of candied lemon-peel and citron. This will remain good some time, if kept in a dry place.

Time.-- 1½ hour. Average cost, 9d. Sufficient.-- 1 lb. for 4 or 5 persons. Seasonable at any time.

RASPBERRY JAM.

1588. INGREDIENTS.-- To every lb. of raspberries allow 1 lb. of sugar, ¼ pint of red-currant juice.

Mode.-- Let the fruit for this preserve be gathered in fine weather, and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for ¼ hour, keeping them well stirred. Then add the currant-juice and sugar, and boil again for ½ hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant juice is a very great improvement to this preserve, as it gives it a piquant taste, which the flavour of the raspberries seems to require.

Time.-- ¼ hour to simmer the fruit without the sugar; ¼ hour after it is added.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.-- Allow about 1 pint of fruit to fill a 1-lb. pot.

Seasonable in July and August.

RASPBERRY JELLY.

1589. INGREDIENTS.-- To each pint of juice allow ¾ lb. of loaf sugar.

Mode.-- Let the raspberries be freshly gathered, quite ripe, and picked from the stalks; put them into a large jar, after breaking the fruit a little with a wooden spoon, and place this jar, covered, in a saucepan of boiling water. When the juice is well drawn, which will be in from ¾ to 1 hour, strain the fruit through a fine hair sieve or cloth; measure the juice, and to every pint allow the above proportion of loaf sugar. Put the juice and sugar into a preserving-pan, place it over the fire, and boil gently until the...
jelly thickens when a little is poured on a plate; carefully remove all the scum as it rises, pour the jelly into small pots, cover down, and keep in a dry place. This jelly answers for making raspberry cream, and for flavouring various sweet dishes, when, in winter, the fresh fruit is not obtainable.

*Time.*—¾ to 1 hour to draw the juice.

*Average cost,* from 9d. to 1s. per lb. pot.

*Sufficient.*—From 3 pints to 2 quarts of fruit should yield 1 pint of juice.

*Seasonable.*—This should be made in July or August.

**Rhubarb Jam.**

1590. *INGREDIENTS.*—To every lb. of rhubarb allow 1 lb. of loaf sugar, the rind of ½ lemon.

*Mode.*—Wipe the rhubarb perfectly dry, take off the string or peel, and weigh it; put it into a preserving-pan, with sugar in the above proportion; mince the lemon-rind very finely, add it to the other ingredients, and place the preserving-pan by the side of the fire; keep stirring to prevent the rhubarb from burning, and when the sugar is well dissolved, put the pan more over the fire, and let the jam boil until it is done, taking care to keep it well skimmed and stirred with a wooden or silver spoon. Pour it into pots, and cover down with oiled and egged papers.

*Time.*—If the rhubarb is young and tender, ¾ hour, reckoning from the time it simmers equally; old rhubarb, 1-¼ to 1-½ hour.

*Average cost,* 5d. to 7d. per lb. pot.

*Sufficient.*—About 1 pint of sliced rhubarb to fill a lb. pot.

*Seasonable* from February to April.

**Rhubarb and Orange Jam, to resemble Scotch Marmalade.**

1591. *INGREDIENTS.*—1 quart of finely-cut rhubarb, 6 oranges, 1-½ lb. of loaf sugar.

*Mode.*—Peel the oranges; remove as much of the white pith as possible, divide them, and take out the pips; slice the pulp into a preserving-pan, add the rind of half the oranges cut into thin strips, and the loaf sugar, which should be broken small. Peel the rhubarb, cut it into thin pieces, put it to the oranges, and stir altogether over a gentle fire until the jam is done. Remove all the scum as it rises, put the preserve into pots, and, when cold, cover down. Should the rhubarb be very old, stew it alone for ¼ hour before the other ingredients are added.

*Time.*—¾ to 1 hour. *Average cost,* from 6d. to 8d. per lb. pot.
Seasonable from February to April.

**RASPBERRY AND CURRANT, or any Fresh Fruit Salad.**

*(A Dessert Dish.)*

1592. *Mode.*-- Fruit salads are made by stripping the fruit from the stalks, piling it on a dish, and sprinkling over it finely-pounded sugar. They may be made of strawberries, raspberries, currants, or any of these fruits mixed; peaches also make a very good salad. After the sugar is sprinkled over, about 6 large tablespoonfuls of wine or brandy, or 3 tablespoonfuls of liqueur, should be poured in the middle of the fruit; and, when the flavour is liked, a little pounded cinnamon may be added. In helping the fruit, it should be lightly stirred, that the wine and sugar may be equally distributed.

*Sufficient.*-- 1½ pint of fruit, with 3 oz. of pounded sugar, for 4 or 5 persons.

Seasonable in summer.

**STRAWBERRIES AND CREAM.**

1593. *INGREDIENTS.*-- To every pint of picked strawberries allow ⅓ pint of cream, 2 oz. of finely-pounded sugar.

*Mode.*-- Pick the stalks from the fruit, place it on a glass dish, sprinkle over it pounded sugar, and slightly stir the strawberries, that they may all be equally sweetened; pour the cream over the top, and serve. Devonshire cream, when it can be obtained, is exceedingly delicious for this dish; and, if very thick indeed, may be diluted with a little thin cream or milk.

*Average cost* for this quantity, with cream at 1s. per pint, 1s.

*Sufficient* for 2 persons.

Seasonable in June and July.

**STRAWBERRY JAM.**

1594. *INGREDIENTS.*-- To every lb. of fruit allow ½ pint of red-currant juice, 1-¼ lb. of loaf sugar.

*Mode.*-- Strip the currants from the stalks, put them into a jar; place this jar in a saucepan of boiling water, and simmer until the juice is well drawn from the fruit; strain the currants, measure the juice, put it into a preserving-pan, and add the sugar. Select well-ripened but sound strawberries; pick them from the stalks, and when the sugar is dissolved in the currant juice, put in the fruit. Simmer the whole over a moderate fire, from ½ to ¾ hour, carefully removing the scum as it rises. Stir the jam only enough to prevent it from burning at the bottom of the pan, as the fruit should be preserved as whole as possible. Put the jam into jars, and when cold, cover down.

*Time.*-- ½ to ¾ hour, reckoning from the time the jam simmers all over.
Average cost, from 7d. to 8d. per lb. pot.

Sufficient.-- 12 pints of strawberries will make 12 lb. pots of jam.

Seasonable in June and July.

**PRESERVED STRAWBERRIES IN WINE.**

1595. INGREDIENTS.-- To every quart bottle allow ¼ lb. of finely-pounded loaf sugar; sherry or Madeira.

Mode.-- Let the fruit be gathered in fine weather, and used as soon as picked. Have ready some perfectly dry glass bottles, and some nice soft corks or bungs. Pick the stalks from the strawberries, drop them into the bottles, sprinkling amongst them pounded sugar in the above proportion, and when the fruit reaches to the neck of the bottle, fill up with sherry or Madeira. Cork the bottles down with new corks, and dip them into melted resin.

Seasonable.-- Make this in June or July.

**TO PRESERVE STRAWBERRIES WHOLE.**

1596. INGREDIENTS.-- To every lb. of fruit allow 1-½ lb. of good loaf sugar, 1 pint of red-currant juice.

Mode.-- Choose the strawberries not too ripe, of a fine large sort and of a good colour. Pick off the stalks, lay the strawberries in a dish, and sprinkle over them half the quantity of sugar, which must be finely pounded. Shake the dish gently, that the sugar may be equally distributed and touch the under-side of the fruit, and let it remain for 1 day. Then have ready the currant-juice, drawn as for red-currant jelly No. 1533; boil it with the remainder of the sugar until it forms a thin syrup, and in this simmer the strawberries and sugar, until the whole is sufficiently jellied. Great care must be taken not to stir the fruit roughly, as it should be preserved as whole as possible. Strawberries prepared in this manner are very good served in glasses and mixed with thin cream.

Time.-- ¼ hour to 20 minutes to simmer the strawberries in the syrup.

Seasonable in June and July.

**TO MAKE EVERTON TOFFEE.**

1597. INGREDIENTS.-- 1 lb. of powdered loaf sugar, 1 teacupful of water, ¼ lb. of butter, 6 drops of essence of lemon.

Mode.-- Put the water and sugar into a brass pan, and beat the butter to a cream. When the sugar is dissolved, add the butter, and keep stirring the mixture over the fire until it sets, when a little is poured on to a buttered dish; and just before the toffee is done, add the essence of lemon. Butter a dish or tin, pour on it the mixture, and when cool, it will easily separate from the dish. Butter-Scotch, an excellent thing for coughs, is
made with brown, instead of white sugar, omitting the water, and flavoured with \( \frac{1}{2} \) oz. of powdered ginger. It is made in the same manner as toffee.

*Time.*—18 to 35 minutes.

*Aver age cost,* 10d.

*Sufficient* to make a lb. of toffee.

**DESSERT DISHES.**

1598. The tazza, or dish with stem, the same as that shown in our illustrations, is now the favourite shape for dessert-dishes. The fruit can be arranged and shown to better advantage on these tall high dishes than on the short flat ones. All the dishes are now usually placed down the centre of the table, dried and fresh fruit alternately, the former being arranged on small round or oval glass plates, and the latter on the dishes with stems. The fruit should always be gathered on the same day that it is required for table, and should be tastefully arranged on the dishes, with leaves between and round it. By purchasing fruits that are in season, a dessert can be supplied at a very moderate cost. These, with a few fancy biscuits, crystallized fruit, bon-bons, &c., are sufficient for an ordinary dessert. When fresh fruit cannot be obtained, dried and foreign fruits, compotes, baked pears, stewed Normandy pippins, &c. &c., must supply its place, with the addition of preserves, bon-bons, cakes, biscuits, &c. At fashionable tables, forced fruit is served growing in pots, these pots being hidden in more ornamental ones, and arranged with the other dishes. A few vases of fresh flowers, tastefully arranged, add very much to the appearance of the dessert; and, when these are not obtainable, a few paper ones, mixed with green leaves, answer very well as a substitute.

In decorating a table, whether for luncheon, dessert, or supper, a vase or two of flowers should never be forgotten, as they add so much to the elegance of the *tout ensemble.* In summer and autumn, ladies residing in the country can always manage to have a few freshly-gathered flowers on their tables, and should never be without this inexpensive luxury. On the continent, vases or epergnes filled with flowers are invariably placed down the centre of the dinner-table at regular distances. Ices for dessert are usually moulded: when this is not the case, they are handed round in
glasses with wafers to accompany them. Preserved ginger is frequently handed round after ices, to prepare the palate for the delicious dessert wines. A basin or glass of finely-pounded lump sugar must never be omitted at a dessert, as also a glass jug of fresh cold water (iced, if possible), and two goblets by its side. Grape-scissors, a melon-knife and fork, and nutcrackers, should always be put on table, if there are dishes of fruit requiring them. Zests are sometimes served at the close of the dessert; such as anchovy toasts or biscuits. The French often serve plain or grated cheese with a dessert of fresh or dried fruit. At some tables, finger-glasses are placed at the right of each person, nearly half filled with cold spring water, and in winter with tepid water. These precede the dessert. At other tables, a glass or vase is simply handed round, filled with perfumed water, into which each guest dips the corner of his napkin, and, when needful, refreshes his lips and the tips of his fingers.

After the dishes are placed, and every one is provided with plates, glasses, spoons, &c., the wine should be put at each end of the table, cooled or otherwise, according to the season. If the party be small, the wine may be placed only at the top of the table, near the host.

DISH OF NUTS.

1599. These are merely arranged piled high in the centre of the dish, as shown in the engraving, with or without leaves round the edge. Filberts should always be served with the outer skin or husk on them; and walnuts should be well wiped with a damp cloth, and then -- with a dry one, to remove the unpleasant sticky feeling the shells frequently have.

Seasonable.-- Filberts from September to March, good; may be had after that time, but are generally shrivelled and dry. Walnuts from September to January.

HAZEL NUT AND FILBERT.-- The common Hazel is the wild, and the Filbert the cultivated state of the same tree. The hazel is found wild, not only in forests and hedges, in dingles and ravines, but occurs in extensive tracts in the more northern and mountainous parts of the country. It was formerly one of the most abundant of those trees which are indigenous in this island. It is seldom cultivated as a fruit-tree, though perhaps its nuts are superior in flavour to the others. The Spanish nuts imported are a superior kind, but they are somewhat oily and rather indigestible. Filberts, both the red and the white, and the cob-nut, are supposed to be merely varieties of the common hazel, which
have been produced, partly by the superiority of soil and climate, and partly by culture. They were originally brought out of Greece to Italy, whence they have found their way to Holland, and from that country to England. It is supposed that, within a few miles of Maidstone, in Kent, there are more filberts grown than in all England besides; and it is from that place that the London market is supplied. The filbert is longer than the common nut, though of the same thickness, and has a larger kernel. The cob-nut is a still larger variety, and is roundish. Filberts are more esteemed at the dessert than common nuts, and are generally eaten with salt. They are very free from oil, and disagree with few persons.

WALNUTS. -- The Walnut is a native of Persia, the Caucasus, and China, but was introduced to this kingdom from France. The ripe kernel is brought to the dessert on account of its agreeable flavour; and the fruit is also much used in the green state, but before the stone hardens, as a pickle. In Spain, grated walnuts are employed in tarts and other dishes. The Walnut abounds in oil which is expressed and which, being of a highly drying nature, and very limpid, is much employed for delicate painting. This, on the continent, is sometimes used as a substitute for olive-oil in cooking, but is very apt to turn rancid. It is also manufactured into a kind of soap. The mare, or refuse matter after the oil is extracted, proves very nutritious for poultry or other domestic animals. In Switzerland, this is eaten by poor people under the name of pain amer.

BOX OF FRENCH PLUMS.

1600. If the box which contains them is exceedingly ornamental, it may be placed on the table; if small, on a glass dish; if large, without one, French plums may also be arranged on a glass plate, and garnished with bright-coloured sweetmeats, which make a very good effect. All fancy boxes of preserved and crystallized fruit may be put on the table or not, at pleasure. These little matters of detail must, of course, be left to individual taste.

Seasonable. -- May be purchased all the year; but are in greater perfection in the winter, and are more suitable for that season, as fresh fruit cannot be obtained.

DISH OF MIXED FRUIT.

1601. For a centre dish, a mixture of various fresh fruits has a remarkably good effect, particularly if a pine be added to the list. A high raised appearance should be given to the fruit, which is done in the following manner. Place a tumbler in the centre of the dish, and, in this tumbler, the pine, crown uppermost; round the tumbler put a thick layer of moss, and, over this, apples, pears, plums, peaches, and such fruit as is simultaneously in season. By putting a layer of moss underneath, so much fruit is not required, besides giving a better shape to the dish. Grapes should be placed on the top of the fruit, a portion of some of the bunches hanging over the sides of the dish in a négligé kind of manner, which takes off the formal look of the dish. In arranging the plums, apples, &c., let the colours contrast well.

Seasonable. -- Suitable for a dessert in September or October.

GRAPES. -- France produces about a thousand varieties of the grape, which is cultivated more extensively in that country than in any other. Hygienists agree in pronouncing grapes as among the best of fruits. The grape possesses several rare qualities: it is nourishing and fattening, and its prolonged use has often overcome the most obstinate cases of constipation. The skins and pips of grapes should not be eaten.
BOX OF CHOCOLATE.

1602. This is served in an ornamental box, placed on a glass plate or dish.

*Seasonable.*-- May be purchased at any time.

DISH OF APPLES.

1603. The apples should be nicely wiped with a dry cloth, and arranged on a dish, piled high in the centre, with evergreen leaves between each layer. The inferior apples should form the bottom layer, with the bright-coloured large ones at the top. The leaves of the laurel, bay, holly, or any shrub green in winter, are suitable for garnishing dessert dishes. Oranges may be arranged in the same manner; they should also be wiped with a dry cloth before being sent to table.

DISH OF MIXED SUMMER FRUIT.

1604. This dish consists of cherries, raspberries, currants, and strawberries, piled in different layers, with plenty of leaves between each layer; so that each fruit is well separated. The fruit should be arranged with a due regard to colour, so that they contrast nicely one with the other. Our engraving shows a layer of white cherries at the bottom, then one of red raspberries; over that a layer of white currants, and at the top some fine scarlet strawberries.

*Seasonable* in June, July, and August.

ALMONDS AND RAISINS.

1605. These are usually served on glass dishes, the fruit piled high in the centre, and the almonds blanched, and strewn over. To blanch the almonds, put them into a small mug or teacup, pour over them boiling water, let them remain for 2 or 3 minutes, and the skins may then be easily removed. Figs, dates, French plums, &c., are all served on small glass plates or oval dishes, but without the almonds.

*Seasonable* at any time, but more suitable in winter, when fresh fruit is not obtainable.

DATES.-- Dates are imported into Britain, in a dried state, from Barbary and Egypt, and, when in good condition, they are much esteemed. An inferior kind has lately become common, which are dried hard, and have little or no flavour. They should be chosen large, softish, not much wrinkled, of a reddish-yellow colour on the outside, with a whitish membrane between the fruit and the stone.

DISH OF STRAWBERRIES.

1606. Fine strawberries, arranged in the manner shown in the engraving, look exceedingly well. The inferior ones should be placed at the bottom of the dish, and the others put in rows pyramidically, with the stalks downwards; so that when the whole is completed, nothing but the red part of the fruit is visible. The fruit should be gathered with rather long stalks, as there is then something to support it, and it can be placed more upright in each layer. A few of the finest should be reserved to crown the top.
TO HAVE WALNUTS FRESH THROUGHOUT THE SEASON.

1607. INGREDIENTS.-- To every pint of water allow 1 teaspoonful of salt.

Mode.-- Place the walnuts in the salt and water for 24 hours at least; then take them out, and rub them dry. Old nuts may be freshened in this manner; or walnuts, when first picked, may be put into an earthen pan with salt sprinkled amongst them, and with damped hay placed on the top of them, and then covered down with a lid. They must be well wiped before they are put on table.

Seasonable.-- Should be stored away in September or October.
CHAPTER XXXII. -- General observations on milk, butter, cheese, and eggs.

MILK.

1608. Milk is obtained only from the class of animals called Mammalia, and is intended by Nature for the nourishment of their young. The milk of each animal is distinguished by some peculiarities; but as that of the cow is by far the most useful to us in this part of the world, our observations will be confined to that variety.

1609. Milk, when drawn from the cow, is of a yellowish-white colour, and is the most yellow at the beginning of the period of lactation. Its taste is agreeable, and rather saccharine. The viscidity and specific gravity of milk are somewhat greater than that of water; but these properties vary somewhat in the milk procured from different individuals. On an average, the specific gravity of milk is 1.035, water being 1. The small cows of the Alderney breed afford the richest milk.

1610. Milk which is carried to a considerable distance, so as to be much agitated, and cooled before it is put into pans to settle for cream, never throws up so much, nor such rich cream, as if the same milk had been put into pans directly after it was milked.

1611. Milk, considered as an aliment, is of such importance in domestic economy as to render all the improvements in its production extremely valuable. To enlarge upon the antiquity of its use is unnecessary; it has always been a favourite food in Britain. "Lacte et carno vivunt," says Caesar, in his Commentaries; the English of which is, "the inhabitants subsist upon flesh and milk." The breed of the cow has received great improvement in modern times, as regards the quantity and quality of the milk which she affords; the form of milch-cows, their mode of nourishment, and progress, are also manifest in the management of the dairy.
1612. Although milk in its natural state be a fluid, yet, considered as an aliment, it is both solid and fluid: for no sooner does it enter the stomach, than it is coagulated by the gastric juice, and separated into curd and whey, the first of these being extremely nutritive.

1613. Milk of the human subject is much thinner than cow's milk; Ass's milk comes the nearest to human milk of any other; Goat's milk is something thicker and richer than cow's milk; Ewe's milk has the appearance of cow's milk, and affords a larger quantity of cream; Mare's milk contains more sugar than that of the ewe; Camel's milk is used only in Africa; Buffalo's milk is employed in India.

1614. From no other substance, solid or fluid, can so great a number of distinct kinds of aliment be prepared as from milk; some forming food, others drink; some of them delicious, and deserving the name of luxuries; all of them wholesome, and some medicinal: indeed, the variety of aliments that seems capable of being produced from milk, appears to be quite endless. In every age this must have been a subject for experiment, and every nation has added to the number by the invention of some peculiarity of its own.

BUTTER.

1615. BECKMAN, in his "History of Inventions," states that butter was not used either by the Greeks or Romans in cooking, nor was it brought upon their tables at certain meals, as is the custom at present. In England it has been made from time immemorial, though the art of making cheese is said not to have been known to the ancient Britons, and to have been learned from their conquerors.

1616. The taste of butter is peculiar, and very unlike any other fatty substance. It is extremely agreeable when of the best quality; but its flavour depends much upon the food given to the cows: to be good, it should not adhere to the knife.

1617. Butter, with regard to its dietetic properties, may be regarded nearly in the light of vegetable oils and animal fats; but it becomes sooner rancid than most other fat oils. When fresh, it cannot but be considered as very wholesome; but it should be quite free from rancidity. If slightly salted when it is fresh, its wholesomeness is probably not at all impaired; but should it begin to turn rancid, salting will not correct its wholesomeness. When salt butter is put into casks, the upper part next the air is very apt to become rancid, and this rancidity is also liable to affect the whole cask.

1618. Epping butter is the kind most esteemed in London. Fresh butter comes to London from Buckinghamshire, Suffolk, Oxfordshire, Yorkshire, Devonshire, &c. Cambridge butter is esteemed next to fresh; Devonshire butter is nearly similar in quality to the latter; Irish butter sold in London is all salted, but is generally good. The number of firkins exported annually from Ireland amounts to 420,000, equal to a million of money. Dutch butter is in good repute all over Europe, America, and even India; and no country in the world is so successful in the manufacture of this article, Holland supplying more butter to the rest of the world than any country whatever.

1619. There are two methods pursued in the manufacture of butter. In one, the cream is separated from the milk, and in that state it is converted into butter by churning, as
is the practice about Epping; in the other, milk is subjected to the same process, which is the method usually followed in Cheshire. The first method is generally said to give the richest butter, and the latter the largest quantity, though some are of opinion that there is little difference either in quality or quantity.

CHEESE.

1620. CHEESE is the curd formed from milk by artificial coagulation, pressed and dried for use. Curd, called also casein and caseous matter, or the basis of cheese, exists in the milk, and not in the cream, and requires only to be separated by coagulation. The coagulation, however, supposes some alteration of the curd. By means of the substance employed to coagulate it, it is rendered insoluble in water. When the curd is freed from the whey, kneaded and pressed to expel it entirely, it becomes cheese. This assumes a degree of transparency, and possesses many of the properties of coagulated albumen. If it be well dried, it does not change by exposure to the air; but if it contain moisture, it soon putrefies. It therefore requires some salt to preserve it, and this acts likewise as a kind of seasoning. All our cheese is coloured more or less, except that made from skim milk. The colouring substances employed are arnatto, turmeric, or marigold, all perfectly harmless unless they are adulterated; and it is said that arnatto sometimes contains red lead.

1621. Cheese varies in quality and richness according to the materials of which it is composed. It is made -- 1. Of entire milk, as in Cheshire; 2. of milk and cream, as at Stilton; 3. of new milk mixed with skimmed milk, as in Gloucestershire; 4. of skimmed milk only, as in Suffolk, Holland, and Italy.

1622. The principal varieties of cheese used in England are the following:-- Cheshire cheese, famed all over Europe for its rich quality and fine piquant flavour. It is made of entire new milk, the cream not being taken off. Gloucester cheese is much milder in its taste than the Cheshire. There are two kinds of Gloucester cheese,-- single and double. Single Gloucester is made of skimmed milk, or of the milk deprived of half the cream; Double Gloucester is a cheese that pleases almost every palate: it is made of the whole milk and cream. Stilton cheese is made by adding the cream of one day to the entire milk of the next: it was first made at Stilton, in Leicestershire. Sage cheese is so called from the practice of colouring some curd with bruised sage, marigold-leaves, and parsley, and mixing this with some uncoloured curd. With the Romans, and during the middle ages, this practice was extensively adopted. Cheddar cheese much resembles Parmesan. It has a very agreeable taste and flavour, and has a spongy appearance. Brickbat cheese has nothing remarkable except its form. It is made by turning with rennet a mixture of cream and new milk. The curd is put into a wooden vessel the shape of a brick, and is then pressed and dried in the usual way. Dunlop cheese has a peculiarly mild and rich taste: the best is made entirely from new milk. New cheese (as it is called in London) is made chiefly in Lincolnshire, and is either made of all cream, or, like Stilton, by adding the cream of one day's milking to the milk that comes immediately from the cow: they are extremely thin, and are compressed gently two or three times, turned for a few days, and then eaten new with radishes, salad, &c. Skimmed Milk cheese is made for sea voyages principally. Parmesan cheese is made in Parma and Piacenza. It is the most celebrated of all cheese: it is made entirely of skimmed cow's milk. The high flavour which it has, is supposed to be owing to the rich herbage of the meadows of the Po, where the cows
are pastured. The best Parmesan is kept for three or four years, and none is carried to
market till it is at least six months old. Dutch cheese derives its peculiar pungent taste
from the practice adopted in Holland of coagulating the milk with muriatic acid
instead of rennet. Swiss cheeses in their several varieties are all remarkable for their
fine flavour. That from Gruyère, a bailiwick in the canton of Fribourg, is best known
in England. It is flavoured by the dried herb of Melilotos officinalis in powder. Cheese
from milk and potatoes is manufactured in Thuringia and Saxony. Cream cheese,
although so called, is not properly cheese, but is nothing more than cream dried
sufficiently to be cut with a knife.

EGGS.

1623. There is only one opinion as to the nutritive properties of eggs, although the
qualities of those belonging to different birds vary somewhat. Those of the common
hen are most esteemed as delicate food, particularly when "new-laid." The quality of
eggs depends much upon the food given to the hen. Eggs in general are considered
most easily digestible when little subjected to the art of cookery. The lightest way of
dressing them is by poaching, which is effected by putting them for a minute or two
into brisk boiling water: this coagulates the external white, without doing the inner
part too much. Eggs are much better when new-laid than a day or two afterwards. The
usual time allotted for boiling eggs in the shell is 3 to 3¾ minutes: less time than that
in boiling water will not be sufficient to solidify the white, and more will make the
yolk hard and less digestible: it is very difficult to guess accurately as to the time.
Great care should be employed in putting them into the water, to prevent cracking the
shell, which inevitably causes a portion of the white to exude, and lets water into the
egg. Eggs are often beaten up raw in nutritive beverages.

1624. Eggs are employed in a very great many articles of cookery, entrées, and
entremets, and they form an essential ingredient in pastry, creams, flip, &c. It is
particularly necessary that they should be quite fresh, as nothing is worse than stale
eggs. Cobbett justly says, stale, or even preserved eggs, are things to be run from, not
after.

1625. The Metropolis is supplied with eggs from all parts of the kingdom, and they
are likewise largely imported from various places on the continent; as France,
Holland, Belgium, Guernsey, and Jersey. It appears from official statements
mentioned in McCulloch's "Commercial Dictionary," that the number imported from
France alone amounts to about 60,000,000 a year; and supposing them on an average
to cost fourpence a dozen, it follows that we pay our continental neighbours above
£83,000 a year for eggs.

1626. The eggs of different birds vary much in size and colour. Those of the ostrich
are the largest: one laid in the menagerie in Paris weighed 2 lbs. 14 oz., held a pint,
and was six inches deep: this is about the usual size of those brought from Africa.
Travellers describe ostrich eggs as of an agreeable taste: they keep longer than hen's
eggs. Drinking-cups are often made of the shell, which is very strong. The eggs of the
turkey are almost as mild as those of the hen; the egg of the goose is large, but well-
tasted. Duck's eggs have a rich flavour; the albumen is slightly transparent, or bluish,
when set or coagulated by boiling, which requires less time than hen's eggs. Guinea-
fowl eggs are smaller and more delicate than those of the hen. Eggs of wild fowl are
generally coloured, often spotted; and the taste generally partakes somewhat of the flavour of the bird they belong to. Those of land birds that are eaten, as the plover, lapwing, ruff, &c., are in general much esteemed; but those of sea-fowl have, more or less, a strong fishy taste. The eggs of the turtle are very numerous: they consist of yolk only, without shell, and are delicious.
CHAPTER XXXIII. -- Recipes for milk, butter, cheese and eggs.

SEPARATION OF MILK AND CREAM.

1627. If it be desired that the milk should be freed entirely from cream, it should be poured into a very shallow broad pan or dish, not more than 1-½ inch deep, as cream cannot rise through a great depth of milk. In cold and wet weather, milk is not so rich as it is in summer and warm weather, and the morning’s milk is always richer than the evening’s. The last-drawn milk of each milking, at all times and seasons, is richer than the first-drawn, and on that account should be set apart for cream. Milk should be shaken as little as possible when carried from the cow to the dairy, and should be poured into the pans very gently. Persons not keeping cows, may always have a little cream, provided the milk they purchase be pure and unadulterated. As soon as it comes in, it should be poured into very shallow open pie-dishes, and set by in a very cool place, and in 7 or 8 hours a nice cream should have risen to the surface.

MILK is one of the most complete of all articles of food: that is to say, it contains a very large number of the elements which enter into the composition of the human body. It "disagrees" with fat, heavy, languid people, of slow circulation; and, at first, with many people of sedentary habits, and stomachs weakened by stimulants of different kinds. But, if exercise can be taken and a little patience shown, while the system accommodates itself to a new regimen, this bland and soothing article of diet is excellent for the majority of thin, nervous people; especially for those who have suffered much from emotional disturbances, or have relaxed their stomachs by too much tea or coffee, taken too hot. Milk is, in fact, a nutrient and a sedative at once. Stomachs, however, have their idiosyncrasies, and it sometimes proves an unwelcome and ill-digested article of food. As milk, when good, contains a good deal of respiratory material (fat),-- material which must either be burnt off, or derange the liver, and be rejected in other ways, it may disagree because the lungs are not sufficiently used in the open air. But it is very probable that there are really "constitutions" which cannot take to it; and they should not be forced.

TO KEEP MILK AND CREAM IN HOT WEATHER.

1628. When the weather is very warm, and it is very difficult to prevent milk from turning sour and spoiling the cream, it should be scalded, and it will then remain good for a few hours. It must on no account be allowed to boil, or there will be a skin instead of a cream upon the milk; and the slower the process, the safer will it be. A very good plan to scald milk, is to put the pan that contains it into a saucepan or wide kettle of boiling water. When the surface looks thick, the milk is sufficiently scalded, and it should then be put away in a cool place in the same vessel that it was scalded in. Cream may be kept for 24 hours, if scalded without sugar; and by the addition of the latter ingredient, it will remain good double the time, if kept in a cool place. All pans, jugs, and vessels intended for milk, should be kept beautifully clean, and well scalded before the milk is put in, as any negligence in this respect may cause large quantities of it to be spoiled; and milk should never be kept in vessels of zinc or copper. Milk may be preserved good in hot weather, for a few hours, by placing the jug which contains it in ice, or very cold water; or a pinch of bicarbonate of soda may be introduced into the liquid.
spoon. To boil milk is, in fact, the simplest way of testing its quality. The commonest adulterations of milk are not of a hurtful character. It is a good deal thinned with water, and sometimes thickened with a little starch, or colored with yolk of egg, or even saffron; but these processes have nothing murderous in them.

**CURDS AND WHEY.**

1629. **INGREDIENTS.**—A very small piece of rennet, \( \frac{1}{2} \) gallon of milk.

**Mode.**—Procure from the butcher's a small piece of rennet, which is the stomach of the calf, taken as soon as it is killed, scoured, and well rubbed with salt, and stretched on sticks to dry. Pour some boiling water on the rennet, and let it remain for 6 hours; then use the liquor to turn the milk. The milk should be warm and fresh from the cow: if allowed to cool, it must be heated till it is of a degree quite equal to new milk; but do not let it be too hot. About a tablespoonful or rather more, would be sufficient to turn the above proportion of milk into curds and whey; and whilst the milk is turning, let it be kept in rather a warm place.

**Time.**—From 2 to 3 hours to turn the milk.

**Seasonable** at any time.

**DEVONSHIRE CREAM.**

1630. The milk should stand 24 hours in the winter, half that time when the weather is very warm. The milkpan is then set on a stove, and should there remain until the milk is quite hot; but it must not boil, or there will be a thick skin on the surface. When it is sufficiently done, the undulations on the surface look thick, and small rings appear. The time required for scalding cream depends on the size of the pan and the heat of the fire; but the slower it is done, the better. The pan should be placed in the dairy when the cream is sufficiently scalded, and skimmed the following day. This cream is so much esteemed that it is sent to the London markets in small square tins, and is exceedingly delicious eaten with fresh fruit. In Devonshire, butter is made from this cream, and is usually very firm.

**DEVONSHIRE JUNKET.**

1631. **INGREDIENTS.**—To every pint of new milk allow 2 dessertspoonfuls of brandy, 1 dessertspoonful of sugar, and 1-\( \frac{1}{2} \) dessertspoonful of prepared rennet; thick cream, pounded cinnamon, or grated nutmeg.

**Mode.**—Make the milk blood-warm; put it into a deep dish with the brandy, sugar, and rennet; stir it altogether, and cover it over until it is set. Then spread some thick or clotted cream over the top, grate some nutmeg, and strew some sugar over, and the dish will be ready to serve.

**Time.**—About 2 hours to set the milk. **Seasonable** at any time.
TO KEEP AND CHOOSE FRESH BUTTER.

1632. Fresh butter should be kept in a dark, cool place, and in as large a mass as possible. Mould as much only as is required, as the more surface is exposed, the more liability there will be to spoil; and the outside very soon becomes rancid. Fresh butter should be kept covered with white paper. For small larders, butter-coolers of red brick are now very much used for keeping fresh butter in warm weather. These coolers are made with a large bell-shaped cover, into the top of which a little cold water should be poured, and in summer time very frequently changed; and the butter must be kept covered. These coolers keep butter remarkably firm in hot weather, and are extremely convenient for those whose larder accommodation is limited.

In choosing fresh butter, remember it should smell deliciously, and be of an equal colour all through: if it smells sour, it has not been sufficiently washed from the buttermilk; and if veiny and open, it has probably been worked with a staler or an inferior sort.

TO PRESERVE AND TO CHOOSE SALT BUTTER.

1633. In large families, where salt butter is purchased a tub at a time, the first thing to be done is to turn the whole of the butter out, and, with a clean knife, to scrape the outside; the tub should then be wiped with a clean cloth, and sprinkled all round with salt, the butter replaced, and the lid kept on to exclude the air. It is necessary to take these precautions, as sometimes a want of proper cleanliness in the dairymaid causes the outside of the butter to become rancid, and if the scraping be neglected, the whole mass would soon become spoiled. To choose salt butter, plunge a knife into it, and if, when drawn out, the blade smells rancid or unpleasant, the butter is bad. The layers in tubs will vary greatly, the butter being made at different times; so, to try if the whole tub be good, the cask should be unhooped, and the butter tried between the staves.

It is not necessary to state that butter is extracted from cream, or from unskimmed milk, by the churn. Of course it partakes of the qualities of the milk, and winter butter is said not to be so good as spring butter.

A word of caution is necessary about rancid butter. Nobody eats it on bread, but it is sometimes used in cooking, in forms in which the acidity can be more or less disguised. So much the worse; it is almost poisonous, disguise it as you may. Never, under any exigency whatever, be tempted into allowing butter with even a soupçon of "turning" to enter into the composition of any dish that appears on your table. And, in general, the more you can do without the employment of butter that has been subjected to the influence of heat, the better. The woman of modern times is not a "leech;" but she might often keep the "leech" from the door, if she would give herself the trouble to invent innocent sauces.
BUTTER-MOULD AND MOLD FOR MOLDING FRESH BUTTER.

1634. Butter-moulds, or wooden stamps for moulding fresh butter, are much used, and are made in a variety of forms and shapes. In using them, let them be kept scrupulously clean, and before the butter is pressed in, the interior should be well wetted with cold water; the butter must then be pressed in, the mould opened, and the perfect shape taken out. The butter may be then dished, and garnished with a wreath of parsley, if for a cheese course; if for breakfast, put it into an ornamental butter-dish, with a little water at the bottom, should the weather be very warm.

CURLED BUTTER.

1635. Tie a strong cloth by two of the corners to an iron hook in the wall; make a knot with the other two ends, so that a stick might pass through. Put the butter into the cloth; twist it tightly over a dish, into which the butter will fall through the knot, so forming small and pretty little strings. The butter may then be garnished with parsley, if to serve with a cheese course; or it may be sent to table plain for breakfast, in an ornamental dish. Squirted butter for garnishing hams, salads, eggs, &c., is made by forming a piece of stiff paper in the shape of a cornet, and squeezing the butter in fine strings from the hole at the bottom. Scooped butter is made by dipping a teaspoon or scooper in warm water, and then scooping the butter quickly and thin. In warm weather, it would not be necessary to heat the spoon.

BUTTER may be kept fresh for ten or twelve days by a very simple process. Knead it well in cold water till the buttermilk is extracted; then put it in a glazed jar, which invert in another, putting into the latter a sufficient quantity of water to exclude the air. Renew the water every day.

FAIRY BUTTER.

1636. INGREDIENTS.-- The yolks of 2 hard-boiled eggs, 1 tablespoonful of orange-flower water, 2 tablespoonfuls of pounded sugar, ¼ lb. of good fresh butter.

_MODE._-- Beat the yolks of the eggs smoothly in a mortar, with the orange-flower water and the sugar, until the whole is reduced to a fine paste; add the butter, and force all through an old but clean cloth by wringing the cloth and squeezing the butter very hard. The butter will then drop on the plate in large and small pieces, according to the holes in the cloth. Plain butter may be done in the same manner, and is very quickly prepared, besides having a very good effect.

BUTTER.-- White-coloured butter is said not to be so good as the yellow; but the yellow colour is often artificially produced, by the introduction of colouring matter into the churn.

ANCHOVY BUTTER.

1637. INGREDIENTS.-- To every lb. of butter allow 6 anchovies, 1 small bunch of parsley.
Mode.-- Wash, bone, and pound the anchovies well in a mortar; scald the parsley, chop it, and rub through a sieve; then pound all the ingredients together, mix well, and make the butter into pats immediately. This makes a pretty dish, if fancifully moulded, for breakfast or supper, and should be garnished with parsley.

Average cost, 1s. 8d.

Sufficient to make 2 dishes, with 4 pats each.

Seasonable at any time.

CHEESE.

1638. In families where much cheese is consumed, and it is bought in large quantities, a piece from the whole cheese should be cut, the larger quantity spread with a thickly-buttered sheet of white paper, and the outside occasionally wiped. To keep cheeses moist that are in daily use, when they come from table a damp cloth should be wrapped round them, and the cheese put into a pan with a cover to it, in a cool but not very dry place. To ripen cheeses, and bring them forward, put them into a damp cellar; and, to check too large a production of mites, spirits may be poured into the parts affected. Pieces of cheese which are too near the rind, or too dry to put on table, may be made into Welsh rare-bits, or grated down and mixed with macaroni. Cheeses may be preserved in a perfect state for years, by covering them with parchment made pliable by soaking in water, or by rubbing them over with a coating of melted fat. The cheeses selected should be free from cracks or bruises of any kind.

CHEESE.-- It is well known that some persons like cheese in a state of decay, and even "alive." There is no accounting for tastes, and it maybe hard to show why mould, which is vegetation, should not be eaten as well as salad, or maggots as well as eels. But, generally speaking, decomposing bodies are not wholesome eating, and the line must be drawn somewhere.

STILTON CHEESE.

1639. Stilton cheese, or British Parmesan, as it is sometimes called, is generally preferred to all other cheeses by those whose authority few will dispute. Those made in May or June are usually served at Christmas; or, to be in prime order, should be kept from 10 to 12 months, or even longer. An artificial ripeness in Stilton cheese is sometimes produced by inserting a small piece of decayed Cheshire into an aperture at the top. From 3 weeks to a month is sufficient time to ripen the cheese. An additional flavour may also be obtained by scooping out a piece from the top, and pouring therein port, sherry, Madeira, or old ale, and letting the cheese absorb these for 2 or 3 weeks. But that cheese is the finest which is ripened without any artificial aid, is the opinion of those who are judges in these matters. In serving a Stilton cheese, the top of it should be cut off to form a lid, and a napkin or piece of white
paper, with a frill at the top, pinned round. When the cheese goes from table, the lid should be replaced.

**MODE OF SERVING CHEESE.**

1640. The usual mode of serving cheese at good tables is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese-dish, this dish being handed round. Should the cheese crumble much, of course this method is rather wasteful, and it may then be put on the table in the piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white d'oyley or napkin, neatly folded. Cream cheese is often served in a cheese course, and, sometimes, grated Parmesan: the latter should be put into a covered glass dish. Rusks, cheese-biscuits, pats or slices of butter, and salad, cucumber, or watercresses, should always form part of a cheese course.

**SMOKING CHEESES.** -- The Romans smoked their cheeses, to give them a sharp taste. They possessed public places expressly for this use, and subject to police regulations which no one could evade.

A celebrated gourmand remarked that a dinner without cheese is like a woman with one eye.

**CHEESE SANDWICHES.**

1641. **INGREDIENTS.** -- Slices of brown bread-and-butter, thin slices of cheese.

**Mode.** -- Cut from a nice fat Cheshire, or any good rich cheese, some slices about ½ inch thick, and place them between some slices of brown bread-and-butter, like sandwiches. Place them on a plate in the oven, and, when the bread is toasted, serve on a napkin very hot and very quickly.

**Time.** -- 10 minutes in a brisk oven.

**Average cost,** 1½d. each sandwich.

**Sufficient.** -- Allow a sandwich for each person.

**Seasonable** at any time.

**CHEESE.** -- One of the most important products of coagulated milk is cheese. Unfermented, or cream-cheese, when quite fresh, is good for subjects with whom milk does not disagree; but cheese, in its commonest shape, is only fit for sedentary people as an after-dinner stimulant, and in very small quantity. Bread and cheese, as a meal, is only fit for soldiers on march or labourers in the open air, who like it because it "holds the stomach a long time."

**CAYENNE CHEESES.**

1642. **INGREDIENTS.** -- ½ lb. of butter, ½ lb. of flour, ½ lb. of grated cheese, 1/3 teaspoonful of cayenne, 1/3 teaspoonful of salt; water.
Mode.-- Rub the butter in the flour; add the grated cheese, cayenne, and salt; and mix these ingredients well together. Moisten with sufficient water to make the whole into a paste; roll out, and cut into fingers about 4 inches in length. Bake them in a moderate oven a very light colour, and serve very hot.

Time.-- 15 to 20 minutes. Average cost, 1s. 4d.

Sufficient for 6 or 7 persons. Seasonable at any time.

TO MAKE A FONDUE.

1643. INGREDIENTS.-- 4 eggs, the weight of 2 in Parmesan or good Cheshire cheese, the weight of 2 in butter; pepper and salt to taste.

Mode.-- Separate the yolks from the whites of the eggs; beat the former in a basin, and grate the cheese, or cut it into very thin flakes. Parmesan or Cheshire cheese may be used, whichever is the most convenient, although the former is considered more suitable for this dish; or an equal quantity of each may be used. Break the butter into small pieces, add it to the other ingredients, with sufficient pepper and salt to season nicely, and beat the mixture thoroughly. Well whisk the whites of the eggs, stir them lightly in, and either bake the fondue in a soufflé-dish or small round cake-tin. Fill the dish only half full, as the fondue should rise very much. Pin a napkin round the tin or dish, and serve very hot and very quickly. If allowed to stand after it is withdrawn from the oven, the beauty and lightness of this preparation will be entirely spoiled.

Time.-- From 15 to 20 minutes. Average cost, 10d.

Sufficient for 4 or 5 persons. Seasonable at any time.

BRILLAT SAVARIN'S FONDUE.
(An excellent Recipe.)

1644. INGREDIENTS.-- Eggs, cheese, butter, pepper and salt.

Mode.-- Take the same number of eggs as there are guests; weigh the eggs in the shell, allow a third of their weight in Gruyère cheese, and a piece of butter one-sixth of the weight of the cheese. Break the eggs into a basin, beat them well; add the cheese, which should be grated, and the butter, which should be broken into small pieces. Stir these ingredients together with a wooden spoon; put the mixture into a lined saucepan, place it over the fire, and stir until the substance is thick and soft. Put in a little salt, according to the age of the cheese, and a good sprinkling of pepper, and serve the fondue on a very hot silver or metal plate. Do not allow the fondue to remain on the fire after the mixture is set, as, if it boils, it will be entirely spoiled. Brillat Savarin recommends that some choice Burgundy should be handed round with this dish. We have given this recipe exactly as he recommends it to be made; but we have tried it with good Cheshire cheese, and found it answer remarkably well.

Time.-- About 4 minutes to set the mixture.

Average cost for 4 persons, 10d.
Sufficient.-- Allow 1 egg, with the other ingredients in proportion, for one person.

Seasonable at any time.

MACARONI, as usually served with the CHEESE COURSE.

I.

1645. INGREDIENTS.-- ½ lb. of pipe macaroni, ¼ lb. of butter, 6 oz. of Parmesan or Cheshire cheese, pepper and salt to taste, 1 pint of milk, 2 pints of water, bread crumbs.

Mode.-- Put the milk and water into a saucepan with sufficient salt to flavour it; place it on the fire, and, when it boils quickly, drop in the macaroni. Keep the water boiling until it is quite tender; drain the macaroni, and put it into a deep dish. Have ready the grated cheese, either Parmesan or Cheshire; sprinkle it amongst the macaroni and some of the butter cut into small pieces, reserving some of the cheese for the top layer. Season with a little pepper, and cover the top layer of cheese with some very fine bread crumbs. Warm, without oiling, the remainder of the butter, and pour it gently over the bread crumbs. Place the dish before a bright fire to brown the crumbs; turn it once or twice, that it may be equally coloured, and serve very hot. The top of the macaroni may be browned with a salamander, which is even better than placing it before the fire, as the process is more expeditious; but it should never be browned in the oven, as the butter would oil, and so impart a very disagreeable flavour to the dish. In boiling the macaroni, let it be perfectly tender but firm, no part beginning to melt, and the form entirely preserved. It may be boiled in plain water, with a little salt instead of using milk, but should then have a small piece of butter mixed with it.

Time.-- 1-½ to 1-¾ hour to boil the macaroni, 5 minutes to brown it before the fire.

Average cost, 1s. 6d.

Sufficient for 6 or 7 persons. Seasonable at any time.

Note.-- Riband macaroni may be dressed in the same manner, but does not require boiling so long a time.

II.

1646. INGREDIENTS.-- ¼ lb. of pipe or riband macaroni, ½ pint of milk, ½ pint of veal or beef gravy, the yolks of 2 eggs, 4 tablespoonfuls of cream, 3 oz. of grated Parmesan or Cheshire cheese, 1 oz. of butter.

Mode.-- Wash the macaroni, and boil it in the gravy and milk until quite tender, without being broken. Drain it, and put it into rather a deep dish. Beat the yolks of the eggs with the cream and 2 tablespoonfuls of the liquor the macaroni was boiled in; make this sufficiently hot to thicken, but do not allow it to boil; pour it over the macaroni, over which sprinkle the grated cheese and the butter broken into small pieces; brown with a salamander, or before the fire, and serve.
Time.-- 1½ to 1¾ hour to boil the macaroni, 5 minutes to thicken the eggs and cream, 5 minutes to brown.

Average cost, 1s. 2d.

Sufficient for 3 or 4 persons. Seasonable at any time.

III.

1647. INGREDIENTS.-- ¼ lb. of pipe macaroni, ½ pint of brown gravy No. 436, 6 oz. of grated Parmesan cheese.

Mode.-- Wash the macaroni, and boil it in salt and water until quite tender; drain it, and put it into rather a deep dish. Have ready a pint of good brown gravy, pour it hot over the macaroni, and send it to table with grated Parmesan served on a separate dish. When the flavour is liked, a little pounded mace may be added to the water in which the macaroni is boiled; but this must always be sparingly added, as it will impart a very strong flavour.

Time.-- 1½ to 1¾ hour to boil the macaroni.

Average cost, with the gravy and cheese, 1s. 3d.

Sufficient for 3 or 4 persons. Seasonable at any time.

POUNDED CHEESE.

1648. INGREDIENTS.-- To every lb. of cheese allow 3 oz. of fresh butter.

Mode.-- To pound cheese is an economical way of using it, if it has become dry; it is exceedingly good spread on bread, and is the best way of eating it for those whose digestion is weak. Cut up the cheese into small pieces, and pound it smoothly in a mortar, adding butter in the above proportion. Press it down into a jar, cover with clarified butter, and it will keep for several days. The flavour may be very much increased by adding mixed mustard (about a teaspoonful to every lb.), or cayenne, or pounded mace. Curry-powder is also not unfrequently mixed with it.

RAMAKINS, to serve with the CHEESE COURSE.

1649. INGREDIENTS.-- ¼ lb. of Cheshire cheese, ¼ lb. of Parmesan cheese, ¼ lb. of fresh butter, 4 eggs, the crumb of a small roll; pepper, salt, and pounded mace to taste.

Mode.-- Boil the crumb of the roll in milk for 5 minutes; strain, and put it into a mortar; add the cheese, which should be finely scraped, the butter, the yolks of the eggs, and seasoning, and pound these ingredients well together. Whisk the whites of the eggs, mix them with the paste, and put it into small pans or saucers, which should not be more than half filled. Bake them from 10 to 12 minutes, and serve them very hot and very quickly. This batter answers equally well for macaroni after it is boiled tender.
Time -- 10 to 12 minutes. Average cost, 1s. 4d.

Sufficient for 7 or 8 persons. Seasonable at any time.

**PASTRY RAMAKINS, to serve with the CHEESE COURSE.**

1650. **INGREDIENTS.**-- Any pieces of very good light puff-paste Cheshire, Parmesan, or Stilton cheese.

**Mode.**-- The remains or odd pieces of paste left from large tarts, &c. answer for making these little dishes. Gather up the pieces of paste, roll it out evenly, and sprinkle it with grated cheese of a nice flavour. Fold the paste in three, roll it out again, and sprinkle more cheese over; fold the paste, roll it out, and with a paste-cutter shape it in any way that may be desired. Bake the ramakins in a brisk oven from 10 to 15 minutes, dish them on a hot napkin, and serve quickly. The appearance of this dish may be very much improved by brushing the ramakins over with yolk of egg before they are placed in the oven. Where expense is not objected to, Parmesan is the best kind of cheese to use for making this dish.

Time. -- 10 to 15 minutes. Average cost, with ½ lb. of paste, 10d.

Sufficient for 6 or 7 persons. Seasonable at any time.

**TOASTED CHEESE, or SCOTCH RARE-BIT.**

1651. **INGREDIENTS.**-- A few slices of rich cheese, toast, mustard, and pepper.

**Mode.**-- Cut some nice rich sound cheese into rather thin slices; melt it in a cheese-toaster on a hot plate, or over steam, and, when melted, add a small quantity of mixed mustard and a seasoning of pepper; stir the cheese until it is completely dissolved, then brown it before the fire, or with a salamander. Fill the bottom of the cheese-toaster with hot water, and serve with dry or buttered toasts, whichever may be preferred. Our engraving illustrates a cheese-toaster with hot-water reservoir: the cheese is melted in the upper tin, which is placed in another vessel of boiling water, so keeping the preparation beautifully hot. A small quantity of porter, or port wine, is sometimes mixed with the cheese; and, if it be not very rich, a few pieces of butter may be mixed with it to great advantage. Sometimes the melted cheese is spread on the toasts, and then laid in the cheese-dish at the top of the hot water. Whichever way it is served, it is highly necessary that the mixture be very hot, and very quickly sent to table, or it will be worthless.

Time. -- About 5 minutes to melt the cheese.

Average cost, 1½d. per slice.

Sufficient. -- Allow a slice to each person. Seasonable at any time.
TOasted cheese, or Welsh rare-bit.

1652. INGREDIENTS.-- Slices of bread, butter, Cheshire or Gloucester cheese, mustard, and pepper.

Mode.-- Cut the bread into slices about ½ inch in thickness; pare off the crust, toast the bread slightly without hardening or burning it, and spread it with butter. Cut some slices, not quite so large as the bread, from a good rich fat cheese; lay them on the toasted bread in a cheese-toaster; be careful that the cheese does not burn, and let it be equally melted. Spread over the top a little made mustard and a seasoning of pepper, and serve very hot, with very hot plates. To facilitate the melting of the cheese, it may be cut into thin flakes or toasted on one side before it is laid on the bread. As it is so essential to send this dish hot to table, it is a good plan to melt the cheese in small round silver or metal pans, and to send these pans to table, allowing one for each guest. Slices of dry or buttered toast should always accompany them, with mustard, pepper, and salt.

Time.-- About 5 minutes to melt the cheese.

Average cost, 1-½d. each slice.

Sufficient.-- Allow a slice to each person. Seasonable at any time.

Note.-- Should the cheese be dry, a little butter mixed with it will be an improvement.

"COW CHEESE." -- It was only fifty years after Aristotle -- the fourth century before Christ -- that butter began to be noticed as an aliment. The Greeks, in imitation of the Parthians and Scythians, who used to send it to them, had it served upon their tables, and called it at first "oil of milk," and later, bouturos, "cow cheese."

Scotch woodcock.

1653. INGREDIENTS.-- A few slices of hot buttered toast; allow 1 anchovy to each slice. For the sauce,-- ¼ pint of cream, the yolks of 3 eggs.

Mode.-- Separate the yolks from the whites of the eggs; beat the former, stir to them the cream, and bring the sauce to the boiling-point, but do not allow it to boil, or it will curdle. Have ready some hot buttered toast, spread with anchovies pounded to a paste; pour a little of the hot sauce on the top, and serve very hot and very quickly.

Time.-- 5 minutes to make the sauce hot.

Sufficient.-- Allow ½ slice to each person. Seasonable at any time.

To choose eggs.

1654. In choosing eggs, apply the tongue to the large end of the egg, and, if it feels warm, it is new, and may be relied on as a fresh egg. Another mode of ascertaining their freshness is to hold them before a lighted candle, or to the light, and if the egg looks clear, it will be tolerably good; if thick, it is stale; and if there is a black spot attached to the shell, it is worthless. No egg should be used for culinary purposes with
the slightest taint in it, as it will render perfectly useless those with which it has been mixed. Eggs that are purchased, and that cannot be relied on, should always be broken in a cup, and then put into a basin: by this means stale or bad eggs may be easily rejected, without wasting the others.

EGGS contain, for their volume, a greater quantity of nutriment than any other article of food. But it does not follow that they are always good for weak stomachs; quite the contrary; for it is often a great object to give the stomach a large surface to work upon, a considerable volume of ingesta, over which the nutritive matter is diffused, and so exposed to the action of the gastric juice at many points. There are many persons who cannot digest eggs, however cooked. It is said, however, that their digestibility decreases in proportion to the degree in which they are hardened by boiling.

TO KEEP EGGS FRESH FOR SEVERAL WEEKS.

1655. Have ready a large saucepan, capable of holding 3 or 4 quarts, full of boiling water. Put the eggs into a cabbage-net, say 20 at a time, and hold them in the water (which must be kept boiling) for 20 seconds. Proceed in this manner till you have done as many eggs as you wish to preserve; then pack them away in sawdust. We have tried this method of preserving eggs, and can vouch for its excellence: they will be found, at the end of 2 or 3 months, quite good enough for culinary purposes; and although the white may be a little tougher than that of a new-laid egg, the yolk will be nearly the same. Many persons keep eggs for a long time by smearing the shells with butter or sweet oil: they should then be packed in plenty of bran or sawdust, and the eggs not allowed to touch each other. Eggs for storing should be collected in fine weather, and should not be more than 24 hours old when they are packed away, or their flavour, when used, cannot be relied on. Another simple way of preserving eggs is to immerse them in lime-water soon after they have been laid, and then to put the vessel containing the lime-water in a cellar or cool outhouse.

Seasonable.-- The best time for preserving eggs is from July to September.

EGGS.-- The quality of eggs is said to be very much affected by the food of the fowls who lay them. Herbs and grain together make a better food than grain only. When the hens eat too many insects, the eggs have a disagreeable flavour.

TO BOIL EGGS FOR BREAKFAST, SALADS, &c.

1656. Eggs for boiling cannot be too fresh, or boiled too soon after they are laid; but rather a longer time should be allowed for boiling a new-laid egg than for one that is three or four days old. Have ready a saucepan of boiling water; put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, that the egg may not fall, and consequently crack. For those who like eggs lightly boiled, 3 minutes will be found sufficient; 3-¾ to 4 minutes will be ample time to set the white nicely; and, if liked hard, 6 to 7 minutes will not be found too
long. Should the eggs be unusually large, as those of black Spanish fowls sometimes are, allow an extra ½ minute for them. Eggs for salads should be boiled from 10 minutes to ¼ hour, and should be placed in a basin of cold water for a few minutes; they should then be rolled on the table with the hand, and the shell will peel off easily.

*Time.*-- To boil eggs lightly, for invalids or children, 3 minutes; to boil eggs to suit the generality of tastes, 3-¾ to 4 minutes; to boil eggs hard, 6 to 7 minutes; for salads, 10 to 15 minutes.

*Note.*-- Silver or plated egg-dishes, like that shown in our engraving, are now very much used. The price of the one illustrated is £2. 2s., and may be purchased of Messrs. R. & J. Slack, 336, Strand.

EGGS.-- When fresh eggs are dropped into a vessel full of boiling water, they crack, because the eggs being well filled, the shells give way to the efforts of the interior fluids, dilated by heat. If the volume of hot water be small, the shells do not crack, because its temperature is reduced by the eggs before the interior dilation can take place. Stale eggs, again, do not crack, because the air inside is easily compressed.

**BUTTERED EGGS.**

1657. **INGREDIENTS.**-- 4 new-laid eggs, 2 oz. of butter.

*Mode.*-- Procure the eggs new-laid if possible; break them into a basin, and beat them well; put the butter into another basin, which place in boiling water, and stir till the butter is melted. Pour that and the eggs into a lined saucepan; hold it over a gentle fire, and, as the mixture begins to warm, pour it two or three times into the basin, and back again, that the two ingredients may be well incorporated. Keep stirring the eggs and butter one way until they are hot, without boiling, and serve on hot buttered toast. If the mixture is allowed to boil, it will curdle, and so be entirely spoiled.

*Time.*-- About 5 minutes to make the eggs hot. *Average cost*, 7d.

*Sufficient.*-- Allow a slice to each person. *Seasonable* at any time.

**DUCKS' EGGS.**

1658. Ducks' eggs are usually so strongly flavoured that, plainly boiled, they are not good for eating; they answer, however, very well for various culinary preparations where eggs are required; such as custards, &c. &c. Being so large and highly-flavoured, 1 duck's egg will go as far as 2 small hen's eggs; besides making whatever they are mixed with exceedingly rich. They also are admirable when used in puddings.

**PRIMITIVE METHOD OF COOKING EGGS.**-- The shepherds of Egypt had a singular manner of cooking eggs without the aid of fire. They placed them in a sling, which they turned so rapidly that the friction of the air heated them to the exact point required for use.

**FRIED EGGS.**

1659. **INGREDIENTS.**-- 4 eggs, ¼ lb. of lard, butter or clarified dripping.
Mode.-- Place a delicately-clean frying-pan over a gentle fire; put in the fat, and allow it to come to the boiling-point. Break the eggs into cups, slip them into the boiling fat, and let them remain until the whites are delicately set; and, whilst they are frying, ladle a little of the fat over them. Take them up with a slice, drain them for a minute from their greasy moisture, trim them neatly, and serve on slices of fried bacon or ham; or the eggs may be placed in the middle of the dish, with the bacon put round as a garnish.

Time.-- 2 to 3 minutes. Average cost, 1d. each; 2d. when scarce.

Sufficient for 2 persons. Seasonable at any time.

VENERATION FOR EGGS.-- Many of the most learned philosophers held eggs in a kind of respect, approaching to veneration, because they saw in them the emblem of the world and the four elements. The shell, they said, represented the earth; the white, water; the yolk, fire; and air was found under the shell at one end of the egg.

EGGS A LA MAITRE D'HOTEL.

1660. INGREDIENTS.-- ¼ lb. of fresh butter, 1 tablespoonful of flour, ½ pint of milk, pepper and salt to taste, 1 tablespoonful of minced parsley, the juice of ½ lemon, 6 eggs.

Mode.-- Put the flour and half the butter into a stewpan; stir them over the fire until the mixture thickens; pour in the milk, which should be boiling; add a seasoning of pepper and salt, and simmer the whole for 5 minutes. Put the remainder of the butter into the sauce, and add the minced parsley; then boil the eggs hard, strip off the shells, cut the eggs into quarters, and put them on a dish. Bring the sauce to the boiling-point, add the lemon-juice, pour over the eggs, and serve.

Time.-- 5 minutes to boil the sauce; the eggs, 10 to 15 minutes.

Average cost, 1s.

Sufficient for 4 or 5 persons. Seasonable at any time.

OEUFS AU PLAT, or AU MIROIR, served on the Dish in which they are Cooked.

1661. INGREDIENTS.-- 4 eggs, 1 oz. of butter, pepper and salt to taste.

Mode.-- Butter a dish rather thickly with good fresh butter; melt it, break the eggs into it the same as for poaching, sprinkle them with white pepper and fine salt, and put the remainder of the butter, cut into very small pieces, on the top of them. Put the dish on a hot plate, or in the oven, or before the fire, and let it remain until the whites become set, but not hard, when serve immediately, placing the dish they were cooked in on another. To hasten the cooking of the eggs, a salamander may be held over them for a
minute; but great care must be taken that they are not too much done. This is an exceedingly nice dish, and one very easily prepared for breakfast.

*Time.*—3 minutes. *Average cost*, 5d.

*Sufficient* for 2 persons. *Seasonable* at any time.

**PLOVERS’ EGGS.**

1662. Plovers’ eggs are usually served boiled hard, and sent to table in a napkin, either hot or cold. They may also be shelled, and served the same as eggs à la Tripe, with a good Béchamel sauce, or brown gravy, poured over them. They are also used for decorating salads, the beautiful colour of the white being generally so much admired.

**POACHED EGGS.**

1663. *Ingredients.*—Eggs, water. To every pint of water allow 1 tablespoonful of vinegar.

*Mode.*—Eggs for poaching should be perfectly fresh, but not quite new-laid; those that are about 36 hours old are the best for the purpose. If quite new-laid, the white is so milky it is almost impossible to set it; and, on the other hand, if the egg be at all stale, it is equally difficult to poach it nicely. Strain some boiling water into a deep clean frying-pan; break the egg into a cup without damaging the yolk, and, when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Place the pan over a gentle fire, and keep the water simmering until the white looks nicely set, when the egg is ready. Take it up gently with a slice, cut away the ragged edges of the white, and serve either on toasted bread or on slices of ham or bacon, or on spinach, &c. A poached egg should not be overdone, as its appearance and taste will be quite spoiled if the yolk be allowed to harden. When the egg is slipped into the water, the white should be gathered together, to keep it a little in form, or the cup should be turned over it for 1 minute. To poach an egg to perfection is rather a difficult operation; so, for inexperienced cooks, a tin egg-poacher may be purchased, which greatly facilitates this manner of dressing eggs. Our illustration clearly shows what it is: it consists of a tin plate with a handle, with a space for three perforated cups. An egg should be broken into each cup, and the machine then placed in a stewpan of boiling water, which has been previously strained. When the whites of the eggs appear set, they are done, and should then be carefully slipped on to the toast or spinach, or with whatever they are served. In poaching eggs in a frying-pan, never do more than four at a time; and, when a little vinegar is liked mixed with the water in which the eggs are done, use the above proportion.

*Time.*—2½ to 3½ minutes, according to the size of the egg.
Sufficient.-- Allow 2 eggs to each person.

Seasonable at any time, but less plentiful in winter.

POACHED EGGS, WITH CREAM.

1664. INGREDIENTS.-- 1 pint of water, 1 teaspoonful of salt, 4 teaspoonfuls of vinegar, 4 fresh eggs, ½ gill of cream, salt, pepper, and pounded sugar to taste, 1 oz. of butter.

Mode.-- Put the water, vinegar, and salt into a frying-pan, and break each egg into a separate cup; bring the water, &c. to boil, and slip the eggs gently into it without breaking the yolks. Simmer them from 3 to 4 minutes, but not longer, and, with a slice, lift them out on to a hot dish, and trim the edges. Empty the pan of its contents, put in the cream, add a seasoning to taste of pepper, salt, and pounded sugar; bring the whole to the boiling-point; then add the butter, broken into small pieces; toss the pan round and round till the butter is melted; pour it over the eggs, and serve. To insure the eggs not being spoiled whilst the cream, &c., is preparing, it is a good plan to warm the cream with the butter, &c., before the eggs are poached, so that it may be poured over them immediately after they are dished.

Time.-- 3 to 4 minutes to poach the eggs, 5 minutes to warm the cream.

Average cost for the above quantity, 9d.

Sufficient for 2 persons. Seasonable at any time.

1665. COMPARATIVE SIZES OF EGGS.
SCOTCH EGGS.

1666. INGREDIENTS.-- 6 eggs, 6 tablespoonfuls of forcemeat No. 417, hot lard, ½ pint of good brown gravy.

Mode.-- Boil the eggs for 10 minutes; strip them from the shells, and cover them with forcemeat made by recipe No. 417; or substitute pounded anchovies for the ham. Fry the eggs a nice brown in boiling lard, drain them before the fire from their greasy moisture, dish them, and pour round from ¼ to ½ pint of good brown gravy. To enhance the appearance of the eggs, they may be rolled in beaten egg and sprinkled with bread crumbs; but this is scarcely necessary if they are carefully fried. The flavour of the ham or anchovy in the forcemeat must preponderate, as it should be very relishing.

Time.-- 10 minutes to boil the eggs, 5 to 7 minutes to fry them.

Average cost, 1s. 4d.

Sufficient for 3 or 4 persons. Seasonable at any time.

EGGS A LA TRIPE.

1667. INGREDIENTS.-- 8 eggs, ¾ pint of Béchamel sauce No. 368, dessertspoonful of finely-minced parsley.

Mode.-- Boil the eggs hard; put them into cold water, peel them, take out the yolks whole, and shred the whites. Make ¾ pint of Béchamel sauce by recipe No. 368; add the parsley, and, when the sauce is quite hot, put the yolks of the eggs into the middle of the dish, and the shred whites round them; pour over the sauce, and garnish with leaves of puff-paste or fried croûtons. There is no necessity for putting the eggs into the saucepan with the Béchamel; the sauce, being quite hot, will warm the eggs sufficiently.

Time.-- 10 minutes to boil the eggs.

Average cost, 1s.

Sufficient for 5 or 6 persons.

Seasonable at any time.
CHAPTER XXXIV. -- General observations on bread, biscuits, and cakes.

BREAD AND BREAD-MAKING.

1668. AMONG the numerous vegetable products yielding articles of food for man, the Cereals hold the first place. By means of skilful cultivation, mankind have transformed the original forms of these growths, poor and ill-flavoured as they perhaps were, into various fruitful and agreeable species, which yield an abundant and pleasant supply. Classified according to their respective richness in alimentary elements, the Cereals stand thus:-- Wheat, and its varieties, Rye, Barley, Oats, Rice, Indian Corn. Everybody knows it is wheat flour which yields the best bread. Rye-bread is viscous, hard, less easily soluble by the gastric juice, and not so rich in nutritive power. Flour produced from barley, Indian corn, or rice, is not so readily made into bread; and the article, when made, is heavy and indigestible.

1669. On examining a grain of corn from any of the numerous cereals* used in the preparation of flour, such as wheat, maize, rye, barley, &c., it will be found to consist of two parts,-- the husk, or exterior covering, which is generally of a dark colour, and the inner, or albuminous part, which is more or less white. In grinding, these two portions are separated, and the husk being blown away in the process of winnowing, the flour remains in the form of a light brown powder, consisting principally of starch and gluten. In order to render it white, it undergoes a process called "bolting." It is passed through a series of fine sieves, which separate the coarser parts, leaving behind

*Cereal, a corn-producing plant; from Ceres, the goddess of agriculture
fine white flour,—the "fine firsts" of the corn-dealer. The process of bolting, as just described, tends to deprive flour of its gluten, the coarser and darker portion containing much of that substance; while the lighter part is peculiarly rich in starch. Bran contains a large proportion of gluten; hence it will be seen why brown bread is so much more nutritious than white; in fact, we may lay it down as a general rule, that the whiter the bread the less nourishment it contains. Majendie proved this by feeding a dog for forty days with white wheaten bread, at the end of which time he died; while another dog, fed on brown bread made with flour mixed with bran, lived without any disturbance of his health. The "bolting" process, then, is rather injurious than beneficial in its result; and is one of the numerous instances where fashion has chosen a wrong standard to go by. In ancient times, down to the Emperors, no bolted flour was known. In many parts of Germany the entire meal is used; and in no part of the world are the digestive organs of the people in a better condition. In years of famine, when corn is scarce, the use of bolted flour is most culpable, for from 18 to 20 per cent. is lost in bran. Brown bread has, of late years, become very popular; and many physicians have recommended it to invalids with weak digestions with great success. This rage for white bread has introduced adulterations of a very serious character, affecting the health of the whole community. Potatoes are added for this purpose; but this is a comparatively harmless cheat, only reducing the nutritive property of the bread; but bone-dust and alum are also put in, which are far from harmless.

1670. Bread-making is a very ancient art indeed. The Assyrians, Egyptians, and Greeks, used to make bread, in which oil, with aniseed and other spices, was an element; but this was unleavened. Every family used to prepare the bread for its own consumption, the trade of baking not having yet taken shape. It is said, that somewhere about the beginning of the thirtieth Olympiad, the slave of an archon, at Athens, made leavened bread by accident. He had left some wheaten dough in an earthen pan, and forgotten it; some days afterwards, he lighted upon it again, and found it turning sour. His first thought was to throw it away; but, his master coming up, he mixed this now ascendant dough with some fresh dough, which he was working at. The bread thus produced, by the introduction of dough in which alcoholic fermentation had begun, was found delicious by the archon and his friends; and the slave, being summoned and catechised, told the secret. It spread all over Athens; and everybody wanting leavened bread at once, certain persons set up as bread-makers, or bakers. In a short time bread-baking became quite an art, and "Athenian bread" was quoted all over Greece as the best bread, just as the honey of Hyamettus was celebrated as the best honey.

1671. In our own times, and among civilized peoples, bread has become an article of food of the first necessity; and properly so, for it constitutes of itself a complete life-sustainer, the gluten, starch, and sugar, which it contains, representing azotized and hydro-carbonated nutrients, and combining the sustaining powers of the animal and vegetable kingdoms in one product.

1672. WHEATEN BREAD.-- The finest, wholesomest, and most savoury bread is made from wheaten flour. There are, of wheat, three leading qualities,—the soft, the medium, and the hard wheat; the last of which yields a kind of bread that is not so white as that made from soft wheat, but is richer in gluten, and, consequently, more nutritive.
1673. RYE BREAD.-- This comes next to wheaten bread; it is not so rich in gluten, but is said to keep fresh longer, and to have some laxative qualities.

1674. BARLEY BREAD, INDIAN-CORN BREAD, &c.-- Bread made from barley, maize, oats, rice, potatoes, &c. "rises" badly, because the grains in question contain but little gluten, which makes the bread heavy, close in texture, and difficult of digestion; in fact, corn-flour has to be added before panification can take place. In countries where wheat is scarce and maize abundant, the people make the latter a chief article of sustenance, when prepared in different forms.

BREAD-MAKING.

1675. PANIFICATION, or bread-making, consists of the following processes, in the case of Wheaten Flour. Fifty or sixty per cent. of water is added to the flour, with the addition of some leavening matter, and, preferably, of yeast from malt and hops. All kinds of leavening matter have, however, been, and are still used in different parts of the world: in the East Indies, "toddy," which is a liquor that flows from the wounded cocoa-nut tree; and, in the West Indies, "dunder," or the refuse of the distillation of rum. The dough then undergoes the well-known process called kneading. The yeast produces fermentation, a process which may be thus described:-- The dough reacting upon the leavening matter introduced, the starch of the flour is transformed into saccharine matter, the saccharine matter being afterwards changed into alcohol and carbonic acid. The dough must be well "bound," and yet allow the escape of the little bubbles of carbonic acid which accompany the fermentation, and which, in their passage, cause the numerous little holes which are seen in light bread.

1676. The yeast must be good and fresh, if the bread is to be digestible and nice. Stale yeast produces, instead of vinous fermentation, an acetous fermentation, which flavours the bread and makes it disagreeable. A poor thin yeast produces an imperfect fermentation, the result being a heavy unwholesome loaf.

1677. When the dough is well kneaded, it is left to stand for some time, and then, as soon as it begins to swell, it is divided into loaves; after which it is again left to stand, when it once more swells up, and manifests, for the last time, the symptoms of fermentation. It is then put into the oven, where the water contained in the dough is partly evaporated, and the loaves swell up again, while a yellow crust begins to form upon the surface. When the bread is sufficiently baked, the bottom crust is hard and resonant if struck with the finger, while the crumb is elastic, and rises again after being pressed down with the finger. The bread is, in all probability, baked sufficiently if, on opening the door of the oven, you are met by a cloud of steam which quickly passes away.

1678. One word as to the unwholesomeness of new bread and hot rolls. When bread is taken out of the oven, it is full of moisture; the starch is held together in masses, and the bread, instead of being crusted so as to expose each grain of starch to the saliva, actually prevents their digestion by being formed by the teeth into leathery poreless masses, which lie on the stomach like so many bullets. Bread should always be at least a day old before it is eaten; and, if properly made, and kept in a cool dry place, ought to be perfectly soft and palatable at the end of three or four days. Hot rolls, swimming in melted butter, and new bread, ought to be carefully shunned by
everybody who has the slightest respect for that much-injured individual -- the Stomach.

1679. AERATED BREAD.-- It is not unknown to some of our readers that Dr. Dauglish, of Malvern, has recently patented a process for making bread "light" without the use of leaven. The ordinary process of bread-making by fermentation is tedious, and much labour of human hands is requisite in the kneading, in order that the dough may be thoroughly interpenetrated with the leaven. The new process impregnates the bread, by the application of machinery, with carbonic acid gas, or fixed air. Different opinions are expressed about the bread; but it is curious to note, that, as corn is now reaped by machinery, and dough is baked by machinery, the whole process of bread-making is probably in course of undergoing changes which will emancipate both the housewife and the professional baker from a large amount of labour.

1680. In the production of Aërated Bread, wheaten flour, water, salt, and carbonic acid gas (generated by proper machinery), are the only materials employed. We need not inform our readers that carbonic acid gas is the source of the effervescence, whether in common water coming from a depth, or in lemonade, or any aërated drink. Its action, in the new bread, takes the place of fermentation in the old.

1681. In the patent process, the dough is mixed in a great iron ball, inside which is a system of paddles, perpetually turning, and doing the kneading part of the business. Into this globe the flour is dropped till it is full, and then the common atmospheric air is pumped out, and the pure gas turned on. The gas is followed by the water, which has been ærated for the purpose, and then begins the churning or kneading part of the business.

1682. Of course, it is not long before we have the dough, and very "light" and nice it looks. This is caught in tins, and passed on to the floor of the oven, which is an endless floor, moving slowly through the fire. Done to a turn, the loaves emerge at the other end of the apartment,-- and the Aërated Bread is made.

1683. It may be added, that it is a good plan to change one's baker from time to time, and so secure a change in the quality of the bread that is eaten.

1684. MIXED BREADS.-- Rye bread is hard of digestion, and requires longer and slower baking than wheaten bread. It is better when made with leaven of wheaten flour rather than yeast, and turns out lighter. It should not be eaten till two days old. It will keep a long time.

1685. A good bread may be made by mixing rye-flour, wheat-flour, and rice-paste in equal proportions; also by mixing rye, wheat, and barley. In Norway, it is said that they only bake their barley broad once a year, such is its "keeping" quality.

1686. Indian-corn flour mixed with wheat-flour (half with half) makes a nice bread; but it is not considered very digestible, though it keeps well.

1687. Rice cannot be made into bread, nor can potatoes; but one-third potato flour to three-fourths wheaten flour makes a tolerably good loaf.
1688. A very good bread, better than the ordinary sort, and of a delicious flavour, is said to be produced by adopting the following recipe:-- Take ten parts of wheat-flour, five parts of potato-flour, one part of rice-paste; knead together, add the yeast, and bake as usual. This is, of course, cheaper than wheaten bread.

1689. Flour, when freshly ground, is too glutinous to make good bread, and should therefore not be used immediately, but should be kept dry for a few weeks, and stirred occasionally, until it becomes dry, and crumbles easily between the fingers.

1690. Flour should be perfectly dry before being used for bread or cakes; if at all damp, the preparation is sure to be heavy. Before mixing it with the other ingredients, it is a good plan to place it for an hour or two before the fire, until it feels warm and dry.

1691. Yeast from home-brewed beer is generally preferred to any other: it is very bitter, and, on that account, should be well washed, and put away until the thick mass settles. If it still continues bitter, the process should be repeated; and, before being used, all the water floating at the top must be poured off. German yeast is now very much used, and should be moistened, and thoroughly mixed with the milk or water with which the bread is to be made.

The following observations are extracted from a valuable work on Bread-making, * and will be found very useful to our readers:--

1693. The first thing required for making wholesome bread is the utmost cleanliness; the next is the soundness and sweetness of all the ingredients used for it; and, in addition to these, there must be attention and care through the whole process.

1694. An almost certain way of spoiling dough is to leave it half-made, and to allow it to become cold before it is finished. The other most common causes of failure are using yeast which is no longer sweet, or which has been frozen, or has had hot liquid poured over it.

1695. Too small a proportion of yeast, or insufficient time allowed for the dough to rise, will cause the bread to be heavy.

1696. Heavy bread will also most likely be the result of making the dough very hard, and letting it become quite, cold, particularly in winter.

1697. If either the sponge or the dough be permitted to overwork itself, that is to say, if the mixing and kneading be neglected when it has reached the proper point for either, sour bread will probably be the consequence in warm weather, and bad bread in any. The goodness will also be endangered by placing it so near a fire as to make any part of it hot, instead of maintaining the gentle and equal degree of heat required for its due fermentation.

1698. MILK OR BUTTER.-- Milk which is not perfectly sweet will not only injure the flavour of the bread, but, in sultry weather, will often cause it to be quite uneatable; yet either of them, if fresh and good, will materially improve its quality.

1699. To keep bread sweet and fresh, as soon as it is cool it should be put into a clean earthen pan, with a cover to it: this pan should be placed at a little distance from the ground, to allow a current of air to pass underneath. Some persons prefer keeping bread on clean wooden shelves, without being covered, that the crust may not soften. Stale bread may be freshened by warming it through in a gentle oven. Stale pastry, cakes, &c., may also be improved by this method.

1700. The utensils required for making bread, on a moderate scale, are a kneading-trough or pan, sufficiently large that the dough may be kneaded freely without throwing the flour over the edges, and also to allow for its rising; a hair sieve for straining yeast, and one or two strong spoons.

1701. Yeast must always be good of its kind, and in a fitting state to produce ready and proper fermentation. Yeast of strong beer or ale produces more effect than that of milder kinds; and the fresher the yeast, the smaller the quantity will be required to raise the dough.

1702. As a general rule, the oven for baking bread should be rather quick, and the heat so regulated as to penetrate the dough without hardening the outside. The oven door should not be opened after the bread is put in until the dough is set, or has become firm, as the cool air admitted will have an unfavourable effect on it.

1703. Brick ovens are generally considered the best adapted for baking bread: these should be heated with wood faggots, and then swept and mopped out, to cleanse them for the reception of the bread. Iron ovens are more difficult to manage, being apt to burn the surface of the bread before the middle is baked. To remedy this, a few clean bricks should be set at the bottom of the oven, close together, to receive the tins of bread. In many modern stoves the ovens are so much improved that they bake admirably; and they can always be brought to the required temperature, when it is higher than is needed, by leaving the door open for a time.

A FEW HINTS respecting the Making and Baking of CAKES.

1704. Eggs should always be broken into a cup, the whites and yolks separated, and they should always be strained. Breaking the eggs thus, the bad ones may be easily rejected without spoiling the others, and so cause no waste. As eggs are used instead of yeast, they should be very thoroughly whisked; they are generally sufficiently beaten when thick enough to carry the drop that falls from the whisk.

1705. Loaf Sugar should be well pounded, and then sifted through a fine sieve.

1706. Currants should be nicely washed, picked, dried in a cloth, and then carefully examined, that no pieces of grit or stone may be left amongst them. They should then be laid on a dish before the fire, to become thoroughly dry; as, if added damp to the other ingredients, cakes will be liable to be heavy.
1707. *Good Butter* should always be used in the manufacture of cakes; and if beaten to a cream, it saves much time and labour to warm, but not melt, it before beating.

1708. Less butter and eggs are required for cakes when yeast is mixed with the other ingredients.

1709. The heat of the oven is of great importance, especially for large cakes. If the heat be not tolerably fierce, the batter will not rise. If the oven is too quick, and there is any danger of the cake burning or catching, put a sheet of clean paper over the top. Newspaper, or paper that has been printed on, should never be used for this purpose.

1710. To know when a cake is sufficiently baked, plunge a clean knife into the middle of it; draw it quickly out, and if it looks in the least sticky, put the cake back, and close the oven door until the cake is done.

1711. Cakes should be kept in closed tin canisters or jars, and in a dry place. Those made with yeast do not keep so long as those made without it.

**BISCUITS.**

1712. Since the establishment of the large modern biscuit manufactories, biscuits have been produced both cheap and wholesome, in, comparatively speaking, endless variety. Their actual component parts are, perhaps, known only to the various makers; but there are several kinds of biscuits which have long been in use, that may here be advantageously described.

1713. Biscuits belong to the class of unfermented bread, and are, perhaps, the most wholesome of that class. In cases where fermented bread does not agree with the human stomach, they may be recommended: in many instances they are considered lighter, and less liable to create acidity and flatulence. The name is derived from the French *biscuit*, "twice-baked," because, originally, that was the mode of entirely depriving them of all moisture, to insure their keeping; but, although that process is no longer employed, the name is retained. The use of this kind of bread on land is pretty general, and some varieties are luxuries; but, at sea, biscuits are articles of the first necessity.

1714. SEA, or SHIP BISCUITS, are made of wheat-flour from which only the coarsest bran has been separated. The dough is made up as stiff as it can be worked, and is then formed into shapes, and baked in an oven; after which, the biscuits are exposed in lofts over the oven until perfectly dry, to prevent them from becoming mouldy when stored.

1715. CAPTAINS’ BISCUITS are made in a similar manner, only of fine flour.
CHAPTER XXXV -- Recipes for bread, biscuits and cakes.

TO MAKE YEAST FOR BREAD.

1716. INGREDIENTS.-- 1-½ oz. of hops, 3 quarts of water, 1 lb. of bruised malt, ½ pint of yeast.

Mode.-- Boil the hops in the water for 20 minutes; let it stand for about 5 minutes, then add it to 1 lb. of bruised malt prepared as for brewing. Let the mixture stand covered till about lukewarm; then put in not quite ½ pint of yeast; keep it warm, and let it work 3 or 4 hours; then put it into small ½-pint bottles (ginger-beer bottles are the best for the purpose), cork them well, and tie them down. The yeast is now ready for use; it will keep good for a few weeks, and 1 bottle will be found sufficient for 18 lbs. of flour. When required for use, boil 3 lbs. of potatoes without salt, mash them in the same water in which they were boiled, and rub them through a colander. Stir in about ½ lb. of flour; then put in the yeast, pour it in the middle of the flour, and let it stand warm on the hearth all night, and in the morning let it be quite warm when it is kneaded. The bottles of yeast require very careful opening, as it is generally exceedingly ripe.

Time.-- 20 minutes to boil the hops and water, the yeast to work 3 or 4 hours.

Sufficient.-- ½ pint sufficient for 18 lbs. of flour.

KIRKLEATHAM YEAST.

1717. INGREDIENTS.-- 2 oz. of hops, 4 quarts of water, ½ lb. of flour, ½ pint of yeast.

Mode.-- Boil the hops and water for 20 minutes; strain, and mix with the liquid ½ lb. of flour and not quite ½ pint of yeast. Bottle it up, and tie the corks down. When wanted for use, boil potatoes according to the quantity of bread to be made (about 3 lbs. are sufficient for about a peck of flour); mash them, add to them ½ lb. of flour, and mix about ½ pint of the yeast with them; let this mixture stand all day, and lay the bread to rise the night before it is wanted.

Time.-- 20 minutes to boil the hops and water.

Sufficient.-- ½ pint of this yeast sufficient for a peck of flour, or rather more.

TO MAKE GOOD HOME-MADE BREAD.  
(Miss Acton's Recipe.)

1718. INGREDIENTS.-- 1 quartern of flour, 1 large tablespoonful of solid brewer's yeast, or nearly 1 oz. of fresh German yeast, 1-¼ to 1-½ pint of warm milk-and-water.
Mode.--- Put the flour into a large earthenware bowl or deep pan; then, with a strong metal or wooden spoon, hollow out the middle; but do not clear it entirely away from the bottom of the pan, as, in that case, the sponge (or leaven, as it was formerly termed) would stick to it, which it ought not to do. Next take either a large tablespoonful of brewer's yeast which has been rendered solid by mixing it with plenty of cold water, and letting it afterwards stand to settle for a day and night; or nearly an ounce of German yeast; put it into a large basin, and proceed to mix it, so that it shall be as smooth as cream, with ¾ pint of warm milk-and-water, or with water only; though even a very little milk will much improve the bread. Pour the yeast into the hole made in the flour, and stir into it as much of that which lies round it as will make a thick batter, in which there must be no lumps. Strew plenty of flour on the top; throw a thick clean cloth over, and set it where the air is warm; but do not place it upon the kitchen fender, for it will become too much heated there. Look at it from time to time: when it has been laid for nearly an hour, and when the yeast has risen and broken through the flour, so that bubbles appear in it, you will know that it is ready to be made up into dough. Then place the pan on a strong chair, or dresser, or table, of convenient height; pour into the sponge the remainder of the warm milk-and-water; stir into it as much of the flour as you can with the spoon; then wipe it out clean with your fingers, and lay it aside. Next take plenty of the remaining flour, throw it on the top of the leaven, and begin, with the knuckles of both hands, to knead it well. When the flour is nearly all kneaded in, begin to draw the edges of the dough towards the middle, in order to mix the whole thoroughly; and when it is free from flour and lumps and crumbs, and does not stick to the hands when touched, it will be done, and may again be covered with the cloth, and left to rise a second time. In ¾ hour look at it, and should it have swollen very much, and begin to crack, it will be light enough to bake. Turn it then on to a paste-board or very clean dresser, and with a large sharp knife divide it in two; make it up quickly into loaves, and dispatch it to the oven: make one or two incisions across the tops of the loaves, as they will rise more easily if this be done. If baked in tins or pans, rub them with a tiny piece of butter laid on a piece of clean paper, to prevent the dough from sticking to them. All bread should be turned upside down, or on its side, as soon as it is drawn from the oven: if this be neglected, the under part of the loaves will become wet and blistered from the steam, which cannot then escape from them. To make the dough without setting a sponge, merely mix the yeast with the greater part of the warm milk-and-water, and wet up the whole of the flour at once after a little salt has been stirred in, proceeding exactly, in every other respect, as in the directions just given. As the dough will soften in the rising, it should be made quite firm at first, or it will be too lithe by the time it is ready for the oven.
Time.-- To be left to rise an hour the first time, $\frac{3}{4}$ hour the second time; to be baked from 1 to 1-$\frac{1}{4}$ hour, or baked in one loaf from 1-$\frac{1}{2}$ to 2 hours.

ITALIAN MILLET, or Great Indian Millet, is cultivated in Egypt and Nubia, where it is called dhourra, and is used as human food, as well as for the fermentation of beer. It will grow on poor soils, and is extremely productive. It has been introduced into Italy, where they make a coarse bread from it; and it is also employed in pastry and puddings: they also use it for feeding horses and domestic fowls. It is the largest variety, growing to the height of six feet; but it requires a warm climate, and will not ripen in this country. A yellow variety, called Golden Millet, is sold in the grocers' shops, for making puddings, and is very delicate and wholesome.

TO MAKE A PECK OF GOOD BREAD.

1719. INGREDIENTS.-- 3 lbs. of potatoes, 6 pints of cold water, $\frac{1}{2}$ pint of good yeast, a peck of flour, 2 oz. of salt.

Mode.-- Peel and boil the potatoes; beat them to a cream while warm; then add 1 pint of cold water, strain through a colander, and add to it $\frac{1}{2}$ pint of good yeast, which should have been put in water over-night, to take off its bitterness. Stir all well together with a wooden spoon, and pour the mixture into the centre of the flour; mix it to the substance of cream, cover it over closely, and let it remain near the fire for an hour; then add the 5 pints of water, milk-warm, with 2 oz. of salt; pour this in, and mix the whole to a nice light dough. Let it remain for about 2 hours; then make it into 7 loaves, and bake for about 1-$\frac{1}{2}$ hour in a good oven. When baked, the bread should weigh nearly 20 lbs.

Time.-- About 1-$\frac{1}{2}$ hour.

THE RED VARIETIES OF WHEAT are generally hardier and more easily grown than the white sorts, and, although of less value to the miller, they are fully more profitable to the grower, in consequence of the better crops which they produce. Another advantage the red wheats possess is their comparative immunity from the attacks of mildew and fly. The best English wheat comes from the counties of Kent and Essex; the qualities under these heads always bearing a higher price than others, as will be seen by the periodical lists in the journals.

RICE BREAD.

1720. INGREDIENTS.-- To every lb. of rice allow 4 lbs. of wheat flour, nearly 3 tablespoonfuls of yeast, $\frac{1}{4}$ oz. of salt. Mode.-- Boil the rice in water until it is quite tender; pour off the water, and put the rice, before it is cold, to the flour. Mix these well together with the yeast, salt, and sufficient warm water to make the whole into a smooth dough; let it rise by the side of the fire, then form it into loaves, and bake them from 1-$\frac{1}{2}$ to 2 hours, according to their size. If the rice is boiled in milk instead of water, it makes very delicious bread or cakes. When boiled in this manner, it may be mixed with the flour without straining the liquid from it. Time.-- 1-$\frac{1}{2}$ to 2 hours.
INDIAN-CORN-FLOUR BREAD.

1721. INGREDIENTS.-- To 4 lbs. of flour allow 2 lbs. of Indian-corn flour, 2 tablespoonfuls of yeast, 3 pints of warm water, ¼ oz. of salt. Mode.-- Mix the two flours well together, with the salt; make a hole in the centre, and stir the yeast up well with ½ pint of the warm water; put this into the middle of the flour, and mix enough of it with the yeast to make a thin batter; throw a little flour over the surface of this batter, cover the whole with a thick cloth, and set it to rise in a warm place. When the batter has nicely risen, work the whole to a nice smooth dough, adding the water as required; knead it well, and mould the dough into loaves; let them rise for nearly ½ hour, then put them into a well-heated oven. If made into 2 loaves, they will require from 1-½ to 2 hours baking.

Time.-- 1-½ to 2 hours.

MAIZE.-- Next to wheat and rice, maize is the grain most used in the nourishment of man. In Asia, Africa, and America, it is the principal daily food of a large portion of the population, especially of the colonists. In some of the provinces of France, too, it is consumed in large quantities. There are eight varieties of the maize; the most productive is the maize of Cusco. The flour of maize is yellow, and it contains an oily matter, which, when fresh, gives it an agreeable flavour and odour; but the action of the air on it soon develops rancidity. If carried any distance, it should be stored away in air-tight vessels. An excellent soup is prepared with meat and maize-flour. The inhabitants of some countries, where wheat is scarce, make, with maize and water, or milk and salt, a kind of biscuit, which is pleasant in taste, but indigestible. Some of the preparations of maize-flour are very good, and, when partaken in moderation, suitable food for almost everybody.

SODA BREAD.

1722. INGREDIENTS.-- To every 2 lbs. of flour allow 1 teaspoonful of tartaric acid, 1 teaspoonful of salt, 1 teaspoonful of carbonate of soda, 2 breakfast-cupfuls of cold milk.

Mode.-- Let the tartaric acid and salt be reduced to the finest possible powder; then mix them well with the flour. Dissolve the soda in the milk, and pour it several times from one basin to another, before adding it to the flour. Work the whole quickly into a light dough, divide it into 2 loaves, and put them into a well-heated oven immediately,
and bake for an hour. Sour milk or buttermilk may be used, but then a little less acid will be needed.

Time.-- 1 hour.

POLISH AND POMERANIAN WHEAT are accounted by authorities most excellent. Large raft-like barges convey this grain down the rivers, from the interior of the country to the seaports. This corn is described as being white, hard, and thin-skinned; and it yields a large quantity of flour, having a small proportion of bran.

EXCELLENT ROLLS.

1723. INGREDIENTS.-- To every lb. of flour allow 1 oz. of butter, ¼ pint of milk, 1 large teaspoonful of yeast, a little salt.

Mode.-- Warm the butter in the milk, add to it the yeast and salt, and mix these ingredients well together. Put the flour into a pan, stir in the above ingredients, and let the dough rise, covered in a warm place. Knead it well, make it into rolls, let them rise again for a few minutes, and bake in a quick oven. Richer rolls may be made by adding 1 or 2 eggs and a larger proportion of butter, and their appearance improved by brushing the tops over with yolk of egg or a little milk.

Time.-- 1 lb. of flour, divided into 6 rolls, from 15 to 20 minutes.

HOT ROLLS.

1724. This dish, although very unwholesome and indigestible, is nevertheless a great favourite, and eaten by many persons. As soon as the rolls come from the baker’s, they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into three; put some thin flakes of good butter between the slices, press the rolls together, and put them in the oven for a minute or two, but not longer, or the butter would oil; take them out of the oven, spread the butter equally over, divide the rolls in half, and put them on to a very hot clean dish, and send them instantly to table.

TO MAKE DRY TOAST.

1725. To make dry toast properly, a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it eats heavy, and, besides, is very extravagant. Procure a loaf of household bread about two days old; cut off as many slices as may be required, not quite ¼ inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting-fork, and hold it before a very clear fire. Move it backwards and forwards until the bread is nicely coloured; then turn it and toast the other side, and do not place it so near the fire that it blackens. Dry toast should be more gradually made than buttered toast, as
its great beauty consists in its crispness, and this cannot be attained unless the process is slow and the bread is allowed gradually to colour. It should never be made long before it is wanted, as it soon becomes tough, unless placed on the fender in front of the fire. As soon as each piece is ready, it should be put into a rack, or stood upon its edges, and sent quickly to table.

**TO MAKE HOT BUTTERED TOAST.**

1726. A loaf of household bread about two days old answers for making toast better than cottage bread, the latter not being a good shape, and too crusty for the purpose. Cut as many nice even slices as may be required, rather more than ¼ inch in thickness, and toast them before a very bright fire, without allowing the bread to blacken, which spoils the appearance and flavour of all toast. When of a nice colour on both sides, put it on a hot plate; divide some good butter into small pieces, place them on the toast, set this before the fire, and when the butter is just beginning to melt, spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the slices of toast across from corner to corner, so making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that by cutting through 4 or 5 slices at a time, all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

**MUFFINS.**

1727. INGREDIENTS.-- To every quart of milk allow 1½ oz. of German yeast, a little salt; flour.

*Mode.*-- Warm the milk, add to it the yeast, and mix these well together; put them into a pan, and stir in sufficient flour to make the whole into a dough of rather a soft consistence; cover it over with a cloth, and place it in a warm place to rise, and, when light and nicely risen, divide the dough into pieces, and round them to the proper shape with the hands; place them, in a layer of flour about two inches thick, on wooden trays, and let them rise again; when this is effected, they each will exhibit a semi-globular shape. Then place them carefully on a hot-plate or stove, and bake them until they are slightly browned, turning them when they are done on one side. Muffins are not easily made, and are more generally purchased than manufactured at home. To toast them, divide the edge of the muffin all round, by pulling it open, to the depth of about an inch, with the fingers. Put it on a toasting-fork, and hold it before a very clear fire until one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, as, if this is done, the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves; when sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

*Time.*-- From 20 minutes to ½ hour to bake them.
Sufficient.-- Allow 1 muffin to each person.

CRUMPETS.

1728. These are made in the same manner as muffins; only, in making the mixture, let it be more like batter than dough. Let it rise for about ½ hour; pour it into iron rings, which should be ready on a hot-plate; bake them, and when one side appears done, turn them quickly on the other. To toast them, have ready a very bright clear fire; put the crumpet on a toasting-fork, and hold it before the fire, not too close, until it is nicely brown on one side, but do not allow it to blacken. Turn it, and brown the other side; then spread it with good butter, cut it in half, and, when all are done, pile them on a hot dish, and send them quickly to table. Muffins and crumpets should always be served on separate dishes, and both toasted and served as expeditiously as possible.

Time.-- From 10 to 15 minutes to bake them.

Sufficient.-- Allow 2 crumpets to each person.

PLAIN BUNS.

1729. INGREDIENTS.-- To every 2 lbs. of flour allow 6 oz. of moist sugar, ½ gill of yeast, ½ pint of milk, ½ lb. of butter, warm milk.

Mode.-- Put the flour into a basin, mix the sugar well with it, make a hole in the centre, and stir in the yeast and milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1½ hour. Melt the butter, but do not allow it to oil; stir it into the other ingredients, with enough warm milk to make the whole into a soft dough; then mould it into buns about the size of an egg; lay them in rows quite 3 inches apart; set them again in a warm place, until they have risen to double their size; then put them into a good brisk oven, and just before they are done, wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel, or caraway seeds to the other ingredients; and the above mixture answers for hot cross buns, by putting in a little ground allspice; and by pressing a tin mould in the form of a cross in the centre of the bun.

Time.-- 15 to 20 minutes. Average cost, 1d. each.

Sufficient to make 18 buns.

TO MAKE GOOD PLAIN BUNS.

1730. INGREDIENTS.-- 1 lb. of flour, 6 oz. of good butter, ¼ lb. of sugar, 1 egg, nearly ¼ pint of milk, 2 small teaspoonfuls of baking-powder, a few drops of essence of lemon.
Mode.-- Warm the butter, without oiling it; beat it with a wooden spoon; stir the flour in gradually with the sugar, and mix these ingredients well together. Make the milk lukewarm, beat up with it the yolk of the egg and the essence of lemon, and stir these to the flour, &c. Add the baking-powder, beat the dough well for about 10 minutes, divide it into 24 pieces, put them into buttered tins or cups, and bake in a brisk oven from 20 to 30 minutes.

Time.-- 20 to 30 minutes. Average cost, 1s.

Sufficient to make 12 buns. Seasonable at any time.

**LIGHT BUNS.**

1731. INGREDIENTS.-- ½ teaspoonful of tartaric acid, ½ teaspoonful of bicarbonate of soda, 1 lb. of flour, 2 oz. of butter, 2 oz. of loaf sugar, ¼ lb. of currants or raisins,—when liked, a few caraway seeds, ½ pint of cold new milk, 1 egg.

Mode.-- Rub the tartaric acid, soda, and flour all together through a hair sieve; work the butter into the flour; add the sugar, currants, and caraway seeds, when the flavour of them latter is liked. Mix all these ingredients well together; make a hole in the middle of the flour, and pour in the milk, mixed with the egg, which should be well beaten; mix quickly, and set the dough, with a fork, on baking-tins, and bake the buns for about 20 minutes. This mixture makes a very good cake, and if put into a tin, should be baked 1½ hour. The same quantity of flour, soda, and tartaric acid, with ½ pint of milk and a little salt, will make either bread or teacakes, if wanted quickly.

Time.-- 20 minutes for the buns; if made into a cake, 1½ hour.

Sufficient to make about 12 buns.

**VICTORIA BUNS.**

1732. INGREDIENTS.-- 2 oz. of pounded loaf sugar, 1 egg, 1½ oz. of ground rice, 2 oz. of butter, 1½ oz. of currants, a few thin slices of candied peel; flour.

Mode.-- Whisk the egg, stir in the sugar, and beat these ingredients well together; beat the butter to a cream, stir in the ground rice, currants, and candied peel, and as much flour as will make it of such a consistency that it may be rolled into 7 or 8 balls. Put these on to a buttered tin, and bake them from ½ to ¾ hour. They should be put into the oven immediately, or they will become heavy; and the oven should be tolerably brisk.

Time.-- ½ to ¾ hour. Average cost, 6d.

Sufficient to make 7 or 8 buns. Seasonable at any time.
ITALIAN RUSKS.

1733. A stale Savoy or lemon cake may be converted into very good rusks in the following manner. Cut the cake into slices, divide each slice in two; put them on a baking-sheet, in a slow oven, and when they are of a nice brown and quite hard, they are done. They should be kept in a closed tin canister in a dry place, to preserve their crispness.

PANNICLED MILLET.-- This is the smallest-seeded of the corn-plants, being a true grass; but the number of the seeds in each ear makes up for their size. It grows in sandy soils that will not do for the cultivation of many other kinds of grain, and forms the chief sustenance in the arid districts of Arabia, Syria, Nubia, and parts of India. It is not cultivated in England, being principally confined to the East. The nations who make use of it grind it, in the primitive manner, between two stones, and make it into a diet which, cannot be properly called bread, but rather a kind of soft thin cake half-baked. When we take into account that the Arabians are fond of lizards and locusts as articles of food, their cuisine, altogether, is scarcely a tempting one.

TO MAKE RUSKS.
(Suffolk Recipe.)

1734. INGREDIENTS.-- To every lb. of flour allow 2 oz. of butter, ¼ pint of milk, 2 oz. of loaf sugar, 3 eggs, 1 tablespoonful of yeast.

Mode.-- Put the milk and butter into a saucepan, and keep shaking it round until the latter is melted. Put the flour into a basin with the sugar, mix these well together, and beat the eggs. Stir them with the yeast to the milk and butter, and with this liquid work the flour into a smooth dough. Cover a cloth over the basin, and leave the dough to rise by the side of the fire; then knead it, and divide it into 12 pieces; place them in a brisk oven, and bake for about 20 minutes. Take the rusks out, break them in half, and then set them in the oven to get crisp on the other side. When cold, they should be put into tin canisters to keep them dry; and, if intended for the cheese course, the sifted sugar should be omitted.

Time.-- 20 minutes to bake the rusks; 5 minutes to render them crisp after being divided.

Average cost, 8d.

Sufficient to make 2 dozen rusks. Seasonable at any time.

ALMOND ICING FOR CAKES.

1735. INGREDIENTS.-- To every lb. of finely-pounded loaf sugar allow 1 lb. of sweet almonds, the whites of 4 eggs, a little rose-water.
Mode.-- Blanch the almonds, and pound them (a few at a time) in a mortar to a paste, adding a little rose-water to facilitate the operation. Whisk the whites of the eggs to a strong froth; mix them with the pounded almonds, stir in the sugar, and beat altogether. When the cake is sufficiently baked, lay on the almond icing, and put it into the oven to dry. Before laying this preparation on the cake, great care must be taken that it is nice and smooth, which is easily accomplished by well beating the mixture.

SUGAR ICING FOR CAKES.

1736. INGREDIENTS.-- To every lb. of loaf sugar allow the whites of 4 eggs, 1 oz. of fine starch.

Mode.-- Beat the eggs to a strong froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the sugar is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven, and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant-juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, it will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, &c., a layer of almond icing, No. 1735, is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

BISCUIT POWDER, generally used for Infants' Food.

1737. This powder may be purchased in tin canisters, and may also be prepared at home. Dry the biscuits well in a slow oven; roll them and grind them with a rolling-pin on a clean board, until they are reduced to powder; sift it through a close hair sieve, and it is fit for use. It should be kept in well-covered tins, and in a dry place.

ARROWROOT BISCUITS OR DROPS.

1738. INGREDIENTS.-- ½ lb. of butter, 6 eggs, ½ lb. of flour, 6 oz. of arrowroot, ½ lb. of pounded loaf sugar.

Mode.-- Beat the butter to a cream; whisk the eggs to a strong froth, add them to the butter, stir in the flour a little at a time, and beat the mixture well. Break down all the lumps from the arrowroot, and add that with the sugar to the other ingredients. Mix all well together, drop the dough on a buttered tin, in pieces the size of a shilling, and bake the biscuits about ¼ hour in a slow oven.

Time.-- ¼ hour.

Average cost, 2s. 6d.

Sufficient to make from 3 to 4 dozen biscuits.

Seasonable at any time.
NICE BREAKFAST CAKES.

1739. INGREDIENTS.-- 1 lb. of flour, ½ teaspoonful of tartaric acid, ½ teaspoonful of salt, ½ teaspoonful of carbonate of soda, 1½ breakfast-cupful of milk, 1 oz. of sifted loaf sugar, 2 eggs.

Mode.-- These cakes are made in the same manner as the soda bread No. 1722, with the addition of eggs and sugar. Mix the flour, tartaric acid, and salt well together, taking care that the two latter ingredients are reduced to the finest powder, and stir in the sifted sugar, which should also be very fine. Dissolve the soda in the milk, add the eggs, which should be well whisked, and with this liquid work the flour, &c. into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

Time.-- 20 minutes.

COCOA-NUT BISCUITS OR CAKES.

1740. INGREDIENTS.-- 10 oz. of sifted sugar, 3 eggs, 6 oz. of grated cocoa-nut.

Mode.-- Whisk the eggs until they are very light; add the sugar gradually; then stir in the cocoa-nut. Roll a tablespoonful of the paste at a time in your hands in the form of a pyramid; place the pyramids on paper, put the paper on tins, and bake the biscuits in a rather a cool oven until they are just coloured a light brown.

Time.-- About ¼ hour. Seasonable at any time.

CRISP BISCUITS.

1741. INGREDIENTS.-- 1 lb. of flour, the yolk of 1 egg, milk.

Mode.-- Mix the flour and the yolk of the egg with sufficient milk to make the whole into a very stiff paste; beat it well, and knead it until it is perfectly smooth. Roll the paste out very thin; with a round cutter shape it into small biscuits, and bake them a nice brown in a slow oven from 12 to 18 minutes.

Time.-- 12 to 18 minutes. Average cost, 4d.

Seasonable at any time.

DESSERT BISCUITS, which may be flavoured with Ground Ginger, Cinnamon, &c. &c.

1742. INGREDIENTS.-- 1 lb. of flour, ½ lb. of butter, ½ lb. of sifted sugar, the yolks of 6 eggs, flavouring to taste.

Mode.-- Put the butter into a basin; warm it, but do not allow it to oil; then with the hand beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon
on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to get warm. Bake in rather a slow oven from 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger and the other half with essence of lemon or currants, to make a variety. With whatever the preparation is flavoured, so are the biscuits called; and an endless variety may be made in this manner.

Time.-- 12 to 18 minutes, or rather longer, in a very slow oven.

Average cost, 1s. 6d.

Sufficient to make from 3 to 4 dozen cakes.

Seasonable at any time.

**LEMON BISCUITS.**

1743. INGREDIENTS.-- 1-¼ lb. of flour, ¾ lb. of loaf sugar, 6 oz. of fresh butter, 4 eggs, 1 oz. of lemon-peel, 2 dessertspoonfuls of lemon-juice.

Mode.-- Rub the flour into the butter; stir in the pounded sugar and very finely-minced lemon-peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for a minute or two, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the cakes will spread when they get warm; place the tin in the oven, and bake the cakes of a pale brown from 15 to 20 minutes.

Time.-- 15 to 20 minutes. Average cost, 1s. 6d.

Seasonable at any time.

**MACAROONS.**

1744. INGREDIENTS.-- ½ lb. of sweet almonds, ½ lb. of sifted loaf sugar, the whites of 3 eggs, wafer-paper.

Mode.-- Blanch, skin, and dry the almonds, and pound them well with a little orange-flower water or plain water; then add to them the sifted sugar and the whites of the eggs, which should be beaten to a stiff froth, and mix all the ingredients well together. When the paste looks soft, drop it at equal distances from a biscuit-syringe on to sheets of wafer-paper; put a strip of almond on the top of each; strew some sugar over, and bake the macaroons in rather a slow oven, of a light brown colour when hard and set, they are done, and must not be allowed to get very brown, as that would spoil their appearance. If the cakes, when baked, appear heavy, add a little more white of egg, but let this always be well whisked before it is added to the other ingredients. We have given a recipe for making these cakes, but we think it almost or quite as economical to purchase such articles as these at a good confectioner's.
Time.-- From 15 to 20 minutes, in a slow oven.

Average cost, 1s. 8d. per lb.

RATAFIAS.

1745. INGREDIENTS.-- ½ lb. of sweet almonds, ¼ lb. of bitter ones, ¾ lb. of sifted loaf sugar, the whites of 4 eggs.

Mode.-- Blanch, skin, and dry the almonds, and pound them in a mortar with the white of an egg; stir in the sugar, and gradually add the remaining whites of eggs, taking care that they are very thoroughly whisked. Drop the mixture through a small biscuit-syringe on to cartridge paper, and bake the cakes from 10 to 12 minutes in rather a quicker oven than for macaroons. A very small quantity should be dropped on the paper to form one cake, as, when baked, the ratafias should be about the size of a large button.

Time.-- 10 to 12 minutes. Average cost, 1s. 8d. per lb.

RICE BISCUITS OR CAKES.

1746. INGREDIENTS.-- To every ½ lb. of rice-flour allow ¼ lb. of pounded lump sugar, ¼ lb. of butter, 2 eggs.

Mode.-- Beat the butter to a cream, stir in the rice-flour and pounded sugar, and moisten the whole with the eggs, which should be previously well beaten. Roll out the paste, shape it with a round paste-cutter into small cakes, and bake them from 12 to 18 minutes in a very slow oven.

Time.-- 12 to 18 minutes. Average cost, 9d.

Sufficient to make about 18 cakes. Seasonable at any time.

GROUND RICE, or rice-flour, is used for making several kinds of cakes, also for thickening soups, and for mixing with wheaten flour in producing Manna Kroup. The Americans make rice-bread, and prepare the flour for it in the following manner:-- When the rice is thoroughly cleansed, the water is drawn off, and the rice, while damp, bruised in a mortar: it is then dried, and passed through a hair sieve.

ROCK BISCUITS.

1747. INGREDIENTS.-- 6 eggs, 1 lb. of sifted sugar, ½ lb. of flour, a few currants.

Mode.-- Break the eggs into a basin, beat them well until very light, add the pounded sugar, and when this is well mixed with the eggs, dredge in the flour gradually, and add the currants. Mix all well together, and put the dough, with a fork, on the tins, making it look as rough as possible. Bake the cakes in a moderate oven from 20 minutes to ½ hour; when they are done, allow them to get cool, and store them away in a tin canister, in a dry place.
**SAVOY BISCUITS OR CAKES.**

1748. **INGREDIENTS.**-- 4 eggs, 6 oz. of pounded sugar, the rind of 1 lemon, 6 oz. of flour.

**Mode.**-- Break the eggs into a basin, separating the whites from the yolks; beat the yolks well, mix with them the pounded sugar and grated lemon-rind, and beat these ingredients together for \( \frac{1}{4} \) hour. Then dredge in the flour gradually, and when the whites of the eggs have been whisked to a solid froth, stir them to the flour, &c.; beat the mixture well for another 5 minutes, then draw it along in strips upon thick cartridge paper to the proper size of the biscuit, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies'-fingers, as they are called, are used for making Charlotte russes, and for a variety of fancy sweet dishes.

**Time.**-- 5 to 8 minutes, in a quick oven.

**Average cost,** 1s. 8d. per lb., or \( \frac{1}{2} \)d. each.

**SEED BISCUITS.**

1749. **INGREDIENTS.**-- 1 lb. of flour, \( \frac{1}{4} \) lb. of sifted sugar, \( \frac{1}{4} \) lb. of butter, \( \frac{1}{2} \) oz. of caraway seeds, 3 eggs.

**Mode.**-- Beat the butter to a cream; stir in the flour, sugar, and caraway seeds; and when these ingredients are well mixed, add the eggs, which should be well whisked. Roll out the paste, with a round cutter shape out the biscuits, and bake them in a moderate oven from 10 to 15 minutes. The tops of the biscuits may be brushed over with a little milk or the white of an egg, and then a little sugar strewn over.

**Time.**-- 10 to 15 minutes. **Average cost,** 1s.

**Sufficient to make 3 dozen biscuits. Seasonable at any time.**

**SIMPLE HARD BISCUITS.**

1750. **INGREDIENTS.**-- To every lb. of flour allow 2 oz. of butter, about \( \frac{1}{2} \) pint of skimmed milk.

**Mode.**-- Warm the butter in the milk until the former is dissolved, and then mix it with the flour into a very stiff paste; beat it with a rolling-pin until the dough looks perfectly smooth. Roll it out thin; cut it with the top of a glass into round biscuits; prick them well, and bake them from 6 to 10 minutes. The above is the proportion of milk which we think would convert the flour into a stiff paste; but should it be found too much, an extra spoonful or two of flour must be put in. These biscuits are very nice for the cheese course.
**SODA BISCUITS.**

1751. INGREDIENTS.-- 1 lb. of flour, ½ lb. of pounded loaf sugar, ¼ lb. of fresh butter, 2 eggs, 1 small teaspoonful of carbonate of soda.

**Mode.**-- Put the flour (which should be perfectly dry) into a basin; rub in the butter, add the sugar, and mix these ingredients well together. Whisk the eggs, stir them into the mixture, and beat it well, until everything is well incorporated. Quickly stir in the soda, roll the paste out until it is about ½ inch thick, cut it into small round cakes with a tin cutter, and bake them from 12 to 18 minutes in rather a brisk oven. After the soda is added, great expedition is necessary in rolling and cutting out the paste, and in putting the biscuits immediately into the oven, or they will be heavy.

**Time.**-- 12 to 18 minutes. **Average cost**, 1s.

**Sufficient** to make about 3 dozen cakes. **Seasonable** at any time.

**ALMOND CAKE.**

1752. INGREDIENTS.-- ½ lb. of sweet almonds, 1 oz. of bitter almonds, 6 eggs, 8 tablespoonfuls of sifted sugar, 5 tablespoonfuls of fine flour, the grated rind of 1 lemon, 3 oz. of butter.

**Mode.**-- Blanch and pound the almonds to a paste; separate the whites from the yolks of the eggs; beat the latter, and add them to the almonds. Stir in the sugar, flour, and lemon-rind; add the butter, which should be beaten to a cream; and when all these ingredients are well mixed, put in the whites of the eggs, which should be whisked to a stiff froth. Butter a cake-mould, put in the mixture, and bake in a good oven from 1-¼ to 1-¾ hour.

**Time.**-- 1-¼ to 1-¾ hour. **Average cost**, 1s.

**Seasonable** at any time.

**RICH BRIDE OR CHRISTENING CAKE.**

1753. INGREDIENTS.-- 5 lbs. of the finest flour, 3 lbs. of fresh butter, 5 lbs. of currants, 2 lbs. of sifted loaf sugar, 2 nutmegs, ¼ oz. of mace, half ¼ oz. of cloves, 16 eggs, 1 lb. of sweet almonds, ½ lb. of candied citron, ½ lb. each of candied orange and lemon peel, 1 gill of wine, 1 gill of brandy.

**Mode.**-- Let the flour be as fine as possible, and well dried and sifted; the currants washed, picked, and dried before the fire; the sugar well pounded and sifted; the nutmegs grated, the spices pounded; the eggs thoroughly whisked, whites and yolks separately; the almonds pounded with a little orange-flower water, and the candied peel cut in neat slices. When all these ingredients are prepared, mix them in the
following manner. Begin working the butter with the hand till it becomes of a cream-like consistency; stir in the sugar, and when the whites of the eggs are whisked to a solid froth, mix them with the butter and sugar; next, well beat up the yolks for 10 minutes, and, adding them to the flour, nutmegs, mace, and cloves, continue beating the whole together for ½ hour or longer, till wanted for the oven. Then mix in lightly the currants, almonds, and candied peel with the wine and brandy; and having lined a hoop with buttered paper, fill it with the mixture, and bake the cake in a tolerably quick oven, taking care, however, not to burn it: to prevent this, the top of it may be covered with a sheet of paper. To ascertain whether the cake is done, plunge a clean knife into the middle of it, withdraw it directly, and if the blade is not sticky, and looks bright, the cake is sufficiently baked. These cakes are usually spread with a thick layer of almond icing, and over that another layer of sugar icing, and afterwards ornamented. In baking a large cake like this, great attention must be paid to the heat of the oven; it should not be too fierce, but have a good soaking heat.

*Time.*-- 5 to 6 hours. *Average cost*, 2s. per lb.

**CHRISTMAS CAKE.**

1754. **INGREDIENTS.**-- 5 teacupfuls of flour, 1 teacupful of melted butter, 1 teacupful of cream, 1 teacupful of treacle, 1 teacupful of moist sugar, 2 eggs, ½ oz. of powdered ginger, ½ lb. of raisins, 1 teaspoonful of carbonate of soda, 1 tablespoonful of vinegar.

*Mode.*-- Make the butter sufficiently warm to melt it, but do not allow it to oil; put the flour into a basin; add to it the sugar, ginger, and raisins, which should be stoned and cut into small pieces. When these dry ingredients are thoroughly mixed, stir in the butter, cream, treacle, and well-whisked eggs, and beat the mixture for a few minutes. Dissolve the soda in the vinegar, add it to the dough, and be particular that these latter ingredients are well incorporated with the others; put the cake into a buttered mould or tin, place it in a moderate oven immediately, and bake it from 1-¾ to 2-¼ hours.

*Time.*-- 1-¾ to 2-¼ hours. *Average cost*, 1s. 6d.

**COMMON CAKE, suitable for sending to Children at School.**

1755. **INGREDIENTS.**-- 2 lbs. of flour, 4 oz. of butter or clarified dripping, ½ oz. of caraway seeds, ¼ oz. of allspice, ½ lb. of pounded sugar, 1 lb. of currants, 1 pint of milk, 3 tablespoonsfuls of fresh yeast.

*Mode.*-- Rub the butter lightly into the flour; add all the dry ingredients, and mix these well together. Make the milk warm, but not hot; stir in the yeast, and with this liquid make the whole into a light dough; knead it well, and line the cake-tins with strips of buttered paper; this paper should be about 6 inches higher than the top of the tin. Put in the dough; stand it in a warm place to rise for more than an hour; then bake the cakes in a well-heated oven. If this quantity be divided in two, they will take from 1-½ to 2 hours' baking.

*Time.*-- 1-¾ to 2-¼ hours. *Average cost*, 1s. 9d.
Sufficient to make 2 moderate-sized cakes.

**ECONOMICAL CAKE.**

1756. INGREDIENTS.-- 1 lb. of flour, ¼ lb. of sugar, ¼ lb. of butter or lard, ½ lb. of currants, 1 teaspoonful of carbonate of soda, the whites of 4 eggs, ½ pint of milk.

*Mode.*-- In making many sweet dishes, the whites of eggs are not required, and if well beaten and added to the above ingredients, make an excellent cake, with or without currants. Beat the butter to a cream, well whisk the whites of the eggs, and stir all the ingredients together but the soda, which must not be added until all is well mixed, and the cake is ready to be put into the oven. When the mixture has been well beaten, stir in the soda, put the cake into a buttered mould, and bake it in a moderate oven for 1-½ hour.

*Time.*-- 1-½ hour. *Average cost, 1s. 3d.*

**A NICE USEFUL CAKE.**

1757. INGREDIENTS.-- ¼ lb. of butter, 6 oz. of currants, ¼ lb. of sugar 1 lb. of dried flour, 2 teaspoonfuls of baking-powder, 3 eggs, 1 teacupful of milk, 2 oz. of sweet almonds, 1 oz. of candied peel.

*Mode.*-- Beat the butter to a cream; wash, pick, and dry the currants; whisk the eggs; blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together; then add the butter, milk, and eggs, and beat the mixture well for a few minutes. Put the cake into a buttered mould or tin, and bake it for rather more than 1-½ hour. The currants and candied peel may be omitted, and a little lemon or almond flavouring substituted for them: made in this manner, the cake will be found very good.

*Time.*-- Rather more than 1-½ hour. *Average cost, 1s. 9d.*

**HONEY CAKE.**

1758. INGREDIENTS.-- ½ breakfast-cupful of sugar, 1 breakfast-cupful of rich sour cream, 2 breakfast-cupfuls of flour, ½ teaspoonful of carbonate of soda, honey to taste.

*Mode.*-- Mix the sugar and cream together; dredge in the flour, with as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the carbonate of soda, and beat the cake well for another 5 minutes; put it into a buttered tin, bake it from ½ to ¾ hour, and let it be eaten warm.

*Time.*-- ½ to ¾ hour. *Average cost, 8d.*

Sufficient for 3 or 4 persons. *Seasonable* at any time.
RICH SWEETMEAT GINGERBREAD NUTS.

1759. INGREDIENTS.-- 1 lb. of treacle, ¼ lb. of clarified butter, 1 lb. of coarse brown sugar, 2 oz. of ground ginger, 1 oz. of candied orange-peel, 1 oz. of candied angelica, ½ oz. of candied lemon-peel, ½ oz. of coriander seeds, ¼ oz. of caraway seeds, 1 egg; flour.

Mode.-- Put the treacle into a basin, and pour over it the butter, melted so as not to oil, the sugar, and ginger. Stir these ingredients well together, and whilst mixing, add the candied peel, which should be cut into very small pieces, but not bruised, and the caraway and coriander seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a paste. Make this into nuts of any size, put them on a tin plate, and bake in a slow oven from ¼ to ½ hour.

Time.-- ¼ to ½ hour. Average cost, from 1s. to 1s. 4d. per lb.

Seasonable at any time.

THICK GINGERBREAD.

1760. INGREDIENTS.-- 1 lb. of treacle, ¼ lb. of butter, ¼ lb. of coarse brown sugar, 1½ lb. of flour, 1 oz. of ginger, ½ oz. of ground allspice, 1 teaspoonful of carbonate of soda, ¼ pint of warm milk, 3 eggs.

Mode.-- Put the flour into a basin, with the sugar, ginger, and allspice; mix these together; warm the butter, and add it, with the treacle, to the other ingredients. Stir well; make the milk just warm, dissolve the carbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked; pour the mixture into a buttered tin, and bake it from ¾ to 1 hour, or longer, should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.

Time.-- ¾ to 1 hour. Average cost, 1s. per square.

Seasonable at any time.

SUNDERLAND GINGERBREAD NUTS.

(An Excellent Recipe.)

1761. INGREDIENTS.-- 1-¾ lb. treacle, 1 lb. of moist sugar, 1 lb. of butter, 2-¾ lbs. of flour, 1½ oz. of ground ginger, 1½ oz. of allspice, 1½ oz. of coriander seeds.

Mode.-- Let the allspice, coriander seeds, and ginger be freshly ground; put them into a basin, with the flour and sugar, and mix these ingredients well together; warm the treacle and butter together; then with a spoon work it into the flour, &c., until the whole forms a nice smooth paste. Drop the mixture from the spoon on to a piece of
buttered paper, and bake in rather a slow oven from 20 minutes to ½ hour. A little
candied lemon-peel mixed with the above is an improvement, and a great authority in
culinary matters suggests the addition of a little cayenne pepper in gingerbread.
Whether it be advisable to use this latter ingredient or not, we leave our readers to
decide.

_Time._-- 20 minutes to ½ hour. _Average cost_, 1s. to 1s. 4d. per lb.

_Seasonable_ at any time.

**WHITE GINGERBREAD.**

1762. **INGREDIENTS.**-- 1 lb. of flour, ½ lb. of butter, ½ lb. of loaf sugar, the rind of
1 lemon, 1 oz. of ground ginger, 1 nutmeg grated, ½ teaspoonful of carbonate of soda,
1 gill of milk.

_Mode._-- Rub the butter into the flour; add the sugar, which should be finely pounded
and sifted, and the minced lemon-rind, ginger, and nutmeg. Mix these well together;
make the milk just warm, stir in the soda, and work the whole into a nice smooth
paste; roll it out, cut it into cakes, and bake in a moderate oven from 15 to 20 minutes.

_Time._-- 15 to 20 minutes. _Average cost_, 1s. 3d.

_Seasonable_ at any time.

**GOOD HOLIDAY CAKE.**

1763. **INGREDIENTS.**-- 1-½d. worth of Borwick’s German baking-powder, 2 lbs. of
flour, 6 oz. of butter, ¼ lb. of lard, 1 lb. of currants, ½ lb. of stoned and cut raisins, ¼
lb. of mixed candied peel, ½ lb. of moist sugar, 3 eggs, ¾ pint of cold milk.

_Mode._-- Mix the baking-powder with the flour; then rub in the butter and lard; have
ready the currants, washed, picked, and dried the raisins stoned and cut into small
pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the
flour, &c., and mix all the dry ingredients well together. Whisk the eggs, stir to them
the milk, and with this liquid moisten the cake; beat it up well, that all may be very
thoroughly mixed; line a cake-tin with buttered paper, put in the cake, and bake it
from 2-¼ to 2-¾ hours in a good oven. To ascertain when it is done, plunge a clean
knife into the middle of it, and if, on withdrawing it, the knife looks clean, and not
sticky, the cake is done. To prevent its burning at the top, a piece of clean paper may
be put over whilst the cake is soaking, or being thoroughly cooked in the middle. A
steamer, such as is used for steaming potatoes, makes a very good cake-tin, if it be
lined at the bottom and sides with buttered paper.

_Time._-- 2-¼ to 2-¾ hours. _Average cost_, 2s. 6d.

_Seasonable_ at any time.
LEMON CAKE.

1764. INGREDIENTS.-- 10 eggs, 3 tablespoonfuls of orange-flower water, ¾ lb. of pounded loaf sugar, 1 lemon, ¾ lb. of flour.

Mode.-- Separate the whites from the yolks of the eggs whisk the former to a stiff froth; add the orange-flower water, the sugar, grated lemon-rind, and mix these ingredients well together. Then beat the yolks of the eggs, and add them, with the lemon-juice, to the whites, &c.; dredge in the flour gradually; keep beating the mixture well; put it into a buttered mould, and bake the cake about an hour, or rather longer. The addition of a little butter, beaten to a cream, we think, would improve this cake.

Time.-- About 1 hour. Average cost, 1s. 4d.

Seasonable at any time.

LUNCHEON CAKE.

1765. INGREDIENTS.-- ½ lb. of butter, 1 lb. of flour, ½ oz. of caraway seeds, ¼ lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 3 eggs, ½ pint of milk, 1 small teaspoonful of carbonate of soda.

Mode.-- Rub the butter into the flour until it is quite fine; add the caraway seeds, currants (which should be nicely washed, picked, and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisksed. Boil the milk, and add to it, whilst boiling, the carbonate of soda, which must be well stirred into it, and, with the milk, mix the other ingredients. Butter a tin, pour the cake into it, and bake it in a moderate oven from ¾ to 1 hour.

Time.-- 1 to 14 hour. Average cost, 1s. 8d. Seasonable at any time.

CARBONATE OF SODA -- Soda was called the mineral alkali, because it was originally dug up out of the ground in Africa and other countries; this state of carbonate of soda is called natron. But carbonate of soda is likewise procured from the combustion of marine plants, or such as grow on the sea-shore. Pure carbonate of soda is employed for making effervescing draughts, with lemon-juice, citric acid, or tartaric acid. The chief constituent of soda, the alkali, has been used in France from time immemorial in the manufacture of soap and glass, two chemical productions which employ and keep in circulation an immense amount of capital. A small pinch of carbonate of soda will give an extraordinary lightness to puff pastes; and, introduced into the teapot, will extract the full strength of the tea. But its qualities have a powerful effect upon delicate constitutions, and it is not to be used incautiously in any preparation.

A NICE PLAIN CAKE.

1766. INGREDIENTS.-- 1 lb. of flour, 1 teaspoonful of Borwick's baking-powder, ¼ lb. of good dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfast-cupful of milk, 1 oz. of caraway seeds, ½ lb. of currants.
Mode.-- Put the flour and baking-powder into a basin; stir those together; then rub in the dripping, add the sugar, caraway seeds, and currants; whisk the eggs with the milk, and beat all together very thoroughly until the ingredients are well mixed. Butter a tin, put in the cake, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using: to insure this, it is a good plan to clarify it. Beef dripping is better than any other for cakes, &c., as mutton dripping frequently has a very unpleasant flavour, which would be imparted to the preparation.

Time.-- 1½ to 2 hours. Average cost, 1s.

Seasonable at any time.

A NICE PLAIN CAKE FOR CHILDREN.

1767. INGREDIENTS.-- 1 quartern of dough, ¼ lb. of moist sugar, ¼ lb. of butter or good beef dripping, ¼ pint of warm milk, ½ grated nutmeg or ½ oz. of caraway seeds.

Mode.-- If you are not in the habit of making bread at home, procure the dough from the baker's, and, as soon as it comes in, put it into a basin near the fire; cover the basin with a thick cloth, and let the dough remain a little while to rise. In the mean time, beat the butter to a cream, and make the milk warm; and when the dough has risen, mix with it thoroughly all the above ingredients, and knead the cake well for a few minutes. Butter some cake-tins, half fill them, and stand them in a warm place, to allow the dough to rise again. When the tins are three parts full, put the cakes into a good oven, and bake them from 1¾ to 2 hours. A few currants might be substituted for the caraway seeds when the flavour of the latter is disliked.

Time.-- 1¾ to 2 hours. Average cost, 1s. 2d.

Seasonable at any time.

COMMON PLUM CAKE.

1768. INGREDIENTS.-- 3 lbs. of flour, 6 oz. of butter or good dripping, 6 oz. of moist sugar, 6 oz. of currants, 4 oz. of pounded allspice, 2 tablespoonfuls of fresh yeast, 1 pint of new milk.

Mode.-- Rub the butter into the flour; add the sugar, currants, and allspice; warm the milk, stir to it the yeast, and mix the whole into a dough; knead it well, and put it into 6 buttered tins; place them near the fire for nearly an hour for the dough to rise, then bake the cakes in a good oven from 1 to 1¼ hour. To ascertain when they are done, plunge a clean knife into the middle, and if on withdrawal it comes out clean, the cakes are done.

Time.-- 1 to 1¼ hour.

Average cost, 1s. 8d.

Sufficient to make 6 small cakes.
MRS. ISABELLA BEETON

A NICE PLUM CAKE.

1769. INGREDIENTS.— 1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, 2 oz. of candied lemon-peel, ½ pint of milk, 1 teaspoonful of ammonia or carbonate of soda.

Mode.— Put the flour into a basin with the sugar, currants, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk and add it to the dough, and beat the whole well, until everything is thoroughly mixed. Put the dough into a buttered tin, and bake the cake from 1-½ to 2 hours.

Time.— 1-½ to 2 hours.

Average cost, 1s. 3d.

Seasonable at any time.

POUND CAKE.

1770. INGREDIENTS.— 1 lb. of butter, 1-¼ lb. of flour, 1 lb. of pounded loaf sugar, 1 lb. of currants, 9 eggs, 2 oz. of candied peel, ½ oz. of citron, ½ oz. of sweet almonds; when liked, a little pounded mace.

Mode.— Work the butter to a cream; dredge in the flour; add the sugar, currants, candied peel, which should be cut into neat slices, and the almonds, which should be blanched and chopped, and mix all these well together; whisk the eggs, and let them be thoroughly blended with the dry ingredients. Beat the cake well for 20 minutes, and put it into a round tin, lined at the bottom and sides with a strip of white buttered paper. Bake it from 1-½ to 2 hours, and let the oven be well heated when the cake is first put in, as, if this is not the case, the currants will all sink to the bottom of it. To make this preparation light, the yolks and whites of the eggs should be beaten separately, and added separately to the other ingredients. A glass of wine is sometimes added to the mixture; but this is scarcely necessary, as the cake will be found quite rich enough without it.

Time.— 1-½ to 2 hours.

Average cost, 3s. 6d.

Sufficient.— The above quantity divided in two will make two nice-sized cakes.

Seasonable at any time.

A PAVINI CAKE.

1771. INGREDIENTS.— ½ lb. of flour, ½ lb. of ground rice, ½ lb. of raisins stoned and cut into small pieces, ¼ lb. of currants, ¼ lb. of butter, 2 oz. of sweet almonds, ¼
lb. of sifted loaf sugar, ½ nutmeg grated, 1 pint of milk, 1 teaspoonful of carbonate of soda.

Mode.-- Stone and cut the raisins into small pieces; wash, pick, and dry the currants; melt the butter to a cream, but without oiling it; blanch and chop the almonds, and grate the nutmeg. When all these ingredients are thus prepared, mix them well together; make the milk warm, stir in the soda, and with this liquid make the whole into a paste. Butter a mould, rather more than half fill it with the dough, and bake the cake in a moderate oven from 1½ to 2 hours, or less time should it be made into 2 cakes.

Time.-- 1½ to 2 hours. Average cost, 1s. 8d.

Seasonable at any time.

RICE CAKE.

1772. INGREDIENTS.-- ½ lb. of ground rice, ½ lb. of flour, ½ lb. of loaf sugar, 9 eggs, 20 drops of essence of lemon, or the rind of 1 lemon, ¼ lb. of butter.

Mode.-- Separate the whites from the yolks of the eggs; whisk them both well, and add to the latter the butter beaten to a cream. Stir in the flour, rice, and lemon (if the rind is used, it must be very finely minced), and beat the mixture well; then add the whites of the eggs, beat the cake again for some time, put it into a buttered mould or tin, and bake it for nearly 1½ hour. It may be flavoured with essence of almonds, when this is preferred.

Time.-- Nearly 1½ hour. Average cost, 1s. 6d.

Seasonable at any time.

QUEEN-CAKES.

1773. INGREDIENTS.-- 1 lb. of flour, ½ lb. of butter, ½ lb. of pounded loaf sugar, 3 eggs, 1 teacupful of cream, ½ lb. of currants, 1 teaspoonful of carbonate of soda, essence of lemon, or almonds to taste.

Mode.-- Work the butter to a cream; dredge in the flour, add the sugar and currants, and mix the ingredients well together. Whisk the eggs, mix them with the cream and flavouring, and stir these to the flour; add the carbonate of soda, beat the paste well for 10 minutes, put it into small buttered pans, and bake the cake from ¼ to ½ hour.

Grated lemon-rind may be substituted for the lemon and almond flavouring, which will make the cakes equally nice.

Time. ¼ to ½ hour.
SAUCER-CAKE FOR TEA.

1774. INGREDIENTS.-- \( \frac{1}{4} \) lb. of flour, \( \frac{1}{4} \) lb. of *tous-les-mois*, \( \frac{1}{4} \) lb. of pounded white sugar, \( \frac{1}{4} \) lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

*Mode.*-- Mix the flour and *tous-les-mois* together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould, or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from 1 to 1\( \frac{1}{4} \) hour, and when cold, put it away in a covered canister. It will remain good some weeks, even if it be cut into slices.

*Time.*-- 1 to 1\( \frac{1}{4} \) hour.

*Average cost*, 1s.

*Seasonable at any time.*

COMMON SEED-CAKE.

1775. INGREDIENTS.-- \( \frac{1}{2} \) quartern of dough, \( \frac{1}{4} \) lb. of good dripping, 6 oz. of moist sugar, \( \frac{1}{2} \) oz. of caraway seeds, 1 egg.

*Mode.*-- If the dough is sent in from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then with a wooden spoon beat the dripping to a liquid; add it, with the other ingredients, to the dough, and beat it until everything is very thoroughly mixed. Put it into a buttered tin, and bake the cake for rather more than 2 hours.

*Time.*-- Rather more than 2 hours.

*Average cost*, 8d.

*Seasonable at any time.*

A VERY GOOD SEED-CAKE.

1776. INGREDIENTS.-- 1 lb. of butter, 6 eggs, \( \frac{3}{4} \) lb. of sifted sugar, pounded mace and grated nutmeg to taste, 1 lb. of flour, \( \frac{3}{4} \) oz. of caraway seeds, 1 wineglassful of brandy.

*Mode.*-- Beat the butter to a cream; dredge in the flour; add the sugar, mace, nutmeg, and caraway seeds, and mix these ingredients well together. Whisk the eggs, stir to them the brandy, and beat the cake again for 10 minutes. Put it into a tin lined with buttered paper, and bake it from 1\( \frac{1}{2} \) to 2 hours. This cake would be equally nice made with currants, and omitting the caraway seeds.
Time.-- 1½ to 2 hours. Average cost, 2s. 6d.

Seasonable at any time.

BREAD-MAKING IN SPAIN.-- The bread in the south of Spain is delicious: it is white as snow, close as cake, and yet very light; the flavour is most admirable, for the wheat is good and pure, and the bread well kneaded. The way they make this bread is as follows: From large round panniers filled with wheat they take out a handful at a time, sorting it most carefully and expeditiously, and throwing every defective grain into another basket. This done, the wheat is ground between two circular stones, as it was ground in Egypt 2,000 years ago (see No. 117), the requisite rotary motion being given by a blindfolded mule, which paces round and round with untiring patience, a bell being attached to his neck, which, as long as he is in movement, tinkles on; and when it stops, he is urged to his duty by the shout of "Arre, mula," from some one within hearing. When ground, the wheat is sifted through three sieves, the last of these being so fine that only the pure flour can pass through it; this is of a pale apricot-colour. The bread is made in the evening. It is mixed with only sufficient water, with a little salt in it, to make it into dough: a very small quantity of leaven, or fermenting mixture is added. The Scripture says, "A little leaven leaveneth the whole lump;" but in England, to avoid the trouble of kneading, many put as much leaven or yeast in one batch of household bread as in Spain would last them a week for the six or eight donkey-loads of bread they send every night from their oven. The dough made, it is put into sacks, and carried on the donkeys' backs to the oven in the centre of the village, so as to bake it immediately it is kneaded. On arriving there, the dough is divided into portions weighing 3 lbs. each. Two long narrow wooden tables on trestles are then placed down the room; and now a curious sight may be seen. About twenty men (bakers) come in and range themselves on one side of the tables. A lump of dough is handed to the nearest, which he commences kneading and knocking about with all his might for about 3 or 4 minutes, and then passes it on to his neighbour, who does the same: and so on successively until all have kneaded it, when it becomes as soft as new putty, and ready for the oven. Of course, as soon as the first baker has handed the first lump to his neighbour, another is given to him, and so on till the whole quantity of dough is successively kneaded by them all. The bakers' wives and daughters shape the loaves for the oven, and some of them are very small, and they are baked immediately. The ovens are very large, and not heated by fires under them; but a quantity of twigs of the herbs of sweet marjoram and thyme, which cover the hills in great profusion, are put in the oven and ignited. They heat the oven to any extent required; and, as the bread gets baked, the oven gets gradually colder; so the bread is never burned. They knead the bread in Spain with such force, that the palm of the hand and the second joints of the fingers of the bakers are covered with corns; and it so affects the chest, that they cannot work more than two hours at a time.

SNOW-CAKE.

1777. INGREDIENTS.-- ½ lb. of tous-les-mois, ¼ lb. of white pounded sugar, ¼ lb. of fresh or washed salt butter, 1 egg, the juice of 1 lemon.

Mode.-- Beat the butter to a cream; then add the egg, previously well beaten, and then the other ingredients; if the mixture is not light, add another egg, and beat for ¼ hour, until it turns white and light. Line a flat tin, with raised edges, with a sheet of buttered paper; pour in the cake, and put it into the oven. It must be rather slow, and the cake not allowed to brown at all. If the oven is properly heated, 1 to 1½ hour will be found long enough to bake it. Let it cool a few minutes, then with a clean sharp knife cut it into small square pieces, which should be gently removed to a large flat dish to cool before putting away. This will keep for several weeks.

Time.-- 1 to 1½ hour. Average cost, 1s. 3d.

Seasonable at any time.
SNOW-CAKE.
(A genuine Scotch Recipe.)

1778. INGREDIENTS.-- 1 lb. of arrowroot, ½ lb. of pounded white sugar, ½ lb. of butter, the whites of 6 eggs; flavouring to taste, of essence of almonds, or vanilla, or lemon.

Mode.-- Beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred; pour the cake into a buttered mould or tin and bake it in a moderate oven from 1 to 1½ hour.

Time.-- 1 to 1½ hour.

Average cost, with the best Bermuda arrowroot, 4s. 6d.; with St. Vincent ditto, 2s. 9d.

Sufficient to make a moderate-sized cake. Seasonable at any time.

SCRAP-CAKES.

1779. INGREDIENTS.-- 2 lbs. of leaf, or the inside fat of a pig; 1½ lb. of flour, ¼ lb. of moist sugar, ½ lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste.

Mode.-- Cut the leaf, or flead, as it is sometimes called, into small pieces; put it into a large dish, which place in a quick oven; be careful that it does not burn, and in a short time it will be reduced to oil, with the small pieces of leaf floating on the surface; and it is of these that the cakes should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, candied peel, cut into thin slices, and the ground allspice. When all these ingredients are well mixed, moisten with sufficient cold water to make the whole into a nice paste; roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children, and the lard, melted at home, produced from the flead, is generally better than that you purchase. To prevent the lard from burning, and to insure its being a good colour, it is better to melt it in a jar placed in a saucepan of boiling water; by doing it in this manner, there will be no chance of its discolouring.

Time.-- 15 to 20 minutes.

Sufficient to make 3 or 4 dozen cakes.

Seasonable from September to March.

Wheat is liable to several diseases, which affect the flour made from it, and render it unfit for good bread. The principal of these are the blight, mildew, and smut, which are occasioned by microscopic fungi, which sow themselves and grow upon the stems and ears, destroying the nutritive principles, and introducing matter of a deleterious kind. The farmer is at the utmost pains to keep away these intruders. Wheat, as well as all kinds of corn, is also very liable to be injured by being stacked before it is quite dry; in which case it will heat, and become musty in the ricks. In wet harvests it is sometimes
impossible to get it sufficiently dried, and a great deal of corn is thus often spoiled. It is
generally reckoned that the sweetest bread is made from wheat threshed out before it is
stacked; which shows the importance of studying the best modes of preserving it.

The erudite are not agreed as to the aboriginal country of corn: some say it is Egypt, others
Tartary; and the learned Bailly, as well as the traveller Pallas, affirms that it grows
spontaneously in Siberia. Be that as it may, the Phocians brought it to Marseilles before the
Romans had penetrated into Gaul. The Gauls ate the corn cooked or bruised in a mortar; they
did not know, for a long time, how to make fermented bread.

SCOTCH SHORTBREAD.

1780. INGREDIENTS.-- 2 lbs. of flour, 1 lb. of butter, ¼ lb. of pounded loaf sugar, ½
oz. of caraway seeds, 1 oz. of sweet almonds, a few strips of candied orange-peel.

Mode.-- Beat the butter to a cream, gradually
dredge in the flour, and add the sugar, caraway
seeds, and sweet almonds, which should be
blanched and cut into small pieces. Work the
paste until it is quite smooth, and divide it into
six pieces. Put each cake on a separate piece
of paper, roll the paste out square to the
thickness of about an inch, and pinch it upon all sides. Prick it well, and ornament
with one or two strips of candied orange-peel. Put the cakes into a good oven, and
bake them from 25 to 30 minutes.

Time.-- 25 to 30 minutes.

Average cost, for this quantity, 2s.

Sufficient to make 6 cakes.

Seasonable at any time.

Note.-- Where the flavour of the caraway seeds is disliked, omit them, and add rather
a larger proportion of candied peel.

SODA-CAKE.

1781. INGREDIENTS.-- ¼ lb. of butter, 1 lb. of flour, ½ lb. of currants, ½ lb. of
moist sugar, 1 teacupful of milk, 3 eggs, 1 teaspoonful of carbonate of soda.

Mode.-- Rub the butter into the flour, add the currants and sugar, and mix these
ingredients well together. Whisk the eggs well, stir them to the flour, &c., with the
milk, in which the soda should be previously dissolved, and beat the whole up
together with a wooden spoon or beater. Divide the dough into two pieces, put them
into buttered moulds or cake-tins, and bake in a moderate oven for nearly an hour.
The mixture must be extremely well beaten up, and not allowed to stand after the soda
is added to it, but must be placed in the oven immediately. Great care must also be
taken that the cakes are quite done through, which may be ascertained by thrusting a
knife into the middle of them: if the blade looks bright when withdrawn, they are
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done. If the tops acquire too much colour before the inside is sufficiently baked, cover them over with a piece of clean white paper, to prevent them from burning.

*Time.*-- 1 hour.

*Average cost,* 1s. 6d.

*Sufficient* to make 2 small cakes.

*Seasonable* at any time.

**SAVOY CAKE.**

1782. **INGREDIENTS.**-- The weight of 4 eggs in pounded loaf sugar, the weight of 7 in flour, a little grated lemon-rind, or essence of almonds, or orange-flower water.

**Mode.**-- Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs, whisked to a froth. Put in the flour by degrees, continuing to beat the mixture for ¼ hour, butter a mould, pour in the cake, and bake it from 1-¼ to 1-½ hour. This is a very nice cake for dessert, and may be iced for a supper-table, or cut into slices and spread with jam, which converts it into sandwiches.

*Time.*-- 1-¼ to 1-½ hour.

*Average cost,* 1s.

*Sufficient* for 1 cake.

*Seasonable* at any time.

**SPONGE-CAKE.**

I.

1783. **INGREDIENTS.**-- The weight of 8 eggs in pounded loaf sugar, the weight of 5 in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

**Mode.**-- Put the eggs into one side of the scale, and take the weight of 8 in pounded loaf sugar, and the weight of 5 in good *dry* flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm*, keeping them well stirred. Then put them into a basin, add the grated lemon-rind mixed with the brandy, and stir these well together, dredging in the flour very gradually. Whisk the whites of the eggs to a very stiff froth, stir them to the flour, &c., and beat the cake well for ¼ hour. Put it into a buttered mould strewn with
a little fine sifted sugar, and bake the cake in a quick oven for 1-½ hour. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds instead of the grated lemon-rind.

*Time.* -- 1-½ hour.

*Average cost,* 1s. 3d.

*Sufficient* for 1 cake.

*Seasonable* at any time.

The Egyptian, or Mummy Wheat, is not grown to any great extent, owing to its inferior quality; but it is notable for its large produce, and is often cultivated on allotment grounds and on small farms, where quantity rather than quality is desired. At Wix, in Essex, the seed of this wheat has produced, without artificial assistance, four thousandfold; some of the ears have had eleven offshoots, and have contained, altogether, eleven grains in one ear.

II.

1784. INGREDIENTS.-- ½ lb. of loaf sugar, not quite ¼ pint of water, 5 eggs, 1 lemon, ½ lb. of flour, ¼ teaspoonful of carbonate of soda.

*Mode.* -- Boil the sugar and water together until they form a thick syrup; let it cool a little, then pour it to the eggs, which should be previously well whisked; and after the eggs and syrup are mixed together, continue beating them for a few minutes. Grate the lemon-rind, mix the carbonate of soda with the flour, and stir these lightly to the other ingredients; then add the lemon-juice, and, when the whole is thoroughly mixed, pour it into a buttered mould, and bake in rather a quick oven for rather more than 1 hour. The remains of sponge or Savoy cakes answer very well for trifles, light puddings, &c.; and a very stale one (if not mouldy) makes an excellent tipsy-cake.

*Time.* -- Rather more than 1 hour.

*Average cost,* 10d.

*Sufficient* to make 1 cake.

*Seasonable* at any time.

**TO MAKE SMALL SPONGE-CAKES.**

1785. INGREDIENTS.-- The weight of 5 eggs in flour, the weight of 8 in pounded loaf sugar; flavouring to taste.

*Mode.* -- Let the flour be perfectly dry, and the sugar well pounded and sifted. Separate the whites from the yolks of the eggs, and beat the latter up with the sugar; then whisk the whites until they become rather stiff, and mix them with the yolks, but do not stir
them more than is just necessary to mingle the ingredients well together. Dredge in
the flour by degrees, add the flavouring; batter the tins well, pour in the batter, sift a
little sugar over the cakes, and bake them in rather a quick oven, but do not allow
them to take too much colour, as they should be rather pale. Remove them from the
tins before they get cold, and turn them on their faces, where let them remain until
quite cold, when store them away in a closed tin canister or wide-mouthed glass
bottle.

Time.-- 10 to 15 minutes in a quick oven.

Average cost, 1d. each.

Seasonable at any time.

TEA-CAKES.

1786. INGREDIENTS.-- 2 lbs. of flour, ½ teaspoonful of salt, ¼ lb. of butter or lard,
1 egg, a piece of German yeast the size of a walnut, warm milk.

Mode.-- Put the flour (which should be perfectly dry) into a basin mix with it the salt,
and rub in the butter or lard; then beat the egg well, stir to it the yeast, and add these
to the flour with as much warm milk as will make the whole into a smooth paste, and
knead it well. Let it rise near the fire, and, when well risen, form it into cakes; place
them on tins, let them rise again for a few minutes before putting them into the oven,
and bake from ¼ to ½ hour in a moderate oven. These are very nice with a few
currants and a little sugar added to the other ingredients: they should be put in after
the butter is rubbed in. These cakes should be buttered, and eaten hot as soon as
baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or
even water, and covered with a basin in the oven till hot, they will be almost equal to
new.

Time.-- ¼ to ½ hour.

Average cost, 10d.

Sufficient to make 8 tea-cakes.

Seasonable at any time.

TO TOAST TEA-CAKES.

1787. Cut each tea-cake into three or four slices,
according to its thickness; toast them on both sides
before a nice clear fire, and as each slice is done,
spread it with butter on both sides. When a cake is
toasted, pile the slices one on the top of the other,
cut them into quarters, put them on a very hot plate,
and send the cakes immediately to table. As they are wanted, send them in hot, one or
two at a time, as, if allowed to stand, they spoil, unless kept in a muffin-plate over a
basin of boiling water.
A NICE YEAST-CAKE.

1788. INGREDIENTS.-- 1-½ lb. of flour, ½ lb. of butter, ½ pint of milk, 1-½ tablespoonful of good yeast, 3 eggs, ¾ lb. of currants, ½ lb. of white moist sugar, 2 oz. of candied peel.

Mode.-- Put the milk and butter into a saucepan, and shake it round over a fire until the butter is melted, but do not allow the milk to get very hot. Put the flour into a basin, stir to it the milk and butter, the yeast, and eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and, when sufficiently risen, add the currants, sugar, and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line 2 moderate-sized cake-tins with buttered paper, which should be about six inches higher than the tin; pour in the mixture, let it stand to rise again for another ½ hour, and then bake the cakes in a brisk oven for about 1-½ hour. If the tops of them become too brown, cover them with paper until they are done through. A few drops of essence of lemon, or a little grated nutmeg, may be added when the flavour is liked.

Time.-- From 1-¼ to 1-½ hour. Average cost, 2s.

Sufficient to make 2 moderate-sized cakes.

Seasonable at any time.
CHAPTER XXXVI. -- General observations on beverages

1789. Beverages are innumerable in their variety; but the ordinary beverages drunk in the British isles, may be divided into three classes:-- 1. Beverages of the simplest kind not fermented. 2. Beverages, consisting of water, containing a considerable quantity of carbonic acid. 3. Beverages composed partly of fermented liquors. Of the first class may be mentioned,-- water, toast-and-water, barley-water, eau sucré, lait sucré, cheese and milk whey, milk-and-water, lemonade, orangeade, sherbet, apple and pear juice, capillaire, vinegar-and-water, raspberry vinegar and water.

1790. Of the common class of beverages, consisting of water impregnated with carbonic acid gas, we may name soda-water, single and double, ordinary effervescing draughts, and ginger-beer.

1791. The beverages composed partly of fermented liquors, are hot spiced wines, bishop, egg-flip, egg-hot, ale posset, sack posset, punch, and spirits-and-water.

1792. We will, however, forthwith treat on the most popular of our beverages, beginning with the one which makes "the cup that cheers but not inebriates."

1793. The beverage called tea has now become almost a necessary of life. Previous to the middle of the 17th century it was not used in England, and it was wholly unknown to the Greeks and Romans. Pepys says, in his Diary,-- "September 25th, 1661.-- I sent for a cup of tea (a China drink), of which I had never drunk before." Two years later it was so rare a commodity in England, that the English East-India Company bought 2 lbs. 2 oz. of it, as a present for his majesty. In 1666 it was sold in London for sixty
shillings a pound. From that date the consumption has gone on increasing from 5,000 lbs. to 50,000,000 lbs.

1794. Linnaeus was induced to think that there were two species of tea-plant, one of which produced the black, and the other the green teas; but later observations do not confirm this. When the leaves of black and green tea are expanded by hot water, and examined by the botanist, though a difference of character is perceived, yet this is not sufficient to authorize considering them as distinct species. The tea-tree flourishes best in temperate regions; in China it is indigenous. The part of China where the best tea is cultivated, is called by us the "tea country." The cultivation of the plant requires great care. It is raised chiefly on the sides of hills; and, in order to increase the quantity and improve the quality of the leaves, the shrub is pruned, so as not to exceed the height of from two to three feet, much in the same manner as the vine is treated in France. They pluck the leaves, one selecting them according to the kinds of tea required; and, notwithstanding the tediousness of the operation, each labourer is able to gather from four to ten or fifteen pounds a day. When the trees attain to six or seven years of age, the produce becomes so inferior that they are removed to make room for a fresh succession, or they are cut down to allow of numerous young shoots. Teas of the finest flavour consist of the youngest leaves; and as these are gathered at four different periods of the year, the younger the leaves the higher flavoured the tea, and the scarcer, and consequently the dearer, the article.

1795. The various names by which teas are sold in the British market are corruptions of Chinese words. There are about a dozen different kinds; but the principal are Bohea, Congou, and Souchong, and signify, respectively, inferior, middling, and superior. Teas are often perfumed and flavoured with the leaves of different kinds of plants grown on purpose. Different tea-farms in China produce teas of various qualities, raised by skilful cultivation on various soils.

1796. Tea, when chemically analyzed, is found to contain woody fibre, mucilage, a considerable quantity of the astringent principle, or tannin, a narcotic principle, which is, perhaps, connected with a peculiar aroma. The tannin is shown by its striking a black colour with sulphate of iron, and is the cause of the dark stain which is always formed when tea is spilt upon buff-coloured cottons dyed with iron. A constituent called Theine has also been discovered in tea, supposed to be identical with Caffeine, one of the constituents of coffee. Liebig says, "Theine yields, in certain processes of decomposition, a series of most remarkable products, which have much analogy with those derived from uric acid in similar circumstances. The infusion of tea differs from that of coffee, by containing iron and manganese. We have in tea, of many kinds, a beverage which contains the active constituents of the most powerful mineral springs, and, however small the amount of iron may be which we daily take in this form, it cannot be destitute of influence on the vital processes."

1797. Chinese tea has frequently been adulterated in this country, by the admixture of the dried leaves of certain plants. The leaves of the sloe, white thorn, ash, elder, and some others, have been employed for this purpose; such as the leaves of the speedwell, wild germander, black currants, syringa, purple-spiked willow-herb, sweetbrier, and cherry-tree. Some of these are harmless, others are to a certain degree poisonous; as, for example, are the leaves of all the varieties of the plum and cherry tribe, to which the sloe belongs. Adulteration by means of these leaves is by no means
a new species of fraud; and several acts of parliament, from the time of George II.,
have been passed, specifying severe penalties against those guilty of the offence,
which, notwithstanding numerous convictions, continues to the present time.

1798. In the purchase of tea, that should be chosen which possesses an agreeable
odour and is as whole as possible, in order that the leaf may be easily examined. The
greatest care should be taken that it has not been exposed to the air, which destroys its
flavour.

1799. It would be impossible, in the space at our command, to enumerate the various
modes adopted in different countries for "making coffee;" that is, the phrase
commonly understood to mean the complete preparation of this delicious beverage for
drinking. For performing this operation, such recipes or methods as we have found
most practical will be inserted in their proper place; but the following facts connected
with coffee will be found highly interesting.

1800. The introduction of coffee into this country is comparatively of recent date. We
are assured by Bruce that the coffee-tree is a native of Abyssinia, and it is said to have
been cultivated in that country from time immemorial.

1801. It appears that coffee was first introduced into England by Daniel Edwards, a
Turkey merchant, whose servant, Pasqua, a Greek, understood the manner of roasting
it. This servant, under the patronage of Edwards, established the first coffee-house in
London, in George Yard, Lombard Street. Coffee was then sold at four or five guineas
a pound, and a duty was soon afterwards laid upon it of fourpence a gallon, when
made into a beverage. In the course of two centuries, however, this berry, unknown
originally as an article of food, except to some savage tribes on the confines of
Abyssinia, has made its way through the whole of the civilized world. Mahommedans
of all ranks drink coffee twice a day; it is in universal request in France; and the
demand for it throughout the British isles is daily increasing, the more especially since
so much attention has been given to mechanical contrivances for roasting and
grinding the berry and preparing the beverage.

1802. Of the various kinds of coffee the Arabian is considered the best. It is grown
chiefly in the districts of Aden and Mocha; whence the name of our Mocha coffee.
Mocha coffee has a smaller and rounder bean than any other, and likewise a more
agreeable smell and taste. The next in reputation and quality is the Java and Ceylon
coffee, and then the coffees of Bourbon and Martinique, and that of Berbice, a district
of the colony of British Guiana. The Jamaica and St. Domingo coffees are less
esteemed.

1803. A considerable change takes place in the arrangement of the constituents of
coffee by the application of heat in roasting it. Independently of one of the objects of
roasting, namely, that of destroying its toughness and rendering it easily ground, its
tannin and other principles are rendered partly soluble in water; and it is to the tannin
that the brown colour of the decoction of coffee is owing. An aromatic flavour is
likewise developed during torrefaction, which is not perceived in the raw berry, and
which is not produced in the greatest perfection until the heat has arrived at a certain
degree of temperature; but, if the heat be increased beyond this, the flavour is again
dissipated, and little remains but a bitter and astringent matter with carbon.
1804. The roasting of coffee in the best manner requires great nicety, and much of the qualities of the beverage depends upon the operation. The roasting of coffee for the dealers in London and Paris has now become a separate branch of business, and some of the roasters perform the operation on a great scale, with considerable skill. Roasted coffee loses from 20 to 30 per cent. by sufficient roasting, and the powder suffers much by exposure to the air; but, while raw, it not only does not lose its flavour for a year or two, but improves by keeping. If a cup of the best coffee be placed upon a table boiling hot, it will fill the room with its fragrance; but the coffee, when warmed again after being cold, will be found to have lost most of its flavour.

1805. To have coffee in perfection, it should be roasted and ground just before it is used, and more should not be ground at a time than is wanted for immediate use, or, if it be necessary to grind more, it should be kept closed from the air. Coffee readily imbibes exhalations from other substances, and thus often acquires a bad flavour: brown sugar placed near it will communicate a disagreeable flavour. It is stated that the coffee in the West Indies has often been injured by being laid in rooms near the sugar-works, or where rum is distilled; and the same effect has been produced by bringing over coffee in the same ships with rum and sugar. Dr. Moseley mentions that a few bags of pepper, on board a ship from India, spoiled a whole cargo of coffee.

1806. With respect to the quantity of coffee used in making the decoction, much depends upon the taste of the consumer. The greatest and most common fault in English coffee is the too small quantity of the ingredient. Count Rumford says that to make good coffee for drinking after dinner, a pound of good Mocha coffee, which, when roasted and ground, weighs only thirteen ounces, serves to make fifty-six full cups, or a little less than a quarter of an ounce to a coffee-cup of moderate size.
CHAPTER XXXVII. -- Recipes for beverages.

TO MAKE CHOCOLATE.

1807. INGREDIENTS.-- Allow ½ oz. of chocolate to each person; to every oz. allow ½ pint of water, ½ pint of milk.

Mode.-- Make the milk-and-water hot; scrape the chocolate into it, and stir the mixture constantly and quickly until the chocolate is dissolved; bring it to the boiling-point, stir it well, and serve directly with white sugar. Chocolate prepared with in a mill, as shown in the engraving, is made by putting in the scraped chocolate, pouring over it the boiling milk-and-water, and milling it over the fire until hot and frothy.

Sufficient.-- Allow ½ oz. of cake chocolate to each person.

CHOCOLATE AND COCOA.-- Both these preparations are made from the seeds or beans of the cacao-tree, which grows in the West Indies and South America. The Spanish, and the proper name, is cacao, not cocoa, as it is generally spelt. From this mistake, the tree from which the beverage is procured has been often confounded with the palm that produces the edible cocoa-nuts, which are the produce of the cocoa-tree (Cocos nucifera), whereas the tree from which chocolate is procured is very different (the Theobroma cacao). The cocoa-tree was cultivated by the aboriginal inhabitants of South America, particularly in Mexico, where, according to Humboldt, it was reared by Montezuma. It was transplanted thence into other dependencies of the Spanish monarchy in 1520; and it was so highly esteemed by Linnaeus receive from him the name now conferred upon it, of Theobroma, a term derived from the Greek, and signifying "food for gods." Chocolate has always been a favourite beverage among the Spaniards and Creoles, and was considered here as a great luxury when first introduced, after the discovery of America; but the high duties laid upon it, confined it long almost entirely to the wealthier classes. Before it was subjected to duty, Mr. Bryan Edwards stated that cocoa plantations were numerous in Jamaica, but that the duty caused their almost entire ruin. The removal of this duty has increased their cultivation. (For engraving of cocoa-bean, see No. 1816.)

TO MAKE ESSENCE OF COFFEE.

1808. INGREDIENTS.-- To every ¼ lb. of ground coffee allow 1 small teaspoonful of powdered chicory, 3 small teacupfuls, or 1 pint, of water.

Mode.-- Let the coffee be freshly ground, and, if possible, freshly roasted; put it into a percolator, or filter, with the chicory, and pour slowly over it the above proportion of boiling water. When it has all filtered through, warm the coffee sufficiently to bring it to the simmering-point, but do not allow it to boil; then filter it a second time, put it into a clean and dry bottle, cork it well, and it will remain good for several days. Two tablespoonfuls of this essence are quite sufficient for a breakfast-cupful of hot milk. This essence will be found particularly useful to those persons who have to rise extremely early; and having only the milk to make boiling, is very easily and quickly prepared. When the essence is bottled, pour another 3 tea-cupfuls of boiling water slowly on the grounds, which, when filtered through, will be a very weak coffee. The next time there is essence to be prepared, make this weak coffee boiling, and pour it on the ground coffee instead of plain water: by this means a better coffee will be
obtained. Never throw away the grounds without having made use of them in this manner; and always cork the bottle well that contains this preparation, until the day that it is wanted for making the fresh essence.

*Time.*-- To be filtered once, then brought to the boiling-point, and filtered again.

*Average cost,* with coffee at 1s. 8d. per lb., 6d.

*Sufficient'--Allow 2 tablespoonfuls for a breakfast-cupful of hot milk.

**TO ROAST COFFEE.**

(A French Recipe.)

1809. It being an acknowledged fact that French coffee is decidedly superior to that made in England, and as the roasting of the berry is of great importance to the flavour of the preparation, it will be useful and interesting to know how they manage these things in France. In Paris, there are two houses justly celebrated for the flavour of their coffee,-- *La Maison Corcellet* and *La Maison Royer de Chartres*; and to obtain this flavour, before roasting they add to every 3 lbs. of coffee a piece of butter the size of a nut, and a dessert-spoonful of powdered sugar: it is then roasted in the usual manner. The addition of the butter and sugar develops the flavour and aroma of the berry; but it must be borne in mind, that the quality of the butter must be of the very best description.

**TO MAKE COFFEE.**

1810. *INGREDIENTS.*-- Allow 4 oz., or 1 tablespoonful, of ground coffee to each person; to every oz. of coffee allow 1/3 pint of water.

*Mode.*-- To make coffee good, *it should never be boiled,* but the boiling water merely poured on it, the same as for tea. The coffee should always be purchased in the berry,-- if possible, freshly roasted; and it should never be ground long before it is wanted for use. There are very many new kinds of coffee-pots, but the method of making the coffee is nearly always the same; namely, pouring the boiling water on the powder, and allowing it to filter through. Our illustration shows one of Loysel's Hydrostatic Urns, which are admirably adapted for making good and clear coffee, which should be made in the following, manner:-- Warm the urn with boiling water, remove the lid and movable filter, and place the ground coffee at the bottom of the urn. Put the movable filter over this, and screw the lid, inverted, tightly on the end of the centre pipe. Pour into the inverted lid the above proportion of boiling water, and when all the water so poured has disappeared from the funnel, and made its way down the centre pipe and up again through the ground coffee by *hydrostatic pressure,* unscrew the lid and cover the urn. Pour back direct into the urn, *not through the funnel,* one, two, or three cups, according to the size of the percolater, in order to make the infusion of uniform strength; the contents will then be ready for use, and should run from the tap strong, hot, and clear. The coffee made in these urns generally turns out very good, and there is but one objection to them,-- the coffee runs rather slowly from the tap. This is of no consequence where there is a small party, but tedious where there are many persons to provide for. A remedy for this objection may be suggested; namely, to make the coffee very strong, so that not more than 1/3 of a cup would be required,
as the rest would be filled up with milk. Making coffee in filters or percolaters does away with the necessity of using isinglass, white of egg, and various other preparations to clear it. Coffee should always be served very hot, and, if possible, in the same vessel in which it is made, as pouring it from one pot to another cools, and consequently spoils it. Many persons may think that the proportion of water we have given for each oz. of coffee is rather small; it is so, and the coffee produced from it will be very strong; 1/3 of a cup will be found quite sufficient, which should be filled with nice hot milk, or milk and cream mixed. This is the ‘cafe au lait’ for which our neighbours over the Channel are so justly celebrated. Should the ordinary method of making coffee be preferred, use double the quantity of water, and, in pouring it into the cups, put in more coffee and less milk.

Sufficient.-- For very good coffee, allow ½ oz., or 1 tablespoonful, to each person.

A VERY SIMPLE METHOD OF MAKING COFFEE.

1811. INGREDIENTS.-- Allow ½ oz., or 1 tablespoonful, of coffee to each person; to every oz. allow 1 pint of water.

Mode.-- Have a small iron ring made to fit the top of the coffee-pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag into the pot, pour some boiling water in it, and, when the pot is well warmed, put the ground coffee into the bag; pour over as much boiling water as is required, close the lid, and, when all the water has filtered through, remove the bag, and send the coffee to table. Making it in this manner prevents the necessity of pouring the coffee from one vessel to another, which cools and spoils it. The water should be poured on the coffee gradually, so that the infusion may be stronger; and the bag must be well made, that none of the grounds may escape through the seams, and so make the coffee thick and muddy.

Sufficient.-- Allow 1 tablespoonful, or ½ oz., to each person.

THE COFFEE PLANT grows to the height of about twelve or fifteen feet, with leaves not unlike those of the common laurel, although more pointed, and not so dry and thick. The blossoms are white, much like those of jasmine, and issue from the angles of the leaf-stalks. When the flowers fade, they are succeeded by the coffee-bean, or seed, which is inclosed in a berry of a red colour, when ripe resembling a cherry. The coffee-beans are prepared by exposing them to the sun for a few days, that the pulp may ferment and throw off a strong acidulous moisture. They are then gradually dried for about three weeks, and put into a mill to separate the husk from the seed.
CAFE AU LAIT.

1812. This is merely very strong coffee added to a large proportion of good hot milk; about 6 tablespoonfuls of strong coffee being quite sufficient for a breakfast-cupful of milk. Of the essence No. 1808, which answers admirably for 'cafe an lait', so much would not be required. This preparation is infinitely superior to the weak watery coffee so often served at English tables. A little cream mixed with the milk, if the latter cannot be depended on for richness, improves the taste of the coffee, as also the richness of the beverage.

Sufficient.-- 6 tablespoonfuls of strong coffee, or 2 tablespoonfuls of the essence, to a breakfast-cupful of milk.

TEA AND COFFEE.-- It is true, says Liebig, that thousands have lived without a knowledge of tea and coffee; and daily experience teaches us that, under certain circumstances, they may be dispensed with without disadvantage to the merely animal functions; but it is an error, certainly, to conclude from this that they may be altogether dispensed with in reference to their effects; and it is a question whether, if we had no tea and no coffee, the popular instinct would not seek for and discover the means of replacing them. Science, which accuses us of so much in these respects, will have, in the first place, to ascertain whether it depends on sensual and sinful inclinations merely, that every people of the globe have appropriated some such means of acting on the nervous life, from the shore of the Pacific, where the Indian retires from life for days in order to enjoy the bliss of intoxication with koko, to the Arctic regions, where Kamtschatdales and Koriakes prepare an intoxicating beverage from a poisonous mushroom. We think it, on the contrary, highly probable, not to say certain, that the instinct of man, feeling certain blanks, certain wants of the intensified life of our times, which cannot be satisfied or filled up by mere quantity, has discovered, in these products of vegetable life the true means of giving to his food the desired and necessary quality.

CAFE NOIR.

1813. This is usually handed round after dinner, and should be drunk well sweetened, with the addition of a little brandy or liqueurs, which may be added or not at pleasure. The coffee should be made very strong, and served in very small cups, but never mixed with milk or cream. Cafe noir may be made of the essence of coffee No. 1808, by pouring a tablespoonful into each cup, and filling it up with boiling water. This is a very simple and expeditious manner of preparing coffee for a large party, but the essence for it must be made very good, and kept well corked until required for use.

TO MAKE TEA.

1814. There is very little art in making good tea; if the water is boiling, and there is no sparing of the fragrant leaf, the beverage will almost invariably be good. The old-fashioned plan of allowing a teaspoonful to each person, and one over, is still practised. Warm the teapot with boiling water; let it remain for two or three minutes for the vessel to become thoroughly hot, then pour it away. Put in the tea, pour in from ½ to ¾ pint of boiling water, close the lid, and let it stand for the tea to draw from 5 to 10 minutes; then fill up the pot with water. The tea will be quite spoiled unless made with water that is actually 'boiling'; as the leaves will not open, and the flavour not be extracted from them; the beverage will consequently be colourless and tasteless.-- in fact, nothing but tepid water. Where there is a very large party to make tea for, it is a good plan to have two teapots instead of putting a large quantity of tea
into one pot; the tea, besides, will go farther. When the infusion has been once completed, the addition of fresh tea adds very little to the strength; so, when more is required, have the pot emptied of the old leaves, scalded, and fresh tea made in the usual manner. Economists say that a few grains of carbonate of soda, added before the boiling water is poured on the tea, assist to draw out the goodness: if the water is very hard, perhaps it is a good plan, as the soda softens it; but care must be taken to use this ingredient sparingly, as it is liable to give the tea a soapy taste if added in too large a quantity. For mixed tea, the usual proportion is four spoonfuls of black to one of green; more of the latter when the flavour is very much liked; but strong green tea is highly pernicious, and should never be partaken of too freely.

Time.-- 2 minutes to warm the teapot, 5 to 10 minutes to draw the strength from the tea.

Sufficient.-- Allow 1 teaspoonful to each person, and one over.

TEA.-- The tea-tree or shrub belongs to the class and order of Monadelphia polyandra in the Linnaean system, and to the natural order of Aurantiaceae in the system of Jussieu. Lately it has been made into a new order, the Theasia, which includes the Camellia and some other plants. It commonly grows to the height of from three to six feet; but it is said, that, in its wild or native state, it reaches twenty feet or more. In China it is cultivated in numerous small plantations. In its general appearance, and the form of its leaf, it resembles the myrtle. The blossoms are white and fragrant, not unlike those of the wild rose, but smaller; and they are succeeded by soft green capsules, containing each from one to three white seeds. These capsules are crushed for oil, which is in general use in China.

AN EXCELLENT SUBSTITUTE FOR MILK OR CREAM IN TEA OR COFFEE.

1815. INGREDIENTS.-- Allow 1 new-laid egg to every large breakfast-cupful of tea or coffee.

Mode.-- Beat up the whole of the egg in a basin, put it into a cup (or a portion of it, if the cup be small), and pour over it the tea or coffee very hot. These should be added very gradually, and stirred all the time, to prevent the egg from curdling. In point of nourishment, both these beverages are much improved by this addition.

Sufficient.-- Allow 1 egg to every large breakfast-cupful of tea or coffee.

TO MAKE COCOA.

1816. INGREDIENTS.-- Allow 2 teaspoonfuls of the prepared cocoa to 1 breakfast-cup; boiling milk and boiling water.

Mode.-- Put the cocoa into a breakfast-cup, pour over it sufficient cold milk to make it into a smooth paste; then add equal quantities of boiling milk and boiling water, and stir all well together. Care must
be taken not to allow the milk to get burnt, as it will entirely spoil the flavour of the preparation. The above directions are usually given for making the prepared cocoa. The rock cocoa, or that bought in a solid piece, should be scraped, and made in the same manner, taking care to rub down all the lumps before the boiling liquid is added.

*Sufficient* -- 2 teaspoonfuls of prepared cocoa for 1 breakfast-cup, or ¼ oz. of the rock cocoa for the same quantity.

**COWSLIP WINE.**

1817. **INGREDIENTS.**-- To every gallon of water allow 3 lbs. of lump sugar, the rind of 2 lemons, the juice of 1, the rind and juice of 1 Seville orange, 1 gallon of cowslip pips. To every 4½ gallons of wine allow 1 bottle of brandy.

*Mode.*-- Boil the sugar and water together for ½ hour, carefully removing all the scum as it rises. Pour this boiling liquor on the orange and lemon-rinds, and the juice, which should be strained; when milk-warm, add the cowslip pips or flowers, picked from the stalks and seeds; and to 9 gallons of wine 3 tablespoonfuls of good fresh brewers' yeast. Let it ferment 3 or 4 days; then put all together in a cask with the brandy, and let it remain for 2 months, when bottle it off for use.

*Time.*-- To be boiled ½ hour; to ferment 3 or 4 days; to remain in the cask 2 months.

*Average cost,* exclusive of the cowslips, which may be picked in the fields, 2s. 9d. per gallon.

*Seasonable.*-- Make this in April or May.

**ELDER WINE.**

1818. **INGREDIENTS.**-- To every 3 gallons of water allow 1 peck of elderberries; to every gallon of juice allow 3 lbs. of sugar, ½ oz. of ground ginger, 6 cloves, 1 lb. of good Turkey raisins; ½ pint of brandy to every gallon of wine. To every 9 gallons of wine 3 or 4 tablespoonfuls of fresh brewer's yeast.

*Mode.*-- Pour the water, quite boiling, on the elderberries, which should be picked from the stalks, and let these stand covered for 24 hours; then strain the whole through a sieve or bag, breaking the fruit to express all the juice from it. Measure the liquor, and to every gallon allow the above proportion of sugar. Boil the juice and sugar with the ginger, cloves, and raisins for 1 hour, skimming the liquor the whole time; let it stand until milk-warm, then put it into a clean dry cask, with 3 or 4 tablespoonfuls of good fresh yeast to every 9 gallons of wine. Let it ferment for about a fortnight; then add the brandy, bung up the cask, and let it stand some months before it is bottled, when it will be found excellent. A bunch of hops suspended to a string from the bung, some persons say, will preserve the wine good for several years. Elder wine is usually mulled, and served with sippets of toasted bread and a little grated nutmeg.

*Time.*-- To stand covered 24 hours; to be boiled 1 hour.

*Average cost,* when made at home, 3s. 6d. per gallon.
ELDERBERRY WINE.-- The elderberry is well adapted for the production of wine; its juice contains a considerable portion of the principle necessary for a vigorous fermentation, and its beautiful colour communicates a rich tint to the wine made from it. It is, however, deficient in sweetness, and therefore demands an addition of sugar. It is one of the very best of the genuine old English wines; and a cup of it mulled, just previous to retiring to bed on a winter night, is a thing to be "run for," as Cobbett would say: it is not, however, agreeable to every taste.

GINGER WINE.

1819. INGREDIENTS.-- To 9 gallons of water allow 27 lbs. of loaf sugar, 9 lemons, 12 oz. of bruised ginger, 3 tablespoonfuls of yeast, 2 lbs. of raisins stoned and chopped, 1 pint of brandy.

Mode.-- Boil together for 1 hour in a copper (let it previously be well scoured and beautifully clean) the water, sugar, lemon-rinds, and bruised ginger; remove every particle of scum as it rises, and when the liquor is sufficiently boiled, put it into a large tub or pan, as it must not remain in the copper. When nearly cold, add the yeast, which must be thick and very fresh, and, the next day, put all in a dry cask with the strained lemon-juice and chopped raisins. Stir the wine every day for a fortnight; then add the brandy, stop the cask down by degrees, and in a few weeks it will be fit to bottle.

Average cost, 2s. per gallon. Sufficient to make 9 gallons of wine.

Seasonable.-- The best time for making this wine is either in March or September.

Note.-- Wine made early in March will be fit to bottle in June.

GOOSEBERRY VINEGAR.

(An Excellent Recipe.)

1820. INGREDIENTS.-- 2 pecks of crystal gooseberries, 6 gallons of water, 12 lbs. of foots sugar of the coarsest brown quality.

Mode.-- Mash the gooseberries (which should be quite ripe) in a tub with a mallet; put to them the water nearly milk-warm; let this stand 24 hours; then strain it through a sieve, and put the sugar to it; mix it well, and tun it. These proportions are for a 9-gallon cask; and if it be not quite full, more water must be added. Let the mixture be stirred from the bottom of the cask two or three times daily for three or four days, to assist the melting of the sugar; then paste a piece of linen cloth over the bunghole, and set the cask in a warm place, but not in the sun; any corner of a warm kitchen is the best situation for it. The following spring it should be drawn off into stone bottles, and the vinegar will be fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of the best white wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when bought vinegar will not preserve the ingredients. The cost
per gallon is merely nominal, especially to those who reside in the country and grow their own gooseberries; the coarse sugar is then the only ingredient to be purchased.

*Time.*-- To remain in the cask 9 months.

*Average cost,* when the gooseberries have to be purchased, 1s. per gallon; when they are grown at home, 6d. per gallon.

*Seasonable.*-- This should be made the end of June or the beginning of July, when gooseberries are ripe and plentiful.

**EFFERVESCING GOOSEBERRY WINE.**

1821. **INGREDIENTS.**-- To every gallon of water allow 6 lbs. of green gooseberries, 3 lbs. of lump sugar.

*Mode.*-- This wine should be prepared from unripe gooseberries, in order to avoid the flavour which the fruit would give to the wine when in a mature state. Its briskness depends more upon the time of bottling than upon the unripe state of the fruit, for effervescing wine can be made from fruit that is ripe as well as that which is unripe. The fruit should be selected when it has nearly attained its full growth, and consequently before it shows any tendency to ripen. Any bruised or decayed berries, and those that are very small, should be rejected. The blossom and stalk ends should be removed, and the fruit well bruised in a tub or pan, in such quantities as to insure each berry being broken without crushing the seeds. Pour the water (which should be warm) on the fruit, squeeze and stir it with the hand until all the pulp is removed from the skin and seeds, and cover the whole closely for 24 hours; after which, strain it through a coarse bag, and press it with as much force as can be conveniently applied, to extract the whole of the juice and liquor the fruit may contain. To every 40 or 50 lbs. of fruit one gallon more of hot water may be passed through the marc, or husks, in order to obtain any soluble matter that may remain, and be again pressed. The juice should be put into a tub or pan of sufficient size to contain all of it, and the sugar added to it. Let it be well stirred until the sugar is dissolved, and place the pan in a warm situation; keep it closely covered, and let it ferment for a day or two. It must then be drawn off into clean casks, placed a little on one side for the scum that arises to be thrown out, and the casks kept filled with the remaining "must," that should be reserved for that purpose. When the active fermentation has ceased, the casks should be plugged upright, again filled, if necessary, the bungs be put in loosely, and, after a few days, when the fermentation is a little more languid (which may be known, by the hissing noise ceasing), the bungs should be driven in tight, and a spile-hole made, to give vent if necessary. About November or December, on a clear fine day, the wine should be racked from its lees into clean casks, which may be rinsed with brandy. After a month, it should be examined to see if it is sufficiently clear for bottling; if not, it must be fined with isinglass, which may be dissolved in some of the wine: 1 oz. will be sufficient for 9 gallons. In March or April, or when the gooseberry bushes begin to blossom, the wine must be bottled, in order to insure its being effervescing.

*Seasonable.*-- Make this the end of May or beginning of June, before the berries ripen.
LEMON SYRUP.

1822. INGREDIENTS.-- 2 lbs. of loaf sugar, 2 pints of water, 1 oz. of citric acid, 12 drachms of essence of lemon.

Mode.-- Boil the sugar and water together for ¼ hour, and put it into a basin, where let it remain till cold. Beat the citric acid to a powder, mix the essence of lemon with it, then add these two ingredients to the syrup; mix well, and bottle for use. Two tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

Sufficient -- 2 tablespoonfuls of syrup to a tumbler-ful of cold water.

LEMON WINE.

1823. INGREDIENTS.-- To 4-½ gallons of water allow the pulp of 50 lemons, the rind of 25, 16 lbs. of loaf sugar, -- ½ oz. of isinglass, 1 bottle of brandy.

Mode.-- Peel and slice the lemons, but use only the rind of 25 of them, and put them into the cold water. Let it stand 8 or 9 days, squeezing the lemons well every day; then strain the water off and put it into a cask with the sugar. Let it work some time, and when it has ceased working, put in the isinglass. Stop the cask down; in about six months put in the brandy and bottle the wine off.

Seasonable.-- The best time to make this is in January or February, when lemons are best and cheapest.

MALT WINE.

1824. INGREDIENTS.-- 5 gallons of water, 28 lbs. of sugar, 6 quarts of sweet-wort, 6 quarts of tun, 3 lbs. of raisins, ½ lb. of candy, 1 pint of brandy.

Mode.-- Boil the sugar and water together for 10 minutes; skim it well, and put the liquor into a convenient-sized pan or tub. Allow it to cool; then mix it with the sweet-wort and tun. Let it stand for 3 days, then put it into a barrel; here it will work or ferment for another three days or more; then bung up the cask, and keep it undisturbed for 2 or 3 months. After this, add the raisins (whole), the candy, and brandy, and, in 6 months' time, bottle the wine off. Those who do not brew, may procure the sweet-wort and tun from any brewer. Sweet-wort is the liquor that leaves the mash of malt before it is boiled with the hops; tun is the new beer after the whole of the brewing operation has been completed.

Time.-- To be boiled 10 minutes; to stand 3 days after mixing; to ferment 3 days; to remain in the cask 2 mouths before the raisins are added; bottle 6 months after.

Seasonable.-- Make this in March or October.
HOME-MADE NOYEAU.

1825. INGREDIENTS.-- 2 oz. of bitter almonds, 1 oz. of sweet ditto, 1 lb. of loaf sugar, the rinds of 3 lemons, 1 quart of Irish whiskey or gin, 1 tablespoonful of clarified honey, 4 pint of new milk.

Mode.-- Blanch and pound the almonds, and mix with them the sugar, which should also be pounded. Boil the milk; let it stand till quite cold; then mix all the ingredients together, and let them remain for 10 days, shaking them every day. Filter the mixture through blotting-paper, bottle off for use in small bottles, and seal the corks down. This will be found useful for flavouring many sweet dishes.

Average cost, 2s. 9d.

Sufficient to make about 24 pints of Noyeau.

Seasonable.-- May be made at any time.

ORANGE BRANDY.

(Excellent.)

1826. INGREDIENTS.-- To every 1 gallon of brandy allow ¾ pint of Seville orange-juice, 1-¼ lb. of loaf sugar.

Mode.-- To bring out the full flavour of the orange-peel, rub a few lumps of the sugar on 2 or 3 unpared oranges, and put these lumps to the rest. Mix the brandy with the orange-juice, strained, the rinds of 6 of the oranges pared very thin, and the sugar. Let all stand in a closely-covered jar for about 3 days, stirring it 3 or 4 times a day. When clear, it should be bottled and closely corked for a year; it will then be ready for use, but will keep any length of time. This is a most excellent stomachic when taken pure in small quantities; or, as the strength of the brandy is very little deteriorated by the other ingredients, it may be diluted with water.

Time.-- To be stirred every day for 3 days.

Average cost, 7s.

Sufficient to make 2 quarts. Seasonable.-- Make this in March.

A VERY SIMPLE AND EASY METHOD OF MAKING A VERY SUPERIOR ORANGE WINE.

1827. INGREDIENTS.-- 90 Seville oranges, 32 lbs. of lump sugar, water.

Mode.-- Break up the sugar into small pieces, and put it into a dry, sweet 9-gallon cask, placed in a cellar or other storehouse, where it is intended to be kept. Have ready close to the cask two large pans or wooden keelers, into one of which put the peel of the oranges pared quite thin, and into the other the pulp after the juice has been squeezed from it. Strain the juice through a piece of double muslin, and put it into the cask with the sugar. Then pour about 1-½ gallon of cold spring water on both the
peels and pulp; let it stand for 24 hours, and then strain it into the cask; add more water to the peels and pulp when this is done, and repeat the same process every day for a week: it should take about a week to fill up the cask. Be careful to apportion the quantity as nearly as possible to the seven days, and to stir the contents of the cask each day. On the 'third' day after the cask is full,--that is, the 'tenth' day after the commencement of making,--the cask may be securely bunged down. This is a very simple and easy method, and the wine made according to it will be pronounced to be most excellent. There is no troublesome boiling, and all fermentation takes place in the cask. When the above directions are attended to, the wine cannot fail to be good. It should be bottled in 8 or 9 months, and will be fit for use in a twelve month after the time of making. Ginger wine may be made in precisely the same manner, only, with the 9-gallon cask for ginger wine, 2 lbs. of the best whole ginger, 'bruised', must be put with the sugar. It will be found convenient to tie the ginger loosely in a muslin bag.

_Time_.-- Altogether, 10 days to make it.

_Average cost_, 2s. 6d. per gallon. _Sufficient_ for 9 gallons.

_Seasonable_.-- Make this in March, and bottle it the following January.

**RASPBERRY VINEGAR.**

1828. _INGREDIENTS_.-- To every 3 pints of the best vinegar allow 4-½ pints of freshly-gathered raspberries; to each pint of liquor allow 1 lb. of pounded loaf sugar, 1 wineglassful of brandy.

_Mode_.-- Let the raspberries be freshly gathered; pick them from the stalks, and put 1-½ pint of them into a stone jar; pour 3 pints of the best vinegar over them, and let them remain for 24 hours; then strain the liquor over another 1-½ pint of fresh raspberries. Let them remain another 24 hours, and the following day repeat the process for the third time; then drain off the liquor without pressing, and pass it through a jelly-bag (previously wetted with plain vinegar), into a stone jar. Add to every pint of the liquor 1 lb. of pounded loaf sugar; stir them together, and, when the sugar is dissolved, cover the jar; set it upon the fire in a saucepan of boiling water, and let it boil for an hour, removing the scum as fast as it rises; add to each pint a glass of brandy, bottle it, and seal the corks. This is an excellent drink in cases of fevers and colds: it should be diluted with cold water, according to the taste or requirement of the patient.

_Time_.-- To be boiled 1 hour. _Average cost_, 1s. per pint.

_Sufficient_ to make 2 quarts.

_Seasonable_.-- Make this in July or August, when raspberries are most plentiful.
RHUBARB WINE.

1829. INGREDIENTS.-- To every 5 lbs. of rhubarb pulp allow 1 gallon of cold spring water; to every gallon of liquor allow 3 lbs. of loaf sugar, ½ oz. of isinglass, the rind of 1 lemon.

Mode.-- Gather the rhubarb about the middle of May; wipe it with a wet cloth, and, with a mallet, bruise it in a large wooden tub or other convenient means. When reduced to a pulp, weigh it, and to every 5 lbs. add 1 gallon of cold spring water; let these remain for 3 days, stirring 3 or 4 times a day; and, on the fourth day, press the pulp through a hair sieve; put the liquor into a tub, and to every gallon put 3 lbs. of loaf sugar; stir in the sugar until it is quite dissolved, and add the lemon-rind; let the liquor remain, and, in 4, 5, or 6 days, the fermentation will begin to subside, and a crust or will be formed, which should be skimmed off, or the liquor drawn from it, when the crust begins to crack or separate. Put the wine into a cask, and if, after that, it ferments, rack it off into another cask, and in a fortnight stop it down. If the wine should have lost any of its original sweetness, add a little more loaf sugar, taking care that the cask is full. Bottle it off in February or March, and in the summer it should be fit to drink. It will improve greatly by keeping; and, should a very brilliant colour be desired, add a little currant-juice.

Seasonable.-- Make this about the middle of May.

WELSH NECTAR.

1830. INGREDIENTS.-- 1 lb. of raisins, 3 lemons, 2 lbs. of loaf sugar, 2 gallons of boiling water.

Mode.-- Cut the peel of the lemons very thin, pour upon it the boiling water, and, when cool, add the strained juice of the lemons, the sugar, and the raisins, stoned and chopped very fine. Let it stand 4 or 5 days, stirring it every day; then strain it through a jelly-bag, and bottle it for present use.

Time.-- 4 or 5 days. Average cost, 1s. 9d.

Sufficient to make 2 gallons.

CLARET-CUP.

1831. INGREDIENTS.-- 1 bottle of claret, 1 bottle of soda-water, about ½ lb. of pounded ice, 4 tablespoonfuls of powdered sugar, ¼ teaspoonful of grated nutmeg, 1 liqueur-glass of Maraschino, a sprig of green borage.

Mode.-- Put all the ingredients into a silver cup, regulating the proportion of ice by the state of the weather: if very warm, a larger quantity would be necessary. Hand the cup round with a clean napkin passed through one of the handles,
that the edge of the cup may be wiped after each guest has partaken of the contents thereof.

Seasonable in summer.

CLARETS.-- All those wines called in England clarets are the produce of the country round Bordeaux, or the Bordelais; but it is remarkable that there is no pure wine in France known by the name of claret, which is a corruption of clairet, a term that is applied there to any red or rose-coloured wine. Round Bordeaux are produced a number of wines of the first quality, which pass under the name simply of vins de Bordeaux, or have the designation of the particular district where they are made; as Lafitte, Latour, &c. The clarets brought to the English market are frequently prepared for it by the wine-growers by mixing together several Bordeaux wines, or by adding to them a portion of some other wines; but in France the pure wines are carefully preserved distinct. The genuine wines of Bordeaux are of great variety, that part being one of the most distinguished in France; and the principal vineyards are those of Medoc, Palus, Graves, and Blanche, the product of each having characters considerably different.

CHAMPAGNE-CUP.

1832. INGREDIENTS.-- 1 quart bottle of champagne, 2 bottles of soda-water, 1 liqueur-glass of brandy or Curaçoa, 2 tablespoonfuls of powdered sugar, 1 lb. of pounded ice, a sprig of green borage.

Mode.-- Put all the ingredients into a silver cup; stir them together, and serve the same as claret-cup No. 1831. Should the above proportion of sugar not be found sufficient to suit some tastes, increase the quantity. When borage is not easily obtainable, substitute for it a few slices of cucumber-rind.

Seasonable.-- Suitable for pic-nics, balls, weddings, and other festive occasions.

CHAMPAGNE.-- This, the most celebrated of French wines, is the produce chiefly of the province of that name, and is generally understood in England to be a brisk, effervescing, or sparkling white wine, of a very fine flavour; but this is only one of the varieties of this class. There is both red and white champagne, and each of these may be either still or brisk. There are the sparkling wines (mousseux), and the still wines (non-mousseux). The brisk are in general the most highly esteemed, or, at least, are the most popular in this country, on account of their delicate flavour and the agreeable pungency which they derive from the carbonic acid they contain, and to which they owe their briskness.

GINGER BEER.

1833. INGREDIENTS.-- 2-½ lbs. of loaf sugar, 1-½ oz. of bruised ginger, 1 oz. of cream of tartar, the rind and juice of 2 lemons, 3 gallons of boiling water, 2 large tablespoonfuls of thick and fresh brewer's yeast.

Mode.-- Peel the lemons, squeeze the juice, strain it, and put the peel and juice into a large earthen pan, with the bruised ginger, cream of tartar, and loaf sugar. Pour over these ingredients 3 gallons of boiling water; let it stand until just warm, when add the yeast, which should be thick and perfectly fresh. Stir the contents of the pan well, and let them remain near the fire all night, covering the pan over with a cloth. The next day skim off the yeast, and pour the liquor carefully into another vessel, leaving the sediment; then bottle immediately, and tie the corks down, and in 3 days the ginger
beer will be fit for use. For some tastes, the above proportion of sugar may be found rather too large, when it may be diminished; but the beer will not keep so long good.

*Average cost* for this quantity, 2s.; or ½d. per bottle.

*Sufficient* to fill 4 dozen ginger-beer bottles.

*Seasonable.*-- This should be made during the summer months.

**LEMONADE.**

1834. **INGREDIENTS** -- The rind of 2 lemons, the juice of 3 large or 4 small ones, 1 lb. of loaf sugar, 1 quart of boiling water.

*Mode.*-- Rub some of the sugar, in lumps, on 2 of the lemons until they have imbibed all the oil from them, and put it with the remainder of the sugar into a jug; add the lemon-juice (but no pips), and pour over the whole a quart of boiling water. When the sugar is dissolved, strain the lemonade through a fine sieve or piece of muslin, and, when cool, it will be ready for use. The lemonade will be much improved by having the white of an egg beaten up in it; a little sherry mixed with it, also, makes this beverage much nicer.

*Average cost*, 6d. per quart.

LEMONADE -- "There is a current opinion among women" says Brillat Savarin "which every year causes the death of many young women,-- that acids, especially vinegar, are preventives of obesity. Beyond all doubt, acids have the effect of destroying obesity; but they also destroy health and freshness. Lemonade is, of all acids, the most harmless; but few stomachs can resist it long. I knew, in 1776, at Dijon, a young lady of great beauty, to whom I was attached by bonds of friendship, great, almost as those of love. One day, when she had for some time gradually grown pale and thin (previously she had a slight embonpoint), she told me in confidence, that as her young friends had ridiculed her for being fat, she had, to counteract the tendency, been in the habit every day of drinking a large glass of vinaigre. She died at eighteen years of age, from the effects of these potions."

**TO MAKE NEGUS.**

1835. **INGREDIENTS.**-- To every pint of port wine allow 1 quart of boiling water, ¼ lb. of sugar, 1 lemon, grated nutmeg to taste.

*Mode.*-- As this beverage is more usually drunk at children's parties than at any other, the wine need not be very old or expensive for the purpose, a new fruity wine answering very well for it. Put the wine into a jug, rub some lumps of sugar (equal to ¼ lb.) on the lemon-rind until all the yellow part of the skin is absorbed, then squeeze the juice, and strain it. Add the sugar and lemon-juice to the port wine, with the grated nutmeg; pour over it the boiling water, cover the jug, and, when the beverage has cooled a little, it will be fit for use. Negus may also be made of sherry, or any other sweet white wine, but is more usually made of port than of any other beverage.

*Sufficient* -- Allow 1 pint of wine, with the other ingredients in proportion, for a party of 9 or 10 children.
A PLEASANT DRINK FOR WARM WEATHER.

1836. INGREDIENTS.-- To every 1½ pint of good ale allow 1 bottle of ginger beer. Mode.-- For this beverage the ginger beer must be in an effervescing state, and the beer not in the least turned or sour. Mix them together, and drink immediately. The draught is refreshing and wholesome, as the ginger corrects the action of the beer. It does not deteriorate by standing a little, but, of course, is better when taken fresh.

FOR A SUMMER DRAUGHT.

1837. INGREDIENTS.-- The juice of 1 lemon, a tumbler-ful of cold water, pounded sugar to taste, 4 small teaspoonful of carbonate of soda.

Mode.-- Squeeze the juice from the lemon; strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well, and drink while the mixture is in an effervescing state.

TO MULL WINE.

1838. INGREDIENTS.-- To every pint of wine allow 1 large cupful of water, sugar and spice to taste.

Mode.-- In making preparations like the above, it is very difficult to give the exact proportions of ingredients like sugar and spice, as what quantity might suit one person would be to another quite distasteful. Boil the spice in the water until the flavour is extracted, then add the wine and sugar, and bring the whole to the boiling-point, when serve with strips of crisp dry toast, or with biscuits. The spices usually used for mulled wine are cloves, grated nutmeg, and cinnamon or mace. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose; and the latter requires a very large proportion of sugar. The vessel that the wine is boiled in must be delicately clean, and should be kept exclusively for the purpose. Small tin warmers may be purchased for a trifle, which are more suitable than saucepans, as, if the latter are not scrupulously clean, they will spoil the wine, by imparting to it a very disagreeable flavour. These warmers should be used for no other purposes.

TO MAKE HOT PUNCH.

1839. INGREDIENTS.-- ½ pint of rum, ½ pint of brandy, ¼ lb. of sugar, 1 large lemon, ½ teaspoonful of nutmeg, 1 pint of boiling water.

Mode.-- Rub the sugar over the lemon until it has absorbed all the yellow part of the skin, then put the sugar into a punchbowl; add the lemon-juice (free from pips), and mix these two ingredients well together. Pour over them the boiling water, stir well together, add the rum, brandy, and nutmeg; mix thoroughly, and the punch will be ready to serve. It is very important in making good punch that all the ingredients are thoroughly incorporated; and, to insure success, the processes of mixing must be diligently attended to.
Sufficient.-- Allow a quart for 4 persons; but this information must be taken *cum grano salis*; for the capacities of persons for this kind of beverage are generally supposed to vary considerably.

PUNCH is a beverage made of various spirituous liquors or wine, hot water, the acid juice of fruits, and sugar. It is considered to be very intoxicating; but this is probably because the spirit, being partly sheathed by the mucilaginous juice and the sugar, its strength does not appear to the taste so great as it really is. Punch, which was almost universally drunk among the middle classes about fifty or sixty years ago, has almost disappeared from our domestic tables, being superseded by wine. There are many different varieties of punch. It is sometimes kept cold in bottles, and makes a most agreeable summer drink. In Scotland, instead of the Madeira or sherry generally used in its manufacture, whiskey is substituted, and then its insidious properties are more than usually felt. Where fresh lemons cannot be had for punch or similar beverages, crystallized citric acid and a few drops of the essence of lemon will be very nearly the same thing. In the composition of "Regent's punch," champagne, brandy, and *veritable Martinique* are required; "Norfolk punch" requires Seville oranges; "Milk punch" may be extemporized by adding a little hot milk to lemonade, and then straining it through a jelly-bag. Then there are "Wine punch," "Tea punch," and "French punch," made with lemons, spirits, and wine, in fantastic proportions. But of all the compounds of these materials, perhaps, for a *summer* drink, the North-American "mint julep" is the most inviting. Captain Marryat gives the following recipe for its preparation:-- "Put into a tumbler about a dozen sprigs of the tender shoots of mint; upon them put a spoonful of white sugar, and equal proportions of peach and common brandy, so as to fill up one third, or, perhaps, a little less; then take rasped or pounded ice, and fill up the tumbler. Epicures rub the lips of the tumbler with a piece of fresh pineapple; and the tumbler itself is very often encrusted outside with stalactites of ice. As the ice melts, you drink." The Virginians, say Captain Marryat, claim the merit of having invented this superb compound; but, from a passage in the "Comus" of Milton, he claims it for his own country.

**WHISKEY CORDIAL.**

1840. INGREDIENTS.-- 1 lb. of ripe white currants, the rind of 2 lemons, ¼ oz. of grated ginger, 1 quart of whiskey, 1 lb. of lump sugar.

*Mode.*-- Strip the currants from the stalks; put them into a large jug; add the lemon-rind, ginger, and whiskey; cover the jug closely, and let it remain covered for 24 hours. Strain through a hair sieve, add the lump sugar, and let it stand 12 hours longer; then bottle, and cork well.

*Time.*-- To stand 24 hours before being strained; 12 hours after the sugar is added.

*Seasonable.*-- Make this in July.
CHAPTER XXXVIII. -- Invalid cookery.

A FEW RULES TO BE OBSERVED IN COOKING FOR INVALIDS.

1841. LET all the kitchen utensils used in the preparation of invalids' cookery be delicately and 'scrupulously clean'; if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust, and prevent the patient from partaking of the refreshment when brought to him or her.

1842. For invalids, never make a large quantity of one thing, as they seldom require much at a time; and it is desirable that variety be provided for them.

1843. Always have something in readiness; a little beef tea, nicely made and nicely skimmed, a few spoonfuls of jelly, &c. &c., that it may be administered as soon almost as the invalid wishes for it. If obliged to wait a long time, the patient loses the desire to eat, and often turns against the food when brought to him or her.

1844. In sending dishes or preparations up to invalids, let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, &c., be very clean and bright. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

1845. As milk is an important article of food for the sick, in warm weather let it be kept on ice, to prevent its turning sour. Many other delicacies may also be preserved good in the same manner for some little time.

1846. If the patient be allowed to eat vegetables, never send them up undercooked, or half raw; and let a small quantity only be temptingly arranged on a dish. This rule will apply to every preparation, as an invalid is much more likely to enjoy his food if small delicate pieces are served to him.

1847. Never leave food about a sick room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. Miss Nightingale says, "To leave the patient's untasted food by his side, from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking any food at all." She says, "I have known patients literally incapacitated from taking one article of food after another by this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time, but never let a patient have 'something always standing' by him, if you don't wish to disgust him of everything."

1848. Never serve beef tea or broth with the smallest particle of fat or grease on the surface. It is better, after making either of these, to allow them to get perfectly cold, when all the fat may be easily removed; then warm up as much as may be required. Two or three pieces of clean whity-brown paper laid on the broth will absorb any greasy particles that may be floating at the top, as the grease will cling to the paper.

1849. Roast mutton, chickens, rabbits, calves' feet or, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of, supposing the patient is recovering.
1850. A mutton chop, nicely cut, trimmed, and broiled to a turn, is a dish to be recommended for invalids; but it must not be served \textit{with all the fat} at the end, nor must it be too thickly cut. Let it be cooked over a fire free from smoke, and sent up with the gravy in it, between two very hot plates. Nothing is more disagreeable to an invalid than \textit{smoked} food.

1851. In making toast-and-water, never blacken the bread, but toast it only a nice brown. Never leave toast-and-water to make until the moment it is required, as it cannot then be properly prepared,-- at least, the patient will be obliged to drink it warm, which is anything but agreeable.

1852. In boiling eggs for invalids, let the white be just set; if boiled hard, they will be likely to disagree with the patient.

1853. In Miss Nightingale's admirable "Notes on Nursing," a book that no mother or nurse should be without, she says,-- "You cannot be too careful as to quality in sick diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye except the nurse's. It is here that the clever nurse appears,-- she will not bring in the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember, that sick cookery should half do the work of your poor patient's weak digestion.

1854. She goes on to caution nurses, by saying,-- "Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If, every time he lifts his cup to his lips, he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown, or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part makes to his comfort, and even to his willingness for food."
CHAPTER XXXIX. -- Recipes for invalids.

TO MAKE ARROWROOT.

1855. INGREDIENTS.-- Two teaspoonfuls of arrowroot, 3 tablespoonfuls of cold water, ½ pint of boiling water.

Mode.-- Mix the arrowroot smoothly in a basin with the cold water, then pour on it the boiling water, stirring all the time. The water must be boiling at the time it is poured on the mixture, or it will not thicken; if mixed with hot water only, it must be put into a clean saucepan, and boiled until it thickens; but this is more trouble, and quite unnecessary if the water is boiling at first. Put the arrowroot into a tumbler, sweeten it with lump sugar, and flavour it with grated nutmeg or cinnamon, or a piece of lemon-peel, or, when allowed, 3 tablespoonfuls of port or sherry. As arrowroot is in itself flavourless and insipid, it is almost necessary to add the wine to make it palatable. Arrowroot made with milk instead of water is far nicer, but is not so easily digested. It should be mixed in the same manner, with 3 tablespoonfuls of cold water, the boiling milk then poured on it, and well stirred. When made in this manner, no wine should be added, but merely sugar, and a little grated nutmeg or lemon-peel.

Time.-- If obliged to be boiled, 2 minutes. Average cost, 2d. per pint.

Sufficient to make ½ pint of arrowroot.

MISS NIGHTINGALE says, in her "Notes on Nursing," that arrowroot is a grand dependence of the nurse. As a vehicle for wine, and as a restorative quickly prepared, it is all very well, but it is nothing but starch and water; flour is both more nutritive and less liable to ferment, and is preferable wherever it can be used.

BARLEY GRUEL.

1856. INGREDIENTS.-- 2 oz. of Scotch or pearl barley, ½ pint of port wine, the rind of 1 lemon, 1 quart and ½ pint of water, sugar to taste.

Mode.-- After well washing the barley, boil it in ½ pint of water for ¼ hour; then pour this water away; put to the barley the quart of fresh boiling water, and let it boil until the liquid is reduced to half; then strain it off. Add the wine, sugar, and lemon-peel; simmer for 5 minutes, and put it away in a clean jug. It can be warmed from time to time, as required.

Time.-- To be boiled until reduced to half. Average cost, 1s. 6d.

Sufficient with the wine to make 1-½ pint of gruel.

TO MAKE BARLEY-WATER.

1857. INGREDIENTS.-- 2 oz. of pearl barley, 2 quarts of boiling water, 1 pint of cold water.
Mode.-- Wash the barley in cold water; put it into a saucepan with the above proportion of cold water, and when it has boiled for about ¼ hour, strain off the water, and add the 2 quarts of fresh boiling water. Boil it until the liquid is reduced one half; strain it, and it will be ready for use. It may be flavoured with lemon-peel, after being sweetened, or a small piece may be simmered with the barley. When the invalid may take it, a little lemon-juice gives this pleasant drink in illness a very nice flavour.

Time.-- To boil until the liquid is reduced one half.

Sufficient to make 1 quart of barley-water.

TO MAKE BEEF TEA.

1858. INGREDIENTS.-- 1 lb. of lean gravy-beef, 1 quart of water, 1 saltspoonful of salt.

Mode.-- Have the meat cut without fat and bone, and choose a nice fleshy piece. Cut it into small pieces about the size of dice, and put it into a clean saucepan. Add the water cold to it; put it on the fire, and bring it to the boiling-point; then skim well. Put in the salt when the water boils, and simmer the beef tea gently from ½ to ¾ hour, removing any more scum should it appear on the surface. Strain the tea through a hair sieve, and set it by in a cool place. When wanted for use, remove every particle of fat from the top; warm up as much as may be required, adding, if necessary, a little more salt. This preparation is simple beef tea, and is to be administered to those invalids to whom flavourings and seasonings are not allowed. When the patient is very low, use double the quantity of meat to the same proportion of water. Should the invalid be able to take the tea prepared in a more palatable manner, it is easy to make it so by following the directions in the next recipe, which is an admirable one for making savoury beef tea. Beef tea is always better when made the day before it is wanted, and then warmed up. It is a good plan to put the tea into a small cup or basin, and to place this basin in a saucepan of boiling water. When the tea is warm, it is ready to serve.

Time.-- ¼ to ¾ hour. Average cost, 6d. per pint.

Sufficient.-- Allow 1 lb. of meat for a pint of good beef tea.

MISS NIGHTINGALE says, one of the most common errors among nurses, with respect to sick diet, is the belief that beef tea is the most nutritive of all article. She says, "Just try and boil down a lb. of beef into beef tea; evaporate your beef tea, and see what is left of your beef: you will find that there is barely a teaspoonful of solid nourishment to ¼ pint of water in beef tea. Nevertheless, there is a certain reparative quality in it,-- we do not know what,-- as there is in tea; but it maybe safely given in almost any inflammatory disease, and is as little to be depended upon with the healthy or convalescent, where much nourishment is required."

SAVOURY BEEF TEA.

(Soyer's Recipe.)

1859. INGREDIENTS.-- 1 lb. of solid beef, 1 oz. of butter, 1 clove, 2 button onions or ½ a large one, 1 saltspoonful of salt, 1 quart of water.
Mode.-- Cut the beef into very small dice; put it into a stewpan with the butter, clove, onion, and salt; stir the meat round over the fire for a few minutes, until it produces a thin gravy; then add the water, and let it simmer gently from ½ to ¾ hour, skimming off every particle of fat. When done, strain it through a sieve, and put it by in a cool place until required. The same, if wanted quite plain, is done by merely omitting the vegetables, salt, and clove; the butter cannot be objectionable, as it is taken out in skimming.

Time.-- ½ to ¾ hour. Average cost, 8d. per pint. Sufficient.-- Allow 1 lb. of beef to make 1 pint of good beef tea.

Note.-- The meat left from beef tea may be boiled a little longer, and pounded, with spices, &c., for potting. It makes a very nice breakfast dish.

DR. CHRISTISON says that “every one will be struck with the readiness with which certain classes of patients will often take diluted meat juice, or beef tea repeatedly, when they refuse all other kinds of food.” This is particularly remarkable in case of gastric fever, in which, he says, little or nothing else besides beef tea, or diluted meat juice, has been taken for weeks, or even months; and yet a pint of beef tea contains scarcely ¼ oz. of anything but water. The result is so striking, that he asks, “What is its mode of action? Not simple nutriment; ¼ oz. of the most nutritive material cannot nearly replace the daily wear and tear of the tissue in any circumstances.” Possibly, he says, it belongs to a new denomination of remedies.

BAKED BEEF TEA.

1860. INGREDIENTS.-- 1 lb. of fleshy beef, 1-½ pint of water, ¼ saltspoonful of salt.

Mode.-- Cut the beef into small square pieces, after trimming off all the fat, and put it into a baking-jar, with the above proportion of water and salt; cover the jar well, place it in a warm, but not hot oven, and bake for 3 or 4 hours. When the oven is very fierce in the daytime, it is a good plan to put the jar in at night, and let it remain till the next morning, when the tea will be done. It should be strained, and put by in a cool place until wanted. It may also be flavoured with an onion, a clove, and a few sweet herbs, &c., when the stomach is sufficiently strong to take those.

Time.-- 3 or 4 hours, or to be left in the oven all night.

Average cost, 6d. per pint.

Sufficient.-- Allow 1 lb. of meat for 1 pint of good beef tea.

BAKED OR STEWED CALF’S FOOT.

1861. INGREDIENTS.-- 1 calf’s foot, 1 pint of milk, 1 pint of water, 1 blade of mace, the rind of ¼ lemon, pepper and salt to taste.

Mode.-- Well clean the foot, and either stew or bake it in the milk-and-water with the other ingredients from 3 to 4 hours. To enhance the flavour, an onion and a small quantity of celery may be added, if approved; ½ a teacupful of cream, stirred in just before serving, is also a great improvement to this dish.
Time.-- 3 to 4 hours. Average cost, in full season, 9d. each.

Sufficient for 1 person. Seasonable from March to October.

CALF'S-FOOT BROTH.

1862. INGREDIENTS.-- 1 calf's foot, 3 pints of water, 1 small lump of sugar, nutmeg to taste, the yolk of 1 egg, a piece of butter the size of a nut.

Mode.-- Stew the foot in the water, with the lemon-peel, very gently, until the liquid is half wasted, removing any scum, should it rise to the surface. Set it by in a basin until quite cold, then take off every particle of fat. Warm up about ½ pint of the broth, adding the butter, sugar, and a very small quantity of grated nutmeg; take it off the fire for a minute or two, then add the beaten yolk of the egg; keep stirring over the fire until the mixture thickens, but do not allow it to boil again after the egg is added, or it will curdle, and the broth will be spoiled.

Time.-- To be boiled until the liquid is reduced one half.

Average cost, in full season, 9d. each.

Sufficient to make 1-¼ pint of broth.

Seasonable from March to October.

CHICKEN BROTH.

1863. INGREDIENTS.-- ½ fowl, or the inferior joints of a whole one; 1 quart of water, 1 blade of mace, ½ onion, a small bunch of sweet herbs, salt to taste, 10 peppercorns.

Mode.-- An old fowl not suitable for eating may be converted into very good broth, or, if a young one be used, the inferior joints may be put in the broth, and the best pieces reserved for dressing in some other manner. Put the fowl into a saucepan, with all the ingredients, and simmer gently for 1-½ hour, carefully skimming the broth well. When done, strain, and put by in a cool place until wanted; then take all the fat off the top, warm up as much as may be required, and serve. This broth is, of course, only for those invalids whose stomachs are strong enough to digest it, with a flavouring of herbs, &c. It may be made in the same manner as beef tea, with water and salt only; but the preparation will be but tasteless and insipid. When the invalid cannot digest this chicken broth with the flavouring, we would recommend plain beef tea in preference to plain chicken tea, which it would be without the addition of herbs, onions, &c.

Time.-- 1-½ hour.

Sufficient to make rather more than 1 pint of broth.
NUTRITIOUS COFFEE.

1864. INGREDIENTS.-- ½ oz. of ground coffee, 1 pint of milk.

Mode.-- Let the coffee be freshly ground; put it into a saucepan, with the milk, which should be made nearly boiling before the coffee is put in, and boil both together for 3 minutes; clear it by pouring some of it into a cup, and then back again, and leave it on the hob for a few minutes to settle thoroughly. This coffee may be made still more nutritious by the addition of an egg well beaten, and put into the coffee-cup.

Time.-- 5 minutes to boil, 5 minutes to settle.

Sufficient to make 1 large breakfast-cupful of coffee.

Our great nurse Miss Nightingale remarks, that "a great deal too much against tea is said by wise people, and a great deal too much of tea is given to the sick by foolish people. When you see the natural and almost universal craving in English sick for their 'tea,' you cannot but feel that Nature knows what she is about. But a little tea or coffee restores them quite as much as a great deal; and a great deal of tea, and especially of coffee, impairs the little power of digestion they have. Yet a nurse, because she sees how one or two cups of tea or coffee restore her patient, thinks that three or four cups will do twice as much. This is not the case at all; it is, however, certain that there is nothing yet discovered which is a substitute to the English patient for his cup of tea; he can take it when he can take nothing else, and he often can't take anything else, if he has it not. Coffee is a better restorative than tea, but a greater impairer of the digestion. In making coffee, it is absolutely necessary to buy it in the berry, and grind it at home; otherwise, you may reckon upon its containing a certain amount of chicory, at least. This is not a question of the taste, or of the wholesomeness of chicory; it is, that chicory has nothing at all of the properties for which you give coffee, and, therefore, you may as well not give it."

THE INVALID'S CUTLET.

1865. INGREDIENTS.-- 1 nice cutlet from a loin or neck of mutton, 2 teacupfuls of water, 1 very small stick of celery, pepper and salt to taste.

Mode.-- Have the cutlet cut from a very nice loin or neck of mutton; take off all the fat; put it into a stewpan, with the other ingredients; stew very gently indeed for nearly 2 hours, and skim off every particle of fat that may rise to the surface from time to time. The celery should be cut into thin slices before it is added to the meat, and care must be taken not to put in too much of this ingredient, or the dish will not be good. If the water is allowed to boil fast, the cutlet will be hard.

Time.-- 2 hours' very gentle stewing. Average cost, 6d.

Sufficient for 1 person. Seasonable at any time.

EEL BROTH.

1866. INGREDIENTS.-- ½ lb. of eels, a small bunch of sweet herbs, including parsley; ½ onion, 10 peppercorns, 3 pints of water, 2 cloves, salt and pepper to taste.
Mode.-- After having cleaned and skinned the eel, cut it into small pieces, and put it into a stewpan, with the other ingredients; simmer gently until the liquid is reduced nearly half, carefully removing the scum as it rises. Strain it through a hair sieve; put it by in a cool place, and, when wanted, take off all the fat from the top, warm up as much as is required, and serve with sippets of toasted bread. This is a very nutritious broth, and easy of digestion.

Time.-- To be simmered until the liquor is reduced to half.

Average cost, 6d.

Sufficient to make 1-½ pint of broth.

Seasonable from June to March.

EGG WINE.

1867. INGREDIENTS.-- 1 egg, 1 tablespoonful and ½ glass of cold water, 1 glass of sherry, sugar and grated nutmeg to taste.

Mode.-- Beat the egg, mixing with it a tablespoonful of cold water; make the wine-and-water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but do not allow them to boil. Serve in a glass with sippets of toasted bread or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink.

Sufficient for 1 person.

TO MAKE GRUEL.

1868. INGREDIENTS.-- 1 tablespoonful of Robinson's patent groats, 2 tablespoonfuls of cold water, 1 pint of boiling water.

Mode.-- Mix the prepared groats smoothly with the cold water in a basin; pour over them the boiling water, stirring it all the time. Put it into a very clean saucepan; boil the gruel for 10 minutes, keeping it well stirred; sweeten to taste, and serve. It may be flavoured with a small piece of lemon-peel, by boiling it in the gruel, or a little grated nutmeg may be put in; but in these matters the taste of the patient should be consulted. Pour the gruel in a tumbler and serve. When wine is allowed to the invalid, 2 tablespoonfuls of sherry or port make this preparation very nice. In cases of colds, the same quantity of spirits is sometimes added instead of wine.

Time.-- 10 minutes.

Sufficient to make a pint of gruel.
MRS. ISABELLA BEETON

INVALID'S JELLY.

1869. INGREDIENTS.-- 12 shanks of mutton, 3 quarts of water, a bunch of sweet herbs, pepper and salt to taste, 3 blades of mace, 1 onion, 1 lb. of lean beef, a crust of bread toasted brown.

Mode.-- Soak the shanks in plenty of water for some hours, and scrub them well; put them, with the beef and other ingredients, into a saucepan with the water, and let them simmer very gently for 5 hours. Strain the broth, and, when cold, take off all the fat. It may be eaten either warmed up or cold as a jelly.

Time.-- 5 hours. Average cost, 1s.

Sufficient to make from 1-½ to 2 pints of jelly.

Seasonable at any time.

LEMONADE FOR INVALIDS.

1870. INGREDIENTS.-- ½ lemon, lump sugar to taste, 1 pint of boiling water.

Mode.-- Pare off the rind of the lemon thinly; cut the lemon into 2 or 3 thick slices, and remove as much as possible of the white outside pith, and all the pips. Put the slices of lemon, the peel, and lump sugar into a jug; pour over the boiling water; cover it closely, and in 2 hours it will be fit to drink. It should either be strained or poured off from the sediment.

Time.-- 2 hours. Average cost, 2d.

Sufficient to make 1 pint of lemonade. Seasonable at any time.

NOURISHING LEMONADE.

1871. INGREDIENTS.-- 1-½ pint of boiling water, the juice of 4 lemons, the rinds of 2, ½ pint of sherry, 4 eggs, 6 oz. of loaf sugar.

Mode.-- Pare off the lemon-rind thinly, put it into a jug with the sugar, and pour over the boiling water. Let it cool, then strain it; add the wine, lemon-juice, and eggs, previously well beaten, and also strained, and the beverage will be ready for use. If thought desirable, the quantity of sherry and water could be lessened, and milk substituted for them. To obtain the flavour of the lemon-rind properly, a few lumps of the sugar should be rubbed over it, until some of the yellow is absorbed.

Time.-- Altogether 1 hour to make it. Average cost, 1s. 8d.

Sufficient to make 2-½ pints of lemonade. Seasonable at any time.
TO MAKE MUTTON BROTH.

1872. INGREDIENTS.-- 1 lb. of the scrag end of the neck of mutton, 1 onion, a bunch of sweet herbs, 4 turnip, ½ pints of water, pepper and salt to taste.

Mode.-- Put the mutton into a stewpan; pour over the water cold and add the other ingredients. When it boils, skim it very carefully, cover the pan closely, and let it simmer very gently for an hour; strain it, let it cool, take off all the fat from the surface, and warm up as much as may be required, adding, if the patient be allowed to take it, a teaspoonful of minced parsley which has been previously scalded. Pearl barley or rice are very nice additions to mutton broth, and should be boiled as long as the other ingredients. When either of these is added, the broth must not be strained, but merely thoroughly skimmed. Plain mutton broth without seasoning is made by merely boiling the mutton, water, and salt together, straining it, letting the broth cool, skimming all the fat off, and warming up as much as is required. This preparation would be very tasteless and insipid, but likely to agree with very delicate stomachs, whereas the least addition of other ingredients would have the contrary effect.

Time.-- 1 hour. Average cost, 7d.

Sufficient to make from 1-½ to 2 pints of broth.

Seasonable at any time.

Note.-- Veal broth may be made in the same manner; the knuckle of a leg or shoulder is the part usually used for this purpose. It is very good with the addition of the inferior joints of a fowl, or a few shank-bones.

MUTTON BROTH, QUICKLY MADE.

1873. INGREDIENTS.-- 1 or 2 chops from a neck of mutton, 1 pint of water, a small bunch of sweet herbs, ¼ of an onion, pepper and salt to taste.

Mode.-- Cut the meat into small pieces, put it into a saucepan with the bones, but no skin or fat; add the other ingredients; cover the saucepan, and bring the water quickly to boil. Take the lid off, and continue the rapid boiling for 20 minutes, skimming it well during the process; strain the broth into a basin; if there should be any fat left on the surface, remove it by laying a piece of thin paper on the top: the greasy particles will adhere to the paper, and so free the preparation from them. To an invalid nothing is more disagreeable than broth served with a quantity of fat floating on the top; to avoid this, it is always better to allow it to get thoroughly cool, the fat can then be so easily removed.

Time.-- 20 minutes after the water boils. Average cost, 5d.

Sufficient to make ½ pint of broth. Seasonable at any time.
STEWED RABBITS IN MILK.

1874. INGREDIENTS.-- 2 very young rabbits, not nearly half grown; 1-½ pint of milk, 1 blade of mace, 1 dessertspoonful of flour, a little salt and cayenne.

Mode.-- Mix the flour very smoothly with 4 tablespoonfuls of the milk, and when this is well mixed, add the remainder. Cut up the rabbits into joints, put them into a stewpan, with the milk and other ingredients, and simmer them very gently until quite tender. Stir the contents from time to time, to keep the milk smooth and prevent it from burning. ½ hour will be sufficient for the cooking of this dish.

Time.-- ½ hour. Average cost, from 1s. to 1s. 6d. each.

Sufficient for 3 or 4 meals. Seasonable from September to February.

RICE-MILK.

1875. INGREDIENTS.-- 3 tablespoonfuls of rice, 1 quart of milk, sugar to taste; when liked, a little grated nutmeg.

Mode.-- Well wash the rice, put it into a saucepan with the milk, and simmer gently until the rice is tender, stirring it from time to time to prevent the milk from burning; sweeten it, add a little grated nutmeg, and serve. This dish is also very suitable and wholesome for children; it may be flavoured with a little lemon-peel, and a little finely-minced suet may be boiled with it, which renders it more strengthening and more wholesome. Tapioca, semolina, vermicelli, and macaroni, may all be dressed in the same manner.

Time.-- From ¾ to 1 hour. Seasonable at any time.

TO MAKE TOAST-AND-WATER.

1876. INGREDIENTS.-- A slice of bread, 1 quart of boiling water.

Mode.-- Cut a slice from a stale loaf (a piece of hard crust is better than anything else for the purpose), toast it of a nice brown on every side, but do not allow it to burn or blacken. Put it into a jug, pour the boiling water over it, cover it closely, and let it remain until cold. When strained, it will be ready for use. Toast-and-water should always be made a short time before it is required, to enable it to get cold: if drunk in a tepid or lukewarm state, it is an exceedingly disagreeable beverage. If, as is sometimes the case, this drink is wanted in a hurry, put the toasted bread into a jug, and only just cover it with the boiling water; when this is cool, cold water may be added in the proportion required;-- the toast-and-water strained; it will then be ready for use, and is more expeditiously prepared than by the above method.

TOAST SANDWICHES.

1877. INGREDIENTS.-- Thin cold toast, thin slices of bread-and-butter, pepper and salt to taste.
Mode.-- Place a very thin piece of cold toast between 2 slices of thin bread-and-butter in the form of a sandwich, adding a seasoning of pepper and salt. This sandwich may be varied by adding a little pulled meat, or very fine slices of cold meat, to the toast, and in any of these forms will be found very tempting to the appetite of an invalid.

1878. Besides the recipes contained in this chapter, there are, in the previous chapters on cookery, many others suitable for invalids, which it would be useless to repeat here. Recipes for fish simply dressed, light soups, plain roast meat, well-dressed vegetables, poultry, simple puddings, jelly, stewed fruits, &c. &c., all of which dishes may be partaken of by invalids and convalescents, will be found in preceding chapters.
CHAPTER XL. -- Dinners and dining.

1879. Man, it has been said, is a dining animal. Creatures of the inferior races eat and drink; man only dines. It has also been said that he is a cooking animal; but some races eat food without cooking it. A Croat captain said to M. Brillat Savarin, "When, in campaign, we feel hungry, we knock over the first animal we find, cut off a steak, powder it with salt, put it under the saddle, gallop over it for half a mile, and then eat it." Huntsmen in Dauphiny, when out shooting, have been known to kill a bird, pluck it, salt and pepper it, and cook it by carrying it some time in their caps. It is equally true that some races of men do not dine any more than the tiger or the vulture. It is not a dinner at which sits the aboriginal Australian, who gnaws his bone half bare and then flings it behind to his squaw. And the native of Terra-del-Fuego does not dine when he gets his morsel of red clay. Dining is the privilege of civilization. The rank which a people occupy in the grand scale may be measured by their way of taking their meals, as well as by their way of treating their women. The nation which knows how to dine has learnt the leading lesson of progress. It implies both the will and the skill to reduce to order, and surround with idealisms and graces, the more material conditions of human existence; and wherever that will and that skill exist, life cannot be wholly ignoble.

1880. Dinner, being the grand solid meal of the day, is a matter of considerable importance; and a well-served table is a striking index of human, ingenuity and resource. "Their table," says Lord Byron, in describing a dinner-party given by Lord and Lady Amundevillo at Norman Abbey,--

"Their table was a board to tempt even ghosts
To pass the Styx for more substantial feasts.
I will not dwell upon ragouts or roasts,
Albeit all human history attests
That happiness for man -- the hungry sinner! --
Since Eve ate apples, much depends on dinner."

And then he goes on to observe upon the curious complexity of the results produced by human cleverness and application catering for the modifications which occur in civilized life, one of the simplest of the primal instincts:--

"The mind is lost in mighty contemplation
Of intellect expended on two courses;
And indigestion's grand multiplication
Requires arithmetic beyond my forces.
Who would suppose, from Adam's simple ration,
That cookery could have call'd forth such resources,
As form a science and a nomenclature
From out the commonest demands of nature?"

And we may well say, Who, indeed, would suppose it? The gulf between the Croat, with a steak under his saddle, and Alexis Soyer getting up a great dinner at the Reform-Club, or even Thackeray's Mrs. Raymond Gray giving "a little dinner" to Mr. Snob (with one of those famous "roly-poly puddings" of hers),-- what a gulf it is!
1881. That Adam's "ration," however, was "simple," is a matter on which we have contrary judgments given by the poets. When Raphael paid that memorable visit to Paradise,—which we are expressly told by Milton he did exactly at dinner-time,—Eve seems to have prepared "a little dinner" not wholly destitute of complexity, and to have added ice-creams and perfumes. Nothing can be clearer than the testimony of the poet on these points:—

"And Eve within, due at her home prepared
For dinner savoury fruits, of taste to please
True appetite, and not disrelish thirst
Of nectarous draughts between....
.... With dispatchful looks in haste
She turns, on hospitable thoughts intent,
What choice to choose for delicacy best,
What order so contrived as not to mix
Tastes not well join'd, inelegant, but bring
Taste after taste, upheld with kindliest change --

* * * *

"She tempers dulcet creams....
.... then strews the ground
With rose and odours."

It may be observed, in passing, that the poets, though they have more to say about wine than solid food, because the former more directly stimulates the intellect and the feelings, do not flinch from the subject of eating and drinking. There is infinite zest in the above passage from Milton, and even more in the famous description of a dainty supper, given by Keats in his "Eve of Saint Agnes." Could Queen Mab herself desire to sit down to anything nicer, both as to its appointments and serving, and as to its quality, than the collation served by Porphyro in the lady's bedroom while she slept? -

"There by the bedside, where the faded moon
Made a dim silver twilight, soft he set
A table, and, half-anguish'd, threw thereon
A cloth of woven crimson, gold, and jet.

* * * *

"While he, from forth the closet, brought a heap
Of candied apple, quince, and plum, and gourd;
With jellies smoother than the creamy curd,
And lucent syrups tinct with cinnamon;
Manna and dates, in argosy transferr'd
From Fez; and spiced dainties, every one,
From silken Samarcand to cedar'd Lebanon."

But Tennyson has ventured beyond dates, and quinces, and syrups, which may be thought easy to be brought in by a poet. In his idyl of "Audley Court" he gives a most appetizing description of a pasty at a pic-nic:--

"There, on a slope of orchard, Francis laid
A damask napkin wrought with horse and hound;"
Brought out a dusky loaf that smelt of home,
And, half cut down, a pasty costly made,
Where quail and pigeon, lark and leveret, lay
Like fossils of the rock, with golden yolks
Imbedded and injellied."

We gladly quote passages like these, to show how eating and drinking may be surrounded with poetical associations, and how man, using his privilege to turn any and every repast into a "feast of reason," with a warm and plentiful "flow of soul," may really count it as not the least of his legitimate prides, that he is "a dining animal."

1882. It has been said, indeed, that great men, in general, are great diners. This, however, can scarcely be true of any great men but men of action; and, in that case, it would simply imply that persons of vigorous constitution, who work hard, eat heartily; for, of course, a life of action requires a vigorous constitution, even though there may be much illness, as in such cases as William III. and our brave General Napier. Of men of thought, it can scarcely be true that they eat so much, in a general way, though even they eat more than they are apt to suppose they do; for, as Mr. Lewes observes, "nerve-tissue is very expensive." Leaving great men of all kinds, however, to get their own dinners, let us, who are not great, look after ours. Dine we must, and we may as well dine elegantly as well as wholesomely.

1883. There are plenty of elegant dinners in modern days, and they were not wanting in ancient times. It is well known that the dinner-party, or symposium, was a not unimportant, and not unpoetical, feature in the life of the sociable, talkative, tasteful Greek. Douglas Jerrold said that such is the British humour for dining and giving of dinners, that if London were to be destroyed by an earthquake, the Londoners would meet at a public dinner to consider the subject. The Greeks, too, were great diners: their social and religious polity gave them many chances of being merry and making others merry on good eating and drinking. Any public or even domestic sacrifice to one of the gods, was sure to be followed by a dinner-party, the remains of the slaughtered "offering" being served up on the occasion as a pious pièce de résistance; and as the different gods, goddesses, and demigods, worshipped by the community in general, or by individuals, were very numerous indeed, and some very religious people never let a day pass without offering up something or other, the dinner-parties were countless. A birthday, too, was an excuse for a dinner; a birthday, that is, of any person long dead and buried, as well as of a living person, being a member of the family, or otherwise esteemed. Dinners were, of course, eaten on all occasions of public rejoicing. Then, among the young people, subscription dinners, very much after the manner of modern times, were always being got up; only that they would be eaten not at an hotel, but probably at the house of one of the heterae. A Greek dinner-party was a handsome, well-regulated affair. The guests came in elegantly dressed and crowned with flowers. A slave, approaching each person as he entered, took off his sandals and washed his feet. During the repast, the guests reclined on couches with pillows, among and along which were set small tables. After the solid meal came the "symposium" proper, a scene of music, merriment, and dancing, the two latter being supplied chiefly by young girls. There was a chairman, or symposiarch, appointed by the company to regulate the drinking; and it was his duty to mix the wine in the "mighty bowl." From this bowl the attendants ladled the liquor into goblets, and, with the goblets, went round and round the tables, filling the cups of the guests.
1884. The elegance with which a dinner is served is a matter which depends, of course, partly upon the means, but still more upon the taste of the master and mistress of the house. It may be observed, in general, that there should always be flowers on the table, and as they form no item of expense, there is no reason why they should not be employed every day.

1885. The variety in the dishes which furnish forth a modern dinner-table, does not necessarily imply anything unwholesome, or anything capricious. Food that is not well relished cannot be well digested; and the appetite of the over-worked man of business, or statesman, or of any dweller in towns, whose occupations are exciting and exhausting, is jaded, and requires stimulation. Men and women who are in rude health, and who have plenty of air and exercise, eat the simplest food with relish, and consequently digest it well; but those conditions are out of the reach of many men. They must suit their mode of dining to their mode of living, if they cannot choose the latter. It is in serving up food that is at once appetizing and wholesome that the skill of the modern housewife is severely tasked; and she has scarcely a more important duty to fulfil. It is, in fact, her particular vocation, in virtue of which she may be said to hold the health of the family, and of the friends of the family, in her hands from day to day. It has been said that "the destiny of nations depends on the manner in which they are fed;" and a great gastronomist exclaims, "Tell me what kind of food you eat, and I will tell you what kind of man you are." The same writer has some sentences of the same kind, which are rather hyperbolical, but worth quoting:-- "The pleasures of the table belong to all ages, to all conditions, to all countries, and to all eras; they mingle with all other pleasures, and remain, at last, to console us for their departure. The discovery of a new dish confers more happiness upon humanity than the discovery of a new star."

1886. The gastronomist from whom we have already quoted, has some aphorisms and short directions in relation to dinner-parties, which are well deserving of notice:-- "Let the number of your guests never exceed twelve, so that the conversation may be general." Let the temperature of the dining-room be about 68°. Let the dishes be few in number in the first course, but proportionally good. The order of food is from the most substantial to the lightest. The order of drinking wine is from the mildest to the most foamy and most perfumed. To invite a person to your house is to take charge of his happiness so long as he is beneath your roof. The mistress of the house should always be certain that the coffee be excellent; whilst the master should be answerable for the quality of his wines and liqueurs."

* We have seen this varied by saying that the number should never exceed that of the Muses or fall below that of the Graces
BILLS OF FARE.

JANUARY.
1887. DINNER FOR 18 PERSONS.

First Course.
Mock Turtle Soup,
removed by
Cod's Head and Shoulders.

Stewed Eels.  Vase of Red Mullet.

 Clear Oxtail Soup,
removed by
Fried Filleted Soles.

Entrées.
Riz de Veau aux
Tomates.

Ragoût of Vase of Cotelettes de Pore Lobster. Flowers. à la Roberts.

Poulet à la Marengo.

Second Course.
Roast Turkey.

Pigeon Pie.

Boiled Turkey and Vase of Boiled Ham.
Celery Sauce. Flowers.

Tongue, garnished.

Saddle of Mutton.

Third Course.
Charlotte Pheasants, Apricot Jam à la Parisienne. removed by Tartlets.

Plum-pudding.

Jelly.

Cream. Vase of Cream.

Flowers.

Jelly.

Snipes, removed by
Pommes à la Condé.
DESSERT.

We have given above the plan of placing the various dishes of the 1st Course, Entrées, 2nd Course, and 3rd Course. Following this will be found bills of fare for smaller parties; and it will be readily seen, by studying the above arrangement of dishes, how to place a less number for the more limited company. Several *menus* for dinners à la Russe, are also included in the present chapter.

1888. DINNER FOR 12 PERSONS (January).

FIRST COURSE.
Carrot Soup à la Crécy.
Oxtail Soup.
Turbot and Lobster Sauce.
Fried Smelts, with Dutch Sauce.

ENTREES.
Mutton Cutlets, with Soubise Sauce.
Sweetbreads.
Oyster Patties.
Fillets of Rabbits.

SECOND COURSE.
Roast Turkey.
Stewed Rump of Beef à la Jardinière.
Boiled Ham, garnished with Brussels Sprouts.
Boiled Chickens and Celery Sauce.

THIRD COURSE.
Roast Hare.
Teal.
Eggs à la Neige.
Vol-au-Vent of Preserved Fruit.
1 Jelly. 1 Cream.
Potatoes à la Maître d'Hôtel.
Grilled Mushrooms.

DESSERT AND ICES.

1889. DINNER FOR 10 PERSONS (January).

FIRST COURSE.
Soup à la Reine.
Whitings au Gratin.
Crimped Cod and Oyster Sauce.

ENTREES.
Tendrons de Veau.
Curried Fowl and Boiled Rice.
SECOND COURSE.
Turkey, stuffed with Chestnuts, and Chestnut Sauce.
Boiled Leg of Mutton, English Fashion,
with Capers Sauce and Mashed Turnips.

THIRD COURSE.
Woodcocks or Partridges.
Widgeon.
Charlotte à la Vanille.
Cabinet Pudding.
Orange Jelly.
Blancmange.
Artichoke Bottoms.
Macaroni, with Parmesan Cheese.

DESSERT AND ICES.

1890. DINNER FOR 8 PERSONS (January).

FIRST COURSE.
Mulligatawny Soup.
Brill and Shrimp Sauce.
Fried Whitings.

ENTREES.
Fricassee Chicken.
Pork Cutlets, with Tomato Sauce.

SECOND COURSE.
Haunch of Mutton.
Boiled Turkey and Celery Sauce.
Boiled Tongue, garnished with Brussels Sprouts.

THIRD COURSE.
Roast Pheasants.
Meringues à la Crème.
Compôte of Apples.
Orange Jelly.
Cheesecakes.
Soufflé of Rice.

DESSERT AND ICES.

1891. DINNER FOR 6 PERSONS (January).-- I.

FIRST COURSE.
Julienne Soup.
Soles à la Normandie.
ENTREES.
Sweetbreads, with Sauce Piquante.
Mutton Cutlets, with Mashed Potatoes.

SECOND COURSE.
Haunch of Venison.
Boiled Fowls and Bacon, garnished with Brussels Sprouts.

THIRD COURSE.
Plum-pudding.
Custards in Glasses.
Apple Tart.
Fondue à la Brillat Savarin.

DESSERT.

1892. DINNER FOR 6 PERSONS (January).-- II.

FIRST COURSE.
Vermicelli Soup.
Fried Slices of Codfish and Anchovy Sauce.
John Dory.

ENTREES.
Stewed Rump-steak à la Jardinière Rissoles.
Oyster Patties.

SECOND COURSE.
Leg of Mutton.
Curried Rabbit and Boiled Rice.

THIRD COURSE.
Partridges.
Apple Fritters.
Tartlets of Greengage Jam.
Orange Jelly.
Plum-pudding.

DESSERT.

1893. DINNER FOR 6 PERSONS (January).-- III.

FIRST COURSE.
Pea-soup.
Baked Haddock.
Soles à la Crème.

ENTREES.
Mutton Cutlets and Tomato Sauce.
Fricasseeed Rabbit.
SECOND COURSE.
Roast Pork and Apple Sauce.
Breast of Veal, Rolled and Stuffed.
Vegetables.

THIRD COURSE.
Jugged Hare.
Whipped Cream, Blancmange.
Mince Pies.
Cabinet Pudding.

1894. DINNERS FOR 6 PERSONS (January).-- IV.

FIRST COURSE.
Palestine Soup.
Fried Smelts.
Stewed Eels.

ENTREES.
Ragoût of Lobster.
Broiled Mushrooms.
Vol-au-Vent of Chicken.

SECOND COURSE.
Sirloin of Beef.
Boiled Fowls and Celery Sauce.
Tongue, garnished with Brussels Sprouts.

THIRD COURSE.
Wild Ducks.
Charlotte aux Pommes.
Cheesecakes.
Transparent Jelly, inlaid with Brandy Cherries.
Blancmange.
Nesselrode Pudding.

PLAIN FAMILY DINNERS FOR JANUARY.

1895. Sunday. -- 1. Boiled turbot and oyster sauce, potatoes. 2. Roast leg or griskin of pork, apple sauce, brocoli, potatoes. 3. Cabinet pudding, and damson tart made with preserved damsons.

1896. Monday. -- 1. The remains of turbot warmed in oyster sauce, potatoes. 2. Cold pork, stewed steak. 3. Open jam tart, which should have been made with the pieces of paste left from the damson tart; baked arrowroot pudding.

1897. Tuesday. -- 1. Boiled neck of mutton, carrots, mashed turnips, suet dumplings, and caper sauce: the broth should be served first, and a little rice or pearl barley should be boiled with it along with the meat. 2. Rolled jam pudding.

1899. *Thursday.* -- 1. Vegetable soup (the bones from the ribs of beef should be boiled down with this soup), cold beef, mashed potatoes. 2. Pheasants, gravy, bread sauce. 3. Macaroni.

1900. *Friday.* -- 1. Fried whitings or soles. 2. Boiled rabbit and onion sauce, minced beef, potatoes. 3. Currant dumplings.

1901. *Saturday.* -- 1. Rump-steak pudding or pie, greens, and potatoes. 2. Baked custard pudding and stewed apples.

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1902. *Sunday.* -- 1. Codfish and oyster sauce, potatoes. 2. Joint of roast mutton, either leg, haunch, or saddle; brocoli and potatoes, red-currant jelly. 3. Apple tart and custards, cheese.

1903. *Monday.* -- 1. The remains of codfish picked from the bone, and warmed through in the oyster sauce; if there is no sauce left, order a few oysters and make a little fresh; and do not let the fish boil, or it will be watery. 2. Curried rabbit, with boiled rice served separately, cold mutton, mashed potatoes. 3. Somersetshire dumplings with wine sauce.


1905. *Wednesday.* -- 1. The remains of the fowls cut up into joints and fricasseed; joint of roast pork and apple sauce, and, if liked, sage-and-onion, served on a dish by itself; turnips and potatoes. 2. Lemon pudding, either baked or boiled.


1907. *Friday.* -- 1. Boiled beef, either the aitchbone or the silver side of the round; carrots, turnips, suet dumplings, and potatoes: if there is a marrowbone, serve the marrow on toast at the same time. 2. Rice snowballs.

1908. *Saturday.* -- 1. Pea-soup made from liquor in which beef was boiled; cold beef, mashed potatoes. 2. Baked batter fruit pudding.
MRS. ISABELLA BEETON

FEBRUARY.

1909. DINNER FOR 18 PERSONS.

First Course.

Hare Soup, removed by Turbot and Oyster Sauce.

Fried Eels. Vase of Fried Whitings. Flowers.

Oyster Soup, removed by Crimped Cod à la Maître d'Hôtel.

Entrées.

Lark Pudding.

Lobster Patties. Filets de Perdrix. Flowers.

Fricassee Chicken.

Second Course.

Braised Capon. Boiled Ham, garnished.


Pâté Chaud. Haunch of Mutton.

Third Course

Ducklings, removed by Ice Pudding.


Partridges, removed by Cabinet Pudding.

DESSERT AND ICES.
1910. DINNER FOR 12 PERSONS (February).

FIRST COURSE.
Soup a la Reine.
Clear Gravy Soup.
Brill and Lobster Sauce.
Fried Smelts.

ENTREES.
Lobster Rissoles.
Beef Palates.
Pork Cutlets à la Soubise.
Grilled Mushrooms.

SECOND COURSE.
Braised Turkey.
Haunch of Mutton.
Boiled Capon and Oysters.
Tongue, garnished with tufts of Brocoli.
Vegetables and Salads.

THIRD COURSE.
Wild Ducks.
Plovers.
Orange Jelly.
Clear Jelly.
Charlotte Russe.
Nesselrode Pudding.
Gâteau de Riz.
Sea-kale.
Maids of Honour.

DESSERT AND ICES.

1911. DINNER FOR 10 PERSONS (February).

FIRST COURSE.
Palestine Soup.
John Dory, with Dutch Sauce.
Red Mullet, with Sauce Génoise.

ENTREES.
Sweetbread Cutlets, with Poivrade Sauce.
Fowl au Béchamel.

SECOND COURSE.
Roast Saddle of Mutton.
Boiled Capon and Oysters.
Boiled Tongue, garnished with Brussels Sprouts.

THIRD COURSE.
Guinea-Fowls. Ducklings.
Pain de Rhubarb.
Orange Jelly.
Strawberry Cream.
Cheesecakes.
Almond Pudding.
Fig Pudding.

DESSERT AND ICES.

1912. DINNER FOR 8 PERSONS (February).

FIRST COURSE.
Mock Turtle Soup.
Fillet of Turbot à la Crème.
Fried Filleted Soles and Anchovy Sauce.

ENTREES.
Larded Fillets of Rabbits.
Tendrons de Veau with Purée of Tomatoes.

SECOND COURSE.
Stewed Rump of Beef à la Jardinière.
Roast Fowls.
Boiled Ham.

THIRD COURSE.
Roast Pigeons or Larks.
Rhubarb Tartlets.
Meringues.
Clear Jelly. Cream.
Ice Pudding.
Soufflé.

DESSERT AND ICES.

1913. DINNER FOR 6 PERSONS (February) -- I.

FIRST COURSE.
Rice Soup.
Red Mullet, with Génoise Sauce.
Fried Smelts.

ENTREES.
Fowl Pudding.
Sweetbreads.
SECOND COURSE.
Roast Turkey and Sausages.
Boiled Leg of Pork.
Pease Pudding.

THIRD COURSE.
Lemon Jelly.
Charlotte à la Vanille.
Maids of Honour.
Plum-pudding, removed by Ice Pudding.

DESSERT.

1914. DINNER FOR 6 PERSONS (February).-- II.

FIRST COURSE.
Spring Soup.
Boiled Turbot and Lobster Sauce.

ENTREES.
Fricassee Rabbit.
Oyster Patties.

SECOND COURSE.
Boiled Round of Beef and Marrow-bones.
Roast Fowls, garnished with Water-cresses and rolled Bacon.
Vegetables.

THIRD COURSE.
Marrow Pudding.
Cheesecakes.
Tartlets of Greengage Jam.
Lemon Cream.
Rhubarb Tart.

DESSERT.

1915. DINNER FOR 6 PERSONS (February).-- III.

FIRST COURSE.
Vermicelli Soup.
Fried Whitings. Stewed Eels.

ENTREES.
Poulet à la Marengo.
Breast of Veal stuffed and rolled.

SECOND COURSE.
Roast Leg of Pork and Apple Sauce.
Boiled Capon and Oysters.
Tongue, garnished with tufts of Brocoli.

THIRD COURSE.
Wild Ducks.
Lobster Salad.
Charlotte aux Pommes.
Pain de Rhubarb.
Vanilla Cream.
Orange Jelly.

DESSERT.

1916. DINNER FOR 6 PERSONS (February).-- IV.

FIRST COURSE.
Ox-tail Soup.
Cod à la Crème.
Fried Soles.

ENTREES.
Lark Pudding.
Fowl Scallops.

SECOND COURSE.
Roast Leg of Mutton.
Boiled Turkey and Celery Sauce.
Pigeon Pie.
Small Ham, boiled and garnished.
Vegetables.

THIRD COURSE.
Game, when liked.
Tartlets of Raspberry Jam.
Vol-au-Vent of Rhubarb.
Swiss Cream. Cabinet Pudding.
Brocoli and Sea-kale.

DESSERT.

PLAIN FAMILY DINNERS FOR FEBRUARY.


1920. Wednesday.-- 1. Boiled haddock and plain melted butter. 2. Rump-steak pudding, potatoes, greens. 3. Arrowroot, blancmange, garnished with jam.


1922. Friday.-- 1. Pea-soup made with liquor that the pork was boiled in. 2. Cold pork, mashed potatoes. 3. Baked rice pudding.

1923. Saturday.-- 1. Broiled herrings and mustard sauce. 2. Haricot mutton. 3. Macaroni, either served as a sweet pudding or with cheese.


1925. Monday.-- 1. The remainder of fowl curried and served with rice; rump-steaks and oyster sauce, cold mutton. 2. Rolled jam pudding.

1926. Tuesday.-- 1. Vegetable soup made with liquor that the mutton was boiled in on Sunday. 2. Roast sirloin of beef, Yorkshire pudding, brocoli, and potatoes. 3. Cheese.

1927. Wednesday.-- 1. Fried soles, melted butter. 2. Cold beef and mashed potatoes; if there is any cold boiled mutton left, cut it into neat slices and warm it in a little caper sauce. 3. Apple tart.

1928. Thursday.-- 1. Boiled rabbit and onion sauce, stewed beef and vegetables, made with the remains of cold beef and bones. 2. Macaroni.

1929. Friday.-- 1. Roast leg of pork, sage and onions and apple sauce; greens and potatoes. 2. Spinach and poached eggs instead of pudding. Cheese and water-cresses.

MARCH.

1931. DINNER FOR 18 PERSONS.

First Course.
Turtle or Mock Turtle Soup, removed by Salmon and dressed Cucumber.


Spring Soup, removed by Boiled Turbot and Lobster Sauce.

Entrées
Fricassee Chicken.


Larded Sweetbreads.

Second Course.
Fore-quarter of Lamb.

Braised Capon.

Boiled Tongue, garnished. Vase of Ham. Flowers.

Roast Fowls.
Rump of Beef à la Jardinière.

Third Course.
Guinea-Fowls, larded, removed by Cabinet Pudding.


Custards. Vase of Jelly in Flowers. glasses.

Italian Cream.

Damson Tart. Ducklings, Cheesecakes. removed by Nesselrode Pudding.

DESSERT AND ICES.
1932. DINNER FOR 12 PERSONS (March).

FIRST COURSE.
- White Soup.
- Clear Gravy Soup.
- Boiled Salmon, Shrimp Sauce, and dressed Cucumber.
- Baked Mullets in paper cases.

ENTREES.
- Filet de Boeuf and Spanish Sauce.
- Larded Sweetbreads.
- Rissoles.
- Chicken Patties.

SECOND COURSE.
- Roast Fillet of Veal and Béchamel Sauce.
- Boiled Leg of Lamb.
- Roast Fowls, garnished with Water-cresses.
- Boiled Ham, garnished with Carrots and mashed Turnips.
- Vegetables -- Sea-kale, Spinach, or Brocoli.

THIRD COURSE.
- Two Ducklings.
- Guinea-Fowl, larded.
- Orange Jelly.
- Charlotte Russe.
- Coffee Cream.
- Ice Pudding.
- Macaroni with Parmesan Cheese.
- Spinach, garnished with Croutons.

DESSERT AND ICES.

1933. DINNER FOR 10 PERSONS (March).

FIRST COURSE.
- Macaroni Soup.
- Boiled Turbot and Lobster Sauce.
- Salmon Cutlets.

ENTREES.
- Compôte of Pigeons.
- Mutton Cutlets and Tomato Sauce.

SECOND COURSE.
- Roast Lamb.
- Boiled Half Calf's Head, Tongue, and Brains.
- Boiled Bacon-cheek, garnished with spoonfuls of Spinach.
- Vegetables.
THIRD COURSE.
Ducklings.
Plum-pudding.
Ginger Cream.
Trifle.
Rhubarb Tart.
Cheesecakes.
Fondues, in cases.

DESSERT AND ICES.

1934. DINNER FOR 8 PERSONS (March).

FIRST COURSE.
Calf's-Head Soup.
Brill and Shrimp Sauce.
Broiled Mackerel à la Maître d'Hôtel.

ENTREES.
Lobster Cutlets.
Calf's Liver and Bacon, aux fines herbes.

SECOND COURSE.
Roast Loin of Veal.
Two Boiled Fowls à la Béchamel.
Boiled Knuckle of Ham.
Vegetables -- Spinach or Brocoli.

THIRD COURSE.
Wild Ducks.
Apple Custards.
Blancmange.
Lemon Jelly.
Jam Sandwiches.
Ice Pudding.
Potatoes à la Maître d'Hôtel.

DESSERT AND ICES.

1935. DINNER FOR 6 PERSONS (March).-- I.

FIRST COURSE.
Vermicelli Soup.
Soles à la Crème.

ENTREES.
Veal Cutlets.
Small Vols-au-Vent.
SECOND COURSE.
Small Saddle of Mutton.
Half Calf's Head.
Boiled Bacon-cheek, garnished with Brussels Sprouts.

THIRD COURSE.
Cabinet Pudding.
Orange Jelly.
Custards, in glasses.
Rhubarb Tart.
Lobster Salad.

DESSERT.

1936. DINNER FOR 6 PERSONS (March).-- II.

FIRST COURSE.
Julienne Soup.
Baked Mullets.

ENTREES.
Chicken Cutlets.
Oyster Patties.

SECOND COURSE.
Roast Lamb and Mint Sauce.
Boiled Leg of Pork.
Pease Pudding.
Vegetables.

THIRD COURSE.
Ducklings.
Swiss Cream.
Lemon Jelly.
Cheesecakes.
Rhubarb Tart.
Macaroni.

Dessert.

1937. DINNER FOR 6 PERSONS (March).-- III.

FIRST COURSE.
Oyster Soup.
Boiled Salmon and dressed Cucumber.

ENTREES.
Rissoles. Fricassee Chicken.
SECOND COURSE.
Boiled Leg of Mutton, Caper Sauce.
Roast Fowls, garnished with Water-cresses.
Vegetables.

THIRD COURSE.
Charlotte aux Pommes.
Orange Jelly.
Lemon Cream.
Soufflé of Arrowroot.
Sea-kale.

DESSERT.

1938. DINNER FOR 6 PERSONS (March).-- IV.

FIRST COURSE.
Ox-tail Soup.
Boiled Mackerel.

ENTREES.
Stewed Mutton Kidneys.
Minced Veal and Oysters.

SECOND COURSE.
Stewed Shoulder of Veal.
Roast Ribs of Beef and Horseradish Sauce.
Vegetables.

THIRD COURSE.
Ducklings.
Tartlets of Strawberry Jam.
Cheesecakes.
Gateau de Riz.
Carrot Pudding.
Sea-kale.

DESSERT.

PLAIN FAMILY DINNERS FOR MARCH.

1939. Sunday.-- 1. Boiled ½ calf's, pickled pork, the tongue on a small dish with the brains round it; mutton cutlets and mashed potatoes. 2. Plum tart made with bottled fruit, baked custard pudding, Baroness pudding.

1941. Tuesday.-- 1. Mock turtle soup, made with liquor that calf's was boiled in, and the pieces of . 2. Hashed mutton, rump-steaks and oyster sauce. 3. Boiled plum-pudding.

1942. Wednesday.-- 1. Fried whiting, melted butter, potatoes. 2. Boiled beef, suet dumplings, carrots, potatoes, marrow-bones. 3. Arrowroot blancmange, and stewed rhubarb.

1943. Thursday.-- 1. Pea-soup made from liquor that beef was boiled in. 2. Stewed rump-steak, cold beef, mashed potatoes. 3. Rolled jam pudding.

1944. Friday.-- 1. Fried soles, melted butter, potatoes. 2. Roast loin of mutton, brocoli, potatoes, bubble-and-squeak. 3. Arrowroot blancmange, and stewed rhubarb.

1945. Saturday.-- 1. Pea-soup made from liquor that beef was boiled in. 2. Stewed rump-steak, cold beef, mashed potatoes. 3. Rolled jam pudding.

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1949. Wednesday.-- 1. Stewed mullers. 2. Roast fowls, bacon, gravy, and bread sauce, mutton pudding, made with a few slices of the cold meat and the addition of two kidneys. 3. Baked lemon pudding.

1950. Thursday.-- 1. Vegetable soup made with liquor that the mutton was boiled in, and mixed with the remains of gravy soup. 2. Roast ribs of beef, Yorkshire pudding, horseradish sauce, brocoli and potatoes. 3. Apple pudding or macaroni.

1951. Friday.-- 1. Stewed eels, pork cutlets and tomato sauce. 2. Cold beef, mashed potatoes. 3. Plum tart made with bottled fruit.

1953. DINNER FOR 18 PERSONS.

First Course.

Spring Soup, removed by Salmon and Lobster Sauce.

Fillet of Mackerel. Vase of Fried Smelts. Flowers.

Soles a la Crème.

Entrées.

Lamb Cutlets and Asparagus Peas.


Grenadines de Veau.

Second Course.

Roast Ribs of Lamb.

Larded Capon.

Stewed Beef A la Jardinière. Vase of Boiled Ham. Flowers.

Spring Chickens.

Braised Turkey.

Third Course.

Ducklings, removed by Cabinet Pudding.


Rhubarb Tart.

Nesselrode Pudding.

DESSERT AND ICES.
1954. DINNER FOR 12 PERSONS (April).

FIRST COURSE.
Soup à la Reine.
Julienne Soup.
Turbot and Lobster Sauce.
Slices of Salmon a la Genévése.

ENTREES.
Croquettes of Leveret.
Fricandeau de Veau.
Vol-au-Vent.
Stewed Mushrooms.

SECOND COURSE.
Fore-quarter of Lamb.
Saddle of Mutton.
Boiled Chickens and Asparagus Peas.
Boiled Tongue garnished with Tufts of Brocoli.
Vegetables.

THIRD COURSE.
Ducklings. Larded Guinea-Fowls.
Charlotte a la Parisienne.
Orange Jelly.
Meringues.
Ratafia Ice Pudding.
Lobster Salad.
Sea-kale.

DESSERT AND ICES.

1955. DINNER FOR 10 PERSONS (April).

FIRST COURSE
Gravy Soup.
Salmon and Dressed Cucumber.
Shrimp Sauce.
Fillets of Whitings.

ENTREES.
Lobster Cutlets.
Chicken Patties.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Leg of Lamb.
Ham, garnished with Brocoli.
Vegetables.

THIRD COURSE.
Ducklings.
Compôte of Rhubarb.
Custards.
Vanilla Cream.
Orange Jelly.
Cabinet Pudding.
Ice Pudding.

DESSERT.

1956. DINNER FOR 8 PERSONS (April).

FIRST COURSE.
Spring Soup.
Slices of Salmon and Caper Sauce.
Fried Filleted Soles.

ENTREES.
Chicken Vol-au-Vent.
Mutton Cutlets and Tomato Sauce.

SECOND COURSE.
Roast Loin of Veal.
Boiled Fowls à la Béchamel.
Tongue.
Vegetables.

THIRD COURSE.
Guinea-Fowl.
Sea-kale.
Artichoke Bottoms.
Cabinet Pudding.
Blancmange.
Apricot Tartlets.
Rice Fritters.
Macaroni and Parmesan Cheese.

DESSERT.

1957. DINNER FOR 6 PERSONS (April).

FIRST COURSE.
Tapioca Soup.
Boiled Salmon and Lobster Sauce.
ENTREES.
Sweetbreads.
Oyster Patties.

SECOND COURSE.
Haunch of Mutton.
Boiled Capon and White Sauce.
Tongue.
Vegetables.

THIRD COURSE.
Soufflé of Rice.
Lemon Cream.
Charlotte & la Parisienne.
Rhubarb Tart.

DESSERT.

1958. DINNER FOR 6 PERSONS (April).-- II.

FIRST COURSE.
Julienne Soup.
Fried Whitings.
Red Mullet.

ENTREES.
Lamb Cutlets and Cucumbers.
Rissoles.

SECOND COURSE.
Roast Ribs of Beef.
Neck of Veal à la Béchamel.
Vegetables.

THIRD COURSE.
Ducklings.
Lemon Pudding.
Rhubarb Tart.
Custards.
Cheesecakes.

DESSERT.

1959. DINNER FOR 6 PERSONS (April).-- III.

FIRST COURSE.
Vermicelli Soup.
Brill and Shrimp Sauce.
ENTREES.
Fricandeau of Veal.
Lobster Cutlets.

SECOND COURSE.
Roast Fore-quarter of Lamb.
Boiled Chickens.
Tongue.
Vegetables.

THIRD COURSE.
Goslings.

Sea-kale.
Plum-pudding.
Whipped Cream.
Compôte of Rhubarb.
Cheesecakes.

DESSERT.

1960. DINNER FOR 6 PERSONS (April).-- IV.

FIRST COURSE.
Ox-tail Soup.
Crimped Salmon.

ENTREES.
Croquettes of Chicken.
Mutton Cutlets and Soubise Sauce.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Bacon-cheek garnished with Sprouts.
Boiled Capon. Vegetables.

THIRD COURSE.
Sea-kale. Lobster Salad.
Cabinet Pudding.
Ginger Cream.
Raspberry Jam Tartlets.
Rhubarb Tart. Macaroni.

DESSERT.

PLAIN FAMILY DINNERS FOR APRIL.


1965. Thursday.-- 1. Pea-soup made with liquor that beef was boiled in. 2. Cold beef, mashed potatoes, mutton cutlets and tomato sauce. 3. Macaroni.


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1971. Wednesday.-- 1. Boiled mackerel and melted butter or fennel sauce, potatoes. 2. Roast fillet of veal, bacon, and greens. 3. Fig pudding.

1972. Thursday.-- 1. Flemish soup. 2. Roast loin of mutton, broccoli, potatoes; veal rolls made from remains of cold veal. 3. Boiled rhubarb pudding.


MRS. ISABELLA BEETON

MAY.

1975. DINNER FOR 18 PERSONS.

First Course.
Asparagus Soup,
removed by
Salmon and Lobster
Sauce.

Fried Filleted
Soles
Vase of
Fillets of Mackerel,
Flowers. à la Maître d'Hôtel.

Oxtail Soup,
removed by
Brill & Shrimp Sauce.

Entrées.
Lamb Cutlets and
Cucumbers.

Lobster Pudding. Vase of
Curried Fowl.
Flowers.

Veal Ragoût.

Second Course.
Saddle of Lamb.

Raised Pie.

Roast Fowls. Vase of
Boiled Capon
Flowers. and White Sauce.

Braised Ham.

Roast Veal.

Third Course.
Almond Cheesecake
Goslings,
removed by
College Puddings.

Noyeau Jelly.

Italian Cream.
Vase of
Charlotte à la
Flowers. Parisienne.

Inlaid Jelly.

Plovers' Ducks,
Eggs.
Ducklings,
removed by
Tartlets.
Nesselrode Pudding.

DESSERT AND ICES.
1976. DINNER FOR 12 PERSONS (May).

FIRST COURSE.
White Soup.
Asparagus Soup.
Salmon Cutlets. Boiled Turbot and Lobster Sauce.

ENTREES.
Chicken Vol-au-Vent.
Lamb Cutlets and Cucumbers.
Fricandeau of Veal.
Stewed Mushrooms.

SECOND COURSE.
Roast Lamb. Haunch of Mutton.
Boiled and Roast Fowls.
Vegetables.

THIRD COURSE.
Ducklings.
Goslings.
Charlotte Russe.
Vanilla Cream.
Gooseberry Tart. Custards.
Cheesecakes.
Cabinet Pudding and Iced Pudding.

DESSERT AND ICES.

1977. DINNER FOR 10 PERSONS (May).

FIRST COURSE.
Spring Soup.
Salmon à la Genévése.
Red Mullet.

ENTREES.
Chicken Vol-au-Vent.
Calf's Liver and Bacon aux Fines Herbes.

SECOND COURSE.
Saddle of Mutton.
Half Calf's Head, Tongue, and Brains.
Braised Ham.
Asparagus.

THIRD COURSE.
Roast Pigeons.
Ducklings.
Sponge-cake Pudding.
Charlotte à la Vanille.
Gooseberry Tart.
Cream.
Cheesecakes.
Apricot-jam Tart.

DESSERT AND ICES.

1978. DINNER FOR 8 PERSONS (May).

FIRST COURSE.
Julienne Soup.
Brill and Lobster Sauce.
Fried Fillets of Mackerel.

ENTREES.
Lamb Cutlets and Cucumbers.
Lobster Patties.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Leg of Lamb.
Asparagus.

THIRD COURSE.
Ducklings.
Gooseberry Tart.
Custards.
Fancy Pastry.
Soufflé.

DESSERT AND ICES.

1979. DINNER FOR 6 PERSONS (May).-- I.

FIRST COURSE.
Vermicelli Soup.
Boiled Salmon and Anchovy Sauce.

ENTREES.
Fillets of Beef and Tomato Sauce.
Sweetbreads.

SECOND COURSE.
Roast Lamb.
Boiled Capon.
Asparagus.
THIRD COURSE.
Ducklings.
Cabinet Pudding.
Compôte of Gooseberries.
Custards in Glasses.
Blancmange.
Lemon Tartlets.
Fondue.

DESSERT.

1980. DINNER FOR 6 PERSONS (May).-- II.

FIRST COURSE.
Macaroni Soup.
Boiled Mackerel à la Maître d'Hôtel.
Fried Smelts.

ENTREES.
Scallops of Fowl.
Lobster Pudding.

SECOND COURSE.
Boiled Leg of Lamb and Spinach.
Roast Sirloin of Beef and Horseradish Sauce.
Vegetables.

THIRD COURSE.
Roast Leveret.
Salad.
Soufflé of Rice.
Ramekins.
Strawberry-jam Tartlets.
Orange Jelly.

DESSERT.

1981. DINNER FOR 6 PERSONS (May).-- III.

FIRST COURSE.
Julienne Soup.
Trout with Dutch Sauce.
Salmon Cutlets.

ENTREES.
Lamb Cutlets and Mushrooms.
Vol-au-Vent of Chicken.

SECOND COURSE.
Roast Lamb.
Calf's Head à la Tortue.
Vegetables.

THIRD COURSE.
Spring Chickens.
Iced Pudding.
Vanilla Cream.
Clear Jelly.
Tartlets.
Cheesecakes.

DESSERT.

1982. DINNER FOR 6 PERSONS (May).-- IV.

FIRST COURSE.
Soup à la Reine.
Crimped Trout and Lobster Sauce.
Baked Whitings aux Fines Herbes.

ENTREES.
Braised Mutton Cutlets and Cucumbers.
Stewed Pigeons.

SECOND COURSE.
Roast Fillet of Veal.
Bacon-cheek and Greens.
Fillet of Beef à la Jardinière.

THIRD COURSE.
Ducklings.
Soufflé à la Vanille.
Compôte of Oranges.
Meringues.
Gooseberry Tart.
Fondue.

DESSERT.

PLAIN FAMILY DINNERS FOR MAY.


1984. Monday.-- 1. Fried whitings, anchovy sauce. 2. Cold mutton, mashed potatoes, stewed veal. 3. Fig pudding.

THE BOOK OF HOUSEHOLD MANAGEMENT


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First Course

Asparagus Soup, removed by Crimped Salmon.


Vermicelli Soup, removed by Whitebait.

Entrées

Lamb Cutlets and Peas.

Lobster Patties. Vase of Tendrons de Veau Flowers. à la Jardinière.

Larded Sweetbreads.

Second Course

Saddle of Lamb.

Tongue.

Roast Spring Chickens. Vase of Boiled Capon. Flowers.

Ham.

Boiled Calf's Head.

Third Course

Prawns. Leveret, removed by Tartlets. Ice Pudding.

Wine Jelly.

Vol-au-Vent of Strawberries and Cream. Vase of Custards in Flowers. glasses.

Blancmange.

Goslings, removed by Cheesecake Fondue, in cases. Plover's Eggs.

DESSERT AND ICES.
1998. DINNER FOR 12 PERSONS (June).

FIRST COURSE.
Green-Pea Soup.
Rice Soup.
Salmon and Lobster Sauce.
Trout à la Genévése.
Whitebait.

ENTREES.
Lamb Cutlets and Cucumbers.
Fricasseed Chicken.
Lobster Rissoles.
Stewed Veal and Peas.

SECOND COURSE.
Roast Quarter of Lamb and Spinach.
Filet de Boeuf à la Jardinière.
Boiled Fowls.
Braised Shoulder of Lamb.
Tongue.
Vegetables.

THIRD COURSE.
Goslings.
Ducklings.
Nesselrode Pudding.
Charlotte à la Parisienne.
Gooseberry Tartlets.
Strawberry Cream.
Raspberry-and-Currant Tart.
Custards.

DESSERT AND ICES.

1999. DINNER FOR 10 PERSONS (June).

FIRST COURSE.
Julienne Soup.
Salmon Trout and Parsley-and-Butter.
Red Mullet.

ENTREES.
Stewed Breast of Veal and Peas.
Mutton Cutlets à la Maintenon.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Leg of Lamb, garnished with young Carrots.
Boiled Bacon-cheek.
Vegetables.

THIRD COURSE.
Roast Ducks.
Leveret.
Gooseberry Tart.
Strawberry Cream.
Strawberry Tartlets,
Meringues.
Cabinet Pudding.
Iced Pudding.

DESSERT AND ICES.

2000. DINNER FOR 8 PERSONS (June).

FIRST COURSE.
Vermicelli Soup.
Trout à la Genévése
Salmon Cutlets.

ENTREES.
Lamb Cutlets and Peas.
Fricasseed Chicken.

SECOND COURSE.
Roast Ribs of Beef.
Half Calf's Head, Tongue, and Brains.
Boiled Ham.
Vegetables.

THIRD COURSE.
Roast Ducks.
Compôte of Gooseberries.
Strawberry Jelly.
Pastry.
Iced Pudding.
Cauliflower with Cream Sauce.

DESSERT AND ICES.

2001. DINNER FOR 6 PERSONS (June).-- I.

FIRST COURSE.
Spring Soup.
Boiled Salmon and Lobster Sauce.
ENTREES. Veal Cutlets and Endive.
Ragoût of Duck and Green Peas.

SECOND COURSE.
Roast Loin of Veal.
Boiled Leg of Lamb and White Sauce.
Tongue, garnished.
Vegetables.

THIRD COURSE.
Strawberry Cream.
Gooseberry Tartlets.
Almond Pudding.
Lobster Salad.

DESSERT.

2002. DINNER FOR 6 PERSONS (JUNE).-- II.

FIRST COURSE.
Calf’s-Head Soup.
Mackerel à la Maître d’Hôtel.
Whitebait.

ENTREES.
Chicken Cutlets.
Curried Lobster.

SECOND COURSE.
Fore-quarter of Lamb and Salad.
Stewed Beef à la Jardinière.
Vegetables.

THIRD COURSE.
Goslings.
Green-Currant Tart.
Custards, in glasses.
Strawberry Blancmange.
Soufflé of Rice.

DESSERT.

2003. DINNER FOR 6 PERSONS (JUNE).-- III.

FIRST COURSE.
Green-Pea Soup.
Baked Soles aux fines herbes.
Stewed Trout.
ENTREES.
Calf's Liver and Bacon.
Rissoles.

SECOND COURSE.
Roast Saddle of Lamb and Salad.
Calf's Head à la Tortue.
Vegetables.

THIRD COURSE.
Roast Ducks.
Vol-au-Vent of Strawberries and Cream.
Strawberry Tartlets.
Lemon Blancmange.
Baked Gooseberry Pudding.

DESSERT.

2004. DINNER FOR 6 PERSONS (JUNE).-- IV.

FIRST COURSE.
Spinach Soup.
Soles à la Crème.
Red Mullet.

ENTREES.
Roast Fillet of Veal.
Braised Ham and Spinach.

SECOND COURSE.
Boiled Fowls and White Sauce.
Vegetables.

THIRD COURSE.
Leveret.
Strawberry Jelly.
Swiss Cream.
Cheesecakes.
Iced Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR JUNE.


2010. **Friday**.-- 1. Cold beef and salad, lamb cutlets and peas. 2. Boiled gooseberry pudding and baked custard pudding.


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2015. **Wednesday**.-- 1. Roast leg of mutton, summer cabbage, potatoes. 2. Gooseberry and rice pudding.


2018. **Saturday**.-- 1. Cold boiled beef and salad, lamb cutlets and green peas. 2. Boiled gooseberry pudding and plain cream.
2019. DINNER FOR 18 PERSONS.

First Course

Green-Pea Soup,
removed by
Salmon and dressed
Cucumber.

Whitebait. Vase of Stewed Trout
Flowers.

Soup à la Reine,
removed by
Mackerel à la Maitre
d'Hôtel.

Entrées

Lamb Cutlets and Peas.

Lobster Curry en Casserole. Vase of Scollops of
Flowers. Chickens.

Chicken Patties.

Second Course

Haunch of Venison.

Pigeon Pie.

Boiled Capons. Vase of Spring Chickens.
Flowers.

Braised Ham.

Saddle of Lamb.

Third Course

Prawns. Roast Ducks,
removed by Vanilla Soufflé.
Raspberry Cream.

Cherry Tart. Vase of Raspberry-and-
Flowers. Currant Tart.

Strawberry Cream.

Green Goose,
removed by
Creams. Iced Pudding.
Tartlets.

DESSERT AND ICES.
2020. DINNER FOR 12 PERSONS (July).

FIRST COURSE.
Soup à la Jardinière.
Chicken Soup.
Crimped Salmon and Parsley-and-Butter.
Trout aux fines herbes, in cases.

ENTREES.
Tendrons de Veau and Peas.
Lamb Cutlets and Cucumbers.

SECOND COURSE.
Loin of Veal à la Béchamel.
Roast Fore-quarter of Lamb.
Salad.
Braised Ham, garnished with Broad Beans.
Vegetables.

THIRD COURSE.
Roast Ducks.
Turkey Poult.
Stewed Peas à la Francaise.
Lobster Salad.
Cherry Tart.
Raspberry-and-Currant Tart.
Custards, in glasses.
Lemon Creams.
Nesselrode Pudding.
Marrow Pudding.

DESSERT AND ICES.

2021. DINNER FOR 8 PERSONS (July)

FIRST COURSE.
Green-Pea Soup.
Salmon and Lobster Sauce.
Crimped Perch and Dutch Sauce.

ENTREES.
Stewed Veal and Peas.
Lamb Cutlets and Cucumbers.

SECOND COURSE.
Haunch of Venison.
Boiled Fowls à la Béchamel.
Braised Ham.
Vegetables.
THIRD COURSE.
Roast Ducks.
Peas à la Française.
Lobster Salad.
Strawberry Cream.
Blancmange.
Cherry Tart.
Cheesecakes.
Iced Pudding.

DESSERT AND ICES.

2022. DINNER FOR 6 PERSONS (July).-- I.

FIRST COURSE.
Soup à la Jardinière.
Salmon Trout and Parsley-and-Butter.
Fillets of Mackerel à la Maître d'Hôtel.

ENTREES.
Lobster Cutlets.
Beef Palates à la Italienne.

SECOND COURSE.
Roast Lamb.
Boiled Capon and White Sauce.
Boiled Tongue, garnished with small Vegetable Marrows.
Bacon and Beans.

THIRD COURSE.
Goslings.
Whipped Strawberry Cream.
Raspberry-and-Currant Tart.
Meringues.
Cherry Tartlets.
Iced Pudding.

DESSERT AND ICES.

2023. DINNER FOR 6 PERSONS (July).-- II.

FIRST COURSE.
Julienne Soup.
Crimped Salmon and Caper Sauce.
Whitebait.

ENTREES.
Croquettes à la Reine.
Curried Lobster.
SECOND COURSE.
Roast Lamb.
Rump of Beef à la Jardinière.

THIRD COURSE.
Larded Turkey Poult.
Raspberry Créam.
Cherry Tart.
Custards, in glasses.
Gâteaux à la Genévése.
Nesselrode Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR JULY.


2025. Monday.-- 1. Green-pea soup. 2. Roast fowls garnished with water-cresses; gravy, bread sauce; cold veal and salad. 3. Cherry tart.

2026. Tuesday.-- 1. John dory and lobster sauce. 2. Curried fowl with remains of cold fowls, dish of rice, veal rolls with remains of cold fillet. 3. Strawberry cream.

2027. Wednesday.-- 1. Roast leg of mutton, vegetable marrow, and potatoes, melted butter. 2. Black-currant pudding.


2029. Friday.-- 1. Boiled brisket of beef, carrots, turnips, suet dumplings, peas, potatoes. 2. Baked semolina pudding.

2030. Saturday.-- 1. Cold beef and salad, lamb cutlets and peas. 2. Rolled jam pudding.

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2031. Sunday.-- 1. Julienne soup. 2. Roast lamb, half calf's , tongue and brains, boiled ham, peas and potatoes. 3. Cherry tart, custards.

2032. Monday.-- 1. Hashed calf's , cold lamb and salad. 2. Vegetable marrow and white sauce, instead of pudding.


2034. Wednesday.-- 1. Roast ducks stuffed, gravy, peas, and potatoes; the remains of stewed veal rechauffé. 2. Macaroni served as a sweet pudding.

2036. *Friday.*-- 1. Roast shoulder of mutton, onion sauce, peas and potatoes. 2. Cherry tart, baked custard pudding.

2038. DINNER FOR 18 PERSONS.

First Course.
Mock-Turtle Soup,
removed by
Broiled Salmon and
Caper Sauce.

Red Mullet. Vase of Perch.
Flowers.

Soup à la Julienne,
removed by
Brill and Shrimp Sauce.

Entrées.
Fricandeau de Veau
à la Jardinière.

Curried Lobster. Vase of Lamb Cutlets à la Purée
Flowers. de Pommes de Terre.

Fillet of Ducks and Peas.

Second Course.
Haunch of Venison.

Ham, garnished.

Capon à la Financière Vase of Roast Fowl.
Flowers.

Leveret Pie.

Saddle of Mutton.

Third Course.
Grouse, removed by Cabinet Pudding.


Charlotte à la Vanille. Vase of Custards.
Flowers.

of Pears.

Larded Peahen, removed by Iced Pudding.

DESSERT AND ICES.
2039. DINNER FOR 12 PERSONS (August)

FIRST COURSE.
Vermicelli Soup.
Soup à la Reine.
Boiled Salmon.
Fried Flounders.
Trout en Matelot.

ENTREES.
Stewed Pigeons.
Sweetbreads.
Ragoût of Ducks.
Fillets of Chickens and Mushrooms.

SECOND COURSE.
Quarter of Lamb.
Côtelette de Boeuf à la Jardinière.
Roast Fowls and Boiled Tongue.
Bacon and Beans.

THIRD COURSE.
Grouse.
Wheatears.
Greengage Tart.
Whipped Cream.
Vol-au-Vent of Plums.
Fruit Jelly.
Iced Pudding.
Cabinet Pudding.

DESSERTS AND ICES.

2040. DINNER FOR 8 PERSONS (August).

FIRST COURSE.
Julienne Soup.
Fillets of Turbot and Dutch Sauce.
Red Mullet.

ENTREES.
Riz de Veau aux Tomates.
Fillets of Ducks and Peas.

SECOND COURSE.
Haunch of Venison.
Boiled Capon and Oysters.
Ham, garnished.
Vegetables.
THIRD COURSE.
Leveret.
Fruit Jelly.
Compote of Greengages.
Plum Tart. Custards, in glasses.
Omelette soufflé.

DESSERT AND ICES.

2041. DINNER FOR 6 PERSONS (August).-- I.

FIRST COURSE.
Macaroni Soup.
Crimped Salmon and Sauce Hollandaise.
Fried Fillets of Trout.

ENTREES.
Tendrons de Veau and Stewed Peas.
Salmi of Grouse.

SECOND COURSE.
Roast Loin of Veal.
Boiled Bacon, garnished with French Beans.
Stewed Beef à la Jardinière.
Vegetables.

THIRD COURSE.
Turkey Poult.
Plum Tart.
Custard Pudding.
Vol-au-Vent of Pears.
Strawberry Cream.
Ratafia Soufflé.

DESSERT.

2042. DINNER FOR 6 PERSONS (August).-- II.

FIRST COURSE.
Vegetable-Marrow Soup.
Stowed Mullet.
Fillets of Salmon and Ravigotte Sauce.

ENTREES.
Curried Lobster.
Fricandeau de Veau à la Jardinière.

SECOND COURSE.
Roast Saddle of Mutton.
Stewed Shoulder of Veal, garnished with Forcemeat Balls.
Vegetables.

THIRD COURSE.
Roast Grouse and Bread Sauce.
Vol-au-Vent of Greengages.
Fruit Jolly.
Raspberry Cream.
Custards.
Fig Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR AUGUST.


2044. Monday.-- 1. Cold lamb and salad, small meat pie, vegetable marrow and white sauce. 2. Lemon dumplings.


2046. Wednesday.-- 1. Vegetable soup. 2. Lamb cutlets and French beans; the remains of stewed shoulder of veal, mashed vegetable marrow. 3. Black-currant pudding.


2048. Friday.-- 1. Fried soles and melted butter. 2. Cold beef and salad, lamb cutlets and mashed potatoes. 3. Cauliflowers and white sauce instead of pudding.

2049. Saturday.-- 1. Stewed beef and vegetables, with remains of cold beef; mutton pudding. 2. Macaroni and cheese.

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2052. Tuesday.-- 1. Rice soup. 2. Roast fowls and water-cresses, boiled knuckle of ham, minced veal garnished with croutons; vegetables. 3. College puddings.

2053. Wednesday.-- 1. Curried fowl with remains of cold fowl; dish of rice, stewed rump-steak and vegetables. 2. Plum tart.

2055. *Friday.*-- 1. Vegetable soup, made from liquor that beef was boiled in. 2. Cold beef and dressed cucumber, veal cutlets and tomato sauce. 3. Fondue.

2056. *Saturday.*-- 1. Bubble-and-squeak, made from remains of cold beef; cold veal-and-ham pie, salad. 2. Baked raspberry pudding.
SEPTEMBER.

2057. DINNER FOR 18 PERSONS.

First Course
Julienne Soup,
removed by
Brill and Shrimp Sauce.

Red Mullet &
Italian Sauce.
Vase of
Fried Eels.

Giblet Soup,
removed by
Salmon and Lobster Sauce.

Entrées
Lamb Cutlets and
French Beans.

Fillets of Chicken
and Truffles.
Vase of
Oysters au gratin.

Sweetbreads and
Tomato Sauce.

Second Course
Saddle of Mutton.

Veal-and-Ham Pie.

Chickens à la
Béchamel.
Vase of
Braised Goose.

Broiled Ham, garnished
with Cauliflowers.

Filet of Veal.

Third Course
Custards.

Partridges,
removed by
Plum-pudding.

Compôte of Greengages.

Noyeau Jelly.
Vase of
Lemon Cream.

Pastry Sandwiches.

Grouse & Bread Sauce,
removed by
Plum Tart.

Nesselrode Pudding.

Custards.

DESSERTS AND ICES.
2058. DINNER FOR 12 PERSONS (September).

FIRST COURSE.

Mock-Turtle Soup.
Soup à la Jardinière
Salmon and Lobster Sauce.
Fried Whitings.
Stewed Eels.

ENTREES.
Veal Cutlets.
Scalloped Oysters.
Curried Fowl.
Grilled Mushrooms.

SECOND COURSE.
Haunch of Mutton.
Boiled Calf's Head à la Béchamel.
Braised Ham.
Roast Fowls aux Cressons.

THIRD COURSE.
Leveret.
Grouse.
Cabinet Pudding.
Iced Pudding.
Compôte of Plumbs.
Damson Tart.
Cream.
Fruit Jelly.
Prawns.
Lobster Salad.

DESSERTS AND ICES.

2059. DINNER FOR 8 PERSONS (September).

FIRST COURSE.

Flemish Soup.
Turbot, garnished with Fried Smelts.
Red Mullet and Italian Sauce.

ENTREES.
Tendrons de Veau and Truffles.
Lamb Cutlets and Sauce Piquante.

SECOND COURSE.
Loin of Veal à la Béchamel.
Roast Haunch of Venison.
Braised Ham.
Grouse Pie.
Vegetables.

THIRD COURSE.
Roast Hare.
Plum Tart.
Whipped Cream.
Punch Jelly.
Compôte of Damsons.
Marrow Pudding.

DESSERT.

2060. DINNER FOR 6 PERSONS (September).

FIRST COURSE.
Game Soup.
Crimped Skate.
Slices of Salmon a la Genévése.

ENTREES.
Fricassee Sweetbreads.
Savoury Rissoles.

SECOND COURSE.
Sirloin of Beef and Horseradish Sauce.
Boiled Leg of Mutton and Caper Sauce.
Vegetables.

THIRD COURSE.
Roast Partridges.
Charlotte Russe.
Apricots and Rice.
Fruit Jelly.
Cabinet Pudding.

DESSERT.

2061. DINNER FOR 6 PERSONS (September).-- II.

FIRST COURSE.
Thick Gravy Soup.
Fillets of Turbot à la Crème.
Stewed Eels.

ENTREES.
Vol-au-Vent of Lobster.
Salmi of Grouse.
SECOND COURSE.
Haunch of Venison.
Rump of Beef à la Jardinière.
Hare, boned and larded, with Mushrooms.

THIRD COURSE.
Roast Grouse.
Apricot Blancmange.
Compôte of peaches.
Plum Tart.
Custards.
Plum-pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR SEPTEMBER.


2063. Monday.-- 1. Crimped skate and crab sauce. 2. Cold beef and salad; small veal-and-ham pie. 3. Vegetable marrow and white sauce.

2064. Tuesday.-- 1. Fried solos, melted butter. 2. Boiled fowls, parsley-and-butter; bacon-check, garnished with French beans; beef rissoles, made from remains of cold beef. 3. Plum tart and cream.

2065. Wednesday.-- 1. Boiled round of beef, carrots, turnips, and suet dumplings; marrow on toast. 2. Baked damsons and rice.

2066. Thursday.-- 1. Vegetable soup, made from liquor that beef was boiled in. 2. Lamb cutlets and cucumbers, cold beef and salad. 3. Apple pudding.

2067. Friday.-- 1. Baked soles. 2. Bubble-and-squeak, made from cold beef; veal cutlets and rolled bacon. 3. Damson tart.

2068. Saturday.-- 1. Irish stew, rump-steaks and oyster sauce. 2. Somersetshire dumplings.

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2069. Sunday.-- 1. Fried filleted soles and anchovy sauce. 2. Roast leg of mutton, brown onion sauce, French beans, and potatoes; half calf's, tongue, and brains. 3. Plum tart; custards, in glasses.

2070. Monday.-- 1. Vegetable-marrow soup. 2. Calf's à la maître d'hôtel, from remains of cold; boiled brisket of beef and vegetables. 3. Stewed fruit and baked rice pudding.
1071. **Tuesday.**-- 1. Roast fowls and watercresses; boiled bacon, garnished with tufts of cauliflower; hashed mutton, from remains of mutton of Sunday. 2. Baked plum-pudding.

2072. **Wednesday.**-- 1. Boiled knuckle of veal and rice, turnips, potatoes; small ham, garnished with French beans. 2. Baked apple pudding.

2073. **Thursday.**-- 1. Brill and shrimp sauce. 2. Roast hare, gravy, and red-currant jelly; mutton cutlets and mashed potatoes. 3. Scalloped oysters, instead of pudding.

2074. **Friday.**-- 1. Small roast loin of mutton; the remains of hare, jugged; vegetable marrow and potatoes. 2. Damson pudding.

2075. **Saturday.**-- 1. Rump-steaks, broiled, and oyster sauce, mashed potatoes; veal-and-ham pie,— the ham may be cut from that boiled on Wednesday, if not all eaten cold for breakfast. 2. Lemon pudding.
OCTOBER.

2076. DINNER FOR 18 PERSONS.

First Course
Mock-Turtle Soup,
removed by
Crimped Cod and Oyster
Sauce.

Soles à la
Normandie. Vase of Red Mullet.

Julienne Soup,
removed by
John Dory and Dutch
Sauce.

Entrées
Sweetbreads and Tomata
Sauce.

Oyster Patties. Vase of Stewed Mushrooms.

Fricandeau de Veau and
Celery Sauce.

Second Course.
Roast Saddle of
Mutton.

Grouse Pie.

Roast Goose. Vase of Boiled Fowls and

Flowers. Oyster Sauce.

Ham.

Larded Turkey.

Third Course.
Custards. Pheasants,
removed by
Cabinet Pudding.

Prawns.

Italian Cream.

Gâteau de
Pommes. Vase of Compôte of

Flowers. Plums.

Peach Jelly.

Roast Hare,
removed by
2077. DINNER FOR 12 PERSONS (OCTOBER).

FIRST COURSE.
Carrot Soup à la Créci.
Soup à la Reine.
Baked Cod.
Stewed Eels.

ENTREES.
Riz de Veau and Tomata Sauce.
Vol-au-Vent of Chicken.
Pork Cutlets and Sauce Robert.
Grilled Mushrooms.

SECOND COURSE.
Rump of Beef à la Jardinière.
Roast Goose.
Boiled Fowls and Celery Sauce.
Tongue, garnished.
Vegetables.

THIRD COURSE.
Grouse.
Pheasants.
Quince Jelly.
Lemon Cream.
Apple Tart.
Compote of Peaches.
Nesselrode Pudding.
Cabinet Pudding.
Scalloped Oysters.

DESSERT AND ICES.

2078. DINNER FOR 8 PERSONS (October).

FIRST COURSE.
Calf's-Head Soup.
Crimped Cod and Oyster Sauce.
Stewed Eels.

ENTREES.
Stewed Mutton Kidneys.
Curried Sweetbreads.

SECOND COURSE.
Boiled Leg of Mutton, garnished with Carrots and Turnips. Roast Goose.
THIRD COURSE.
Partridges.
Fruit Jelly. Italian Cream.
Vol-au-Vent of Pears.
Apple Tart.
Cabinet Pudding.

DESSERT AND ICES.

2079. DINNER FOR 6 PERSONS (October).-- I.

FIRST COURSE.
Hare Soup.
Broiled Cod à la Maître d'Hôtel.
Haddocks and Egg Sauce.

ENTREES.
Veal Cutlets, garnished with French Beans.
Haricot Mutton.

SECOND COURSE.
Roast Haunch of Mutton.
Boiled Capon and Rice.
Vegetables.

THIRD COURSE.
Pheasants.
Apples à la Portugaise.
Charlotte à la Vanille.
Marrow Pudding.

DESSERT.

2080. DINNER FOR 6 PERSONS (October).-- II.

FIRST COURSE.
Mock-Turtle Soup.
Brill and Lobster Sauce.
Fried Whitings.

ENTREES.
Fowl à la Béchamel.
Oyster Patties.

SECOND COURSE.
Roast Sucking-Pig.
Stewed Hump of Beef à la Jardinière.
Vegetables.
THIRD COURSE.
Grouse.
Charlotte aux Pommes.
Coffee Cream.
Cheesecakes.
Apricot Tart.
Iced Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR OCTOBER.

2081. Sunday.-- 1. Roast sucking-pig, tomata sauce and brain sauce; small boiled leg of mutton, caper sauce, turnips, and carrots. 2. Damson tart, boiled batter pudding.

2082. Monday.-- 1. Vegetable soup, made from liquor that mutton was boiled in. 2. Sucking-pig en blanquette, small meat pie, French beans, and potatoes. 3. Pudding, pies.

2083. Tuesday.-- 1. Roast partridges, bread sauce, and gravy; slices of mutton warmed in caper sauce; vegetables. 2. Baked plum-pudding.

2084. Wednesday.-- 1. Roast ribs of beef, Yorkshire pudding, vegetable marrow, and potatoes. 2. Damson pudding.

2085. Thursday.-- 1. Fried soles, melted butter. 2. Cold beef and salad; mutton cutlets and tomata sauce. 3. Macaroni.

2086. Friday.-- 1. Carrot soup. 2. Boiled fowls and celery sauce; bacon-check, garnished with greens; beef rissoles, from remains of cold beef. 3. Baroness pudding.


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2089. Monday.-- 1. The remains of codfish, flaked, and warmed in a maître d'hôtel sauce. 2. Cold mutton and salad, veal cutlets and rolled bacon, French beans and potatoes. 3. Arrowroot blancmange and stewed damsons. 2090. Tuesday.-- 1. Roast hare, gravy, and red-currant jelly; hashed mutton, vegetables. 2. Currant dumplings.

2091. Wednesday.-- 1. Jugged hare, from remains of roast ditto; boiled knuckle of veal and rice; boiled bacon-cheek. 2. Apple pudding.

2092. Thursday.-- 1. Roast leg of pork, apple sauce, greens, and potatoes. 2. Rice snowballs.
2093. Friday.-- 1. Slices of pork, broiled, and tomato sauce, mashed potatoes; roast pheasants, bread sauce, and gravy. 2. Baked apple pudding.

2094. Saturday.-- 1. Rump-steak pie, sweetbreads. 2. Ginger pudding.
MRS. ISABELLA BEETON

NOVEMBER.

2095.-- DINNER FOR 18 PERSONS.

First Course.
Thick Grouse Soup,
removed by
Crimped Cod and Oyster
Sauce.

Baked Whitings. Vase of Fried Smelts.
                Flowers.

Clear Ox-tail Soup,
removed by
Fillets of Turbot à la
Crème.

Entrées.
Poulet à la Marengo.

Fillets of Leveret. Vase of Ragoût of Lobster.
                  Flowers.

Mushrooms sautés.

Second Course.
Haunch of Mutton.

Cold Game Pie.

Lark Pudding. Vase of Roast Fowls.
               Flowers.

Boiled Ham.

Boiled Turkey and Celery Sauce.

Third Course.
Apple Tart. Partridges, Shell-Fish.
            removed by Plum-pudding.

Wine Jelly.

Pommes à la Vase of Vol-au-Vent
Condé. Flowers. of Pears.

Snipes,
removed by

DESSERT AND ICES.
2096. DINNER FOR 12 PERSONS (November).

FIRST COURSE.
Hare Soup.
Julienne Soup.
Baked Cod.
Soles à la Normandie.

ENTREES.
Riz de Veau aux Tomates.
Lobster Patties.
Mutton Cutlets and Soubise Sauce.
Croûtades of Marrow aux fines herbes.

SECOND COURSE.
Roast Sirloin of Beef.
Braised Goose.
Boiled Fowls and Celery Sauce.
Bacon-cheek, garnished with Sprouts.

THIRD COURSE.
Wild Ducks.
Partridges.
Apples à la Portugaise.
Bavarian Cream.
Apricot-jam Sandwiches.
Cheesecakes.
Charlotte à la Vanille.
Plum-pudding.

DESSERT AND ICES.

2097. DINNER FOR 8 PERSONS (NOVEMBER).

FIRST COURSE.
Mulligatawny Soup.
Fried slices of Codfish and Oyster Sauce.
Eels en Matelote.

ENTREES.
Broiled Pork Cutlets and Tomata Sauce.
Tendrons de Veau à la Jardinière.

SECOND COURSE.
Boiled Leg of Mutton and Vegetables.
Roast Goose.
Cold Game Pie.

THIRD COURSE.
Snipes.
Teal.
Apple Soufflé.
Iced Charlotte.
Tartlets.
Champagne Jelly.
Coffee Cream.
Mince Pies.

DESSERT AND ICES.

2098. DINNER FOR 6 PERSONS (NOVEMBER).

FIRST COURSE.
Oyster Soup.
Crimped Cod and Oyster Sauce.
Fried Perch and Dutch Sauce.

ENTREES.
Pigs' Feet à la Béchamel.
Curried Rabbit.

SECOND COURSE.
Roast Sucking-Pig.
Boiled Fowls and Oyster Sauce.
Vegetables.

THIRD COURSE.
Jugged Hare.
Meringues à la Crème.
Apple Custard.
Vol-au-Vent of Pears.
Whipped Cream.
Cabinet Pudding.

DESSERT.

2099. DINNER FOR 6 PERSONS (NOVEMBER).-- II.

FIRST COURSE.
Game Soup.
Slices of Codfish and Dutch Sauce.
Fried Eels.

ENTREES.
Kidneys à la Maître d'Hôtel.
Oyster Patties.

SECOND COURSE.
Saddle of Mutton.
Boiled Capon and Rice.
Small Ham.
Lark Pudding.

**THIRD COURSE.**
Roast Hare.
Apple Tart.
Pineapple Cream.
Clear Jelly.
Cheesecakes.
Marrow Pudding.
Nesselrode Pudding.

**DESSERT.**

**PLAIN FAMILY DINNERS FOR NOVEMBER.**


2104. *Thursday.*-- 1. Cold pork and mashed potatoes; roast partridges, bread sauce and gravy. 2. The remainder of pudding cut into neat slices, and warmed through, and served with sifted sugar sprinkled over; apple fritters.

2105. *Friday.*-- 1. Roast hare, gravy, and currant jelly; rump-steak and oyster sauce; vegetables. 2. Macaroni.

2106. *Saturday.*-- 1. Jugged hare; small mutton pudding. 2. Fig pudding.

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2109. *Tuesday.*-- 1. Pea-soup, made from liquor in which beef was boiled. 2. Cold beef, mashed potatoes; mutton cutlets and tomato sauce. 3. Carrot pudding.


2113. *Saturday.*-- 1. Hashed mutton; boiled rabbit and onion sauce; vegetables. 2. Damson pudding made with bottled fruit.
DECEMBER.

2114. DINNER FOR 18 PERSONS.

First Course
Mock-Turtle Soup,
removed by
Cod’s Head and Shoulders
and Oyster Sauce.

Stewed Eels. Vase of Fried Whitings.
Flowers.

Julienne Soup,
removed by
Soles aux fines herbes.

Entrées
Fillets of Grouse and Sauce Piquante.

Curried Lobster. Vase of Mutton Cutlets and
Flowers. Soubise Sauce.

Sweetbreads.

Second Course
Haunch of Mutton.

Ham and Brussels Sprouts.

Roast Goose. Vase of Stewed Beef à la
Flowers. Jardinière.

Game Pie.

Boiled Turkey and Celery Sauce.

Third Course
Apricot Torte. Pheasants, Victoria
removed by Sandwiches.

Plum-pudding.

Vanilla Cream.

Lemon Jelly. Vase of Champagne Jelly.
Flowers.

Blancmange.

Wild Ducks, removed by
Tipsy Cake. Iced Pudding. Mince Pies.
DESSERT AND ICES.

2115. DINNER FOR 12 PERSONS (December).

FIRST COURSE.
Game Soup.
Clear Vermicelli Soup.
Codfish au gratin.
Fillets of Whitings à la Maître d'Hôtel.

ENTREES.
Filet de Boeuf and Sauce Piquante.
Fricasseed Chicken.
Oyster Patties.
Curried Rabbit.

SECOND COURSE.
Roast Turkey and Sausages.
Boiled Leg of Pork and Vegetables.
Roast Goose.
Stewed Beef à la Jardinière.

THIRD COURSE.
Widgeon.
Partridges.
Charlotte aux Pommes.
Mince Pies.
Orange Jelly.
Lemon Cream.
Apple Tart.
Cabinet Pudding.

DESSERT AND ICES.

2116. DINNER FOR 10 PERSONS (December).

FIRST COURSE.
Mulligatawny Soup.
Fried Slices of Codfish.
Soles à la Crème.

ENTREES.
Croquettes of Fowl.
Pork Cutlets and Tomata Sauce.

SECOND COURSE.
Roast Ribs of Beef.
Boiled Turkey and Celery Sauce.
Tongue, garnished.
Lark Pudding. Vegetables.
THIRD COURSE.
Roast Hare. Grouse.
Plum-pudding. Mince Pies.
Charlotte à la Parisienne.
Cheesecakes.
Apple Tart.
Nesselrode Pudding.

DESSERT AND ICES.

2117. DINNER FOR 8 PERSONS (December).

FIRST COURSE.
Carrot Soup.
Crimped Cod and Oyster Sauce.
Baked Soles.

ENTREES.
Mutton Kidneys à la Française.
Oyster Patties.

SECOND COURSE.
Boiled Beef and Vegetables.
Marrow-bones.
Roast Fowls and Water-cresses
Tongue, garnished.
Game Pie.

THIRD COURSE.
Partridges.
Blancmange.
Compôte of Apples.
Vol-au-Vent of Pears.
Almond Cheesecakes.
Lemon Pudding.

DESSERT AND ICES.

2118. DINNER FOR 6 PERSONS (December).-- I.

FIRST COURSE.
Rabbit Soup.
Brill and Shrimp Sauce.

ENTREES.
Curried Fowl. Oyster Patties.

SECOND COURSE.
Roast Turkey and Sausages.
Boiled Leg of Pork. Vegetables.
THIRD COURSE.
Hunters' Pudding.
Lemon Cheesecakes.
Apple Tart, Custards, in glasses.
Raspberry Cream.

DESSERT.

2119. DINNER FOR 6 PERSONS (December).-- II.

FIRST COURSE.
Ox-tail Soup.
Crimped Cod and Oyster Sauce.

ENTREES.
Savory Rissoles.
Fowl Scallops à la Béchamel.

SECOND COURSE.
Haunch of Mutton.
Boiled Chickens and Celery Sauce.
Bacon-cheek, garnished with Brussels Sprouts.
Vegetables.

THIRD COURSE.
Snipes.
Orange Jelly, Cheesecakes.
Apples à la Portugaise.
Apricot-jam Tartlets.
Soufflé of Rice.

DESSERT.

2120. DINNER FOR 6 PERSONS (December).-- III.

FIRST COURSE.
Vermicelli Soup.
Soles à la Maître d'Hôtel.
Fried Eels.

ENTREES.
Pork Cutlets and Tomato Sauce.
Ragoût of Mutton à la Jardinière.

SECOND COURSE.
Roast Goose.
Boiled Leg of Mutton and Vegetables.

THIRD COURSE.
Pheasants.
Whipped Cream.  
Meringues. Compôte of Normandy Pippins.  
Mince Pies. Plum-pudding.  

Dessert.  

2121. DINNER FOR 6 PERSONS (December).—IV.  

FIRST COURSE.  
Carrot Soup.  
Baked Cod.  
Fried Smelts.  

ENTREES.  
Stewed Rump-steak à la Jardinière.  
Fricassee Chicken.  

SECOND COURSE.  
Roast Leg of Mutton, boned and stuffed.  
Boiled Turkey and Oyster Sauce.  
Vegetables.  

THIRD COURSE.  
Wild Ducks.  
Fancy Pastry.  
Lemon Cream.  
Damson Tart, with bottled fruit.  
Custards, in glasses.  
Cabinet Pudding.  

Dessert.  

PLAIN FAMILY DINNERS FOR DECEMBER.  


2123. Monday.—1. Fried whittings, melted butter. 2. Rabbit pie, cold beef, mashed potatoes. 3. Plum-pudding cut in slices and warmed; apple tart.  

2124. Tuesday.—1. Hashed beef and broiled bones, pork cutlets and tomato sauce; vegetables. 2. Baked lemon pudding.  

2125. Wednesday.—1. Boiled neck of mutton and vegetables; the broth served first with a little pearl barley or rice boiled in it 2. Bakewell pudding.  

2126. Thursday.—1. Roast leg of pork, apple sauce, vegetables. 2. Rice snowballs.  

2128. Saturday.-- 1. The remains of cold pork curried, dish of rice, mutton cutlets, and mashed potatoes. 2. Baked apple dumplings.

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2129. Sunday.-- 1. Roast turkey and sausages, boiled leg of pork, pease pudding, vegetables. 2. Baked apple pudding, mince pies.


2131. Tuesday.-- 1. Pea-soup made from liquor in which pork was boiled. 2. Boiled fowls and celery sauce, vegetables. 3. Baked rice pudding.

2132. Wednesday.-- 1. Roast leg of mutton, stewed Spanish onions, potatoes. 2. Baked rolled jam pudding.

2133. Thursday.-- 1. Baked cod's. 2. Cold mutton, roast hare, gravy and red-currant jelly. 3. Macaroni.

2134. Friday.-- 1. Hare soup, made with stock and remains of roast hare. 2. Hashed mutton, pork cutlets, and mashed potatoes. 3. Open tarts, rice blancmange.

2136. BILL OF FARE FOR A GAME DINNER FOR 30 PERSONS (November).

First course

- Hare Soup.

Entrées

- Salmi of Widgeon. Fillets of Hare en Chevereuil. Salmi of Woodcock.
- Perdrixaux Choux.
- Curried Rabbit.

Second Course

- Larded Pheasants. Leveret, larded and stuffed.
- Cold Pheasant Pie à la Périgord. Vase of Flowers. Hot raised Pie of mixed Game.
- Grouse.
- Larded Partridges.

Third Course

- Quails.
- Teal.

Entremets and Removes

- Dantzic Jelly.
- Charlotte Russe.
Maids of Honour. Plum Pudding. Compôte of


Grapes.

Filberts. Pears. Walnuts.

Wafers. Biscuits.


Apples.


Pears.

Figs. Lemon-Water Ice. Olives.

MENU.

2137. SERVICE À LA RUSSE (July).

Julienne Soup.
Vermicelli Soup.

Boiled Salmon.
Turbot and Lobster Sauce.

Soles-Water Souchy.
Perch-Water Souchy.

Matelote d'Anguilles à la Toulouse.
Filets de Soles à la Normandie.

Red Mullet.
Trout.

Lobster Rissoles.
Whitebait.

Riz de Veau à la Banquière.
Filets de Poulets aux Coucambres.

Canards à la Rouennaise.
Mutton Cutlets à la Jardinière.
Braised Beef à la Flamande.
Spring Chickens.

Roast Quarter of Lamb.
Roast Saddle of Mutton.

Tongue.
Ham and Peas.

Quails, larded.
Roast Ducks.
Turkey Poul, larded.

Mayonnaise of Chicken.
Tomatas.
Green Peas à la Française.

Suédoise of Strawberries.
Charlotte Russe.
Compôte of Cherries.

Neapolitan Cakes.
Pastry.
Madeira Wine Jelly.

Iced Pudding à la Nesselrode.

DESSERT AND ICES.

Note.-- Dinners à la Russe differ from ordinary dinners in the mode of serving the various dishes. In a dinner à la Russe, the dishes are cut up on a sideboard, and handed round to the guests, and each dish may be considered a course. The table for a dinner à la Russe should be laid with flowers and plants in fancy flowerpots down the middle, together with some of the dessert dishes. A menu or bill of fare should be laid by the side of each guest.

MENU.

2138. SERVICE A LA RUSSE (November).

Ox-tail Soup.
Soup à la Jardinière.

Turbot and Lobster Sauce.
Crimped Cod and Oyster Sauce.

Stewed Eels.
Soles à la Normandie.
Pike and Cream Sauce.
Fried Filleted Soles.

Filets de Boeuf à la Jardinière.
Croquettes of Game aux Champignons.

Chicken Cutlets.
Mutton Cutlets and Tomata Sauce.

Lobster Rissoles.
Oyster Patties.

Partridges aux fines herbes.
Larded Sweetbreads.

Roast Beef.
Poulets aux Cressons.

Haunch of Mutton.
Roast Turkey.

Boiled Turkey and Celery Sauce.
Ham.

Grouse.
Pheasants.
Hare.

Salad.
Artichokes.
Stewed Celery.

Italian Cream.
Charlotte aux Pommes.
Compôte of Pears.

Croûtes madrées aux Fruits.
Pastry.
Punch Jelly.

Iced Pudding.

DESSERT AND ICES.

Note.-- Dinners à la Russe are scarcely suitable for small establishments; a large number of servants being required to carve; and to help the guests; besides there being a necessity for more plates, dishes, knives, forks, and spoons, than are usually to be found in any other than a very large establishment. Where, however, a service à la Russe is practicable, there it, perhaps, no mode of serving a dinner so enjoyable as this.
SUPPERS.

2139. Much may be done in the arrangement of a supper-table, at a very small expense, provided taste and ingenuity are exercised. The colours and flavours of the various dishes should contrast nicely; there should be plenty of fruit and flowers on the table, and the room should be well lighted. We have endeavoured to show how the various dishes may be placed; but of course these little matters entirely depend on the length and width of the table used, on individual taste, whether the tables are arranged round the room, whether down the centre, with a cross one at the top, or whether the supper is laid in two separate rooms, &c. &c. The garnishing of the dishes has also much to do with the appearance of a supper-table. Hams and tongues should be ornamented with cut vegetable flowers, raised pies with aspic jelly cut in dice, and all the dishes garnished sufficiently to be in good taste without looking absurd. The eye, in fact, should be as much gratified as the palate. Hot soup is now often served at suppers, but is not placed on the table. The servants fill the plates from a tureen on the buffet, and then hand them to the guests: when these plates are removed, the business of supper commences.

2140. Where small rooms and large parties necessitate having a standing supper, many things enumerated in the following bill of fare may be placed on the buffet. Dishes for these suppers should be selected which may be eaten standing without any trouble. The following list may, perhaps, assist our readers in the arrangement of a buffet for a standing supper.

2141. Beef, ham, and tongue sandwiches, lobster and oyster patties, sausage rolls, meat rolls, lobster salad, dishes of fowls, the latter all cut up; dishes of sliced ham, sliced tongue, sliced beef, and galantine of veal; various jellies, blancmanges, and creams; custards in glasses, compôtes of fruit, tartlets of jam, and several dishes of small fancy pastry; dishes of fresh fruit, bonbons, sweetmeats, two or three sponge cakes, a few plates of biscuits, and the buffet ornamented with vases of fresh or artificial flowers. The above dishes are quite sufficient for a standing supper; where more are desired, a supper must then be laid and arranged in the usual manner.

2142. BILL OF FARE FOR A BALL SUPPER FOR 60 PERSONS (For Winter)

| Boar's Head, garnished with Aspic Jelly. |
| Lobster Salad | Mayonnaise of Fowl | Lobster Salad |
| Fruited Jelly | Charlotte Russe |
| Small Ham, garnished. | Iced Savoy Cake | Biscuits |
| Small Pastry | EPERGNE, WITH FRUIT | Fruited Jelly |
| Vanilla Cream | Two Roast Fowls, cut up | Two Roast Fowls, cut up |
| Two Roast Fowls, cut up | Prawns | Two Boiled Fowls, with Béchamel Sauce |
| Prawns | Biscuits | Small Pastry |
| Biscuits | Tongue, ornamented. |
| Custards, in glasses. | TRIFLE, ORNAMENTED. | Custards, in glasses. |
| Lobster Salad. | Tipsy Cake | Lobster Salad. |
| Meringues. | EPERGNE, WITH FRUIT. | Meringues. |
| Small Pastry. | Tipsy Cake. | Biscuits. |
| Custards, in glasses. | TRIFLE, ORNAMENTED | Custards, in glasses. |
| Two Roast Fowls, cut up. | Tongue, ornamented. | Prawns. |
| Prawns. | Two Boiled Fowls, with Béchamel Sauce. | Biscuits. |
| Biscuits. | EPERGNE, WITH FRUIT. | Small Pastry. |
| Lobster Salad. | Iced Savoy Cake. | Lobster Salad. |

*Note:* When soup is served from the buffet, Mock Turtle and Julienne may be selected. Besides the articles enumerated above, Ices, Wafers, Biscuits, Tea, Coffee, Wines and Liqueurs will be required. Punch a la Romaine may also be added to the list of beverages.

2143. BILL OF FARE FOR A BALL SUPPER, Or a Cold Collation for a Summer Entertainment, or Wedding or Christening Breakfast for 70 or 80 Persons (July).

Illustration: Containing the following --

- Columns 1 and 5
- 4 Blancmanges, to be placed down the table.
- 4 Jellies, to be placed down the table.
- 3 Dishes of Small Pastry.
- 3 Fruit Tarts.
- 3 Cheesecakes.
- 3 Compotes of Fruit.
- 3 English Pines.
- 20 Small Dishes of various Summer Fruits.
Column 2
Dish of Lobster, cut up.
Charlotte Russe à la Vanille.
Lobster Salad
Pigeon Pie.
Lobster Salad.
Dish of Lobster, cut up.
Larded Capon.
Lobster Salad.
Pigeon Pie.
Dish of Lobster, cut up.
Savoy Cake.
Lobster Salad.

Column 3
Tongue.
Ribs of Lamb.
Two Roast Fowls.
Mayonnaise of Salmon.
Epergne, with Flowers.
Mayonnaise of Trout.
Tongue, garnished.
Boiled Fowls and Béchamel Sauce.
Collared Eel.
Ham.
Raised Pie.
Two Roast Fowls.
Shoulder of Lamb, stuffed.
Mayonnaise of Salmon.
Epergne, with Flowers.
Mayonnaise of Trout.
Tongue.
Boiled Fowls and Béchamel Sauce.
Raised Pie.
Ham, decorated.
Shoulder of Lamb, stuffed.
Two Roast Fowls.
Mayonnaise of Salmon.
Epergne, with Flowers.
Mayonnaise of Trout.
Tongue, garnished.
Boiled Fowls and Béchamel Sauce.
Collared Eel.

Column 4
Veal-and-Ham Pie.
Lobster Salad.
Savoy Cake.
Dish of Lobster, cut up.
Lobster Salad.
Boar's Head.
Pigeon Pie.
Lobster Salad.
Dish of Lobster, cut up.
Lobster Salad.
Charlotte Russe à la Vanille.
Veal and Ham Pie.
Dish of Lobster, cut up.

Note.-- The length of the page will not admit of our giving the dishes as they should be placed on the table; they should be arranged with the large and high dishes down the centre, and the spaces filled up with the smaller dishes, fruit, and flowers, taking care that the flavours and colours contrast nicely, and that no two dishes of a sort come together. This bill of fare may be made to answer three or four purposes, placing a wedding cake or christening cake in the centre on a high stand, if required for either of these occasions. A few dishes of fowls, lobster salads, &c. &c., should be kept in reserve to replenish those that are most likely to be eaten first. A joint of cold roast and boiled beef should be placed on the buffet, as being something substantial for the gentlemen of the party to partake of. Besides the articles enumerated in the bill of fare, biscuits and wafers will be required, cream-and-water ices, tea, coffee, wines, liqueurs, soda-water, ginger-beer, and lemonade.

BREAKFASTS.

2144. It will not be necessary to give here a long bill of fare of cold joints, &c., which may be placed on the side-board, and do duty at the breakfast-table. Suffice it to say, that any cold meat the larder may furnish, should be nicely garnished, and be placed on the buffet. Collared and potted meats or fish, cold game or poultry, veal-and-ham pies, game-and-Rump-steak pies, are all suitable dishes for the breakfast-table; as also cold ham, tongue, &c. &c.

2145. The following list of hot dishes may perhaps assist our readers in knowing what to provide for the comfortable meal called breakfast. Broiled fish, such as mackerel, whiting, herrings, dried haddocks, &c.; mutton chops and rump-steaks, broiled sheep's kidneys, kidneys à la maître d'hôtel, sausages, plain rashers of bacon, bacon and poached eggs, ham and poached eggs, omelets, plain boiled eggs, oeufs-au-plat, poached eggs on toast, muffins, toast, marmalade, butter, &c. &c.

2146. In the summer, and when they are obtainable, always have a vase of freshly-gathered flowers on the breakfast-table, and, when convenient, a nicely-arranged dish of fruit: when strawberries are in season, these are particularly refreshing; as also grapes, or even currants.

LUNCHEONS AND SUPPERS.

2147. The remains of cold joints, nicely garnished, a few sweets, or a little hashed meat, poultry or game, are the usual articles placed on the table for luncheon, with bread and cheese, biscuits, butter, &c. If a substantial meal is desired, rump-steaks or mutton chops may he served, as also veal cutlets, kidneys, or any dish of that kind. In families where there is a nursery, the mistress of the house often partakes of the meal.
with the children, and makes it her luncheon. In the summer, a few dishes of fresh fruit should be added to the luncheon, or, instead of this, a compote of fruit or fruit tart, or pudding.

2148. Of suppers we have little to say, as we have already given two bills of fare for a large party, which will answer very well for a smaller number, by reducing the quantity of dishes and by omitting a few. Hot suppers are now very little in request, as people now generally dine at an hour which precludes the possibility of requiring supper; at all events, not one of a substantial kind. Should, however, a bill of fare be required, one of those under the of DINNERS, with slight alterations, will be found to answer for a hot supper.

BILL OF FARE FOR A PICNIC FOR 40 PERSONS.

2149. A joint of cold roast beef, a joint of cold boiled beef, 2 ribs of lamb, 2 shoulders of lamb, 4 roast fowls, 2 roast ducks, 1 ham, 1 tongue, 2 veal-and-ham pies, 2 pigeon pies, 6 medium-sized lobsters, 1 piece of collared calf's, 18 lettuces, 6 baskets of salad, 6 cucumbers.

2150. Stewed fruit well sweetened, and put into glass bottles well corked; 3 or 4 dozen plain pastry biscuits to eat with the stewed fruit, 2 dozen fruit turnovers, 4 dozen cheesecakes, 2 cold cabinet puddings in moulds, 2 blancmanges in moulds, a few jam puffs, 1 large cold plum-pudding (this must be good), a few baskets of fresh fruit, 3 dozen plain biscuits, a piece of cheese, 6 lbs. of butter (this, of course, includes the butter for tea), 4 quartern loaves of household broad, 3 dozen rolls, 6 loaves of tin bread (for tea), 2 plain plum cakes, 2 pound cakes, 2 sponge cakes, a tin of mixed biscuits, ½ lb. of tea. Coffee is not suitable for a picnic, being difficult to make.

Things not to be forgotten at a Picnic.

2151. A stick of horseradish, a bottle of mint-sauce well corked, a bottle of salad dressing, a bottle of vinegar, made mustard, pepper, salt, good oil, and pounded sugar. If it can be managed, take a little ice. It is scarcely necessary to say that plates, tumblers, wine-glasses, knives, forks, and spoons, must not be forgotten; as also teacups and saucers, 3 or 4 teapots, some lump sugar, and milk, if this last-named article cannot be obtained in the neighbourhood. Take 3 corkscrews.

2152. Beverages.– 3 dozen quart bottles of ale, packed in hampers; ginger-beer, soda-water, and lemonade, of each 2 dozen bottles; 6 bottles of sherry, 6 bottles of claret, champagne à discrétion, and any other light wine that may be preferred, and 2 bottles of brandy. Water can usually be obtained so it is useless to take it.
CHAPTER XLI. -- Domestic servants.

2153. It is the custom of "Society" to abuse its servants, *a façon de parler*, such as leads their lords and masters to talk of the weather, and, when rurally inclined, of the crops, *a façon de parler* leads matronly ladies, and ladies just entering on their probation in that honoured and honourable state, to talk of servants, and, as we are told, wax eloquent over the greatest plague in life while taking a quiet cup of tea. Young men at their clubs, also, we are told, like to abuse their "fellows," perhaps not without a certain pride and pleasure at the opportunity of intimating that they enjoy such appendages to their state. It is another conviction of "Society" that the race of good servants has died out, at least in England, although they do order these things better in France; that there is neither honesty, conscientiousness, nor the careful and industrious habits which distinguished the servants of our grandmothers and great-grandmothers; that domestics no longer know their place; that the introduction of cheap silks and cottons, and, still more recently, those ambiguous "materials" and tweeds, have removed the landmarks between the mistress and her maid, between the master and his man.

2154. When the distinction really depends on things so insignificant, this is very probably the case; when the lady of fashion chooses her footman without any other consideration than his height, shape, and *tournure* of his calf, it is not surprising that she should find a domestic who has no attachment for the family, who considers the figure he cuts behind her carriage, and the late hours he is compelled to keep, a full compensation for the wages he exacts, for the food he wastes, and for the perquisites he can lay his hands on. Nor should the fast young man, who chooses his groom for his knowingness in the ways of the turf and in the tricks of low horse-dealers, be surprised if he is sometimes the victim of these learned ways. But these are the exceptional cases, which prove the existence of a better state of things. The great masses of society among us are not thus deserted; there are few families of respectability, from the shopkeeper in the next street to the nobleman whose mansion dignifies the next square, which do not contain among their dependents attached and useful servants; and where these are absent altogether, there are good reasons for it. The sensible master and the kind mistress know, that if servants depend on them for their means of living, in their turn they are dependent on their servants for very many of the comforts of life; and that, with a proper amount of care in choosing servants, and treating them like reasonable beings, and making slight excuses for the shortcomings of human nature, they will, save in some exceptional case, be tolerably well served, and, in most instances, surround themselves with attached domestics.

2155. This remark, which is applicable to all domestics, is especially so to men-servants. Families accustomed to such attendants have always about them humble dependents, whose children have no other prospect than domestic service to look forward to; to them it presents no degradation, but the reverse, to be so employed; they are initiated step by step into the mysteries of the household, with the prospect of rising in the service, if it is a house admitting of promotion, *a façon de parler* to the respectable position of butler or house-steward. In families of humbler pretensions, where they must look for promotion elsewhere, they know that can only be attained by acquiring the goodwill of their employers. Can there be any stronger security for their good conduct, *a façon de parler* any doubt that, in the mass of domestic servants, good conduct is the rule, the reverse the exception?
2156. The number of the male domestics in a family varies according to the wealth and position of the master, from the owner of the ducal mansion, with a retinue of attendants, at the of which is the chamberlain and house-steward, to the occupier of the humbler house, where a single footman, or even the odd man-of-all-work, is the only male retainer. The majority of gentlemen's establishments probably comprise a servant out of livery, or butler, a footman, and coachman, or coachman and groom, where the horses exceed two or three.

Duties of the butler.

2157. The domestic duties of the butler are to bring in the eatables at breakfast, and wait upon the family at that meal, assisted by the footman, and see to the cleanliness of everything at table. On taking away, he removes the tray with the china and plate, for which he is responsible. At luncheon, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he places the silver and plated articles on the table, sees that everything is in its place, and rectifies what is wrong. He carries in the first dish, and announces in the drawing-room that dinner is on the table, and respectfully stands by the door until the company are seated, when he takes his place behind his master's chair on the left, to remove the covers, handing them to the other attendants to carry out. After the first course of plates is supplied, his place is at the sideboard to serve the wines, but only when called on.

2158. The first course ended, he rings the cook's bell, and hands the dishes from the table to the other servants to carry away, receiving from them the second course, which he places on the table, removing the covers as before, and again taking his place at the sideboard.

2159. At dessert, the slips being removed, the butler receives the dessert from the other servants, and arranges it on the table, with plates and glasses, and then takes his place behind his master's chair to hand the wines and ices, while the footman stands behind his mistress for the same purpose, the other attendants leaving the room. Where the old-fashioned practice of having the dessert on the polished table, without any cloth, is still adhered to, the butler should rub off any marks made by the hot dishes before arranging the dessert.

2160. Before dinner, he has satisfied himself that the lamps, candles, or gas-burners are in perfect order, if not lighted, which will usually be the case. Having served every one with their share of the dessert, put the fires in order (when these are used), and seen the lights are all right, at a signal from his master, he and the footman leave the room.

2161. He now proceeds to the drawing-room, arranges the fireplace, and sees to the lights; he then returns to his pantry, prepared to answer the bell, and attend to the company, while the footman is clearing away and cleaning the plate and glasses.

2162. At tea he again attends. At bedtime he appears with the candles; he locks up the plate, secures doors and windows, and sees that all the fires are safe.

2163. In addition to these duties, the butler, where only one footman is kept, will be required to perform some of the duties of the valet, to pay bills, and superintend the
other servants. But the real duties of the butler are in the wine-cellar; there he should be competent to advise his master as to the price and quality of the wine to be laid in; "fine," bottle, cork, and seal it, and place it in the binn. Brewing, racking, and bottling malt liquors, belong to his office, as well as their distribution. These and other drinkables are brought from the cellar every day by his own hands, except where an under-butler is kept; and a careful entry of every bottle used, entered in the cellar-book; so that the book should always show the contents of the cellar.

2164. The office of butler is thus one of very great trust in a household. Here, as elsewhere, honesty is the best policy: the butler should make it his business to understand the proper treatment of the different wines under his charge, which he can easily do from the wine-merchant, and faithfully attend to it; his own reputation will soon compensate for the absence of bribes from unprincipled wine-merchants, if he serves a generous and hospitable master. Nothing spreads more rapidly in society than the reputation of a good wine-cellar, and all that is required is wines well chosen and well cared for; and this a little knowledge, carefully applied, will soon supply.

2165. The butler, we have said, has charge of the contents of the cellars, and it is his duty to keep them in a proper condition, to fine down wine in wood, bottle it off, and store it away in places suited to the sorts. Where wine comes into the cellar ready bottled, it is usual to return the same number of empty bottles; the butler has not, in this case, the same inducements to keep the bottles of the different sorts separated; but where the wine is bottled in the house, he will find his account, not only in keeping them separate, but in rinsing them well, and even washing them with clean water as soon as they are empty.

2166. There are various modes of fining wine: isinglass, gelatine, and gum Arabic are all used for the purpose. Whichever of these articles is used, the process is always the same. Supposing eggs (the cheapest) to be used,-- Draw a gallon or so of the wine, and mix one quart of it with the whites of four eggs, by stirring it with a whisk; afterwards, when thoroughly mixed, pour it back into the cask through the bunghole, and stir up the whole cask, in a rotatory direction, with a clean split stick inserted through the bunghole. Having stirred it sufficiently, pour in the remainder of the wine drawn off, until the cask is full; then stir again, skimming off the bubbles that rise to the surface. When thoroughly mixed by stirring, close the bunghole, and leave it to stand for three or four days. This quantity of clarified wine will fine thirteen dozen of port or sherry. The other clearing ingredients are applied in the same manner, the material being cut into small pieces, and dissolved in the quart of wine, and the cask stirred in the same manner.

2167. To Bottle Wine.-- Having thoroughly washed and dried the bottles, supposing they have been before used for the same kind of wine, provide corks, which will be improved by being slightly boiled, or at least steeped in hot water,-- a wooden hammer or mallet, a bottling-boot, and a squeezer for the corks. Bore a hole in the lower part of the cask with a gimlet, receiving the liquid stream which follows in the bottle and filterer, which is placed in a tub or basin. This operation is best performed by two persons, one to draw the wine, the other to cork the bottles. The drawer is to see that the bottles are up to the mark, but not too full, the bottle being placed in a clean tub to prevent waste. The corking-boot is buckled by a strap to the knee, the
bottle placed in it, and the cork, after being squeezed in the press, driven in by a flat wooden mallet.

2168. As the wine draws near to the bottom of the cask, a thick piece of muslin is placed in the strainer, to prevent the viscous grounds from passing into the bottle.

2169. Having carefully counted the bottles, they are stored away in their respective bins, a layer of sand or sawdust being placed under the first tier, and another over it; a second tier is laid over this, protected by a lath, the of the second being laid to the bottom of the first; over this another bed of sawdust is laid, not too thick, another lath; and so on till the binn is filled.

2170. Wine so laid in will be ready for use according to its quality and age. Port wine, old in the wood, will be ready to drink in five or six months; but if it is a fruity wine, it will improve every year. Sherry, if of good quality, will be fit to drink as soon as the "sickness" (as its first condition after bottling is called) ceases, and will also improve; but the cellar must be kept at a perfectly steady temperature, neither too hot nor too cold, but about 55° or 60°, and absolutely free from draughts of cold air.

Duties of the footman.

2171. Where a single footman, or odd man, is the only male servant, then, whatever his ostensible position, he is required to make himself generally useful. He has to clean the knives and shoes, the furniture, the plate; answer the visitors who call, the drawing-room and parlour bells; and do all the errands. His life is no sinecure; and a methodical arrangement of his time will be necessary, in order to perform his many duties with any satisfaction to himself or his master.

2172. The footman only finds himself in stockings, shoes, and washing. Where silk stockings, or other extra articles of linen are worn, they are found by the family, as well as his livery, a working dress, consisting of a pair of overalls, a waistcoat, a fustian jacket, with a white or jean one for times when he is liable to be called to answer the door or wait at breakfast; and, on quitting his service, he is expected to leave behind him any livery had within six months.

2173. The footman is expected to rise early, in order to get through all his dirty work before the family are stirring. Boots and shoes, and knives and forks, should be cleaned, lamps in use trimmed, his master's clothes brushed, the furniture rubbed over; so that he may put aside his working dress, tidy himself, and appear in a clean jean jacket to lay the cloth and prepare breakfast for the family.

2174. We need hardly dwell on the boot-cleaning process: three good brushes and good blacking must be provided; one of the brushes hard, to brush off the mud; the other soft, to lay on the blacking; the third of a medium hardness, for polishing; and each should be kept for its particular use. The blacking should be kept corked up, except when in use, and applied to the brush with a sponge tied to a stick, which, when put away, rests in a notch cut in the cork. When boots come in very muddy, it is a good practice to wash off the mud, and wipe them dry with a sponge; then leave them to dry very gradually on their sides, taking care they are not placed near the fire, or scorched. Much delicacy of treatment is required in cleaning ladies' boots, so as to
make the leather look well-polished, and the upper part retain a fresh appearance, with
the lining free from hand-marks, which are very offensive to a lady of refined tastes.

2175. Patent leather boots require to be wiped with a wet sponge, and afterwards with
a soft dry cloth, and occasionally with a soft cloth and sweet oil, blacking and
polishing the edge of the soles in the usual way, but so as not to cover the patent
polish with blacking. A little milk may also be used with very good effect for patent
leather boots.

2176. Top boots are still occasionally worn by gentlemen. While cleaning the lower
part in the usual manner, protect the tops, by inserting a cloth or brown paper under
the edges and bringing it over them. In cleaning the tops, let the covering fall down
over the boot; wash the tops clean with soap and flannel, and rub out any spots with
pumice-stone. If the tops are to be whiter, dissolve an ounce of oxalic acid and half an
ounce of pumice-stone in a pint of soft water; if a brown colour is intended, mix an
ounce of muriatic acid, half an ounce of alum, half an ounce of gum Arabic, and half
an ounce of spirit of lavender, in a pint and a half of skimmed milk "turned." These
mixtures apply by means of a sponge, and polish, when dry, with a rubber made of
soft flannel.

2177. Knives are now generally cleaned by means of Kent's or Masters's machine,
which gives very little trouble, and is very effective; before, however, putting the
knives into the machine, it is highly necessary that they be first washed in a little
warm (not hot) water, and then thoroughly wiped: if put into the machine with any
grease on them, it adheres to the brushes, and consequently renders them unfit to use
for the next knives that may be put in. When this precaution is not taken, the machine
must come to pieces, so causing an immense amount of trouble, which may all be
avoided by having the knives thoroughly free from grease before using the machine.
Brushes are also used for cleaning forks, which facilitate the operation. When knives
are so cleaned, see that they are carefully polished, wiped, and with a good edge, the
ferules and prongs free from dirt, and place them in the basket with the handles all one
way.

2178. Lamp-trimming requires a thorough acquaintance with the mechanism; after
that, constant attention to cleanliness, and an occasional entire clearing out with hot
water: when this is done, all the parts should be carefully dried before filling again
with oil. When lacquered, wipe the lacquered parts with a soft brush and cloth, and
wash occasionally with weak soapsuds, wiping carefully afterwards. Brass lamps may
be cleaned with oil and rottenstone every day when trimmed. With bronze, and other
ornamental lamps, more care will be required, and soft flannel and oil only used, to
prevent the removal of the bronze or enamel. Brass-work, or any metal-work not
lacquered, is cleaned by a little oil and rottenstone made into a paste, or with fine
emery-powder and oil mixed in the same manner. A small portion of sal ammoniac,
beet into a fine powder and moistened with soft water, rubbed over brass ornaments,
and heated over a charcoal fire, and rubbed dry with bran or whitening, will give to
brass-work the brilliancy of gold. In trimming moderator lamps, let the wick be cut
evenly all round; as, if left higher in one place than it is in another, it will cause it to
smoke and burn badly. The lamp should then be filled with oil from a feeder, and
afterwards well wiped with a cloth or rag kept for the purpose. If it can be avoided,
ever wash the chimneys of a lamp, as it causes them to crack when they become hot.
Small sticks, covered with wash-leather pads, are the best things to use for cleaning the glasses inside, and a clean duster for polishing the outside. The globe of a moderator lamp should be occasionally washed in warm soap-and-water, then well rinsed in cold water, and either wiped dry or left to drain. Where candle-lamps are used, take out the springs occasionally, and free them well from the grease that adheres to them.

2179. French polish, so universally applied to furniture, is easily kept in condition by dusting and rubbing with a soft cloth, or a rubber of old silk; but dining-tables can only be kept in order by hard rubbing, or rather by quick rubbing, which warms the wood and removes all spots.

2180. Brushing clothes is a very simple but very necessary operation. Fine cloths require to be brushed lightly, and with rather a soft brush, except where mud is to be removed, when a hard one is necessary, being previously beaten lightly to dislodge the dirt. Lay the garment on a table, and brush it in the direction of the nap. Having brushed it properly, turn the sleeves back to the collar, so that the folds may come at the elbow-joints; next turn the lappels or sides back over the folded sleeves; then lay the skirts over level with the collar, so that the crease may fall about the centre, and double one half over the other, so as the fold comes in the centre of the back.

2181. Having got through his dirty work, the single footman has now to clean himself and prepare the breakfast. He lays the cloth on the table; over it the breakfast-cloth, and sets the breakfast things in order, and then proceeds to wait upon his master, if he has any of the duties of a valet to perform.

2182. Where a valet is not kept, a portion of his duties falls to the footman's share,—brushing the clothes among others. When the hat is silk, it requires brushing every day with a soft brush; after rain, it requires wiping the way of the nap before drying, and, when nearly dry, brushing with the soft brush and with the hat-stick in it. If the footman is required to perform any part of a valet's duties, he will have to see that the housemaid lights a fire in the dressing-room in due time; that the room is dusted and cleaned; that the washhand-ewer is filled with soft water; and that the bath, whether hot or cold, is ready when required; that towels are at hand; that hair-brushes and combs are properly cleansed, and in their places; that hot water is ready at the hour ordered; the dressing-gown and slippers in their place, the clean linen aired, and the clothes to be worn for the day in their proper places. After the master has dressed, it will be the footman's duty to restore everything to its place properly cleansed and dry, and the whole restored to order.

2183. At breakfast, when there is no butler, the footman carries up the tea-urn, and, assisted by the housemaid, he waits during breakfast. Breakfast over, he removes the tray and other things off the table, folds up the breakfast-cloth, and sets the room in order, by sweeping up all crumbs, shaking the cloth, and laying it on the table again, making up the fire, and sweeping up the hearth.

2184. At luncheon-time nearly the same routine is observed, except where the footman is either out with the carriage or away on other business, when, in the absence of any butler, the housemaid must assist.
2185. For dinner, the footman lays the cloth, taking care that the table is not too near the fire, if there is one, and that passage-room is left. A tablecloth should be laid without a wrinkle; and this requires two persons: over this the slips are laid, which are usually removed preparatory to placing dessert on the table. He prepares knives, forks, and glasses, with five or six plates for each person. This done, he places chairs enough for the party, distributing them equally on each side of the table, and opposite to each a napkin neatly folded, within it a piece of bread or small roll, and a knife on the right side of each plate, a fork on the left, and a carving-knife and fork at the top and bottom of the table, outside the others, with the rests opposite to them, and a gravy-spoon beside the knife. The fish-slice should be at the top, where the lady of the house, with the assistance of the gentleman next to her, divides the fish, and the soup-ladle at the bottom: it is sometimes usual to add a dessert-knife and fork; at the same time, on the right side also of each plate, put a wine-glass for as many kinds of wine as it is intended to hand round, and a finger-glass or glass-cooler about four inches from the edge. The latter are frequently put on the table with the dessert.

2186. About half an hour before dinner, he rings the dinner-bell, where that is the practice, and occupies himself with carrying up everything he is likely to require. At the expiration of the time, having communicated with the cook, he rings the real dinner-bell, and proceeds to take it up with such assistance as he can obtain. Having ascertained that all is in order, that his own dress is clean and presentable, and his white cotton gloves are without a stain, he announces in the drawing-room that dinner is served, and stands respectfully by the door until the company are seated: he places himself on the left, behind his master, who is to distribute the soup; where soup and fish are served together, his place will be at his mistress's left hand; but he must be on the alert to see that whoever is assisting him, whether male or female, are at their posts. If any of the guests has brought his own servant with him, his place is behind his master's chair, rendering such assistance to others as he can, while attending to his master's wants throughout the dinner, so that every guest has what he requires. This necessitates both activity and intelligence, and should be done without bustle, without asking any questions, except where it is the custom of the house to hand round dishes or wine, when it will be necessary to mention, in a quiet and unobtrusive manner, the dish or wine you present.

2187. Salt-cellars should be placed on the table in number sufficient for the guests, so that each may help themselves, or, at least, their immediate neighbours.

DINNERS À LA RUSSE.

2188. In some houses the table is laid out with plate and glass, and ornamented with flowers, the dessert only being placed on the table, the dinner itself being placed on the sideboard, and handed round in succession, in courses of soup, fish, entries, meat, game, and sweets. This is not only elegant but economical, as fewer dishes are required, the symmetry of the table being made up with the ornaments and dessert. The various dishes are also handed round when hot; but it involves additional and superior attendance, as the wines are also handed round; and unless the servants are very active and intelligent, many blunders are likely to be made. (See p. 954.)
GENERAL OBSERVATIONS.

2189. While attentive to all, the footman should be obtrusive to none; he should give nothing but on a waiter, and always hand it with the left hand and on the left side of the person he serves, and hold it so that the guest may take it with ease. In lifting dishes from the table, he should use both hands, and remove them with care, so that nothing is spilt on the table-cloth or on the dresses of the guests.

2190. Masters as well as servants sometimes make mistakes; but it is not expected that a servant will correct any omissions, even if he should have time to notice them, although with the best intentions: thus it would not be correct, for instance, if he observed that his master took wine with the ladies all round, as some gentlemen still continue to do, but stopped at some one:-- to nudge him on the shoulder and say, as was done by the servant of a Scottish gentleman, "What ails you at her in the green gown?" It will be better to leave the lady unnotic ed than for the servant thus to turn his master into ridicule.

2191. During dinner each person's knife, fork, plate, and spoon should be changed as soon as he has done with it; the vegetables and sauces belonging to the different dishes presented without remark to the guests; and the footman should tread lightly in moving round, and, if possible, should bear in mind, if there is a wit or humorist of the party, whose good things keep the table in a roar, that they are not expected to reach his ears.

2192. In opening wine, let it be done quietly, and without shaking the bottle; if crusted, let it be inclined to the crusted side, and decanted while in that position. In opening champagne, it is not necessary to discharge it with a pop; properly cooled, the cork is easily extracted without an explosion; when the cork is out, the mouth of the bottle should be wiped with the napkin over the footman's arm.

2193. At the end of the first course, notice is conveyed to the cook, who is waiting to send up the second, which is introduced in the same way as before; the attendants who remove the fragments, carrying the dishes from the kitchen, and handing them to the footman or butler, whose duty it is to arrange them on the table. After dinner, the dessert-glasses and wines are placed on the table by the footman, who places himself behind his master's chair, to supply wine and hand round the ices and other refreshments, all other servants leaving the room.

2194. As soon as the drawing-room bell rings for tea, the footman enters with the tray, which has been previously prepared; hands the tray round to the company, with cream and sugar, the tea and coffee being generally poured out, while another attendant hands cakes, toast, or biscuits. If it is an ordinary family party, where this social meal is prepared by the mistress, he carries the urn or kettle, as the case may be; hands round the toast, or such other eatable as may be required, removing the whole in the same manner when tea is over.

2195. After each meal, the footman's place is in his pantry: here perfect order should prevail -- a place for everything and everything in its place. A sink, with hot and cold water laid on, is very desirable,-- cold absolutely necessary. Wooden bowls or tubs of sufficient capacity are required, one for hot and another for cold water. Have the bowl
three parts full of clean hot water; in this wash all plate and plated articles which are greasy, wiping them before cleaning with the brush.

2196. The footman in small families, where only one man is kept, has many of the duties of the upper servants to perform as well as his own, and more constant occupation; he will also have the arrangement of his time more immediately under his own control, and he will do well to reduce it to a methodical division. All his rough work should be done before breakfast is ready, when he must appear clean, and in a presentable state. After breakfast, when everything belonging to his pantry is cleaned and put in its place, the furniture in the dining and drawing rooms requires rubbing. Towards noon, the parlour luncheon is to be prepared; and he must be at his mistress's disposal to go out with the carriage, or follow her if she walks out.

2197. Glass is a beautiful and most fragile article; hence it requires great care in washing. A perfectly clean wooden bowl is best for this operation, one for moderately hot and another for cold water. Wash the glasses well in the first and rinse them in the second, and turn them down on a linen cloth folded two or three times, to drain for a few minutes. When sufficiently drained, wipe them with a cloth and polish with a finer one, doing so tenderly and carefully. Accidents will happen; but nothing discredits a servant in the drawing-room more than continual reports of breakages, which, of course, must reach that region.

2198. Decanters and water-jugs require still more tender treatment in cleaning, inasmuch as they are more costly to replace. Fill them about two-thirds with hot but not boiling water, and put in a few pieces of well-soaped brown paper; leave them thus for two or three hours; then shake the water up and down in the decanters; empty this out, rinse them well with clean cold water, and put them in a rack to drain. When dry, polish them outside and inside, as far as possible, with a fine cloth. To remove the crust of port or other wines, add a little muriatic acid to the water, and let it remain for some time.

2199. When required to go out with the carriage, it is the footman's duty to see that it has come to the door perfectly clean, and that the glasses, and sashes, and linings, are free from dust. In receiving messages at the carriage door, he should turn his ear to the speaker, so as to comprehend what is said, in order that he may give his directions to the coachman clearly. When the house he is to call at is reached, he should knock, and return to the carriage for orders. In closing the door upon the family, he should see that the handle is securely turned, and that no part of the ladies' dress is shut in.

2200. It is the footman's duty to carry messages or letters for his master or mistress to their friends, to the post, or to the tradespeople; and nothing is more important than dispatch and exactness in doing so, although writing even the simplest message is now the ordinary and very proper practice. Dean Swift, among his other quaint directions, all of which are to be read by contraries, recommends a perusal of all such epistles, in order that you may be the more able to fulfil your duty to your master. An old lady of Forfarshire had one of those odd old Caleb Balderston sort of servants, who construed the Dean of St. Patrick more literally. On one occasion, when dispatch was of some importance, knowing his inquiring nature, she called her Scotch Paul Pry to her, opened the note, and read it to him herself, saying, "Now, Andrew, you ken a' aboot it, and needna' stop to open and read it, but just take it at once." Probably most
of the notes you are expected to carry might, with equal harmlessness, be communicated to you; but it will be better not to take so lively an interest in your mistress's affairs.

2201. Politeness and civility to visitors is one of the things masters and mistresses have a right to expect, and should exact rigorously. When visitors present themselves, the servant charged with the duty of opening the door will open it promptly, and answer, without hesitation, if the family are "not at home," or "engaged;" which generally means the same thing, and might be oftener used with advantage to morals. On the contrary, if he has no such orders, he will answer affirmatively, open the door wide to admit them, and precede them to open the door of the drawing-room. If the family are not there, he will place chairs for them, open the blinds (if the room is too dark), and intimate civilly that he goes to inform his mistress. If the lady is in her drawing-room, he announces the name of the visitors, having previously acquainted himself with it. In this part of his duty it is necessary to be very careful to repeat the names correctly; mispronouncing names is very apt to give offence, and leads sometimes to other disagreeables. The writer was once initiated into some of the secrets on the "other side" of a legal affair in which he took an interest, before he could correct a mistake made by the servant in announcing him. When the visitor is departing, the servant should be at hand, ready, when rung for, to open the door; he should open it with a respectful manner, and close it gently when the visitors are fairly beyond the threshold. When several visitors arrive together, he should take care not to mix up the different names together, where they belong to the same family, as Mr., Mrs., and Miss; if they are strangers, he should announce each as distinctly as possible.

2202. *Receptions and Evening Parties.*-- The drawing-rooms being prepared, the card-tables laid out with cards and counters, and such other arrangements as are necessary made for the reception of the company, the rooms should be lighted up as the hour appointed approaches. Attendants in the drawing-room, even more than in the dining-room, should move about actively but noiselessly; no creaking of shoes, which is an abomination; watching the lights from time to time, so as to keep up their brilliancy. But even if the attendant likes a game of cribbage or whist himself, he must not interfere in his master or mistress's game, nor even seem to take an interest in it. We once knew a lady who had a footman, and both were fond of a game of cribbage,--John in the kitchen, the lady in her drawing-room. The lady was a giver of evening parties, where she frequently enjoyed her favourite amusement. While handing about the tea and toast, John could not always suppress his disgust at her mistakes. "There is more in that hand, ma'am," he has been known to say; or, "Ma'am, you forgot to count his nob;" in fact, he identified himself with his mistress's game, and would have lost twenty places rather than witness a miscount. It is not necessary to adopt his example on this point, although John had many qualities a good servant might copy with advantage.

**The coachhouse and stables.**

2203. THE HORSE is the noblest of quadrupeds, whether we view him in his strength, his sagacity, or his beauty. He is also the most useful to man of all the animal creation; but his delicacy is equal to his power and usefulness. No other animal, probably, is so dependent on man in the state of domestication to which he
has been reduced, or deteriorates so rapidly under exposure, bad feeding, or bad grooming. It is, therefore, a point of humanity, not to speak of its obvious impolicy, for the owner of horses to overlook any neglect in their feeding or grooming. His interest dictates that so valuable an animal should be well housed, well fed, and well groomed; and he will do well to acquire so much of stable lore as will enable him to judge of these points himself. In a general way, where a horse's coat is habitually rough and untidy, there is a sad want of elbow-grease in the stable. When a horse of tolerable breeding is dull and spiritless, he is getting ill or badly fed; and where he is observed to perspire much in the stables, is overfed, and probably eats his litter in addition to his regular supply of food.

2204. Stables.-- The architectural form of the stables will be subject to other influences than ours; we confine ourselves, therefore, to their internal arrangements. They should be roomy in proportion to the number of stalls; warm, with good ventilation, and perfectly free from cold draughts; the stalls roomy, without excess, with good and well-trapped drainage, so as to exclude bad smells; a sound ceiling to prevent the entrance of dust from the hayloft, which is usually above them; and there should be plenty of light, coming, however, either from above or behind, so as not to glare in the horse's eye.

2205. Heat.-- The first of these objects is attained, if the stables are kept within a degree or two of 50° in winter, and 60° in summer; although some grooms insist on a much higher temperature, in the interests of their own labour.

2206. Ventilation is usually attained by the insertion of one or more tubes or boxes of wood or iron through the ceiling and the roof, with a sloping covering over the opening, to keep out rain, and valves or ventilators below to regulate the atmosphere, with openings in the walls for the admission of fresh air: this is still a difficulty, however; for the effluvium of the stable is difficult to dispel, and draughts must be avoided. This is sometimes accomplished by means of hollow walls with gratings at the bottom outside, for the exit of bad air, which is carried down through the hollow walls and discharged at the bottom, while, for the admission of fresh air, the reverse takes place: the fresh by this means gets diffused and heated before it is discharged into the stable.

2207. The Stalls should be divided by partitions of wood-work eight or nine feet high at the and six at the heels, and nine feet deep, so as to separate each horse from its neighbour. A hay-rack placed within easy reach of the horse, of wood or iron, occupies either a corner or the whole breadth of the stall, which should be about six feet for on ordinary-sized horse. A manger, formerly of wood, but of late years more generally of iron lined with enamel, occupies a corner of the stall. The pavement of the stall should be nearly level, with a slight incline towards the gutter, to keep the bed dry, paved with hard Dutch brick laid on edge, or asphaltle, or smithy clinkers, or rubble-stones, laid in strong cement. In the centre, about five feet from the wall, a grating should be firmly fixed in the pavement, and in communication with a well-trapped drain to carry off the water; the gutter outside the stall should also communicate with the drains by trapped openings. The passage between the stall and the hall should be from five to six feet broad at least; on the wall, opposite to each stall, pegs should be placed for receiving the harness and other things in daily use.
2208. A **Harness-room** is indispensable to every stable. It should be dry and airy, and furnished with a fireplace and boiler, both for the protection of the harness and to prepare mashes for the horses when required. The partition-wall should be boarded where the harness goes, with pegs to hang the various pieces of harness on, with saddle-trees to rest the saddles on, a cupboard for the brushes, sponges, and leathers, and a lock-up corn-bin.

2209. *The furniture* of a stable with coachhouse, consists of coach-mops, jacks for raising the wheels, horse-brushes, spoke-brushes, water-brushes, crest and bit-brushes, dandy-brushes, currycombs, birch and heath brooms, trimming-combs, scissors and pickers, oil-cans and brushes, harness-brushes of three sorts, leathers, sponges for horse and carriage, stable-forks, dung-baskets or wheelbarrow, corn-sieves and measures, horse-cloths and stable pails, horn or glass lanterns. Over the stables there should be accommodation for the coachman or groom to sleep. Accidents sometimes occur, and he should be at hand to interfere.

### Duties of the coachman, groom, and stable-boy.

2210. *The Establishment* we have in view will consist of coachman, groom, and stable-boy, who are capable of keeping in perfect order four horses, and perhaps the pony. Of this establishment the coachman is chief. Besides skill in driving, he should possess a good general knowledge of horses; he has usually to purchase provender, to see that the horses are regularly fed and properly groomed, watch over their condition, apply simple remedies to trifling ailments in the animals under his charge, and report where he observes symptoms of more serious ones which he does not understand. He has either to clean the carriage himself, or see that the stable-boy does it properly.

2211. *The Groom's* first duties are to keep his horses in condition; but he is sometimes expected to perform the duties of a valet, to ride out with his master, on occasions, to wait at table, and otherwise assist in the house: in these cases, he should have the means of dressing himself, and keeping his clothes entirely away from the stables. In the morning, about six o'clock, or rather before, the stables should be opened and cleaned out, and the horses fed, first by cleaning the rack and throwing in fresh hay, putting it lightly in the rack, that the horses may get it out easily; a short time afterwards their usual morning feed of oats should be put into the manger. While this is going on, the stable-boy has been removing the stable-dung, and sweeping and washing out the stables, both of which should be done every day, and every corner carefully swept, in order to keep the stable sweet and clean. The real duties of the groom follow: where the horses are not taken out for early exercise, the work of grooming immediately commences. "Having tied up the," to use the excellent description of the process given by old Barrett, "take a currycomb and curry him all over the body, to raise the dust, beginning first at the neck, holding the left cheek of the headstall in the left hand, and curry him from the setting-on of his all over the body to the buttocks, down to the point of the hock; then change your hands, and curry him before, on his breast, and, laying your right arm over his back, join your right side to his left, and curry him all under the belly near the fore-bowels, and so all over from the knees and back upwards; after that, go to the far side and do that likewise. Then take a dead horse's tail, or, failing that, a cotton dusting-cloth, and strike that away which the currycomb hath raised. Then take a round brush made of bristles, with a leathern handle, and dress him all over, both , body, and legs, to the
very fetlocks, always cleansing the brush from the dust by rubbing it with the currycomb. In the curry-combing process, as well as brushing, it must be applied with mildness, especially with fine-skinned horses; otherwise the tickling irritates them much. The brushing is succeeded by a hair-cloth, with which rub him all over again very hard, both to take away loose hairs and lay his coat; then wash your hands in fair water, and rub him all over while they are wet, as well over the as the body. Lastly, take a clean cloth, and rub him all over again till he be dry; then take another hair-cloth, and rub all his legs exceeding well from the knees and hocks downwards to his hoofs, picking and dressing them very carefully about the fetlocks, so as to remove all gravel and dust which will sometimes lie in the bending of the joints.” In addition to the practice of this old writer, modern grooms add wisping, which usually follows brushing. The best wisp is made from a hayband, untwisted, and again doubled up after being moistened with water: this is applied to every part of the body, as the brushing had been, by changing the hands, taking care in all these operations to carry the hand in the direction of the coat. Stains on the hair are removed by sponging, or, when the coat is very dirty, by the water-brush; the whole being finished off by a linen or flannel cloth. The horsecloth should now be put on by taking the cloth in both hands, with the outside next you, and, with your right hand to the off side, throw it over his back, placing it no farther back than will leave it straight and level, which will be about a foot from the tail. Put the roller round, and the pad-piece under it, about six or eight inches from the fore legs. The horse's is now loosened; he is turned about in his stall to have his and ears rubbed and brushed over every part, including throat, with the dusting-cloth, finishing by “pulling his ears,” which all horses seem to enjoy very much. This done, the mane and foretop should be combed out, passing a wet sponge over them, sponging the mane on both sides, by throwing it back to the midriff, to make it lie smooth. The horse is now returned to his headstall, his tail combed out, cleaning it of stains with a wet brush or sponge, trimming both tail and mane, and forelock when necessary, smoothing them down with a brush on which a little oil has been dropped.

2212. Watering usually follows dressing; but some horses refuse their food until they have drunk: the groom should not, therefore, lay down exclusive rules on this subject, but study the temper and habits of his horse.

2213. Exercise.-- All horses not in work require at least two hours' exercise daily; and in exercising them a good groom will put them through the paces to which they have been trained. In the case of saddle-horses he will walk, trot, canter, and gallop them, in order to keep them up to their work. With draught horses they ought to be kept up to a smart walk and trot.

2214. Feeding must depend on their work, but they require feeding three times a day, with more or less corn each time, according to their work. In the fast coaching days it was a saying among proprietors, that "his belly was the measure of his food;" but the horse's appetite is not to be taken as a criterion of the quantity of food under any circumstances. Horses have been known to consume 40 lbs. of hay in twenty-four hours, whereas 16 lbs. to 18 lbs. is the utmost which should have been given. Mr. Croall, an extensive coach proprietor in Scotland, limited his horses to 4-½ lbs. cut straw, 8 lbs. bruised oats, and 2-½ lbs. bruised beans, in the morning and noon, giving them at night 25 lbs. of the following; viz., 560 lbs. steamed potatoes, 36 lbs. barley-dust, 40 lbs. cut straw, and 6 lbs. salt, mixed up together: under this the horses did
their work well. The ordinary measure given a horse is a peck of oats, about 40 lbs. to
the bushel, twice a day, a third feed and a rack-full of hay, which may be about 15 lbs.
or 18 lbs., when he is in full work.

2215. You cannot take up a paper without having the question put, "Do you bruise
your oats?" Well, that depends on circumstances: a fresh young horse can bruise its
own oats when it can get them; but aged horses, after a time, lose the power of
masticating and bruising them, and bolt them whole; thus much impeding the work of
digestion. For an old horse, then, bruise the oats; for a young one it does no harm and
little good. Oats should be bright and dry, and not too new. Where they are new,
sprinkle them with salt and water; otherwise, they overload the horse's stomach.
Chopped straw mixed with oats, in the proportion of a third of straw or hay, is a good
food for horses in full work; and carrots, of which horses are remarkably fond, have a
perceptible effect in a short time on the gloss of the coat.

2216. The water given to a horse merits some attention; it should not be too cold; hard
water is not to be recommended; stagnant or muddy water is positively injurious; river
water is the best for all purposes; and anything is preferable to spring water, which
should be exposed to the sun in summer for an hour or two, and stirred up before
using it; a handful of oatmeal thrown into the pail will much improve its quality.

2217. Shoeing.-- A horse should not be sent on a journey or any other hard work
immediately after new shoeing;-- the stiffness incidental to new shoes is not unlikely
to bring him down. A day's rest, with reasonable exercise, will not be thrown away
after this operation. On reaching home very hot, the groom should walk him about for
a few minutes; this done, he should take off the moisture with the scraper, and
afterwards wisp him over with a handful of straw and a flannel cloth: if the cloth is
dipped in some spirit, all the better. He should wash, pick, and wipe dry the legs and
feet, take off the bridle and crupper, and fasten it to the rack, then the girths, and put a
wisp of straw under the saddle. When sufficiently cool, the horse should have some
hay given him, and then a feed of oats: if he refuse the latter, offer him a little wet
bran, or a handful of oatmeal in tepid water. When he has been fed, he should be
thoroughly cleaned, and his body-clothes put on, and, if very much harassed with
fatigue, a little good ale or wine will be well bestowed on a valuable horse, adding
plenty of fresh litter under the belly.

2218. Bridles.-- Every time a horse is unbridled, the bit should be carefully washed
and dried, and the leather wiped, to keep them sweet, as well as the girths and saddle,
the latter being carefully dried and beaten with a switch before it is again put on. In
washing a horse's feet after a day's work, the master should insist upon the legs and
feet being washed thoroughly with a sponge until the water flows over them, and then
rubbed with a brush till quite dry.

2219. Harness, if not carefully preserved, very soon gets a shabby tarnished
appearance. Where the coachman has a proper harness-room and sufficient assistance,
this is inexcusable and easily prevented. The harness-room should have a wooden
lining all round, and be perfectly dry and well ventilated. Around the walls, hooks and
pegs should be placed, for the several pieces of harness, at such a height as to prevent
their touching the ground; and every part of the harness should have its peg or hook,--
one for the halters, another for the reins, and others for snaffles and other bits and
metal-work; and either a wooden horse or saddle-trees for the saddles and pads. All these parts should be dry, clean, and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned by a soft brush and plate-powder; the copper and brass parts burnished with rottenstone-powder and oil,—steel with emery-powder; both made into a paste with a little oil.

2220. An excellent paste for polishing harness and the leather-work of carriages, is made by melting 8 lbs. of yellow wax, stirring it till completely dissolved. Into this pour 1 lb. of litharge of the shops, which has been pounded up with water, and dried and sifted through a sieve, leaving the two, when mixed, to simmer on the fire, stirring them continually till all is melted. When it is a little cool, mix this with 1-¼ lb. of good ivory-black; place this again on the fire, and stir till it boils anew, and suffer it to cool. When cooled a little, add distilled turpentine till it has the consistence of a thickish paste, scenting it with any essence at hand, thinning it when necessary from time to time, by adding distilled turpentine.

2221. When the leather is old and greasy, it should be cleaned before applying this polish, with a brush wetted in a weak solution of potass and water, washing afterwards with soft river water, and drying thoroughly. If the leather is not black, one or two coats of black ink may be given before applying the polish. When quite dry, the varnish should be laid on with a soft shoe-brush, using also a soft brush to polish the leather.

2222. When the leather is very old, it may be softened with fish-oil, and, after putting on the ink, a sponge charged with distilled turpentine passed over, to scour the surface of the leather, which should be polished as above.

2223. For fawn or yellow-coloured leather, take a quart of skimmed milk, pour into it 1 oz. of sulphuric acid, and, when cold, add to it 4 oz. of hydrochloric acid, shaking the bottle gently until it ceases to emit white vapours; separate the coagulated from the liquid part, by straining through a sieve, and store it away till required. In applying it, clean the leather by a weak solution of oxalic acid, washing it off immediately, and apply the composition when dry with a sponge.

2224. Wheel-grease is usually purchased at the shops; but a good paste is made as follows:—Melt 80 parts of grease, and stir into it, mixing it thoroughly and smoothly, 20 parts of fine black-lead in powder, and store away in a tin box for use. This grease is used in the mint at Paris, and is highly approved.

2225. Carriages in an endless variety of shapes and names are continually making their appearance; but the hackney cab or clarence seems most in request for light carriages; the family carriage of the day being a modified form of the clarence adapted for family use. The carriage is a valuable piece of furniture, requiring all the care of the most delicate upholstery, with the additional disadvantage of continual exposure to the weather and to the muddy streets.

2216. It requires, therefore, to be carefully cleaned before putting away, and a coach-house perfectly dry and well ventilated, for the wood-work swells with moisture; it shrinks also with heat, unless the timber has undergone a long course of seasoning: it
should also have a dry floor, a boarded one being recommended. It must be removed from the ammoniacal influence of the stables, from open drains and cesspools, and other gaseous influences likely to affect the paint and varnish. When the carriage returns home, it should be carefully washed and dried, and that, if possible, before the mud has time to dry on it. This is done by first well slushing it with clean water, so as to wash away all particles of sand, having first closed the sashes to avoid wetting the linings. The body is then gone carefully over with a soft mop, using plenty of clean water, and penetrating into every corner of the carved work, so that not an atom of dirt remains; the body of the carriage is then raised by placing the jack under the axletree and raising it so that the wheel turns freely; this is now thoroughly washed with the mop until the dirt is removed, using a water-brush for corners where the mop does not penetrate. Every particle of mud and sand removed by the mop, and afterwards with a wet sponge, the carriage is wiped dry, and, as soon after as possible, the varnish is carefully polished with soft leather, using a little sweet oil for the leather parts, and even for the panels, so as to check any tendency of the varnish to crack. Stains are removed by rubbing them with the leather and sweet oil; if that fails, a little Tripoli powder mixed with the oil will be more successful.

2227. In preparing the carriage for use, the whole body should be rubbed over with a clean leather and carefully polished, the iron-work and joints oiled, the plated and brass-work occasionally cleaned,—the one with plate-powder, or with well-washed whiting mixed with sweet oil, and leather kept for the purpose,—the other with rottenstone mixed with a little oil, and applied without too much rubbing, until the paste is removed; but, if rubbed every day with the leather, little more will be required to keep it untarnished. The linings require careful brushing every day, the cushions being taken out and beaten, and the glass sashes should always be bright and clean. The wheel-tires and axletree are carefully seen to, and greased when required, the bolts and nuts tightened, and all the parts likely to get out of order overhauled.

2228. These duties, however, are only incidental to the coachman's office, which is to drive; and much of the enjoyment of those in the carriage depends on his proficiency in his art,—much also of the wear of the carriage and horses. He should have sufficient knowledge of the construction of the carriage to know when it is out of order,—to know, also, the pace at which he can go over the road he has under him, without risking the springs, and without shaking those he is driving too much.

2229. Having, with or without the help of the groom or stable-boy, put his horses to the carriage, and satisfied himself, by walking round them, that everything is properly arranged, the coachman proceeds to the off-side of the carriage, takes the reins from the back of the horses, where they were thrown, buckles them together, and, placing his foot on the step, ascends to his box, having his horses now entirely under control. In ordinary circumstances, he is not expected to descend, for where no footman accompanies the carriage, the doors are usually so arranged that even a lady may let herself out, if she wishes it, from the inside. The coachman's duties are to avoid everything approaching an accident, and all his attention is required to guide his horses.

2230. The pace at which he drives will depend upon his orders,—in all probability a moderate pace of seven or eight miles an hour; less speed is injurious to the horses, getting them into lazy and sluggish habits; for it is wonderful how soon these are
acquired by some horses. The writer was once employed to purchase a horse for a country friend, and he picked a very handsome gelding out of Collins's stables, which seemed to answer to his friend's wants. It was duly committed to the coachman who was to drive it, after some very successful trials in harness and out of it, and seemed likely to give great satisfaction. After a time, the friend got tired of his carriage, and gave it up; as the easiest mode of getting rid of the horse, it was sent up to the writer's stables,-- a present. Only twelve months had elapsed; the horse was as handsome as ever, with plenty of flesh, and a sleek glossy coat, and he was thankfully enough received; but, on trial, it was found that a stupid coachman, who was imbued with one of their old maxims, that "it's the pace that kills," had driven the horse, capable of doing his nine miles an hour with ease, at a jog-trot of four miles, or four and a half; and now, no persuasion of the whip could get more out of him. After many unsuccessful efforts to bring him back to his pace, in one of which a break-down occurred, under the hands of a professional trainer, he was sent to the hammer, and sold for a sum that did not pay for the attempt to break him in. This maxim, therefore, "that it's the pace that kills," is altogether fallacious in the moderate sense in which we are viewing it. In the old coaching days, indeed, when the Shrewsbury "Wonder" drove into the inn yard while the clock was striking, week after week and month after month, with unerring regularity, twenty-seven hours to a hundred and sixty-two miles; when the "Quicksilver" mail was timed to eleven miles an hour between London and Plymouth, with a fine of £5 to the driver if behind time; when the Brighton "Age," "toof'd" and horsed by the late Mr. Stevenson, used to dash round the square as the fifth hour was striking, having stopped at the half-way house while his servant handed a sandwich and a glass of sherry to his passengers,-- then the pace was indeed "killing." But the truth is, horses that are driven at a jog-trot pace lose that élan with which a good driver can inspire them, and they are left to do their work by mere weight and muscle; therefore, unless he has contrary orders, a good driver will choose a smart pace, but not enough to make his horses perspire: on level roads this should never be seen.

2231. In choosing his horses, every master will see that they are properly paired,-- that their paces are about equal. When their habits differ, it is the coachman's duty to discover how he can, with least annoyance to the horses, get that pace out of them. Some horses have been accustomed to be driven on the check, and the curb irritates them; others, with harder mouths, cannot be controlled with the slight leverage this affords; he must, therefore, accommodate the horses as he best can. The reins should always be held so that the horses are "in hand;" but he is a very bad driver who always drives with a tight rein; the pain to the horse is intolerable, and causes him to rear and plunge, and finally break sway, if he can. He is also a bad driver when the reins are always slack; the horse then feels abandoned to himself; he is neither directed nor supported, and if no accident occurs, it is great good luck.

2232. The true coachman's hands are so delicate and gentle, that the mere weight of the reins is felt on the bit, and the directions are indicated by a turn of the wrist rather than by a pull; the horses are guided and encouraged, and only pulled up when they exceed their intended pace, or in the event of a stumble; for there is a strong though gentle hand on the reins.

2233. *The Whip*, in the hands of a good driver, and with well-bred cattle, is there, more as a precaution than a "tool" for frequent use; if he uses it, it is to encourage, by
stroking the flanks; except, indeed, he has to punish some waywardness of temper, and then he does it effectually, taking care, however, that it is done on the flank, where there is no very tender part, never on the crupper. In driving, the coachman should never give way to temper. How often do we see horses stumble from being conducted, or at least "allowed," to go over bad ground by some careless driver, who immediately wreaks that vengeance on the poor horse which might, with much more justice, be applied to his own brutal shoulders. The whip is of course useful, and even necessary, but should be rarely used, except to encourage and excite the horses.

Duties of the valet.

2234. Attendants on the Person. — "No man is a hero to his valet," saith the proverb; and the corollary may run, "No lady is a heroine to her maid." The infirmities of humanity are, perhaps, too numerous and too equally distributed to stand the severe microscopic tests which attendants on the person have opportunities of applying. The valet and waiting-maid are placed near the persons of the master and mistress, receiving orders only from them, dressing them, accompanying them in all their journeys, the confidants and agents of their most unguarded moments, of their most secret habits, and of course subject to their commands,—even to their caprices; they themselves being subject to erring judgment, aggravated by an imperfect education. All that can be expected from such servants is polite manners, modest demeanour, and a respectful reserve, which are indispensable. To these, good sense, good temper, some self-denial, and consideration for the feelings of others, whether above or below them in the social scale, will be useful qualifications. Their duty leads them to wait on those who are, from sheer wealth, station, and education, more polished, and consequently more susceptible of annoyance; and any vulgar familiarity of manner is opposed to all their notions of self-respect. Quiet unobtrusive manners, therefore, and a delicate reserve in speaking of their employers, either in praise or blame, is as essential in their absence, as good manners and respectful conduct in their presence.

2235. Some of the duties of the valet we have just hinted at in treating of the duties of the footman in a small family. His day commences by seeing that his master's dressing-room is in order; that the housemaid has swept and dusted it properly; that the fire is lighted and burns cheerfully; and some time before his master is expected, he will do well to throw up the sash to admit fresh air, closing it, however, in time to recover the temperature which he knows his master prefers. It is now his duty to place the body-linen on the horse before the fire, to be aired properly; to lay the trousers intended to be worn, carefully brushed and cleaned, on the back of his master's chair; while the coat and waistcoat, carefully brushed and folded, and the collar cleaned, are laid in their place ready to put on when required. All the articles of the toilet should be in their places, the razors properly set and stropped, and hot water ready for use.

2236. Gentlemen generally prefer performing the operation of shaving themselves, but a valet should be prepared to do it if required; and he should, besides, be a good hairdresser. Shaving over, he has to brush the hair, beard, and moustache, where that appendage is encouraged, arranging the whole simply and gracefully, according to the age and style of countenance. Every fortnight, or three weeks at the utmost, the hair should be cut, and the points of the whiskers trimmed as often as required. A good valet will now present the various articles of the toilet as they are wanted; afterwards,
the body-linen, neck-tie, which he will put on, if required, and, afterwards, waistcoat, coat, and boots, in suitable order, and carefully brushed and polished.

2237. Having thus seen his master dressed, if he is about to go out, the valet will hand him his cane, gloves, and hat, the latter well brushed on the outside with a soft brush, and wiped inside with a clean handkerchief, respectfully attend him to the door, and open it for him, and receive his last orders for the day.

2238. He now proceeds to put everything in order in the dressing-room, cleans the combs and brushes, and brushes and folds up any clothes that may be left about the room, and puts them away in the drawers.

2239. Gentlemen are sometimes indifferent as to their clothes and appearance; it is the valet's duty, in this case, where his master permits it, to select from the wardrobe such things as are suitable for the occasion, so that he may appear with scrupulous neatness and cleanliness; that his linen and neck-tie, where that is white or coloured, are unsoiled; and where he is not accustomed to change them every day, that the cravat is turned, and even ironed, to remove the crease of the previous fold. The coat collar,--which where the hair is oily and worn long, is apt to get greasy -- should also be examined; a careful valet will correct this by removing the spots day by day as they appear, first by moistening the grease-spots with a little rectified spirits of wine or spirits of hartshorn, which has a renovating effect, and the smell of which soon disappears. The grease is dissolved and removed by gentle scraping. The grease removed, add a little more of the spirit, and rub with a piece of clean cloth; finish by adding a few drops more; rub it with the palm of the hand, in the direction of the grain of the cloth, and it will be clean and glossy as the rest of the garment.

2240. Polish for the boots is an important matter to the valet, and not always to be obtained good by purchase; never so good, perhaps, as he can make for himself after the following recipes:-- Take of ivory-black and treacle each 4 oz., sulphuric acid 1 oz., best olive-oil 2 spoonfuls, best white-wine vinegar 3 half-pints: mix the ivory-black and treacle well in an earthen jar; then add the sulphuric acid, continuing to stir the mixture; next pour in the oil; and, lastly, add the vinegar, stirring it in by degrees, until thoroughly incorporated.

241. Another polish is made by mixing 1 oz. each of pounded galls and logwood-chips, and 3 lbs. of red French vine (ordinaire). Boil together till the liquid is reduced to half the quantity, and pour it off through a strainer. Now take ½ lb. each of pounded gum-arabic and lump-sugar, 1 oz. of green copperas, and 3 lbs. of brandy. Dissolve the gum-arabic in the preceding decoction, and add the sugar and copperas: when all is dissolved and mixed together, stir in the brandy, mixing it smoothly. This mixture will yield 5 or 6 lbs. of a very superior polishing paste for boots and shoes.

2242. It is, perhaps, unnecessary to add, that having discharged all the commissions intrusted to him by his master, such as conveying notes or messages to friends, or the tradesmen, all of which he should punctually and promptly attend to, it is his duty to be in waiting when his master returns home to dress for dinner, or for any other occasion, and to have all things prepared for this second dressing. Previous to this, he brings under his notice the cards of visitors who may have called, delivers the messages be may have received for him, and otherwise acquits himself of the
morning's commissions, and receives his orders for the remainder of the day. The routine of his evening duty is to have the dressing-room and study, where there is a separate one, arranged comfortably for his master, the fires lighted, candles prepared, dressing-gown and slippers in their place, and aired, and everything in order that is required for his master's comforts.

**FEMALE DOMESTICS.**

**Duties of the lady's-maid.**

2243. The duties of a lady's-maid are more numerous, and perhaps more onerous, than those of the valet; for while the latter is aided by the tailor, the hatter, the linen-draiper, and the perfumer, the lady's-maid has to originate many parts of the mistress's dress herself: she should, indeed, be a tolerably expert milliner and dressmaker, a good hairdresser, and possess some chemical knowledge of the cosmetics with which the toilet-table is supplied, in order to use them with safety and effect. Her first duty in the morning, after having performed her own toilet, is to examine the clothes put off by her mistress the evening before, either to put them away, or to see that they are all in order to put on again. During the winter, and in wet weather, the dresses should be carefully examined, and the mud removed. Dresses of tweed, and other woollen materials, may be laid out on a table and brushed all over; but in general, even in woollen fabrics, the lightness of the tissues renders brushing unsuitable to dresses, and it is better to remove the dust from the folds by beating them lightly with a handkerchief or thin cloth. Silk dresses should never be brushed, but rubbed with a piece of merino, or other soft material, of a similar colour, kept for the purpose. Summer dresses of barège, muslin, mohair, and other light materials, simply require shaking; but if the muslin be tumbled, it must be ironed afterwards. If the dresses require slight repair, it should be done at once: "a stitch in time saves nine."

2244. The bonnet should be dusted with a light feather plume, in order to remove every particle of dust; but this has probably been done, as it ought to have been, the night before. Velvet bonnets, and other velvet articles of dress, should be cleaned with a soft brush. If the flowers with which the bonnet is decorated have been crushed or displaced, or the leaves tumbled, they should be raised and readjusted by means of flower-pliers. If feathers have suffered from damp, they should be held near the fire for a few minutes, and restored to their natural state by the hand or a soft brush.

2245. *The Chausserie*, or foot-gear of a lady, is one of the few things left to mark her station, and requires special care. Satin boots or shoes should be dusted with a soft brush, or wiped with a cloth. Kid or varnished leather should have the mud wiped off with a sponge charged with milk, which preserves its softness and polish. The following is also an excellent polish for applying to ladies' boots, instead of blacking them:-- Mix equal proportions of sweet-oil, vinegar, and treacle, with 1 oz. of lamp-black. When all the ingredients are thoroughly incorporated, rub the mixture on the boots with the palm of the hand, and put them in a cool place to dry. Ladies' blacking, which may be purchased in 6d, and 1s. bottles, is also very much used for patent leather and kid boots, particularly when they are a little worn. This blacking is merely applied with a piece of sponge, and the boots should not be put on until the blacking is dry und hardened.
2246. These various preliminary offices performed, the lady's-maid should prepare for dressing her mistress, arranging her dressing-room, toilet-table, and linen, according to her mistress's wishes and habits. The details of dressing we need not touch upon,—every lady has her own mode of doing so; but the maid should move about quietly, perform any offices about her mistress's person, as lacing stays, gently, and adjust her linen smoothly.

2247. Having prepared the dressing-room by lighting the fire, sweeping the hearth, and made everything ready for dressing her mistress, placed her linen before the fire to air, and laid out the various articles of dress she is to wear, which will probably have been arranged the previous evening, the lady's-maid is prepared for the morning's duties.

2248. Hairdressing is the most important part of the lady's-maid's office. If ringlets are worn, remove the curl-papers, and, after thoroughly brushing the back hair both above and below, dress it according to the prevailing fashion. If bandeaux are worn, the hair is thoroughly brushed and frizzed outside and inside, folding the hair back round the , brushing it perfectly smooth, giving it a glossy appearance by the use of pomades, or oil, applied by the palm of the hand, smoothing it down with a small brush dipped in bandoline. Double bandeaux are formed by bringing most of the hair forward, and rolling it over frizettes made of hair the same colour as that of the wearer: it is finished behind by plaiting the hair, and arranging it in such a manner as to look well with the -dress.

2249. Lessons in hairdressing may be obtained, and at not an unreasonable charge. If a lady's-maid can afford it, we would advise her to initiate herself in the mysteries of hairdressing before entering on her duties. If a mistress finds her maid handy, and willing to learn, she will not mind the expense of a few lessons, which are almost necessary, as the fashion and mode of dressing the hair is so continually changing. Brushes and combs should be kept scrupulously clean, by washing them about twice a week: to do this oftener spoils the brushes, as very frequent washing makes them so very soft.

**To wash Brushes.**

2250. Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and, after combing out the hair from the brushes, dip them, bristles downwards, into the water and out again, keeping the backs and handles as free from the water as possible. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well, and wipe the handles and backs with a towel, *but not the bristles*, and set the brushes to dry in the sun, or near the fire; but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of soap.

**To clean Combs.**

2251. If it can be avoided, never wash combs, as the water often makes the teeth split, and the tortoiseshell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost: with this the comb should be well brushed, and afterwards wiped with a cloth or towel.
A good Wash for the Hair.

2252. INGREDIENTS.-- 1 pennyworth of borax, ½ pint of olive-oil, 1 pint of boiling water.

Mode.-- Pour the boiling water over the borax and oil; let it cool; then put the mixture into a bottle. Shake it before using, and apply it with a flannel. Camphor and borax, dissolved in boiling water and left to cool, make a very good wash for the hair; as also does rosemary-water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in, to make it smooth and glossy.

To make Pomade for the Hair.

2253. INGREDIENTS.-- ¼ lb. of lard, 2 pennyworth of castor-oil; scent.

Mode.-- Let the lard be unsalted; beat it up well; then add the castor-oil, and mix thoroughly together with a knife, adding a few drops of any scent that may be preferred. Put the pomatum into pots, which keep well covered to prevent it turning rancid.

Another Recipe for Pomatum.

2254. INGREDIENTS.-- 8 oz. of olive-oil, 1 oz. of spermaceti, 3 pennyworth of essential oil of almonds, 3 pennyworth of essence of lemon.

Mode.-- Mix these ingredients together, and store away in jars for use.

To make Bandoline.

2255. INGREDIENTS.-- 1 oz. of gum-tragacanth, ¼ pint of cold water, 3 pennyworth of essence of almonds, 2 teaspoonfuls of old rum.

Mode.-- Put the gum-tragacanth into a wide-mouthed bottle with the cold water; let it stand till dissolved, then stir into it the essence of almonds; let it remain for an hour or two, when pour the rum on the top. This should make the stock bottle, and when any is required for use, it is merely necessary to dilute it with a little cold water until the desired consistency is obtained, and to keep it in a small bottle, well corked, for use. This bandoline, instead of injuring the hair, as many other kinds often do, improves it, by increasing its growth, and making it always smooth and glossy.

An excellent Pomatum.

2256. INGREDIENTS.-- 1-½ lb. of lard, ½ pint of olive-oil, ½ pint of castor-oil, 4 oz. of spermaceti, bergamot, or any other scent; elder-flower water.

Mode.-- Wash the lard well in the elder-flower water; drain, and beat it to a cream. Mix the two oils together, and heat them sufficiently to dissolve the spermaceti, which should be beaten fine in a mortar. Mix all these ingredients together with the brandy and whatever kind of scent may be preferred; and whilst warm pour into glass bottles
for use, keeping them well corked. The best way to liquefy the pomatum is to set the bottle in a saucepan of warm water. It will remain good for many months.

To promote the Growth of Hair.

2257. INGREDIENTS.-- Equal quantities of olive-oil and spirit of rosemary; a few drops of oil of nutmeg.

Mode.-- Mix the ingredients together, rub the roots of the hair every night with a little of this liniment, and the growth of it will very soon sensibly increase.

2258. Our further remarks on dressing must be confined to some general advice. In putting on a band, see that it is laid quite flat, and is drawn tightly round the waist before it is pinned in front; that the pin is a strong one, and that it is secured to the stays, so as not to slip up or down, or crease in the folds. Arrange the folds of the dress over the crinoline petticoats; if the dress fastens behind, put a small pin in the slit to prevent it from opening. See that the sleeves fall well over the arms. If it is finished with a jacket, or other upper dress, see that it fits smoothly under the arms; pull out the flounces, and spread out the petticoat at the bottom with the hands, so that it falls in graceful folds. In arranging the petticoat itself, a careful lady's-maid will see that this is firmly fastened round the waist.

2259. Where sashes are worn, pin the bows securely on the inside with a pin, so as not to be visible; then raise the bow with the fingers. The collar is arranged and carefully adjusted with brooch or bow in the centre.

2260. Having dressed her mistress for breakfast, and breakfasted herself, the further duties of the lady's-maid will depend altogether upon the habits of the family, in which hardly two will probably agree. Where the duties are entirely confined to attendance on her mistress, it is probable that the bedroom and dressing-room will be committed to her care; that, the housemaid will rarely enter, except for the weekly or other periodical cleaning; she will, therefore, have to make her mistress's bed, and keep it in order; and as her duties are light and easy, there can be no allowance made for the slightest approach to uncleanliness or want of order. Every morning, immediately after her mistress has left it, and while breakfast is on, she should throw the bed open, by taking off the clothes; open the windows (except in rainy weather), and leave the room to air for half an hour. After breakfast, except her attendance on her mistress prevents it, if the rooms are carpeted, she should sweep them carefully, having previously strewed the room with moist tea-leaves, dusting every table and chair, taking care to penetrate to every corner, and moving every article of furniture that is portable. This done satisfactorily, and having cleaned the dressing-glass, polished up the furniture and the ornaments, and made the glass jug and basin clean and bright, emptied all slops, emptied the water-jugs and filled them with fresh water, and arranged the rooms, the dressing-room is ready for the mistress when she thinks proper to appear.

2261. The dressing-room thoroughly in order, the same thing is to be done in the bedroom, in which she will probably be assisted by the housemaid to make the bed and empty the slops. In making the bed, she will study her lady's wishes, whether it is to be hard or soft, sloping or straight, and see that it is done accordingly.
2262. Having swept the bedroom with equal care, dusted the tables and chairs, chimney-ornaments, and put away all articles of dress left from yesterday, and cleaned and put away any articles of jewellery, her next care is to see, before her mistress goes out, what requires replacing in her department, and furnish her with a list of them, that she may use her discretion about ordering them. All this done, she may settle herself down to any work on which she is engaged. This will consist chiefly in mending; which is first to be seen to; everything, except stockings, being mended before washing. Plain work will probably be one of the lady's-maid's chief employments.

2263. A waiting-maid, who wishes to make herself useful, will study the fashion-books with attention, so as to be able to aid her mistress's judgment in dressing, according to the prevailing fashion, with such modifications as her style of countenance requires. She will also, if she has her mistress's interest at heart, employ her spare time in repairing and making up dresses which have served one purpose, to serve another also, or turning many things, unfitted for her mistress to use, for the younger branches of the family. The lady's-maid may thus render herself invaluable to her mistress, and increase her own happiness in so doing. The exigencies of fashion and luxury are such, that all ladies, except those of the very highest rank, will consider themselves fortunate in having about them a thoughtful person, capable of diverting their finery to a useful purpose.

2264. Among other duties, the lady's-maid should understand the various processes for washing, and cleaning, and repairing laces; edging of collars; removing stains and grease-spots from dresses, and similar processes, for which the following recipes will be found very useful. In washing --

2265. **Blonde**, fine toilet-soap is used; the blonde is soaped over very slightly, and washed in water in which a little fig-blue is dissolved, rubbing it very gently; when clean, dry it. Dip it afterwards in very thin gum-water, dry it again in linen, spread it out as flat as it will lie, and iron it. Where the blonde is of better quality, and wider, it may be stretched on a hoop to dry after washing in the blue-water, applying the gum with a sponge; or it may be washed finally in water in which a lump of sugar has been dissolved, which gives it more the appearance of new blonde.

2266. Lace collars soil very quickly when in contact with the neck; they are cleaned by beating the edge of the collar between the folds of a fine linen cloth, then washing the edges as directed above, and spreading it out on an ironing-board, pinning it at each corner with fine pins; then going carefully over it with a sponge charged with water in which some gum-dragon and fig-blue have been dissolved, to give it a proper consistence. To give the collar the same tint throughout, the whole collar should be sponged with the same water, taking care not to touch the flowers.

2267. A multiplicity of accidents occur to soil and spot dresses, which should be removed at once. To remove --

2268. **Grease-spots** from cotton or woollen materials of fast colours, absorbent pastes, purified bullock's-blood, and even common soap, are used, applied to the spot when dry. When the colours are not fast, use fuller's-earth or pulverized potter's-clay, laid in a layer over the spot, and press it with a very hot iron.
2269. For Silks, Moires, and plain or brocaded Satins, begin by pouring over the spot two drops of rectified spirits of wine; cover it over with a linen cloth, and press it with a hot iron, changing the linen instantly. The spot will look tarnished, for a portion of the grease still remains: this will be removed entirely by a little sulphuric ether dropped on the spot, and a very little rubbing. If neatly done, no perceptible mark or circle will remain; nor will the lustre of the richest silk be changed, the union of the two liquids operating with no injurious effects from rubbing.

2270. Fruit-spots are removed from white and fast-coloured cottons by the use of chloride of soda. Commence by cold-soaping the article, then touch the spot with a hair-pencil or feather dipped in the chloride, dipping it immediately into cold water, to prevent the texture of the article being injured.

2271. Ink-spots are removed, when fresh applied to the spot, by a few drops of hot water being poured on immediately afterwards. By the same process, iron-mould in linen or calico may be removed, dipping immediately in cold water to prevent injury to the fabric.

2272. Wax dropped on a shawl, table-cover, or cloth dress, is easily discharged by applying spirits of wine.

2273. Syrups or Preserved Fruits, by washing in lukewarm water with a dry cloth, and pressing the spot between two folds of clean linen.

2274. Essence of Lemon will remove grease, but will make a spot itself in a few days.

To clean Silk or Ribbons.

2275. INGREDIENTS.-- ½ pint of gin, ½ lb. of honey, ½ lb. of soft soap, ½ pint of water.

Mode.-- Mix the above ingredients together; then lay each breadth of silk upon a clean kitchen table or dresser, and scrub it well on the soiled side with the mixture. Have ready three vessels of cold water; take each piece of silk at two corners, and dip it up and down in each vessel, but do not wring it; and take care that each breadth has one vessel of quite clean water for the last dip. Hang it up dripping for a minute or two, then dab it in a cloth, and iron it quickly with a very hot iron.

To remove Paint-spots from Silk Cloth.

2276. If the fabric will bear it, sharp rubbing will frequently entirely discharge a newly-made paint-stain; but, if this is not successful, apply spirit of turpentine with a quill till the stains disappear.

To make old Crape look nearly equal to new.

2277. Place a little water in a teakettle, and let it boil until there is plenty of steam from the spout; then, holding the crape in both hands, pass it to and fro several times through the steam, and it will to clean and look nearly equal to new.
2278. Linen.-- Before sending linen to wash, the lady's-maid should see that everything under her charge is properly mended; for her own sake she should take care that it is sent out in an orderly manner, each class of garments by themselves, with a proper list, of which she retains a copy. On its return, it is still more necessary to examine every piece separately, so that all missing buttons be supplied, and only the articles properly washed and in perfect repair passed into the wardrobe.

2279. Ladies who keep a waiting-maid for their own persons are in the habit of paying visits to their friends, in which it is not unusual for the maid to accompany them; at all events, it is her duty to pack the trunks; and this requires not only knowledge but some practice, although the improved trunks and portmanteaus now made, in which there is a place for nearly everything, render this more simple than formerly. Before packing, let the trunks be thoroughly well cleaned, and, if necessary, lined with paper, and everything intended for packing laid out on the bed or chairs, so that it may be seen what is to be stowed away; the nicer articles of dress neatly folded in clean calico wrappers. Having satisfied herself that everything wanted is laid out, and that it is in perfect order, the packing is commenced by disposing of the most bulky articles, the dressing-case and work-box, skirts, and other articles requiring room, leaving the smaller articles to fill up; finally, having satisfied herself that all is included, she should lock and cover up the trunk in its canvas case, and then pack her own box, if she is to accompany her mistress.

2280. On reaching the house, the lady's-maid will be shown her lady's apartment; and her duties here are what they were at home; she will arrange her mistress's things, and learn which is her bell, in order to go to her when she rings. Her meals will be taken in the housekeeper's room; and here she must be discreet and guarded in her talk to any one of her mistress or her concerns. Her only occupation here will be attending in her lady's room, keeping her things in order, and making her rooms comfortable for her.

2281. The evening duties of a lady's-maid are pretty nearly a repetition of those of the morning. She is in attendance when her mistress retires; she assists her to undress if required, brushes her hair, and renders such other assistance as is demanded; removes all slops; takes care that the fire, if any, is safe, before she retires to rest herself.

2282. Ironing is a part of the duties of a lady's-maid, and she should be able to do it in the most perfect manner when it becomes necessary. Ironing is often badly done from inattention to a few very simple requirements. Cleanliness is the first essential: the ironing-board, the fire, the iron, and the ironing-blanket should all be perfectly clean. It will not be necessary here to enter into details on ironing, as full directions are given in the "Duties of the Laundry-maid." A lady's-maid will have a great deal of "Ironing-out" to do; such as light evening dresses, muslin dresses, &c., which are not dirty enough to be washed, but merely require smoothing out to remove the creases. In summer, particularly, an iron will be constantly required, as also a skirt-board, which should be covered with a nice clean piece of flannel. To keep muslin dresses in order, they almost require smoothing out every time they are worn, particularly if made with many flounces. The lady's-maid may often have to perform little services for her mistress which require care; such as restoring the colour to scorched linen, &c. &c. The following recipe is, we believe, a very good one.
To restore Whiteness to scorched Linen.

2283. INGREDIENTS.-- ½ pint of vinegar, 2 oz. of fuller's-earth, 1 oz. of dried fowls' dung, ½ oz. of soap, the juice of 2 large onions.

Mode.-- Boil all these ingredients together to the consistency of paste; spread the composition thickly over the damaged part, and if the threads be not actually consumed, after it has been allowed to dry on, and the place has subsequently been washed once or twice, every trace of scorching will disappear.

2284. Furs, Feathers, and Woollens require the constant care of the waiting-maid. Furs and feathers not in constant use should be wrapped up in linen washed in lye. From May to September they are subject to being made the depository of the moth-eggs. They should be looked too, and shaken and beaten, from time to time, in case some of the eggs should have been lodged in them, in spite of every precaution; laying them up again, or rather folding them up as before, wrapping them in brown paper, which is itself a preservative. Shawls and cloaks, which would be damaged by such close folds, must be looked to, and aired and beaten, putting them away dry before the evening.

Preservatives against the Ravages of Moths.

2285. Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.

2286. Jewels are generally wrapped up in cotton, and kept in their cases; but they are subject to tarnish from exposure to the air, and require cleaning. This is done by preparing clean soap-suds, using fine toilet-soap. Dip any article of gold, silver, gilt, or precious stones into this lye, and dry them by brushing with a brush of soft badgers' hair, or a fine sponge; afterwards with a piece of fine cloth, and, lastly, with a soft leather.

2287. Epaulettes of gold or silver, and, in general, all articles of jewellery, may be dressed by dipping them in spirits of wine warmed in a bain marie, or shallow kettle, placed over a slow fire or hot-plate.

2288. The valet and lady's-maid, from their supposed influence with their master and mistress, are exposed to some temptations to which other servants are less subjected. They are probably in communication with the tradespeople who supply articles for the toilet; such as batters, tailors, dressmakers, and perfumers. The conduct of waiting-maid and valet to these people should be civil but independent, making reasonable allowance for want of exact punctuality, if any such can be made: they should represent any inconvenience respectfully, and if an excuse seems unreasonable, put the matter fairly to master or mistress, leaving it to them to notice it further, if they think it necessary. No expectations of a personal character should influence them one way or the other. It would be acting unreasonably to any domestic to make them refuse such presents as tradespeople choose to give them; the utmost that can be expected is that they should not influence their judgment in the articles supplied -- that they should represent them truly to master or mistress, without fear and without
favour. Civility to all, servility to none, is a good maxim for every one. Deference to a master and mistress, and to their friends and visitors, is one of the implied terms of their engagement; and this deference must apply even to what may be considered their whims. A servant is not to be seated, or wear a hat in the house, in his master's or mistress's presence; nor offer any opinion, unless asked for it; nor even to say "good night," or "good morning," except in reply to that salutation.

To preserve cut Flowers.

2289. A bouquet of freshly-cut flowers may be preserved alive for a long time by placing them in a glass or vase with fresh water, in which a little charcoal has been steeped, or a small piece of camphor dissolved. The vase should be set upon a plate or dish, and covered with a bell-glass, around the edges of which, when it comes in contact with the plate, a little water should be poured to exclude the air.

To revive cut Flowers after packing.

2290. Plunge the stems into boiling water, and by the time the water is cold, the flowers will have revived. Then cut afresh the ends of the stems, and keep them in fresh cold water.

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Upper and under housemaids.

2291. Housemaids, in large establishments, have usually one or more assistants; in this case they are upper and under housemaids. Dividing the work between them, the upper housemaid will probably reserve for herself the task of dusting the ornaments and cleaning the furniture of the principal apartments, but it is her duty to see that every department is properly attended to. The number of assistants depends on the number in the family, as well as on the style in which the establishment is kept up. In wealthy families it is not unusual for every grown-up daughter to have her waiting-maid, whose duty it is to keep her mistress's apartments in order, thus abridging the housemaid's duties. In others, perhaps, one waiting-maid attends on two or three, when the housemaid's assistance will be more requisite. In fact, every establishment has some customs peculiar to itself, on which we need not dwell; the general duties are the same in all, perfect cleanliness and order being the object.

Duties of the housemaid.

2292. "Cleanliness is next to godliness," saith the proverb, and "order" is in the next degree; the housemaid, then, may be said to be the handmaiden to two of the most prominent virtues. Her duties are very numerous, and many of the comforts of the family depend on their performance; but they are simple and easy to a person naturally clean and orderly, and desirous of giving satisfaction. In all families, whatever the habits of the master and mistress, servants will find it advantageous to rise early; their daily work will thus come easy to them. If they rise late, there is a struggle to overtake it, which throws an air of haste and hurry over the whole establishment. Where the master's time is regulated by early business or professional engagements, this will, of course, regulate the hours of the servants; but even where
that is not the case, servants will find great personal convenience in rising early and getting through their work in an orderly and methodical manner. The housemaid who studies her own ease will certainly be at her work by six o'clock in the summer, and, probably, half-past six or seven in the winter months, having spent a reasonable time in her own chamber in dressing. Earlier than this would, probably, be an unnecessary waste of coals and candle in winter.

2293. The first duty of the housemaid in winter is to open the shutters of all the lower rooms in the house, and take up the hearth-rugs of those rooms which she is going to "do" before breakfast. In some families, where there is only a cook and housemaid kept, and where the drawing-rooms are large, the cook has the care of the dining-room, and the housemaid that of the breakfast-room, library, and drawing-rooms. After the shutters are all opened, she sweeps the breakfast-room, sweeping the dust towards the fire-place, of course previously removing the fonder. She should then lay a cloth (generally made of coarse wrappering) over the carpet in front of the stove, and on this should place her housemaid's box, containing black-lead brushes, leathers, emery-paper, cloth, black lead, and all utensils necessary for cleaning a grate, with the cinder-pail on the other side.

2294. She now sweeps up the ashes, and deposits them in her cinder-pail, which is a japanned tin pail, with a wire-sifter inside, and a closely-fitting top. In this pail the cinders are sifted, and reserved for use in the kitchen or under the copper, the ashes only being thrown away. The cinders disposed of, she proceeds to black-lead the grate, producing the black lead, the soft brush for laying it on, her blacking and polishing brushes, from the box which contains her tools. This housemaid's box should be kept well stocked. Having blackened, brushed, and polished every part, and made all clean and bright, she now proceeds to lay the fire. Sometimes it is very difficult to get a proper polish to black grates, particularly if they have been neglected, and allowed to rust at all. Brunswick black, which is an excellent varnish for grates, may be prepared in the following manner:--
2295. **INGREDIENTS.**—1 lb. of common asphaltum, ½ pint of linseed oil, 1 quart of oil of turpentine.

**Mode.**—Melt the asphaltum, and add gradually to it the other two ingredients. Apply this with a small painter's brush, and leave it to become perfectly dry. The grate will need no other cleaning, but will merely require dusting every day, and occasionally brushing with a dry black-lead brush. This is, of course, when no fires are used. When they are required, the bars, cheeks, and back of the grate will need black-leading in the usual manner.

2296. **Fire-lighting,** however simple, is an operation requiring some skill; a fire is readily made by laying a few cinders at the bottom in open order; over this a few pieces of paper, and over that again eight or ten pieces of dry wood; over the wood, a course of moderate-sized pieces of coal, taking care to leave hollow spaces between for air at the centre; and taking care to lay the whole well back in the grate, so that the smoke may go up the chimney, and not into the room. This done, fire the paper with a match from below, and, if properly laid, it will soon burn up; the stream of flame from the wood and paper soon communicating to the coals and cinders, provided there is plenty of air at the centre.

2297. A new method of lighting a fire is sometimes practised with advantage, the fire lighting from the top and burning down, in place of being lighted and burning up from below. This is arranged by laying the coals at the bottom, mixed with a few good-sized cinders, and the wood at the top, with another layer of coals and some paper over it; the paper is lighted in the usual way, and soon burns down to a good fire, with some economy of fuel, as is said.

2298. Bright grates require unceasing attention to keep them in perfect order. A day should never pass without the housemaid rubbing with a dry leather the polished parts of a grate, as also the fender and fire-irons. A careful and attentive housemaid should have no occasion ever to use emery-paper for any part but the bars, which, of course, become blackened by the fire. (Some mistresses, to save labour, have a double set of bars, one set bright for the summer, and another black set to use when fires are in requisition.) When bright grates are once neglected, small rust-spots begin to show themselves, which a plain leather will not remove; the following method of cleaning...
them must then be resorted to:— First, thoroughly clean with emery-paper; then take a large smooth pebble from the road, sufficiently large to hold comfortably in the hand, with which rub the steel backwards and forwards one way, until the desired polish is obtained. It may appear at first to scratch, but continue rubbing, and the result will be success. The following is also an excellent polish for bright stoves and steel articles:—

2299. INGREDIENTS.— 1 tablespoonful of turpentine, 1 ditto of sweet oil, emery powder.

Mode.— Mix the turpentine and sweet oil together, stirring in sufficient emery powder to make the mixture of the thickness of cream. Put it on the article with a piece of soft flannel, rub off quickly with another piece, then polish with a little dry emery powder and clean leather.

2300. The several fires lighted, the housemaid proceeds with her dusting, and polishing the several pieces of furniture in the breakfast-parlour, leaving no corner unvisited. Before sweeping the carpet, it is a good practice to sprinkle it all over with tea-leaves, which not only lay all dust, but give a slightly fragrant smell to the room. It is now in order for the reception of the family; and where there is neither footman nor parlour-maid, she now proceeds to the dressing-room, and lights her mistress's fire, if she is in the habit of having one to dress by. Her mistress is called, hot water placed in the dressing-room for her use, her clothes — as far as they are under the house-maid's charge — put before the fire to air, hanging a fire-guard on the bars where there is one, while she proceeds to prepare the breakfast.

2301. In summer the housemaid's work is considerably abridged: she throws open the windows of the several rooms not occupied as bedrooms, that they may receive the fresh morning air before they are occupied; she prepares the breakfast-room by sweeping the carpet, rubbing tables and chairs, dusting mantel-shelf and picture-frames with a light brush, dusting the furniture, and beating and sweeping the rug; she cleans the grate when necessary, and replaces the white paper or arranges the shavings with which it is filled, leaving everything clean and tidy for breakfast. It is not enough, however, in cleaning furniture, just to pass lightly over the surface; the rims and legs of tables, and the backs and legs of chairs and sofas, should be rubbed vigorously daily; if there is a book-case, every corner of every pane and ledge requires to be carefully wiped, so that not a speck of dust can be found in the room.

2302. After the breakfast-room is finished, the housemaid should proceed to sweep down the stairs, commencing at the top, whilst the cook has the charge of the hall, door-step, and passages. After this she should go into the drawing-room, cover up every article of furniture that is likely to spoil, with large dusting-sheets, and put the chairs together, by turning them seat to seat, and, in fact, make as much room as possible, by placing all the loose furniture in the middle of the room, whilst she sweeps the corners and sides. When this is accomplished, the furniture can then be put back in its place, and the middle of the room swept, sweeping the dirt, as before said, towards the fireplace. The same rules should be observed in cleaning the drawing-room grates as we have just stated, putting down the cloth, before commencing, to prevent the carpet from getting soiled. In the country, a room would not require sweeping thoroughly like this more than twice a week; but the housemaid should go over it every morning with a dust-pan and broom, taking up every crumb and piece
she may see. After the sweeping she should leave the room, shut the door, and proceed to lay the breakfast. Where there is neither footman nor parlour-maid kept, the duty of laying the breakfast-cloth rests on the housemaid.

2303. Before laying the cloth for breakfast, the heater of the tea-urn is to be placed in the hottest part of the kitchen fire; or, where the kettle is used, boiled on the kitchen fire, and then removed to the parlour, where it is kept hot. Having washed herself free from the dust arising from the morning's work, the housemaid collects the breakfast-things on her tray, takes the breakfast-cloth from the napkin press, and carries them all on the tray into the parlour; arranges them on the table, placing a sufficiency of knives, forks, and salt-cellars for the family, and takes the tray back to the pantry; gets a supply of milk, cream, and bread; fills the butter-dish, taking care that the salt is plentiful, and soft and dry, and that hot plates and egg-cups are ready where warm meat or eggs are served, and that butter-knife and bread-knife are in their places. And now she should give the signal for breakfast, holding herself ready to fill the urn with hot water, or hand the kettle, and take in the rolls, toast, and other eatables, with which the cook supplies her, when the breakfast-room bell rings; bearing in mind that she is never to enter the parlour with dirty hands or with a dirty apron, and that everything is to be handed on a tray; that she is to hand everything she may be required to supply, on the left hand of the person she is serving, and that all is done quietly and without bustle or hurry. In some families, where there is a large number to attend on, the cook waits at breakfast whilst the housemaid is busy upstairs in the bedrooms, or sweeping, dusting, and putting the drawing-room in order.

2304. Breakfast served, the housemaid proceeds to the bed-chambers, throws up the sashes, if not already done, pulls up the blinds, throwing back curtains at the same time, and opens the beds, by removing the clothes, placing them over a horse, or, failing that, over the backs of chairs. She now proceeds to empty the slops. In doing this, everything is emptied into the slop-pail, leaving a little scalding-hot water for a minute in such vessels as require it; adding a drop of turpentine to the water, when that is not sufficient to cleanse them. The basin is emptied, well rinsed with clean water, and carefully wiped; the ewers emptied and washed; finally, the water-jugs themselves emptied out and rinsed, and wiped dry. As soon as this is done, she should remove and empty the pails, taking care that they also are well washed, scalded, and wiped as soon as they are empty.

2305. Next follows bedmaking, at which the cook or kitchen-maid, where one is kept, usually assists; but, before beginning, velvet chairs, or other things injured by dust, should be removed to another room. In bedmaking, the fancy of its occupant should be consulted; some like beds sloping from the top towards the feet, swelling slightly in the middle; others, perfectly flat: a good housemaid will accommodate each bed to the taste of the sleeper, taking care to shake, beat, and turn it well in the process. Some persons prefer sleeping on the mattress; in which case a feather bed is usually beneath, resting on a second mattress, and a straw paillasse at the bottom. In this case, the mattresses should change places daily; the feather bed placed on the mattress
shaken, beaten, taken up and opened several times, so as thoroughly to separate the feathers: if too large to be thus handled, the maid should shake and beat one end first, and then the other, smoothing it afterwards equally all over into the required shape, and place the mattress gently over it. Any feathers which escape in this process a tidy servant will put back through the seam of the tick; she will also be careful to sew up any stitch that gives way the moment it is discovered. The bedclothes are laid on, beginning with an under blanket and sheet, which are tucked under the mattress at the bottom. The bolster is then beaten and shaken, and put on, the top of the sheet rolled round it, and the sheet tucked in all round. The pillows and other bedclothes follow, and the counterpane over all, which should fall in graceful folds, and at equal distance from the ground all round. The curtains are drawn to the and folded neatly across the bed, and the whole finished in a smooth and graceful manner. Where spring-mattresses are used, care should be taken that the top one is turned every day. The housemaid should now take up in a dustpan any pieces that may be on the carpet; she should dust the room, shut the door, and proceed to another room. When all the bedrooms are finished, she should dust the stairs, and polish the handrail of the banisters, and see that all ledges, window-sills, &c., are quite free from dust. It will be necessary for the housemaid to divide her work, so that she may not have too much to do on certain days, and not sufficient to fill up her time on other days. In the country, bedrooms should be swept and thoroughly cleaned once a week; and to be methodical and regular in her work, the housemaid should have certain days for doing certain rooms thoroughly. For instance, the drawing-room on Monday, two bedrooms on Tuesday, two on Wednesday, and so on, reserving a day for thoroughly cleaning the plate, bedroom candlesticks, &c. &c., which she will have to do where there is no parlour-maid or footman kept. By this means the work will be divided, and there will be no unnecessary bustling and hurrying, as is the case where the work is done any time, without rule or regulation.

2306. Once a week, when a bedroom is to be thoroughly cleaned, the house-maid should commence by brushing the mattresses of the bed before it is made; she should then make it, shake the curtains, lay them smoothly on the bed, and pin or tuck up the bottom valance, so that she may be able to sweep under the bed. She should then unloop the window-curtains, shake them, and pin them high up out of the way. After clearing the dressing-table, and the room altogether of little articles of china, &c. &c., she should shake the toilet-covers, fold them up, and lay them on the bed, over which a large dusting-sheet should be thrown. She should then sweep the room; first of all sprinkling the carpet with well-squeezed tea-leaves, or a little freshly-pulled grass, when this is obtainable. After the carpet is swept, and the grate cleaned, she should wash with soap and water, with a little soda in it, the washing-table apparatus, removing all marks or fur round the jugs, caused by the water. The water-bottles and tumblers must also have her attention, as well as the top of the washing-stand, which should be cleaned with soap and flannel if it be marble: if of polished mahogany, no soap must be used. When these are all clean and arranged in their places, the housemaid should scrub the floor where it is not covered with carpet, under the beds, and round the wainscot. She should use as little soap and soda as possible, as too free a use of these articles is liable to give the boards a black appearance. In the country, cold soft water, a clean scrubbing-brush, and a willing arm, are all that are required to make bedroom floors look white. In winter it is not
advisable to scrub rooms too often, as it is difficult to dry them thoroughly at that season of the year, and nothing is more dangerous than to allow persons to sleep in a damp room. The housemaid should now dust the furniture, blinds, ornaments, &c.; polish the looking-glass; arrange the toilet-cover and muslin; remove the cover from the bed, and straighten and arrange the curtains and counterpane. A bedroom should be cleaned like this every week. There are times, however, when it is necessary to have the carpet up; this should be done once a year in the country, and twice a year in large cities. The best time for these arrangements is spring and autumn, when the bed-furniture requires changing to suit the seasons of the year. After arranging the furniture, it should all be well rubbed and polished; and for this purpose the housemaid should provide herself with an old silk pocket-handkerchief, to finish the polishing.

2307. As modern furniture is now nearly always French-polished, it should often be rubbed with an old silk rubber, or a fine cloth or duster, to keep it free from smears. Three or four times a year any of the following polishes may be applied with very great success, as any of them make French-polished furniture look very well. One precaution must be taken,—not to put too much of the polish on at one time, and to rub, not smear it over the articles.

FURNITURE POLISH.

2308. INGREDIENTS.—¼ pint of linseed-oil, ¼ pint of vinegar, 1 oz. of spirits of salts, ½ oz. of muriatic antimony.

Mode.—Mix all well together, and shake before using.

FURNITURE POLISH.

2309. INGREDIENTS.—Equal proportions of linseed-oil, turpentine, vinegar, and spirits of wine.

Mode.—When used, shake the mixture well, and rub on the furniture with a piece of linen rag, and polish with a clean duster. Vinegar and oil, rubbed in with flannel, and the furniture rubbed with a clean duster, produce a very good polish.

FURNITURE PASTE.

2310. INGREDIENTS.—3 oz. of common beeswax, 1 oz. of white wax, 1 oz. of curd soap, 1 pint of turpentine, 1 pint of boiled water.

Mode.—Mix the ingredients together, adding the water when cold; shake the mixture frequently in the bottle, and do not use it for 48 hours after it is made. It should be
applied with a piece of flannel, the furniture polished with a duster, and then with an old silk rubber.

2311. The chambers are finished, the chamber candlesticks brought down and cleaned, the parlour lamps trimmed; and here the housemaid's utmost care is required. In cleaning candlesticks, as in every other cleaning, she should have cloths and brushes kept for that purpose alone; the knife used to scrape them should be applied to no other purpose; the tallow-grease should be thrown into a box kept for the purpose; the same with everything connected with the lamp-trimming; the best mode of doing which she will do well to learn from the tradesman who supplies the oil; always bearing in mind, however, that without perfect cleanliness, which involves occasional scalding, no lamp can be kept in order.

2312. The drawing and dining-room, inasmuch as everything there is more costly and valuable, require even more care. When the carpets are of the kind known as velvet-pile, they require to be swept firmly by a hard whisk brush, made of cocoanut fibre.

2313. The furniture must be carefully gone over in every corner with a soft cloth, that it may be left perfectly free from dust; or where that is beyond reach, with a brush made of long feathers, or a goose's wing. The sofas are swept in the same manner, slightly beaten, the cushions shaken and smoothed, the picture-frames swept, and everything arranged in its proper place. This, of course, applies to dining as well as drawing-room and morning-room. And now the housemaid may dress herself for the day, and prepare for the family dinner, at which she must attend.

2314. We need not repeat the long instructions already given for laying the dinner-table. At the family dinner, even where no footman waits, the routine will be the same. In most families the cloth is laid with the slips on each side, with napkins, knives, forks, spoons, and wine and finger glasses on all occasions.

2315. She should ascertain that her plate is in order, glasses free from smears, water-bottles and decanters the same, and everything ready on her tray, that she may be able to lay her cloth properly. Few things add more to the neat and comfortable appearance of a dinner-table than well-polished plate; indeed, the state of the plate is a certain indication of a well-managed or ill-managed household. Nothing is easier than to keep plate in good order, and yet many servants, from stupidity and ignorance, make it the greatest trouble of all things under their care. It should be remembered, that it is utterly impossible to make greasy silver take a polish; and that as spoons and forks in daily use are continually in contact with grease, they must require good washing in soap-and-water to remove it. Silver should be washed with a soapy flannel in one water, rinsed in another, and then wiped dry with a dry cloth. The plate so washed may be polished with the plate-rags, as in the following directions:—Once a week all the plate should receive a thorough cleaning with the
hartshorn powder, as directed in the first recipe for cleaning plate; and where the housemaid can find time, rubbed every day with the plate-rags.

2316. Hartshorn, we may observe, is one of the best possible ingredients for plate-powder in daily use. It leaves on the silver a deep, dark polish, and at the same time does less injury than anything else. It has also the advantage of being very cheap; almost all the ordinary powders sold in boxes containing more or less of quicksilver, in some form or another; and this in process of time is sure to make the plate brittle. If any one wishes to be convinced of the effect of quicksilver on plate, he has only to rub a little of it on one place for some time,—on the handle of a silver teaspoon for instance, and he will find it break in that spot with very little pressure.

**To Clean Plate.**

_A very excellent method._

2317. Wash the plate well to remove all grease, in a strong lather of common yellow soap and boiling water, and wipe it quite dry; then mix as much hartshorn powder as will be required, into a thick paste, with cold water or spirits of wine; smear this lightly over the plate with a piece of soft rag, and leave it for some little time to dry. When perfectly dry, brush it off quite clean with a soft plate-brush, and polish the plate with a dry leather. If the plate be very dirty, or much tarnished, spirits of wine will be found to answer better than the water for mixing the paste.

**Plate-rags for daily use.**

2318. Boil soft rags (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn powder, in the proportion of 1 oz. of powder to a pint of milk; boil them for 5 minutes; wring them as soon as they are taken out, for a moment, in cold water, and dry them before the fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather or a dry soft cloth, before it is again put on the table.

2319. For waiting at table, the housemaid should be neatly and cleanly dressed, and, if possible, her dress made with closed sleeves, the large open ones dipping and falling into everything on the table, and being very much in the way. She should not wear creaking boots, and should move about the room as noiselessly as possible, anticipating people's wants by handing them things without being asked for them, and altogether be as quiet as possible. It will be needless here to repeat what we have already said respecting waiting at table, in the duties of the butler and footman: rules that are good to be observed by them, are equally good for the parlour-maid or housemaid.

2320. The housemaid having announced that dinner is on the table, will hand the soup, fish, meat, or side-dishes to the different members of the family; but in families who do not spend much of the day together, they will probably prefer being alone at dinner and breakfast; the housemaid will be required, after all are helped, if her master
does not wish her to stay in the room, to go on with her work of cleaning up in the pantry, and answer the bell when rung. In this case she will place a pile of plates on the table or a dumbwaiter, within reach of her master and mistress, and leave the room.

2321. Dinner over, the housemaid removes the plates and dishes on the tray, places the dirty knives and forks in the basket prepared for them, folds up the napkins in the ring which indicates by which member of the family it has been used, brushes off the crumbs on the hand-tray kept for the purpose, folds up the table-cloth in the folds already made, and places it in the linen-press to be smoothed out. After every meal the table should be rubbed, all marks from hot plates removed, and the table-cover thrown over, and the room restored to its usual order. If the family retire to the drawing-room, or any other room, it is a good practice to throw up the sash to admit fresh air and ventilate the room.

2322. The housemaid's evening service consists in washing up the dinner-things, the plate, plated articles, and glasses, restoring everything to its place; cleaning up her pantry, and putting away everything for use when next required; lastly, preparing for tea, as the time approaches, by setting the things out on the tray, getting the urn or kettle ready, with cream and other things usually partaken of at that meal.

2323. In summer-time the windows of all the bedrooms, which have been closed during the heat of the day, should be thrown open for an hour or so after sunset, in order to air them. Before dark they should be closed, the bedclothes turned down, and the night-clothes laid in order for use when required. During winter, where fires are required in the dressing-rooms, they should be lighted an hour before the usual time of retiring, placing a fire-guard before each fire. At the same time, the night-things on the horse should be placed before it to be aired, with a tin can of hot water, if the mistress is in the habit of washing before going to bed. We may add, that there is no greater preservative of beauty than washing the face every night in hot water. The housemaid will probably be required to assist her mistress to undress and put her dress in order for the morrow; in which case her duties are very much those of the lady's-maid.

2324. And now the fire is made up for the night, the fireguard replaced, and everything in the room in order for the night, the housemaid taking care to leave the night-candle and matches together in a convenient place, should they be required. It is usual in summer to remove all highly fragrant flowers from sleeping-rooms, the impression being that their scent is injurious in a close chamber.

2325. On leisure days, the housemaid should be able to do some needlework for her mistress,—such as turning and mending sheets and darning the house linen, or assist her in anything she may think fit to give her to do. For this reason it is almost essential that a housemaid, in a small family, should be an expert needlewoman; as, if she be a good manager and an active girl, she will have time on her hands to get through plenty of work.
2326. *Periodical Cleanings.*—Besides the daily routine which we have described, there are portions of every house which can only be thoroughly cleaned occasionally; at which time the whole house usually undergoes a more thorough cleaning than is permitted in the general way. On these occasions it is usual to begin at the top of the house and clean downwards; moving everything out of the room; washing the wainscoting or paint with soft soap and water; pulling down the beds and thoroughly cleansing all the joints; "scrubbing" the floor; beating feather beds, mattress, and paillasse, and thoroughly purifying every article of furniture before it is put back in its place.

2327. This general cleaning usually takes place in the spring or early summer, when the warm curtains of winter are replaced by the light and cheerful muslin curtains. Carpets are at the same time taken up and beaten, except where the mistress of the house has been worried into an experiment by the often-reiterated question, "Why beat your carpets?" In this case she will probably have made up her mind to try the cleaning process, and arranged with the company to send for them on the morning when cleaning commenced. It is hardly necessary to repeat, that on this occasion every article is to be gone over, the French-polished furniture well rubbed and polished. The same thorough system of cleaning should be done throughout the house; the walls cleaned where painted, and swept down with a soft broom or feather brush where papered; the window and bed curtains, which have been replaced with muslin ones, carefully brushed, or, if they require it, cleaned; lamps not likely to be required, washed out with hot water, dried, and cleaned. The several grates are now to be furnished with their summer ornaments; and we know none prettier than the following, which the housemaid may provide at a small expense to her mistress:—Purchase two yards and a half of crinoline muslin, and tear it into small strips, the selvage way of the material, about an inch wide; strip this thread by thread on each side, leaving the four centre threads; this gives about six-and-thirty pieces, fringed on each side, which are tied together at one end, and fastened to the trap of the register, while the threads, unravelled, are spread gracefully about the grate, the lower part of which is filled with paper shavings. This makes a very elegant and very cheap ornament, which is much stronger, besides, than those usually purchased.
2328. As winter approaches, this house-cleaning will have to be repeated, and the warm bed and window curtains replaced. The process of scouring and cleaning is again necessary, and must be gone through, beginning at the top, and going through the house, down to the kitchens.

2329. Independently of these daily and periodical cleanings, other occupations will present themselves from time to time, which the housemaid will have to perform. When spots show on polished furniture, they can generally be restored by soap and water and a sponge, the polish being brought out by using a little polish, and then well rubbing it. Again, drawers which draw out stiffly may be made to move more easily if the spot where they press is rubbed over with a little soap.

2330. Chips broken off any of the furniture should be collected and replaced, by means of a little glue applied to it. Liquid glue, which is sold prepared in bottles, is very useful to have in the house, as it requires no melting; and anything broken can be so quickly repaired.

2331. Breaking glass and china is about the most disagreeable thing that can happen in a family, and it is, probably, a greater annoyance to a right-minded servant than to the mistress. A neat-handed housemaid may sometimes repair these breakages, where they are not broken in very conspicuous places, by joining the pieces very neatly together with a cement made as follows:— Dissolve an ounce of gum mastic in a quantity of highly-rectified spirits of wine; then soften an ounce of isinglass in warm water, and, finally, dissolve it in rum or brandy, till it forms a thick jelly. Mix the isinglass and gum mastic together, adding a quarter of an ounce of finely-powdered gum ammoniac; put the whole into an earthen pipkin, and in a warm place, till they are thoroughly incorporated together; pour it into a small phial, and cork it down for use.

2332. In using it, dissolve a small piece of the cement in a silver teaspoon over a lighted candle. The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold in their places till the cement has set; then wipe away the cement adhering to the edge of the joint, and leave it for twelve hours without touching it: the joint will be as strong as the china itself, and if neatly done, it will show no joining. It is essential that neither of the pieces be wetted either with hot or cold water.

Useful recipes for housemaids.

To clean Marble.

2333. Mix with ¼ pint of soap lees, ½ gill of turpentine, sufficient pipe-clay and bullock's gall to make the whole into rather a thick paste. Apply it to the marble with a soft brush, and after a day or two, when quite dry, rub it off with a soft rag. Apply this a second or third time till the marble is quite clean.

Another method.

2334. Take two parts of soda, one of pumice-stone, and one of finely-powdered chalk. Sift these through a fine sieve, and mix them into a paste with water. Rub this well all
over the marble, and the stains will be removed; then wash it with soap-and-water, and a beautiful bright polish will be produced.

**To clean Floorcloth.**

2335. After having washed the floorcloth in the usual manner with a damp flannel, wet it all over with milk and rub it well with a dry cloth, when a most beautiful polish will be brought out. Some persons use for rubbing a well-waxed flannel; but this in general produces an unpleasant slipperiness, which is not the case with the milk.

**To clean Decanters.**

2336. Roll up in small pieces some soft brown or blotting paper; wet them, and soap them well. Put them into the decanters about one quarter full of warm water; shake them well for a few minutes, then rinse with clear cold water; wipe the outsides with a nice dry cloth, put the decanters to drain, and when dry they will be almost as bright as new ones.

**To brighten Gilt Frames.**

2337. Take sufficient flour of sulphur to give a golden tinge to about 1½ pint of water, and in this boil 4 or 5 bruised onions, or garlic, which will answer the same purpose. Strain off the liquid, and with it, when cold, wash, with a soft brush, any gilding which requires restoring, and when dry it will come out as bright as new work.

**To preserve bright Grates or Fire-irons from Rust.**

2338. Make a strong paste of fresh lime and water, and with a fine brush smear it as thickly as possible over all the polished surface requiring preservation. By this simple means, all the grates and fire-irons in an empty house may be kept for months free from harm, without further care or attention.

**German Furniture-Gloss.**

2339. **INGREDIENTS.**—½ lb. yellow wax, 1 oz. black rosin, 2 oz. of oil of turpentine.

**Mode.**—Cut the wax into small pieces, and melt it in a pipkin, with the rosin pounded very fine. Stir in gradually, while these two ingredients are quite warm, the oil of turpentine. Keep this composition well covered for use in a tin or earthen pot. A little of this gloss should be spread on a piece of coarse woollen cloth, and the furniture well rubbed with it; afterwards it should be polished with a fine cloth.

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**Duties of the maid-of-all-work.**

2340. The general servant, or maid-of-all-work, is perhaps the only one of her class deserving of commiseration: her life is a solitary one, and in, some places, her work is never done. She is also subject to rougher treatment than either the house or kitchen-
maid, especially in her earlier career: she starts in life, probably a girl of thirteen, with some small tradesman's wife as her mistress, just a step above her in the social scale; and although the class contains among them many excellent, kind-hearted women, it also contains some very rough specimens of the feminine gender, and to some of these it occasionally falls to give our maid-of-all-work her first lessons in her multifarious occupations: the mistress's commands are the measure of the maid-of-all-work's duties. By the time she has become a tolerable servant, she is probably engaged in some respectable tradesman's house, where she has to rise with the lark, for she has to do in her own person all the work which in larger establishments is performed by cook, kitchen-maid, and housemaid, and occasionally the part of a footman's duty, which consists in carrying messages.

2341. The general servant's duties commence by opening the shutters (and windows, if the weather permits) of all the lower apartments in the house; she should then brush up her kitchen-range, light the fire, clear away the ashes, clean the hearth, and polish with a leather the bright parts of the range, doing all as rapidly and as vigorously as possible, that no more time be wasted than is necessary. After putting on the kettle, she should then proceed to the dining-room or parlour to get it in order for breakfast. She should first roll up the rug, take up the fender, shake and fold up the table-cloth, then sweep the room, carrying the dirt towards the fireplace; a coarse cloth should then be laid down over the carpet, and she should proceed to clean the grate, having all her utensils close to her. When the grate is finished, the ashes cleared away, the hearth cleaned, and the fender put back in its place, she must dust the furniture, not omitting the legs of the tables and chairs; and if there are any ornaments or things on the sideboard, she must not dust round them, but lift them up on to another place, dust well where they have been standing, and then replace the things. Nothing annoys a particular mistress so much as to find, when she comes down stairs, different articles of furniture looking as if they had never been dusted. If the servant is at all methodical, and gets into a habit of doing a room in a certain way, she will scarcely ever leave her duties neglected. After the rug is put down, the table-cloth arranged, and everything in order, she should lay the cloth for breakfast, and then shut the dining-room door.

2342. The hall must now be swept, the mats shaken, the door-step cleaned, and any brass knockers or handles polished up with the leather. If the family breakfast very early, the tidying of the hall must then be deferred till after that meal. After cleaning the boots that are absolutely required, the servant should now wash her hands and face, put on a clean white apron, and be ready for her mistress when she comes down stairs. In families where there is much work to do before breakfast, the master of the house frequently has two pairs of boots in wear, so that they may be properly cleaned when the servant has more time to do them, in the daytime. This arrangement is, perhaps, scarcely necessary in the summer-time, when there are no grates to clean every morning; but in the dark days of winter it is only kind and thoughtful to lighten a servant-of-all-work's duties as much as possible.

2343. She will now carry the urn into the dining-room, where her mistress will make the tea or coffee, and sometimes will boil the eggs, to insure them being
done to her liking. In the mean time the servant cooks, if required, the bacon, kidneys, fish, &c.;-- if cold meat is to be served, she must always send it to table on a clean dish, and nicely garnished with tufts of parsley, if this is obtainable.

2344. After she has had her own breakfast, and whilst the family are finishing theirs, she should go upstairs into the bedrooms, open all the windows, strip the clothes off the beds, and leave them to air whilst she is clearing away the breakfast things. She should then take up the crumbs in a dustpan from under the table, put the chairs in their places, and sweep up the hearth.

2345. The breakfast things washed up, the kitchen should be tidied, so that it may be neat when her mistress comes in to give the orders for the day; after receiving these orders, the servant should go upstairs again, with a jug of boiling water, the slop-pail, and two cloths. After emptying the slops, and scalding the vessels with the boiling water, and wiping them thoroughly dry, she should wipe the top of the wash-table and arrange it all in order. She then proceeds to make the beds, in which occupation she is generally assisted by the mistress, or, if she have any daughters, by one of them. Before commencing to make the bed, the servant should put on a large bed-apron, kept for this purpose only, which should be made very wide, to button round the waist and meet behind, while it should be made as long as the dress. By adopting this plan, the blacks and dirt on servants' dresses (which at all times it is impossible to help) will not rub off on to the bed-clothes, mattresses, and bed furniture. When the beds are made, the rooms should be dusted, the stairs lightly swept down, hall furniture, closets, &c., dusted. The lady of the house, where there is but one servant kept, frequently takes charge of the drawing-room herself, that is to say, dusting it; the servant sweeping, cleaning windows, looking-glasses, grates, and rough work of that sort. If there are many ornaments and knick-knacks about the room, it is certainly better for the mistress to dust these herself, as a maid-of-all-work's hands are not always in a condition to handle delicate ornaments.

2346. Now she has gone the rounds of the house and seen that all is in order, the servant goes to her kitchen to see about the cooking of the dinner, in which very often her mistress will assist her. She should put on a coarse apron with a bib to do her dirty work in, which may be easily replaced by a white one if required.

2347. Half an hour before dinner is ready, she should lay the cloth, that everything may be in readiness when she is dishing up the dinner, and take all into the dining-room that is likely to be required, in the way of knives, forks, spoons, bread, salt, water, &c. &c. By exercising a little forethought, much confusion and trouble may be saved both to mistress and servant, by getting everything ready for the dinner in good time.

2348. After taking in the dinner, when every one is seated, she removes the covers, hands the plates round, and pours out the beer; and should be careful to hand everything on the left side of the person she is waiting on.

2349. We need scarcely say that a maid-of-all-work cannot stay in the dining-room during the whole of dinner-time, as she must dish up her pudding, or whatever is served after the first course. When she sees every one helped, she should leave the
room to make her preparations for the next course; and anything that is required, such as bread, &c., people may assist themselves to in the absence of the servant.

2350. When the dinner things are cleared away, the servant should sweep up the crumbs in the dining-room, sweep the hearth, and lightly dust the furniture, then sit down to her own dinner.

2351. After this, she washes up and puts away the dinner things, sweeps the kitchen, dusts and tidies it, and puts on the kettle for tea. She should now, before dressing herself for the afternoon, clean her knives, boots, and shoes, and do any other dirty work in the scullery that may be necessary. Knife-cleaning machines are rapidly taking the place, in most households, of the old knife-board. The saving of labour by the knife-cleaner is very great, and its performance of the work is very satisfactory. Small and large machines are manufactured, some cleaning only four knives, whilst others clean as many as twelve at once. Nothing can be more simple than the process of machine knife-cleaning; and although, in a very limited household, the substitution of the machine for the board may not be necessary, yet we should advise all housekeepers, to whom the outlay is not a difficulty, to avail themselves of the services of a machine. We have already spoken of its management in the "Duties of the Footman," No. 2177.

2352. When the servant is dressed, she takes in the tea, and after tea turns down the beds, sees that the water-jugs and bottles are full, closes the windows, and draws down the blinds. If the weather is very warm, these are usually left open until the last thing at night, to cool the rooms.

2353. The routine of a general servant's duties depends upon the kind of situation she occupies; but a systematic maid-of-all-work should so contrive to divide her work, that every day in the week may have its proper share. By this means she is able to keep the house clean with less fatigue to herself than if she left all the cleaning to do at the end of the week. Supposing there are five bedrooms in the house, two sitting-rooms, kitchen, scullery, and the usual domestic offices;— on Monday she should thoroughly clean the drawing-room; on Tuesday, two of the bedrooms; on Wednesday, two more; on Thursday, the other bedroom and stairs; on Friday morning she should sweep the dining-room very thoroughly, clean the hall, and in the afternoon her kitchen tins and bright utensils. By arranging her work in this manner, no undue proportion will fall to Saturday's share, and she will then have this day for cleaning plate, cleaning her kitchen, and arranging everything in nice order. The regular work must, of course, be performed in the usual manner, as we have endeavoured to describe.

2354. Before retiring to bed, she will do well to clean up glasses, plates, &c. which have been used for the evening meal, and prepare for her morning's work by placing her wood near the fire, on the hob, to dry, taking care there is no danger of it igniting,
before she leaves the kitchen for the night. Before retiring, she will have to lock and bolt the doors, unless the master undertakes this office himself.

2355. If the washing, or even a portion of it, is done at home, it will be impossible for the maid-of-all-work to do her household duties thoroughly, during the time it is about, unless she have some assistance. Usually, if all the washing is done at home, the mistress hires some one to assist at the wash-tub, and sees to little matters herself, in the way of dusting, clearing away breakfast things, folding, starching, and ironing the fine things. With a little management much can be accomplished, provided the mistress be industrious, energetic, and willing to lend a helping hand. Let washing-week be not the excuse for having everything in a muddle; and although "things" cannot be cleaned so thoroughly, and so much time spent upon them, as ordinarily, yet the house may be kept tidy and clear from litter without a great deal of exertion either on the part of the mistress or servant. We will conclude our remarks with an extract from an admirably-written book, called "Home Truths for Home Peace." The authoress says, with respect to the great wash -- "Amongst all the occasions in which it is most difficult and glorious to keep muddle out of a family, 'the great wash' stands pre-eminent; and as very little money is now saved by having everything done at home, many ladies, with the option of taking another servant or putting out the chief part of the washing, have thankfully adopted the latter course." She goes on to say -- "When a gentleman who dines at home can't bear washing in the house, but gladly pays for its being done elsewhere, the lady should gratefully submit to his wishes, and put out anything in her whole establishment rather than put out a good and generous husband."

2356. A bustling and active girl will always find time to do a little needlework for herself, if she lives with consistent and reasonable people. In the summer evenings she should manage to sit down for two or three hours, and for a short time in the afternoon in leisure days. A general servant's duties are so multifarious, that unless she be quick and active, she will not be able to accomplish this. To discharge these various duties properly is a difficult task, and sometimes a thankless office; but it must be remembered that a good maid-of-all-work will make a good servant in any capacity, and may be safely taken not only without fear of failure, but with every probability of giving satisfaction to her employer.

**Duties of the dairy-maid.**

2357. The duties of the dairy-maid differ considerably in different districts. In Scotland, Wales, and some of the northern counties, women milk the cows. On some of the large dairy farms in other parts of England, she takes her share in the milking, but in private families the milking is generally performed by the cowkeeper, and the dairy-maid only receives the milkpails from him morning and night, and empties and cleans them preparatory to the next milking; her duty being to supply the family with milk, cream, and butter, and other luxuries depending on the "milky mothers" of the herd.

2358. *The Dairy.*-- The object with which gentlemen keep cows is to procure milk unadulterated, and sweet butter, for themselves and families: in order to obtain this, however, great cleanliness is required, and as visitors, as well as the mistress of the house, sometimes visit the dairy, some efforts are usually made to render it
ornamental and picturesque. The locality is usually fixed near to the house; it should
neither be exposed to the fierce heat of the summer's sun nor to the equally
unfavourable frosts of winter -- it must be both sheltered and shaded. If it is a building
apart from the house and other offices, the walls should be tolerably thick, and if
hollow, the temperature will be more equable. The walls inside are usually covered
with Dutch glazed tiles; the flooring also of glazed tiles set in asphalte, to resist water;
and the ceiling, lath and plaster, or closely-jointed woodwork, painted. Its architecture
will be a matter of fancy: it should have a northern aspect, and a thatched roof is
considered most suitable, from the shade and shelter it affords; and it should contain
at least two apartments, besides a cool place for storing away butter. One of the
apartments, in which the milk is placed to deposit cream, or to ripen for churning, is
usually surrounded by shelves of marble or slate, on which the milk-dishes rest; but it
will be found a better plan to have a large square or round table of stone in the centre,
with a water-tight ledge all round it, in which water may remain in hot weather, or, if
some attempt at the picturesque is desired, a small fountain might occupy the centre,
which would keep the apartment cool and fresh. Round this table the milk-dishes
should be ranged; one shelf, or dresser, of slate or marble, being kept for the various
occupations of the dairy-maid: it will be found a better plan than putting them on
shelves and corners against the wall. There should be a funnel or ventilator in the
ceiling, communicating with the open air, made to open and shut as required. Double
windows are recommended, but of the lattice kind, so that they may open, and with
wire-gauze blinds fitted into the opening, and calico blinds, which may be wetted
when additional coolness is required. The other apartment will be used for churning,
washing, and scrubbing -- in fact, the scullery of the dairy, with a boiler for hot water,
and a sink with cold water laid on, which should be plentiful and good. In some
dairies a third apartment, or, at least, a cool airy pantry, is required for storing away
butter, with shelves of marble or slate, to hold the cream-jars while it is ripening; and
where cheeses are made, a fourth becomes necessary. The dairy utensils are not
numerous,-- *churns*, *milk-pails* for each cow, *hair-sieves*, *slices of tin*, milk-pans,
marble dishes for cream for family use, scales and weights, a portable rack for drying
the utensils, *wooden bowls*, butter-moulds and butter-patters, and *wooden tubs* for
washing the utensils, comprising pretty nearly everything.

2359. *Pails* are made of maple-wood or elm, and hooped, or of tin, more or less
ornamented. One is required for each cow.

2360. The *Hair-Sieve* is made of closely-twisted horse-hair, with a rim, through which
the milk is strained to remove any hairs which may have dropped from the cow in
milking.

2361. *Milk-Dishes* are shallow basins of glass, of glazed earthenware, or tin, about 16
inches in diameter at top, and 12 at the bottom, and 5 or 6 inches deep, holding about
8 to 10 quarts each when full.

2362. *Churns* are of all sorts and sizes, from that which churns 70 or 80
gallons by means of a strap from the engine, to the square box in which a
 pound of butter is made. The churn used for families is a square box, 18
inches by 12 or 13, and 17 deep, bevelled below to the plane of the *dashers*,
with a loose lid or cover. The dasher consists of an axis of wood, to which the four
beaters or fanners are attached; these fans are simply four pieces of elm strongly
dovetailed together, forming an oblong square, with a space left open, two of the openings being left broader than the others; attached to an axle, they form an axis with four projecting blades; the axle fits into supports at the centre of the box; a handle is fitted to it, and the act of churning is done by turning the handle.

2363. Such is the temple in which the dairy-maid presides: it should be removed both from stable and cowhouse, and larder; no animal smells should come near it, and the drainage should be perfect.

2364. The dairy-maid receives the milk from the cowkeeper, each pail being strained through the hair-sieve into one of the milk-basins. This is left in the basins from twenty-four to thirty-six hours in the summer, according to the weather; after which it is skimmed off by means of the slicer, and poured into glazed earthenware jars to "turn" for churning. Some persons prefer making up a separate churning for the milk of each cow; in which there is some advantage. In this case the basins of each cow, for two days, would either be kept together or labelled. As soon as emptied, the pails should be scalded and every particle of milk washed out, and placed away in a dry place till next required; and all milk spilt on the floor, or on the table or dresser, cleaned up with a cloth and hot water. Where very great attention is paid to the dairy, the milk-coolers are used larger in winter, when it is desirable to retard the cooling down and increase the creamy deposit, and smaller in summer, to hasten it; the temperature required being from 55° to 50°. In summer it is sometimes expedient, in very sultry weather, to keep the dairy fresh and cool by suspending cloths dipped in chloride of lime across the room.

2365. In some dairies it is usual to churn twice, and in others three times a week: the former produces the best butter, the other the greatest quantity. With three cows, the produce should be 27 to 30 quarts a day. The dairy-maid should churn every day when very hot, if they are in full milk, and every second day in more temperate weather; besides supplying the milk and cream required for a large establishment. The churning should always be done in the morning: the dairy-maid will find it advantageous in being at work on churning mornings by five o'clock. The operation occupies from 20 minutes to half an hour in summer, and considerably longer in winter. A steady uniform motion is necessary to produce sweet butter; neither too quick nor too slow. Rapid motion causes the cream to heave and swell, from too much air being forced into it: the result is a tedious churning, and soft, bad-coloured butter.

2366. In spring and summer, when the cow has her natural food, no artificial colour is required; but in winter, under stall-feeding, the colour is white and tallowy, and some persons prefer a higher colour. This is communicated by mixing a little finely-powdered arnatto with the cream before putting it into the churn; a still more, natural and delicate colour is communicated by scraping a red carrot into a clean piece of linen cloth, dipping it into water, and squeezing it into the cream.

2367. As soon as the butter comes, the milk is poured off, and the butter put into a shallow wooden tub or bowl, full of pure spring water, in which it is washed and kneaded, pouring off the water, and renewing it until it comes away perfectly free from milk. Imperfect washing is the frequent cause of bad butter, and in nothing is the skill of the dairy-maid tested more than in this process; moreover, it is one in which cleanliness of habits and person are most necessary. In this operation we want the aid
of Phyllis's neat, soft, and perfectly clean hand; for no mechanical operation can so well squeeze out the sour particles of milk or curd.

2368. The operations of churning and butter-making over, the butter-milk is disposed of: usually, in England, it goes to the pigs; but it is a, very wholesome beverage when fresh, and some persons like it; the disposal, therefore, will rest with the mistress: the dairy-maid's duty is to get rid of it. She must then scald with boiling water and scrub out every utensil she has used; brush out the churn, clean out the cream-jars, which will probably require the use of a little common soda to purify; wipe all dry, and place them in a position where the sun can reach them for a short time, to sweeten them.

2369. In Devonshire, celebrated for its dairy system, the milk is always scalded. The milk-pans, which are of tin, and contain from 10 to 12 quarts, after standing 10 or 12 hours, are placed on a hot plate of iron, over a stove, until the cream has formed on the surface, which is indicated by the air-bubbles rising through the milk, and producing blisters on the surface-coating of cream. This indicates its approach to the boiling point: and the vessel is now removed to cool. When sufficiently, that is, quite cool, the cream is skimmed off with the slice: it is now the clouted cream for which Devonshire is so famous. It is now placed in the churn, and churned until the butter comes, which it generally does in a much shorter time than by the other process. The butter so made contains more caseine than butter made in the usual way, but does not keep so long.

2370. It is a question frequently discussed, how far it is economical for families to keep cows and make their own butter. It is calculated that a good cow costs from May 1 to October 1, when well but economically kept, £5. 16s. 6d; and from October 1 to April 30, £10. 2s. 6d. During that time she should produce 227 lbs. of butter, besides the skimmed milk. Of course, if new milk and cream are required, that will diminish the quantity of butter.

2371. Besides churning and keeping her dairy in order, the dairy-maid has charge of the whole produce, handing it over to the cook, butler, or housemaid as required; and she will do well to keep an exact account both of what she receives and how and when she disposes of it.

**Duties of the laundry-maid.**

2372. The laundry-maid is charged with the duty of washing and getting-up the family linen,--a situation of great importance where the washing is all done at home; but in large towns, where there is little convenience for bleaching and drying, it is chiefly done by professional laundresses and companies, who apply mechanical and chemical processes to the purpose. These processes, however, are supposed to injure the fabric of the linen; and in many families the fine linen, cottons, and muslins, are washed and got-up at home, even where the bulk of the washing is given out. In country and suburban houses, where greater conveniences exist, washing at home is more common,--in country places universal.

2373. The laundry establishment consists of a washing-house, an ironing and drying-room, and sometimes a drying-closet heated by furnaces. The washing-house will probably be attached to the kitchen; but it is better that it should be completely
detached from it, and of one story, with a funnel or shaft to carry off the steam. It will
be of a size proportioned to the extent of the washing to be done. A range of tubs,
either round or oblong, opposite to, and sloping towards, the light, narrower at the
bottom than the top, for convenience in stooping over, and fixed at a height suited to
the convenience of the women using them; each tub having a tap for hot and cold
water, and another in the bottom, communicating with the drains, for drawing off foul
water. A boiler and furnace, proportioned in size to the wants of the family, should
also be fixed. The flooring should be York stone, laid on brick piers, with good
drainage, or asphalte, sloping gently towards a gutter connected with the drain.

2374. Adjoining the bleaching-house, a second room, about the same size, is required
for ironing, drying, and mangling. The contents of this room should comprise an
ironing-board, opposite to the light; a strong white deal table, about twelve or fourteen
feet long, and about three and a half feet broad, with drawers for ironing-blankets; a
mangle in one corner, and clothes-horses for drying and airing; cupboards for holding
the various irons, starch, and other articles used in ironing; a hot-plate built in the
chimney, with furnace beneath it for heating the irons; sometimes arranged with a flue
for carrying the hot air round the room for drying. Where this is the case, however,
there should be a funnel in the ceiling for ventilation and carrying off steam; but a
better arrangement is to have a hot-air closet adjoining, heated by hot-air pipes, and
lined with iron, with proper arrangements for carrying off steam, and clothes-horses
on castors running in grooves, to run into it for drying purposes. This leaves the
laundry free from unwholesome vapour.

2375. The laundry-maid should commence her labours on Monday morning by a
careful examination of the articles committed to her care, and enter them in the
washing-book; separating the white linen and collars, sheets and body-linen, into one
heap, fine muslins into another, coloured cotton and linen fabrics into a third,
woollens into a fourth, and the coarser kitchen and other greasy cloths into a fifth.
Every article should be examined for ink- or grease-spots, or for fruit- or wine-stains.
Ink-spots are removed by dipping the part into hot water, and then spreading it
smoothly on the hand or on the back of a spoon, pouring a few drops of oxalic acid or
salts of sorer over the ink-spot, rubbing and rinsing it in cold water till removed;
grease-spots, by rubbing over with yellow soap, and rinsing in hot water; fruit- and
wine-spots, by dipping in a solution of sal ammonia or spirits of wine, and rinsing.

2376. Every article having been examined and assorted, the sheets and fine linen
should be placed in one of the tubs and just covered with lukewarm water, in which a
little soda has been dissolved and mixed, and left there to soak till the morning. The
greasy cloths and dirtier things should be laid to soak in another tub, in a liquor
composed of ½ lb. of unslaked lime to every 6 quarts of water which has been boiled
for two hours, then left to settle, and strained off when clear. Each article should be
rinsed in this liquor to wet it thoroughly, and left to soak till the morning, just covered
by it when the things are pressed together. Coppers and boilers should now be filled,
and the fires laid ready to light.

2377. Early on the following morning the fires should be lighted, and as soon as hot
water can be procured, washing commenced; the sheets and body-linen being wanted
to whiten in the morning, should be taken first; each article being removed in
succession from the lye in which it has been soaking, rinsed, rubbed, and wrung, and
laid aside until the tub is empty, when the foul water is drawn off. The tub should be
again filled with luke-warm water, about 80°, in which the articles should again be
plunged, and each gone over carefully with soap, and rubbed. Novices in the art
sometimes rub the linen against the skin; more experienced washerwomen rub one
linen surface against the other, which saves their hands, and enables them to continue
their labour much longer, besides economizing time, two parts being thus cleaned at
once.

2378. After this first washing, the linen should be put into a second water as hot as the
hand can bear, and again rubbed over in every part, examining every part for spots not
yet moved, which require to be again soaped over and rubbed till thoroughly clean;
then rinsed and wrung, the larger and stronger articles by two of the women; the
smaller and more delicate articles requiring gentler treatment.

2379. In order to remove every particle of soap, and produce a good colour, they
should now be placed, and boiled for about an hour and a half in the copper, in which
soda, in the proportion of a teaspoonful to every two gallons of water, has been
dissolved. Some very careful laundresses put the linen into a canvas bag to protect it
from the scum and the sides of the copper. When taken out, it should again be rinsed,
first in clean hot water, and then in abundance of cold water slightly tinged with fig-
blue, and again wrung dry. It should now be removed from the washing-house and
hung up to dry or spread out to bleach, if there are conveniences for it; and the earlier
in the day this is done, the clearer and whiter will be the linen.

2380. Coloured muslins, cottons, and linens, require a milder treatment; any
application of soda will discharge the colour, and soaking all night, even in pure
water, deteriorates the more delicate tints. When ready for washing, if not too dirty,
they should be put into cold water and washed very speedily, using the common
yellow soap, which should be rinsed off immediately. One article should be washed at
a time, and rinsed out immediately before any others are wetted. When washed
thoroughly, they should be rinsed in succession in soft water, in which common salt
has been dissolved, in the proportion of a handful to three or four gallons, and
afterwards wrung gently, as soon as rinsed, with as little twisting as possible, and then
hung out to dry. Delicate-coloured articles should not be exposed to the sun, but dried
in the shade, using clean lines and wooden pegs.

2381. Woollen articles are liable to shrink, unless the flannel has been well shrunk
before making up. This liability is increased where very hot water is used: cold water
would thus be the best to wash woollens in; but, as this would not remove the dirt,
lukewarm water, about 85°, and yellow soap, are recommended. When thoroughly
washed in this, they require a good deal of rinsing in cold water, to remove the soap.

2382. Greasy cloths, which have soaked all night in the liquid described, should be
now washed out with soap-and-water as hot as the hands can bear, first in one water,
and rinsed out in a second; and afterwards boiled for two hours in water in which a
little soda is dissolved. When taken out, they should be rinsed in cold water, and laid
out or hung up to dry.

2383. Silk handkerchiefs require to be washed alone. When they contain snuff, they
should be soaked by themselves in lukewarm water two or three hours; they should be
rinsed out and put to soak with the others in cold water for an hour or two; then washed in lukewarm water, being soaped as they are washed. If this does not remove all stains, they should be washed a second time in similar water, and, when finished, rinsed in soft water in which a handful of common salt has been dissolved. In washing stuff or woollen dresses, the band at the waist and the lining at the bottom should be removed, and wherever it is gathered into folds; and, in furniture, the hems and gatherings. A black silk dress, if very dirty, must be washed; but, if only soiled, soaking for four-and-twenty hours will do; if old and rusty, a pint of common spirits should be mixed with each gallon of water, which is an improvement under any circumstances. Whether soaked or washed, it should be hung up to drain, and dried without wringing.

2384. Satin and silk ribbons, both white and coloured, may be cleaned in the same manner.

2385. Silks, when washed, should be dried in the shade, on a linen-horse, taking care that they are kept smooth and unwrinkled. If black or blue, they will be improved if laid again on the table, when dry, and sponged with gin, or whiskey, or other white spirit.

2386. The operations should be concluded by rinsing the tubs, cleaning the coppers, scrubbing the floors of the washing-house, and restoring everything to order and cleanliness.

2387. Thursday and Friday, in a laundry in full employ, are usually devoted to mangling, starching, and ironing.

2388. Linen, cotton, and other fabrics, after being washed and dried, are made smooth and glossy by mangling and by ironing. The mangling process, which is simply passing them between rollers subjected to a very considerable pressure, produced by weight, is confined to sheets, towels, table-linen, and similar articles, which are without folds or plaits. Ironing is necessary to smooth body-linen, and made-up articles of delicate texture or gathered into folds. The mangle is too well known to need description.

2389. Ironing.-- The irons consist of the common flat-iron, which is of different sizes, varying from 4 to 10 inches in length, triangular in form, and from 2½ to 4½ inches in width at the broad end; the oval iron, which is used for more delicate articles; and the box-iron, which is hollow, and heated by a red-hot iron inserted into the box. The Italian iron is a hollow tube, smooth on the outside, and raised on a slender pedestal with a footstalk. Into the hollow cylinder a red-hot iron is pushed, which heats it; and the smooth outside of the latter is used, on which articles such as frills, and plaited articles, are drawn. Crimping -- and gauffering-machines are used for a kind of plaiting where much regularity is required, the articles being passed through two iron rollers fluted so as to represent the kind of plait or fold required.

2390. Starching is a process by which stiffness is communicated to certain parts of linen, as the collar and front of shirts, by dipping them in a paste made of starch boiled in water, mixed with a little gum Arabic, where extra stiffness is required.
TO MAKE STARCH.

2391. INGREDIENTS.-- Allow ½ pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch.

Mode.-- Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps, and quite smooth. Then take the basin to the fire, and whilst the water is actually boiling in the kettle or boiler, pour it over the starch, stirring it the whole time. If made properly in this manner, the starch will require no further boiling; but should the water not be boiling when added to the starch, it will not thicken, and must be put into a clean saucepan, and stirred over the fire until it boils. Take it off the fire, strain it into a clean basin, cover it up to prevent a skin forming on the top, and, when sufficiently cool that the hand may be borne in it, starch the things. Many persons, to give a shiny and smooth appearance to the linen when ironed, stir round two or three times in the starch a piece of wax candle, which also prevents the iron from sticking.

2392. When the "things to be starched" are washed, dried, and taken off the lines, they should be dipped into the hot starch made as directed, squeezed out of it, and then just dipped into cold water, and immediately squeezed dry. If fine things be wrung, or roughly used, they are very liable to tear; so too much care cannot be exercised in this respect. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth; shake out the starched things, lay them on the cloth, and roll it up tightly, and let it remain for three or fours, when the things will be ready to iron.

2393. To be able to iron properly requires much practice and experience. Strict cleanliness with all the ironing utensils must be observed, as, if this is not the case, not the most expert ironer will be able to make her things look clear and free from smears, &c. After wiping down her ironing table, the laundry-maid should place a coarse cloth on it, and over that the ironing-blanket, with her stand and iron-rubber; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work.

2394. It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine: there is then no danger of scorching. For ironing fine things, such as collars, cuffs, muslins, and laces, there is nothing so clean and nice to use as the box-iron; the bottom being bright, and never placed near the fire, it is always perfectly clean; it should, however, be kept in a dry place, for fear of its rusting. Gauffering-tongs or irons must be placed in a clear fire for a minute, then withdrawn, wiped with a coarse rubber, and the heat of them tried on a piece of paper, as, unless great care is taken, these will very soon scorch.

2395. The skirts of muslin dresses should be ironed on a skirt-board covered with flannel, and the fronts of shirts on a smaller board, also covered with flannel; this board being placed between the back and front.

2396. After things are mangled, they should also be ironed in the folds and gathers; dinner-napkins smoothed over, as also table-cloths, pillow-cases, and sometimes
sheets. The bands of flannel petticoats, and shoulder-straps to flannel waistcoats, must also undergo the same process.

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Upper and under nursemaids.

2397. The nursery is of great importance in every family, and in families of distinction, where there are several young children, it is an establishment kept apart from the rest of the family, under the charge of an upper nurse, assisted by under nursery-maids proportioned to the work to be done. The responsible duties of upper nursemaid commence with the weaning of the child: it must now be separated from the mother or wet-nurse, at least for a time, and the cares of the nursemaid, which have hitherto been only occasionally put in requisition, are now to be entirely devoted to the infant. She washes, dresses, and feeds it; walks out with it, and regulates all its little wants; and, even at this early age, many good qualities are required to do so in a satisfactory manner. Patience and good temper are indispensable qualities; truthfulness, purity of manners, minute cleanliness, and docility and obedience, almost equally so. She ought also to be acquainted with the art of ironing and trimming little caps, and be handy with her needle.

2398. There is a considerable art in carrying an infant comfortably for itself and for the nursemaid. If she carry it always seated upright on her arm, and presses it too closely against her chest, the stomach of the child is apt to get compressed, and the back fatigued. For her own comfort, a good nurse will frequently vary this position, by changing from one arm to the other, and sometimes by laying it across both, raising the a little. When teaching it to walk, and guiding it by the hand, she should change the hand from time to time, so as to avoid raising one shoulder higher than the other. This is the only way in which a child should be taught to walk; leading-strings and other foolish inventions, which force an infant to make efforts, with its shoulders and forward, before it knows how to use its limbs, will only render it feeble, and retard its progress.

2399. Most children have some bad habit, of which they must be broken; but this is never accomplished by harshness without developing worse evils: kindness, perseverance, and patience in the nurse, are here of the utmost importance. When finger-sucking is one of these habits, the fingers are sometimes rubbed with bitter aloes, or some equally disagreeable substance. Others have dirty habits, which are only to be changed by patience, perseverance, and, above all, by regularity in the nurse. She should never be permitted to inflict punishment on these occasions, or, indeed, on any occasion. But, if punishment is to be avoided, it is still more necessary that all kinds of indulgences and flattery be equally forbidden. Yielding to all the whims of a child,--picking up its toys when thrown away in mere wantonness, would be intolerable. A child should never be led to think others inferior to it, to beat a dog, or even the stone against which it falls, as some children are taught to do by silly nurses. Neither should the nurse affect or show alarm at any of the little accidents which must inevitably happen: if it falls, treat it as a trifle; otherwise she encourages a spirit of cowardice and timidity. But she will take care that such accidents are not of frequent occurrence, or the result of neglect.
2400. The nurse should keep the child as clean as possible, and particularly she should train it to habits of cleanliness, so that it should feel uncomfortable when otherwise; watching especially that it does not soil itself in eating. At the same time, vanity in its personal appearance is not to be encouraged by over-care in this respect, or by too tight lacing or buttoning of dresses, nor a small foot cultivated by the use of tight shoes.

2401. Nursemaids would do well to repeat to the parents faithfully and truly the defects they observe in the dispositions of very young children. If properly checked in time, evil propensities may be eradicated; but this should not extend to anything but serious defects; otherwise, the intuitive perceptions which all children possess will construe the act into "spying" and "informing," which should never be resorted to in the case of children, nor, indeed, in any case.

2402. Such are the cares which devolve upon the nursemaid, and it is her duty to fulfil them personally. In large establishments she will have assistants proportioned to the number of children of which she has the care. The under nursemaid lights the fires, sweeps, scours, and dusts the rooms, and makes the beds; empties slops, and carries up water; brings up and removes the nursery meals; washes and dresses all the children, except the infant, and assists in mending. Where there is a nursery girl to assist, she does the rougher part of the cleaning; and all take their meals in the nursery together, after the children of the family have done.

2403. In smaller families, where there is only one nursemaid kept, she is assisted by the housemaid, or servant-of-all-work, who will do the rougher part of the work, and carry up the nursery meals. In such circumstances she will be more immediately under the eye of her mistress, who will probably relieve her from some of the cares of the infant. In higher families, the upper nurse is usually permitted to sup or dine occasionally at the housekeeper's table by way of relaxation, when the children are all well, and her subordinates trustworthy.

2404. Where the nurse has the entire charge of the nursery, and the mother is too much occupied to do more than pay a daily visit to it, it is desirable that she be a person of observation, and possess some acquaintance with the diseases incident to childhood, as also with such simple remedies as may be useful before a medical attendant can be procured, or where such attendance is not considered necessary. All these little ailments are preceded by symptoms so minute as to be only perceptible to close observation; such as twitching of the brows, restless sleep, grinding the gums, and, in some inflammatory diseases, even to the child abstaining from crying, from fear of the increased pain produced by the movement. Dentition, or cutting the teeth, is attended with many of these symptoms. Measles, thrush, scarlatina, croup, hooping-cough, and other childish complaints, are all preceded by well-known symptoms, which may be alleviated and rendered less virulent by simple remedies instantaneously applied.

2405. Dentition is usually the first serious trouble, bringing many other disorders in its train. The symptoms are most perceptible to the mother: the child sucks feebly, and with gums hot, inflamed, and swollen. In this case, relief is yielded by rubbing them from time to time with a little of Mrs. Johnson's soothing syrup, a valuable and
perfectly safe medicine. Selfish and thoughtless nurses, and mothers too, sometimes give cordials and sleeping-draughts, whose effects are too well known.

2406. **Convulsion Fits** sometimes follow the feverish restlessness produced by these causes; in which case a hot bath should be administered without delay, and the lower parts of the body rubbed, the bath being as hot as it can be without scalding the tender skin; at the same time, the doctor should be sent for immediately, for no nurse should administer medicine in this case, unless the fits have been repeated and the doctor has left directions with her how to act.

2407. **Croup** is one of the most alarming diseases of childhood; it is accompanied with a hoarse, croaking, ringing cough, and comes on very suddenly, and most so in strong, robust children. A very hot bath should be instantly administered, followed by an emetic, either in the form of tartar-emetic, croup-powder, or a teaspoonful of ipecacuanha, wrapping the body warmly up in flannel after the bath. The slightest delay in administering the bath, or the emetic, may be fatal; hence, the importance of nurses about very young children being acquainted with the symptoms.

2408. **Hooping-Cough** is generally preceded by the moaning noise during sleep, which even adults threatened with the disorder cannot avoid: it is followed by violent fits of coughing, which little can be done to relieve. A child attacked by this disorder should be kept as much as possible in the fresh, pure air, but out of draughts, and kept warm, and supplied with plenty of nourishing food. Many fatal diseases flow from this scourge of childhood, and a change to purer air, if possible, should follow convalescence.

2409. **Worms** are the torment of some children: the symptoms are, an unnatural craving for food, even after a full meal; costiveness, suddenly followed by the reverse; fetid breath, a livid circle under the eyes, enlarged abdomen, and picking the nose; for which the remedies must be prescribed by the doctor.

2410. **Measles** and **Scarlatina** much resemble each other in their early stages: headache, restlessness, and fretfulness are the symptoms of both. Shivering fits, succeeded by a hot skin; pains in the back and limbs, accompanied by sickness, and, in severe cases, sore throat; pain about the jaws, difficulty in swallowing, running at the eyes, which become red and inflamed, while the face is hot and flushed, often distinguish scarlatina and scarlet fever, of which it is only a mild form.

2411. While the case is doubtful, a dessert-spoonful of spirit of nitre diluted in water, given at bedtime, will throw the child into a gentle perspiration, and will bring out the rash in either case. In measles, this appears first on the face; in scarlatina, on the chest; and in both cases a doctor should be called in. In scarlatina, tartar-emetic powder or ipecacuanha may be administered in the mean time.

2412. In all cases, cleanliness, fresh air, clean utensils, and frequent washing of the person, both of nurse and children, are even more necessary in the nursery than in either drawing-room or sick-room, inasmuch as the delicate organs of childhood are more susceptible of injury from smells and vapours than adults.
2413. It may not be out of place if we conclude this brief notice of the duties of a
nursemaid, by an extract from Florence Nightingale's admirable "Notes on Nursing."
Referring to children, she says:--

2414. "They are much more susceptible than grown people to all noxious influences.
They are affected by the same things, but much more quickly and seriously; by want
of fresh air, of proper warmth; want of cleanliness in house, clothes, bedding, or body;
by improper food, want of punctuality, by dulness, by want of light, by too much or
too little covering in bed or when up." And all this in health; and then she quotes a
passage from a lecture on sudden deaths in infancy, to show the importance of careful
nursing of children:-- "In the great majority of instances, when death suddenly befalls
the infant or young child, it is an accident; it is not a necessary, inevitable result of
any disease. That which is known to injure children most seriously is foul air; keeping
the rooms where they sleep closely shut up is destruction to them; and, if the child's
breathing be disordered by disease, a few hours only of such foul air may endanger its
life, even where no inconvenience is felt by grown-up persons in the room."

2415. Persons moving in the beat society will see, after perusing Miss Nightingale's
book, that this "foul air," "want of light," "too much or too little clothing," and
improper food, is not confined to Crown Street or St. Giles's; that Belgravia and the
squares have their north room, where the rays of the sun never reach. "A wooden
bedstead, two or three mattresses piled up to above the height of the table, a vallance
attached to the frame,-- nothing but a miracle could ever thoroughly dry or air such a
bed and bedding," -- is the ordinary bed of a private house, than which nothing can be
more unwholesome. "Don't treat your children like sick," she sums up; "don't dose
them with tea. Let them eat meat and drink milk, or half a glass of light beer. Give
them fresh, light, sunny, and open rooms, cool bedrooms, plenty of outdoor exercise,
fac ing even the cold, and wind, and weather, in sufficiently warm clothes, and with
sufficient exercise, plenty of amusements and play; more liberty, and less schooling,
and cramming, and training; more attention to food and less to physic."

Duties of the sick-nurse.

2416. All women are likely, at some period of their lives, to be called on to perform
the duties of a sick-nurse, and should prepare themselves as much as possible, by
observation and reading, for the occasion when they may be required to perform the
office. The main requirements are good temper, compassion for suffering, sympathy
with sufferers, which most women worthy of the name possess, neat-handedness,
quiet manners, love of order, and cleanliness. With these qualifications there will be
very little to be wished for; the desire to relieve suffering will inspire a thousand little
attentions, and surmount the disgusts which some of the offices attending the sick-
room are apt to create. Where serious illness visits a household, and protracted
nursing is likely to become necessary, a professional nurse will probably be engaged,
who has been trained to its duties; but in some families, and those not a few let us
hope, the ladies of the family would oppose such an arrangement as a failure of duty
on their part. There is, besides, even when a professional nurse is ultimately called in,
a period of doubt and hesitation, while disease has not yet developed itself, when the
patient must be attended to; and, in these cases, some of the female servants of the
establishment must give their attendance in the sick-room. There are, also, slight attacks of cold, influenza, and accidents in a thousand forms, to which all are subject, where domestic nursing becomes a necessity; where disease, though unattended with danger, is nevertheless accompanied by the nervous irritation incident to illness, and when all the attention of the domestic nurse becomes necessary.

2417. In the first stage of sickness, while doubt and a little perplexity hang over the household as to the nature of the sickness, there are some things about which no doubt can exist: the patient's room must be kept in a perfectly pure state, and arrangements made for proper attendance; for the first canon of nursing, according to Florence Nightingale, its apostle, is to "keep the air the patient breathes as pure as the external air, without chilling him." This can be done without any preparation which might alarm the patient; with proper windows, open fireplaces, and a supply of fuel, the room may be as fresh as it is outside, and kept at a temperature suitable for the patient's state.

2418. Windows, however, must be opened from above, and not from below, and draughts avoided; cool air admitted beneath the patient's chills the lower strata and the floor. The careful nurse will keep the door shut when the window is open; she will also take care that the patient is not placed between the door and the open window, nor between the open fireplace and the window. If confined to bed, she will see that the bed is placed in a thoroughly ventilated part of the room, but out of the current of air which is produced by the momentary opening of doors, as well as out of the line of draught between the window and the open chimney, and that the temperature of the room is kept about 64°. Where it is necessary to admit air by the door, the windows should be closed; but there are few circumstances in which good air can be obtained through the chamber-door; through it, on the contrary, the gases generated in the lower parts of the house are likely to be drawn into the invalid chamber.

2419. These precautions taken, and plain nourishing diet, such as the patient desires, furnished, probably little more can be done, unless more serious symptoms present themselves; in which case medical advice will be sought.

2420. Under no circumstances is ventilation of the sick-room so essential as in cases of febrile diseases, usually considered infectious; such as typhus and puerperal fevers, influenza, hooping-cough, small -- and chicken-pox, scarlet fever, measles, and erysipelas: all these are considered communicable through the air; but there is little danger of infection being thus communicated, provided the room is kept thoroughly ventilated. On the contrary, if this essential be neglected, the power of infection is greatly increased and concentrated in the confined and impure air; it settles upon the clothes of the attendants and visitors, especially where they are of wool, and is frequently communicated to other families in this manner.

2421. Under all circumstances, therefore, the sick-room should be kept as fresh and sweet as the open air, while the temperature is kept up by artificial heat, taking care that the fire burns clear, and gives out no smoke into the room; that the room is perfectly clean, wiped over with a damp cloth every day, if boarded; and swept, after sprinkling with damp tea-leaves, or other aromatic leaves, if carpeted; that all utensils are emptied and cleaned as soon as used, and not once in four-and-twenty hours, as is sometimes done. "A slop-pail," Miss Nightingale says, "should never enter a sick-
room; everything should be carried direct to the water-closet, emptied there, and brought up clean; in the best hospitals the slop-pail is unknown." "I do not approve," says Miss Nightingale, "of making housemaids of nurses,-- that would be waste of means; but I have seen surgical sisters, women whose hands were worth to them two or three guineas a week, down on their knees, scouring a room or hut, because they thought it was not fit for their patients: these women had the true nurse spirit."

2422. Bad smells are sometimes met by sprinkling a little liquid chloride of lime on the floor; fumigation by burning pastiles is also a common expedient for the purification of the sick-room. They are useful, but only in the sense hinted at by the medical lecturer, who commenced his lecture thus:-- "Fumigations, gentlemen, are of essential importance; they make so abominable a smell, that they compel you to open the windows and admit fresh air." In this sense they are useful, but ineffectual unless the cause be removed, and fresh air admitted.

2423. The sick-room should be quiet; no talking, no gossiping, and, above all, no whispering.-- this is absolute cruelty to the patient; he thinks his complaint the subject, and strains his ear painfully to catch the sound. No rustling of dresses, nor creaking shoes either; where the carpets are taken up, the nurse should wear list shoes, or some other noiseless material, and her dress should be of soft material that does not rustle. Miss Nightingale denounces crinoline, and quotes Lord Melbourne on the subject of women in the sick-room, who said, "I would rather have men about me, when ill, than women; it requires very strong health to put up with women."

Ungrateful man! but absolute quiet is necessary in the sick-room.

2424. Never let the patient be waked out of his first sleep by noise, never roused by anything like a surprise. Always sit in the apartment, so that the patient has you in view, and that it is not necessary for him to turn in speaking to you. Never keep a patient standing; never speak to one while moving. Never lean on the sick-bed. Above all, be calm and decisive with the patient, and prevent all noises over-.

2425. A careful nurse, when a patient leaves his bed, will open the sheets wide, and throw the clothes back so as thoroughly to air the bed; She will avoid drying or airing anything damp in the sick-room.

2426. "It is another fallacy," says Florence Nightingale, "to suppose that night air is injurious; a great authority told me that, in London, the air is never so good as after ten o'clock, when smoke has diminished; but then it must be air from without, not within, and not air vitiated by gaseous airs." "A great fallacy prevails also," she says, in another section, "about flowers poisoning the air of the sick-room: no one ever saw them over-crowding the sick-room; but, if they did, they actually absorb carbonic acid and give off oxygen." Cut flowers also decompose water, and produce oxygen gas. Lilies, and some other very odorous plants, may perhaps give out smells unsuited to a close room, while the atmosphere of the sick-room should always be fresh and natural.

2427. "Patients," says Miss Nightingale, "are sometimes starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food. A spoonful of beef-tea, or arrowroot and wine, or some other light nourishing diet, should be given every hour, for the patient's stomach will reject large
supplies. In very weak patients there is often a nervous difficulty in swallowing, which is much increased if food is not ready and presented at the moment when it is wanted: the nurse should be able to discriminate, and know when this moment is approaching."

2428. Diet suitable for patients will depend, in some degree, on their natural likes and dislikes, which the nurse will do well to acquaint herself with. Beef-tea is useful and relishing, but possesses little nourishment; when evaporated, it presents a teaspoonful of solid meat to a pint of water. Eggs are not equivalent to the same weight of meat. Arrowroot is less nourishing than flour. Butter is the lightest and most digestible kind of fat. Cream, in some diseases, cannot be replaced. But, to sum up with some of Miss Nightingale's useful maxims:-- Observation is the nurse's best guide, and the patient's appetite the rule. Half a pint of milk is equal to a quarter of a pound of meat. Beef-tea is the least nourishing food administered to the sick; and tea and coffee, she thinks, are both too much excluded from the sick-room.

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The monthly nurse.

2429. The choice of a monthly nurse is of the utmost importance; and in the case of a young mother with her first child, it would be well for her to seek advice and counsel from her more experienced relatives in this matter. In the first place, the engaging a monthly nurse in good time is of the utmost importance, as, if she be competent and clever, her services will be sought months beforehand; a good nurse having seldom much of her time disengaged. There are some qualifications which it is evident the nurse should possess: she should be scrupulously clean and tidy in her person; honest, sober, and noiseless in her movements; should possess a natural love for children, and have a strong nerve in case of emergencies. Snuff-taking and spirit-drinking must not be included in her habits; but these are happily much less frequent than they were in former days.

2430. Receiving, as she often will, instructions from the doctor, she should bear these in mind, and carefully carry them out. In those instances where she does not feel herself sufficiently informed, she should ask advice from the medical man, and not take upon herself to administer medicines, &c., without his knowledge.

2431. A monthly nurse should be between 30 and 50 years of age, sufficiently old to have had a little experience, and yet not too old or infirm to be able to perform various duties requiring strength and bodily vigour. She should be able to wake the moment she is called.-- at any hour of the night, that the mother or child may have their wants immediately attended to. Good temper, united to a kind and gentle disposition, is indispensable; and, although the nurse will frequently have much to endure from the whims and caprices of the invalid, she should make allowances for these, and command her temper, at the same time exerting her authority when it is necessary.

2432. What the nurse has to do in the way of cleaning and dusting her lady's room, depends entirely on the establishment that is kept. Where there are plenty of servants, the nurse, of course, has nothing whatever to do but attend on her patient, and ring the bell for anything she may require. Where the number of domestics is limited, she
should not mind keeping her room in order; that is to say, sweeping and dusting it every morning. If fires be necessary, the housemaid should always clean the grate, and do all that is wanted in that way, as this, being rather dirty work, would soil the nurse's dress, and unfit her to approach the bed, or take the infant without soiling its clothes. In small establishments, too, the nurse should herself fetch things she may require, and not ring every time she wants anything; and she must, of course, not leave her invalid unless she sees everything is comfortable; and then only for a few minutes. When down stairs, and in company with the other servants, the nurse should not repeat what she may have heard in her lady's room, as much mischief may be done by a gossiping nurse. As in most houses the monthly nurse is usually sent for a few days before her services may be required, she should see that all is in readiness; that there be no bustle and hurry at the time the confinement takes place. She should keep two pairs of sheets thoroughly aired, as well as night-dresses, flannels, &c. &c. All the things which will be required to dress the baby the first time should be laid in the basket in readiness, in the order in which they are to be put on; as well as scissors, thread, a few pieces of soft linen rag, and two or three flannel squares. If a berceauette is to be used immediately, the nurse should ascertain that the mattresses, pillow, &c. are all well aired; and if not already done before she arrives, she should assist in covering and trimming it, ready for the little occupant. A monthly nurse should be handy at her needle, as, if she is in the house some time before the baby is born, she will require some work of this sort; to occupy her time. She should also understand the making-up of little caps, although we can scarcely say this is one of the nurse's duties. As most children wear no caps, except out of doors, her powers in this way will not be much taxed.

2433. A nurse should endeavour to make her room as cheerful as possible, and always keep it clean and tidy. She should empty the chamber utensils as soon as used, and on no account put things under the bed. Soiled baby's napkins should be rolled up and put into a pan, when they should be washed out every morning, and hung out to dry; they are then in a fit state to send to the laundress; and should, on no account, be left dirty, but done every morning in this way. The bedroom should be kept rather dark, particularly for the first week or ten days; of a regular temperature, and as free as possible from draughts, at the same time well ventilated and free from unpleasant smells.

2434. The infant during the month must not be exposed to strong light, or much air; and in carrying it about the passages, stairs, &c., the nurse should always have its flannel on, to protect the eyes and ears from the currents of air. For the management of children, we must refer our readers to the following chapters; and we need only say, in conclusion, that a good nurse should understand the symptoms of various ills incident to this period, as, in all cases, prevention is better than cure. As young mothers with their first baby are very often much troubled at first with their breasts, the nurse should understand the art of emptying them by suction, or some other contrivance. If the breasts are kept well drawn, there will be but little danger of inflammation; and as the infant at first cannot take all that is necessary, something must be done to keep the inflammation down. This is one of the greatest difficulties a nurse has to contend with, and we can only advise her to be very persevering, to rub the breasts well, and to let the infant suck as soon and as often as possible, until they get in proper order.
2435. We are aware that, according to the opinion of some ladies, there is no domestic theme, during a certain period of their married lives, more fraught with vexation and disquietude than that ever-fruitful source of annoyance, "the Nurse;" but, as we believe, there are thousands of excellent wives and mothers who pass through life without even a temporary embroglio in the kitchen, or suffering a state of moral hectic the whole time of a nurse's empire in the nursery or bedroom. Our own experience goes to prove, that although many unqualified persons palm themselves off on ladies as fully competent for the duties they so rashly and dishonestly undertake to perform, and thus expose themselves to ill-will and merited censure, there are still very many fully equal to the legitimate exercise of what they undertake; and if they do not in every case give entire satisfaction, some of the fault,-- and sometimes a great deal of it,-- may be honestly placed to the account of the ladies themselves, who, in many instances, are so impressed with the propriety of their own method of performing everything, as to insist upon the adoption of their system in preference to that of the nurse, whose plan is probably based on a comprehensive forethought, and rendered perfect in all its details by an ample experience.

2436. In all our remarks on this subject, we should remember with gentleness the order of society from which our nurses are drawn; and that those who make their duty a study, and are termed professional nurses, have much to endure from the caprice and egotism of their employers; while others are driven to the occupation from the laudable motive of feeding their own children, and who, in fulfilling that object, are too often both selfish and sensual, performing, without further interest than is consistent with their own advantage, the routine of customary duties.

2437. Properly speaking, there are two nurses,-- the nurse for the mother and the nurse for the child, or, the monthly and the wet nurse. Of the former we have already spoken, and will now proceed to describe the duties of the latter, and add some suggestions as to her age, physical health, and moral conduct, subjects of the utmost importance as far as the charge intrusted to her is concerned, and therefore demanding some special remarks.

2438. When from illness, suppression of the milk, accident, or some natural process, the mother is deprived of the pleasure of rearing her infant, it becomes necessary at once to look around for a fitting substitute, so that the child may not suffer, by any needless delay, a physical loss by the deprivation of its natural food. The first consideration should be as regards age, state of health, and temper.

2439. The age, if possible, should not be less than twenty nor exceed thirty years, with the health sound in every respect, and the body free from all eruptive disease or local blemish. The best evidence of a sound state of health will be found in the woman's clear open countenance, the ruddy tone of the skin, the full, round, and elastic state of the breasts, and especially in the erectile, firm condition of the nipple, which, in all unhealthy states of the body, is pendulous, flabby, and relaxed; in which case, the milk is sure to be imperfect in its organization, and, consequently, deficient in its nutrient qualities. Appetite is another indication of health in the suckling nurse or
mother; for it is impossible a woman can feed her child without having a corresponding appetite; and though inordinate craving for food is neither desirable nor necessary, a natural vigour should be experienced at meal-times, and the food taken should be anticipated and enjoyed.

2440. Besides her health, the moral state of the nurse is to be taken into account, or that mental discipline or principle of conduct which would deter the nurse from at any time gratifying her own pleasures and appetites at the cost or suffering of her infant charge.

2441. The conscientiousness and good faith that would prevent a nurse so acting are, unfortunately, very rare; and many nurses, rather than forego the enjoyment of a favourite dish, though morally certain of the effect it will have on the child, will, on the first opportunity, feed with avidity on fried meats, cabbage, cucumbers, pickles, or other crude and injurious aliments, in defiance of all orders given, or confidence reposed in their word, good sense, and humanity. And when the infant is afterwards racked with pain, and a night of disquiet alarms the mother, the doctor is sent for, and the nurse, covering her dereliction by a falsehood, the consequence of her gluttony is treated as a disease, and the poor infant is dosed for some days with medicines, that can do it but little if any good, and, in all probability, materially retard its physical development. The selfish nurse, in her ignorance, believes, too, that as long as she experiences no admonitory symptoms herself, the child cannot suffer; and satisfied that, whatever is the cause of its screams and plunges, neither she, nor what she had eaten, had anything to do with it, with this flattering assurance at her heart, she watches her opportunity, and has another luxurious feast off the proscribed dainties, till the increasing disturbance in the child's health, or treachery from the kitchen, opens the eyes of mother and doctor to the nurse's unprincipled conduct. In all such cases the infant should be spared the infliction of medicine, and, as a wholesome corrective to herself, and relief to her charge, a good sound dose administered to the nurse.

2442. Respecting the diet of the wet-nurse, the first point of importance is to fix early and definite hours for every meal; and the mother should see that no cause is ever allowed to interfere with their punctuality. The food itself should be light, easy of digestion, and simple. Boiled or roast meat, with bread and potatoes, with occasionally a piece of sago, rice, or tapioca pudding, should constitute the dinner, the only meal that requires special comment; broths, green vegetables, and all acid or salt foods, must be avoided. Fresh fish, once or twice a week, may be taken; but it is hardly sufficiently nutritious to be often used as a meal. If the dinner is taken early,--at one o'clock,--there will be no occasion for luncheon, which too often, to the injury of the child, is made the cover for a first dinner. Half a pint of stout, with a Reading biscuit, at eleven o'clock, will be abundantly sufficient between breakfast at eight and a good dinner, with a pint of porter at one o'clock. About eight o'clock in the evening, half a pint of stout, with another biscuit, may be taken; and for supper, at ten or half-past, a pint of porter, with a slice of toast or a small amount of bread and cheese, may conclude the feeding for the day.

2443. Animal food once in twenty-four hours is quite sufficient. All spirits, unless in extreme cases, should be avoided; and wine is still more seldom needed. With a due quantity of plain digestible food, and the proportion of stout and porter ordered, with
early hours and regularity, the nurse will not only be strong and healthy herself, but fully capable of rearing a child in health and strength. There are two points all mothers, who are obliged to employ wet-nurses, should remember, and be on their guard against. The first is, never to allow a nurse to give medicine to the infant on her own authority: many have such an infatuated idea of the healing excellence of castor-oil, that they would administer a dose of this disgusting grease twice a week, and think they had done a meritorious service to the child. The next point is, to watch carefully, lest, to insure a night's sleep for herself, she does not dose the infant with Godfrey's cordial, syrup of poppies, or some narcotic potion, to insure tranquillity to the one and give the opportunity of sleep to the other. The fact that scores of nurses keep secret bottles of these deadly syrups, for the purpose of stilling their charges, is notorious; and that many use them to a fearful extent, is sufficiently patent to all.

2444. It therefore behoves the mother, while obliged to trust to a nurse, to use her best discretion to guard her child from the unprincipled treatment of the person she must, to a certain extent, depend upon and trust; and to remember, in all cases, rather than resort to castor-oil or sedatives, to consult a medical man for her infant in preference to following the counsel of her nurse.
CHAPTER XLII. -- The rearing, management, and diseases of infancy and childhood.

Physiology of Life, as illustrated by Respiration, Circulation, and Digestion.

2445. The infantine management of children, like the mother's love for her offspring, seems to be born with the child, and to be a direct intelligence of Nature. It may thus, at first sight, appear as inconsistent and presumptuous to tell a woman how to rear her infant as to instruct her in the manner of loving it. Yet, though Nature is unquestionably the best nurse, Art makes so admirable a foster-mother, that no sensible woman, in her novitiate of parent, would refuse the admonitions of art, or the teachings of experience, to consummate her duties of nurse. It is true that, in a civilized state of society, few young wives reach the epoch that makes them mothers without some insight, traditional or practical, into the management of infants: consequently, the cases wherein a woman is left to her own unaided intelligence, or what, in such a case, may be called instinct, and obliged to trust to the promptings of nature alone for the well-being of her child, are very rare indeed. Again, every woman is not gifted with the same physical ability for the harassing duties of a mother; and though Nature, as a general rule, has endowed all female creation with the attributes necessary to that most beautiful and, at the same time, holiest function,-- the healthy rearing of their offspring,-- the cases are sufficiently numerous to establish the exception, where the mother is either physically or socially incapacitated from undertaking these most pleasing duties herself, and where, consequently, she is compelled to trust to adventitious aid for those natural benefits which are at once the mother's pride and delight to render to her child.

2446. In these cases, when obliged to call in the services of hired assistance, she must trust the dearest obligation of her life to one who, from her social sphere, has probably notions of rearing children diametrically opposed to the preconceived ideas of the mother, and at enmity with all her sentiments of right and prejudices of position.

2447. It has justly been said -- we think by Hood -- that the children of the poor are not brought up, but dragged up. However facetious this remark may seem, there is much truth in it; and that children, reared in the reeking dens of squalor and poverty, live at all, is an apparent anomaly in the course of things, that, at first sight, would seem to set the laws of sanitary provision at defiance, and make it appear a perfect waste of time to insist on pure air and exercise as indispensable necessaries of life, and especially so as regards infantine existence.

2448. We see elaborate care bestowed on a family of children, everything studied that can tend to their personal comfort,-- pure air, pure water, regular ablution, a dietary prescribed by art, and every precaution adopted that medical judgment and maternal love can dictate, for the well-being of the parents' hope; and find, in despite of all this care and vigilance, disease and death invading the guarded treasure. We turn to the foetor and darkness that, in some obscure court, attend the robust brood who, coated in dirt, and with mud and refuse for playthings, live and thrive, and grow into manhood, and, in contrast to the pale face and flabby flesh of the aristocratic child, exhibit strength, vigour, and well-developed frames, and our belief in the potency of the life-giving elements of air, light, and cleanliness receives a shock that, at first
sight, would appear fatal to the implied benefits of these, in reality, all-sufficient attributes of health and life.

2449. But as we must enter more largely on this subject hereafter, we shall leave its consideration for the present, and return to what we were about to say respecting trusting to others' aid in the rearing of children. Here it is that the young and probably inexperienced mother may find our remarks not only an assistance but a comfort to her, in as far as, knowing the simplest and best system to adopt, she may be able to instruct another, and see that her directions are fully carried out.

2450. The human body, materially considered, is a beautiful piece of mechanism, consisting of many parts, each one being the centre of a system, and performing its own vital function irrespectively of the others, and yet dependent for its vitality upon the harmony and health of the whole. It is, in fact, to a certain extent, like a watch, which, when once wound up and set in motion, will continue its function of recording true time only so long as every wheel, spring, and lever performs its allotted duty, and at its allotted time; or till the limit that man's ingenuity has placed to its existence as a moving automaton has been reached, or, in other words, till it has run down.

2451. What the key is to the mechanical watch, air is to the physical man. Once admit air into the mouth and nostrils, and the lungs expand, the heart beats, the blood rushes to the remotest part of the body, the mouth secretes saliva, to soften and macerate the food; the liver forms its bile, to separate the nutriment from the digested aliment; the kidneys perform their office; the eye elaborates its tears, to facilitate motion and impart that glistening to the orb on which depends so much of its beauty; and a dewy moisture exudes from the skin, protecting the body from the extremes of heat and cold, and sharpening the perception of touch and feeling. At the same instant, and in every part, the arteries, like innumerable bees, are everywhere laying down layers of muscle, bones, teeth, and, in fact, like the coral zoophyte, building up a continent of life and matter; while the veins, equally busy, are carrying away the débris and refuse collected from where the zoophyte arteries are building.—this refuse, in its turn, being conveyed to the liver, there to be converted into bile.

2452. All these -- and they are but a few of the vital actions constantly taking place -- are the instant result of one gasp of life-giving air. No subject can be fraught with greater interest than watching the first spark of life, as it courses with electric speed "through all the gates and alleys" of the soft, insensate body of the infant. The effect of air on the new-born child is as remarkable in its results as it is wonderful in its consequence; but to understand this more intelligibly, it must first be remembered that life consists of the performance of three vital functions -- RESPIRATION, CIRCULATION, and DIGESTION. The lungs digest the air, taking from it its most nutritious element, the oxygen, to give to the impoverished blood that circulates through them. The stomach digests the food, and separates the nutriment -- chyle -- from the aliment, which it gives to the blood for the development of the frame; and the blood, which is understood by the term circulation, digests in its passage through the lungs the nutriment -- chyle -- to give it quantity and quality, and the oxygen from the air to give it vitality. Hence it will be seen, that, speaking generally, the three vital functions resolve themselves into one,—DIGESTION; and that the lungs are the primary and the most important of the vital organs; and respiration, the first in fact, as we all know it is the last in deed, of all the functions performed by the living body.
The lungs.-- respiration.

2453. The first effect of air on the infant is a slight tremor about the lips and angles of the mouth, increasing to twitchings, and finally to a convulsive contraction of the lips and cheeks, the consequence of sudden cold to the nerves of the face. This spasmodic action produces a gasp, causing the air to rush through the mouth and nostrils, and enter the windpipe and upper portion of the flat and contracted lungs, which, like a sponge partly immersed in water, immediately expand. This is succeeded by a few faint sobs or pants, by which larger volumes of air are drawn into the chest, till, after a few seconds, and when a greater bulk of the lungs has become inflated, the breast-bone and ribs rise, the chest expands, and, with a sudden start, the infant gives utterance to a succession of loud, sharp cries, which have the effect of filling every cell of the entire organ with air and life. To the anxious mother, the first voice of her child is, doubtless, the sweetest music she ever heard; and the more loudly it peals, the greater should be her joy, as it is an indication of health and strength, and not only shows the perfect expansion of the lungs, but that the process of life has set in with vigour. Having welcomed in its own existence, like the morning bird, with a shrill note of gladness, the infant ceases its cry, and, after a few short sobs, usually subsides into sleep or quietude.

2454. At the same instant that the air rushes into the lungs, the valve, or door between the two sides of the heart-and through which the blood had previously passed-is closed and hermetically sealed, and the blood taking a new course, bounds into the lungs, now expanded with air, and which we have likened to a wetted sponge, to which they bear a not unapt affinity, air being substituted for water. It here receives the oxygen from the atmosphere, and the chyle, or white blood, from the digested food, and becomes, in an instant, arterial blood, a vital principle, from which every solid and fluid of the body is constructed. Besides the lungs, Nature has provided another respiratory organ, a sort of supplemental lung, that, as well as being a covering to the body, inspires air and expires moisture;-- this is the cuticle, or skin; and so intimate is the connection between the skin and lungs, that whatever injures the first, is certain to affect the latter.

2455. Hence the difficulty of breathing experienced after scalds or burns on the cuticle, the cough that follows the absorption of cold or damp by the skin, the oppressed and laborious breathing experienced by children in all eruptive diseases, while the rash is coming to the surface, and the hot, dry skin that always attends congestion of the lungs, and fever.

2456. The great practical advantage derivable from this fact is, the knowledge that whatever relieves the one benefits the other. Hence, too, the great utility of hot baths in all affections of the lungs or diseases of the skin; and the reason why exposure to cold or wet is, in nearly all cases, followed by tightness of the chest, sore throat, difficulty of breathing, and cough. These symptoms are the consequence of a larger quantity of blood than is natural remaining in the lungs, and the cough is a mere effort of Nature to throw off the obstruction caused by the presence of too much blood in the organ of respiration. The hot bath, by causing a larger amount of blood to rush suddenly to the skin, has the effect of relieving the lungs of their excess of blood, and by equalizing the circulation, and promoting perspiration from the cuticle, affords immediate and direct benefit, both to the lungs and the system at large.
2457. The organs that either directly or indirectly contribute to the process of digestion are, the mouth, teeth, tongue, and gullet, the stomach, small intestines, the pancreas, the salivary glands, and the liver. Next to respiration, digestion is the chief function in the economy of life, as, without the nutritious fluid digested from the aliment, there would be nothing to supply the immense and constantly recurring waste of the system, caused by the activity with which the arteries at all periods, but especially during infancy and youth, are building up the frame and developing the body. In infancy (the period of which our present subject treats), the series of parts engaged in the process of digestion may be reduced simply to the stomach and liver, or rather its secretion,—the bile. The stomach is a thick muscular bag, connected above with the gullet, and, at its lower extremity, with the commencement of the small intestines. The duty or function of the stomach is to secrete from the arteries spread over its inner surface, a sharp acid liquid called the *gastric* juice; this, with a due mixture of saliva, softens, dissolves, and gradually digests the food or contents of the stomach, reducing the whole into a soft pulpy mass, which then passes into the first part of the small intestines, where it comes in contact with the bile from the gall-bladder, which immediately separates the digested food into two parts, one is a white creamy fluid called chyle, and the absolute concentration of all nourishment, which is taken up by proper vessels, and, as we have before said, carried directly to the heart, to be made blood of, and vitalized in the lungs, and thus provide for the wear and tear of the system. It must be here observed that the stomach can only digest solids, for fluids, being incapable of that process, can only be *absorbed*; and without the result of digestion, animal, at least human life, could not exist. Now, as Nature has ordained that infantine life shall be supported on liquid aliment, and as, without a digestion the body would perish, some provision was necessary to meet this difficulty, and that provision was found in the nature of the liquid itself, or in other words, THE MILK. The process of making cheese, or fresh curds and whey, is familiar to most persons; but as it is necessary to the elucidation of our subject, we will briefly repeat it. The internal membrane, or the lining coat of a calf's stomach, having been removed from the organ, is hung up, like a bladder, to dry; when required, a piece is cut off, put in a jug, a little warm water poured upon it, and after a few hours it is fit for use; the liquid so made being called *rennet*. A little of this rennet, poured into a basin of warm milk, at once coagulates the greater part, and separates from it a quantity of thin liquor, called *whey*. This is precisely the action that takes place in the infant's stomach after every supply from the breast. The cause is the same in both cases, the acid of the gastric juice in the infant's stomach immediately converting the milk into a soft cheese. It is gastric juice, adhering to the calf's stomach, and drawn out by the water, forming rennet, that makes the curds in the basin. The cheesy substance being a solid, at once undergoes the process of digestion, is separated into *chyle* by the bile, and, in a few hours, finds its way to the infant's heart, to become blood, and commence the architecture of its little frame. This is the simple process of a baby's digestion:-milk converted into cheese, cheese into *chyle*, chyle into blood, and blood into flesh, bone, and tegument—how simple is the cause, but how sublime and wonderful are the effects!

2458. We have described the most important of the three functions that take place in the infant's body—respiration and digestion; the third, namely, circulation, we hardly think it necessary to enter on, not being called for by the requirements of the nurse.
and mother; so we shall omit its notice, and proceed from theoretical to more practical considerations. Children of weakly constitutions are just as likely to be born of robust parents, and those who earn their bread by toil, as the offspring of luxury and affluence; and, indeed, it is against the ordinary providence of Nature to suppose the children of the hardworking and necessitous to be harder and more vigorous than those of parents blessed with ease and competence.

2459. All children come into the world in the same imploring helplessness, with the same general organization and wants, and demanding either from the newly-awakened mother's love, or from the memory of motherly feeling in the nurse, or the common appeals of humanity in those who undertake the earliest duties of an infant, the same assistance and protection, and the same fostering care.

The infant.

2460. We have already described the phenomena produced on the new-born child by the contact of air, which, after a succession of muscular twitchings, becomes endowed with voice, and heralds its advent by a loud but brief succession of cries. But though this is the general rule, it sometimes happens (from causes it is unnecessary here to explain) that the infant does not cry, or give utterance to any audible sounds, or if it does, they are so faint as scarcely to be distinguished as human accents, plainly indicating that life, as yet, to the new visitor, is neither a boon nor a blessing; the infant being, in fact, in a state of suspended or imperfect vitality,—a state of quasi existence, closely approximating the condition of a still-birth.

2461. As soon as this state of things is discovered, the child should be turned on its right side, and the whole length of the spine, from the downwards, rubbed with all the fingers of the right hand, sharply and quickly, without intermission, till the quick action has not only evoked heat, but electricity in the part, and till the loud and sharp cries of the child have thoroughly expanded the lungs, and satisfactorily established its life. The operation will seldom require above a minute to effect, and less frequently demands a repetition. If there is brandy at hand, the fingers before rubbing may be dipped into that, or any other spirit.

2462. There is another condition of what we may call "mute births," where the child only makes short ineffectual gasps, and those at intervals of a minute or two apart, when the lips, eyelids, and fingers become of a deep purple or slate colour, sometimes half the body remaining white, while the other half, which was at first swarthy, deepens to a livid hue. This condition of the infant is owing to the valve between the two sides of the heart remaining open, and allowing the unvitalized venous blood to enter the arteries and get into the circulation.

2463. The object in this case, as in the previous one, is to dilate the lungs as quickly as possible, so that, by the sudden effect of a vigorous inspiration, the valve may be firmly closed, and the impure blood, losing this means of egress, be sent directly to the lungs. The same treatment is therefore necessary as in the previous case, with the addition, if the friction along the spine has failed, of a warm bath at a temperature of about 80°, in which the child is to be plunged up to the neck, first cleansing the mouth and nostrils of the mucus that might interfere with the free passage of air.
2464. While in the bath, the friction along the spine is to be continued, and if the lungs still remain unexpanded, while one person retains the child in an inclined position in the water, another should insert the pipe of a small pair of bellows into one nostril, and while the month is closed and the other nostril compressed on the pipe with the hand of the assistant, the lungs are to be slowly inflated by steady puffs of air from the bellows, the hand being removed from the mouth and nose after each inflation, and placed on the pit of the stomach, and by a steady pressure expelling it out again by the mouth. This process is to be continued, steadily inflating and expelling the air from the lungs, till, with a sort of tremulous leap, Nature takes up the process, and the infant begins to gasp, and finally to cry, at first low and faint, but with every gulp of air increasing in length and strength of volume, when it is to be removed from the water, and instantly wrapped (all but the face and mouth) in a flannel. Sometimes, however, all these means will fail in effecting an utterance from the child, which will lie, with livid lips and a flaccid body, every few minutes opening its mouth with a short gasping pant, and then subsiding into a state of pulseless inaction, lingering probably some hours, till the spasmodic pantings growing further apart, it ceases to exist.

2465. The time that this state of negative vitality will linger in the frame of an infant is remarkable; and even when all the previous operations, though long-continued, have proved ineffectual, the child will often rally from the simplest of means -- the application of dry heat. When removed from the bath, place three or four hot bricks or tiles on the hearth, and lay the child, loosely folded in a flannel, on its back along them, taking care that there is but one fold of flannel between the spine and heated bricks or tiles. When neither of these articles can be procured, put a few clear pieces of red cinder in a warming-pan, and extend the child in the same manner along the closed lid. As the heat gradually diffuses itself over the spinal marrow, the child that was dying, or seemingly dead, will frequently give a sudden and energetic cry, succeeded in another minute by a long and vigorous peal, making up, in volume and force, for the previous delay, and instantly confirming its existence by every effort in its nature.

2466. With these two exceptions,-- restored by the means we have pointed out to the functions of life,-- we will proceed to the consideration of the child HEALTHILY BORN. Here the first thing that meets us on the threshold of inquiry, and what is often between mother and nurse not only a vexed question, but one of vexatious import, is the crying of the child; the mother, in her natural anxiety, maintaining that her infant must be ill to cause it to cry so much or so often, and the nurse insisting that all children cry, and that nothing is the matter with it, and that crying does good, and is, indeed, an especial benefit to infancy. The anxious and unfamiliar mother, though not convinced by these abstract sayings of the truth or wisdom of the explanation, takes both for granted; and, giving the nurse credit for more knowledge and experience on this than she can have, contentedly resigns herself to the infliction, as a thing necessary to be endured for the good of the baby, but thinking it, at the same time, an extraordinary instance of the imperfectibility of Nature as regards the human infant; for her mind wanders to what she has observed in her childhood with puppies and kittens, who, except when rudely torn from their nurse, seldom give utterance to any complaining.
2467. We, undoubtedly, believe that crying, to a certain extent, is not only conducive to health, but positively necessary to the full development and physical economy of the infant's being. But though holding this opinion, we are far from believing that a child does not very often cry from pain, thirst, want of food, and attention to its personal comfort; but there is as much difference in the tone and expression of a child's cry as in the notes of an adult's voice; and the mother's ear will not be long in discriminating between the sharp peevish whine of irritation and fever, and the louder intermitting cry that characterizes the want of warmth and sleep. All these shades of expression in the child's inarticulate voice every nurse should understand, and every mother will soon teach herself to interpret them with an accuracy equal to language.

2468. There is no part of a woman's duty to her child that a young mother should so soon make it her business to study, as the voice of her infant, and the language conveyed in its cry. The study is neither hard nor difficult; a close attention to its tone, and the expression of the baby's features, are the two most important points demanding attention. The key to both the mother will find in her own heart, and the knowledge of her success in the comfort and smile of her infant. We have two reasons -- both strong ones -- for urging on mothers the imperative necessity of early making themselves acquainted with the nature and wants of their child: the first, that when left to the entire, responsibility of the baby, after the departure of the nurse, she may be able to undertake her new duties with more confidence than if left to her own resources and mother's instinct, without a clue to guide her through the mysteries of those calls that vibrate through every nerve of her nature; and, secondly, that she may be able to guard her child from the nefarious practices of unprincipled nurses, who, while calming the mother's mind with false statements as to the character of the baby's cries, rather than lose their rest, or devote that time which would remove the cause of suffering, administer, behind the curtains, those deadly narcotics which, while stupefying Nature into sleep, insure for herself a night of many unbroken hours. Such nurses as have not the hardihood to dose their infant charges, are often full of other schemes to still that constant and reproachful cry. The most frequent means employed for this purpose is giving it something to suck,-- something easily hid from the mother,-- or, when that is impossible, under the plea of keeping it warm, the nurse covers it in her lap with a shawl, and, under this blind, surreptitiously inserts a finger between the parched lips, which possibly moan for drink; and, under this inhuman cheat and delusion, the infant is pacified, till Nature, balked of its desires, drops into a troubled sleep. These are two of our reasons for impressing upon mothers the early, the immediate necessity of putting themselves sympathetically in communication with their child, by at once learning its hidden language as a delightful task.

2469. We must strenuously warn all mothers on no account to allow the nurse to sleep with the baby, never herself to lay down with it by her side for a night's rest, never to let it sleep in the parents' bed, and on no account keep it, longer than absolutely necessary, confined in on atmosphere loaded with the breath of many adults.

2470. The amount of oxygen required by an infant is so large, and the quantity consumed by mid-life and age, and the proportion of carbonic acid thrown off from both, so considerable, that an infant breathing the same air cannot possibly carry on its healthy existence while deriving its vitality from so corrupted a medium. This objection, always in force, is still more objectionable at night-time, when doors and windows are closed, and amounts to a condition of poison, when placed between two
adults in sleep, and shut in by bed-curtains; and when, in addition to the impurities expired from the lungs, we remember, in quiescence and sleep, how large a portion of mephitic gas is given off from the skin.

2471. Mothers, in the fulness of their affection, believe there is no harbour, sleeping or awake, where their infants can be so secure from all possible or probable danger as in their own arms; yet we should astound our readers if we told them the statistical number of infants who, in despite of their motherly solicitude and love, are annually killed, unwittingly, by such parents themselves, and this from the persistency in the practice we are so strenuously condemning. The mother frequently, on awaking, discovers the baby's face closely impacted between her bosom and her arm, and its body rigid and lifeless; or else so enveloped in the "-blanket" and superincumbent bedclothes, as to render breathing a matter of physical impossibility. In such cases the jury in general returns a verdict of "Accidentally overlaid" but one of "Careless suffocation" would be more in accordance with truth and justice. The only possible excuse that can be urged, either by nurse or mother, for this culpable practice, is the plea of imparting warmth to the infant. But this can always be effected by an extra blanket in the child's crib, or, if the weather is particularly cold, by a bottle of hot water enveloped in flannel and placed at the child's feet; while all the objections already urged -- as derivable from animal heat imparted by actual contact -- are entirely obviated. There is another evil attending the sleeping together of the mother and infant, which, as far as regards the latter, we consider quite as formidable, though not so immediate as the others, and is always followed by more or less of mischief to the mother. The evil we now allude to is that most injurious practice of letting the child suck after the mother has fallen asleep, a custom that naturally results from the former, and which, as we hare already said, is injurious to both mother and child. It is injurious to the infant by allowing it, without control, to imbibe to distension a fluid sluggishly secreted and deficient in those vital principles which the want of mental energy, and of the sympathetic appeals of the child on the mother, so powerfully produce on the secreted nutriment, while the mother wakes in a state of clammy exhaustion, with giddiness, dimness of sight, nausea, loss of appetite, and a dull aching pain through the back and between the shoulders. In fact, she wakes languid and unrefreshed from her sleep, with febrile symptoms and hectic flushes, caused by her baby vampire, who, while dragging from her her health and strength, has excited in itself a set of symptoms directly opposite, but fraught with the same injurious consequences -- "functional derangement."

The milk.

2472. As Nature has placed in the bosom of the mother the natural food of her offspring, it must be self-evident to every reflecting woman, that it becomes her duty to study, as far as lies in her power, to keep that reservoir of nourishment in as pure and invigorating a condition as possible; for she must remember that the quantity is no proof of the quality of this aliment.

2473. The mother, while suckling, as a general rule, should avoid all sedentary occupations, take regular exercise, keep her mind as lively and pleasingly occupied as possible, especially by music and singing. Her diet should be light and nutritious, with a proper sufficiency of animal food, and of that kind which yields the largest amount of nourishment; and, unless the digestion is naturally strong, vegetables and fruit
should form a very small proportion of the general dietary, and such preparations as broths, gruels, arrowroot, &c., still less. Tapioca, or ground-rice pudding, made with several eggs, may be taken freely; but all slops and thin potations, such as that delusion called chicken-broth, should be avoided, as yielding a very small amount of nutriment, and a large proportion of flatulence. All purely stimulants should be avoided as much as possible, especially spirits, unless taken for some special object, and that medicinally; but as a part of the dietary they should be carefully shunned. Lactation is always an exhausting process, and as the child increases in size and strength, the drain upon the mother becomes great and depressing. Then something more even than an abundant diet is required to keep the mind and body up to a standard sufficiently healthy to admit of a constant and nutritious secretion being performed without detriment to the physical integrity of the mother, or injury to the child who imbibes it; and as stimulants are inadmissible, if not positively injurious, the substitute required is to be found in malt liquor. To the lady accustomed to her Madeira and sherry, this may appear a very vulgar potation for a delicate young mother to take instead of the more subtle and condensed elegance of wine; but as we are writing from experience, and with the avowed object of imparting useful facts and beneficial remedies to our readers, we allow no social distinctions to interfere with our legitimate object.

2474. We have already said that the suckling mother should avoid stimulants, especially spirituous ones; and though something of this sort is absolutely necessary to support her strength during the exhausting process, it should be rather of a tonic than of a stimulating character; and as all wines contain a large percentage of brandy, they are on that account less beneficial than the pure juice of the fermented grape might be. But there is another consideration to be taken into account on this subject; the mother has not only to think of herself, but also of her infant. Now wines, especially port wine, very often -- indeed, most frequently -- affect the baby's bowels, and what might have been grateful to the mother becomes thus a source of pain and irritation to the child afterwards. Sherry is less open to this objection than other wines, yet still it very frequently does influence the second participator, or the child whose mother has taken it.

2475. The nine or twelve months a woman usually suckles must be, to some extent, to most mothers, a period of privation and penance, and unless she is deaf to the cries of her baby, and insensible to its kicks and plunges, and will not see in such muscular evidences the griping pains that rack her child, she will avoid every article that can remotely affect the little being who draws its sustenance from her. She will see that the babe is acutely affected by all that in any way influences her, and willingly curtail her own enjoyments, rather than see her infant rendered feverish, irritable, and uncomfortable. As the best tonic, then, and the most efficacious indirect stimulant that a mother can take at such times, there is no potation equal to porter and stout, or, what is better still, an equal part of porter and stout. Ale, except for a few constitutions, is too subtle and too sweet, generally causing acidity or heartburn, and stout alone is too potent to admit of a full draught, from its proneness to affect the ; and quantity, as well as moderate strength, is required to make the draught effectual; the equal mixture, therefore, of stout and porter yields all the properties desired or desirable as a medicinal agent for this purpose.
2476. Independently of its invigorating influence on the constitution, *porter exerts a marked and specific effect on the secretion of milk; more powerful in exciting an abundant supply of that fluid than any other article within the range of the physician's art;* and, in cases of deficient quantity, is the most certain, speedy, and the healthiest means that can be employed to insure a quick and abundant flow. In cases where malt liquor produces flatulency, a few grains of the "carbonate of soda" may advantageously be added to each glass immediately before drinking, which will have the effect of neutralizing any acidity that may be in the porter at the time, and will also prevent its after-disagreement with the stomach. The quantity to be taken must depend upon the natural strength of the mother, the age and demand made by the infant on the parent, and other causes; but the amount should vary from *one to two pints* a day, never taking less than half a pint at a time, which should be repeated three or four times a day.

2477. We have said that the period of suckling is a season of penance to the mother, but this is not invariably the case; and, as so much must depend upon the natural strength of the stomach, and its power of assimilating all kinds of food into healthy chyle, it is impossible to define exceptions. Where a woman feels she can eat any kind of food, without inconvenience or detriment, she should live during her suckling as she did before; but, as a general rule, we are bound to advise all mothers to abstain from such articles as pickles, fruits, cucumbers, and all acid and slowly digestible foods, unless they wish for restless nights and crying infants.

2478. As regards exercise and amusement, we would certainly neither prohibit a mother's dancing, going to a theatre, nor even from attending an assembly. The first, however, is the best indoor recreation she can take, and a young mother will do well to often amuse herself in the nursery with this most excellent means of healthful circulation. The only precaution necessary is to avoid letting the child suck the milk that has lain long in the breast, or is heated by excessive action.

2479. Every mother who can, should be provided with a breast-pump, or glass tube, to draw off the superabundance that has been accumulating in her absence from the child, or the first gush excited by undue exertion: the subsequent supply of milk will be secreted under the invigorating influence of a previous healthy stimulus.

2480. As the first milk that is secreted contains a large amount of the saline elements, and is thin and innutritious, it is most admirably adapted for the purpose Nature designed it to fulfil,—that of an aperient; but which, unfortunately, it is seldom permitted, in our artificial mode of living, to perform.

2481. So opposed are we to the objectionable plan of physicking new-born children, that, unless for positive illness, we would much rather advise that medicine should be administered *through* the mother for the first eight or ten weeks of its existence. This practice, which few mothers will object to, is easily effected by the parent, when such a course is necessary for the child, taking either a dose of castor-oil, half an ounce of tasteless salts (the phosphate of soda), one or two teaspoonfuls of magnesia, a dose of lenitive electuary, manna, or any mild and simple aperient, which, almost before it can have taken effect on herself, will exhibit its action on her child.
2482. One of the most common errors that mothers fall into while suckling their children, is that of fancying they are always hungry, and consequently overfeeding them; and with this, the great mistake of applying the child to the breast on every occasion of its crying, without investigating the cause of its complaint, and, under the belief that it wants food, putting the nipple into its crying mouth, until the infant turns in revulsion and petulance from what it should accept with eagerness and joy. At such times, a few teaspoonfuls of water, slightly chilled, will often instantly pacify a crying and restless child, who has turned in loathing from the offered breast; or, after imbibing a few drops, and finding it not what nature craved, throws back its in disgust, and cries more petulantly than before. In such a case as this, the young mother, grieved at her baby's rejection of the tempting present, and distressed at its cries, and in terror of some injury, over and over ransacks its clothes, believing some insecure pin can alone be the cause of such sharp complaining, an accident that, from her own care in dressing, however, is seldom or ever the case.

2483. These abrupt cries of the child, if they do not proceed from thirst, which a little water will relieve, not unfrequently occur from some unequal pressure, a fold or twist in the "roller," or some constriction round the tender body. If this is suspected, the mother must not be content with merely slackening the strings; the child should be undressed, and the creases and folds of the hot skin, especially those about the thighs and groins, examined, to see that no powder has caked, and, becoming hard, irritated the parts. The violet powder should be dusted freely over all, to cool the skin, and everything put on fresh and smooth. If such precautions have not afforded relief, and, in addition to the crying, the child plunges or draws up its legs, the mother may be assured some cause of irritation exists in the stomach or bowels,—either acidity in the latter or distension from overfeeding in the former; but, from whichever cause, the child should be "opened" before the fire, and a heated napkin applied all over the abdomen, the infant being occasionally elevated to a sitting position, and while gently jolted on the knee, the back should be lightly patted with the hand.

2484. Should the mother have any reason to apprehend that the cause of inconvenience proceeds from the bladder -- a not unfrequent source of pain,—the napkin is to be dipped in hot water, squeezed out, and immediately applied over the part, and repeated every eight or ten minutes, for several times in succession, either till the natural relief is afforded, or a cessation of pain allows of its discontinuance. The pain that young infants often suffer, and the crying that results from it, is, as we have already said, frequently caused by the mother inconsiderately overfeeding her child, and is produced by the pain of distension, and the mechanical pressure of a larger quantity of fluid in the stomach than the gastric juice can convert into cheese and digest.

2485. Some children are stronger in the enduring power of the stomach than others, and get rid of the excess by vomiting, concluding every process of suckling by an emission of milk and curd. Such children are called by nurses "thriving children;" and generally they are so, simply because their digestion is good, and they have the power of expelling with impunity that superabundance of aliment which in others is a source of distension, flatulence, and pain.

2486. The length of time an infant should be suckled must depend much on the health and strength of the child, and the health of the mother, and the quantity and quality of
her milk; though, when all circumstances are favourable, it should never be less than nine, nor exceed fifteen months; but perhaps the true time will be found in the medium between both. But of this we may be sure, that Nature never ordained a child to live on suction after having endowed it with teeth to bite and to grind; and nothing is more out of place and unseemly than to hear a child, with a set of twenty teeth, ask for "the breast."

2487. The practice of protracted wet-nursing is hurtful to the mother, by keeping up an uncalled-for, and, after the proper time, an unhealthy drain on her system, while the child either derives no benefit from what it no longer requires, or it produces a positive injury on its constitution. After the period when Nature has ordained the child shall live by other means, the secretion of milk becomes thin and deteriorated, showing in the flabby flesh and puny features of the child both its loss of nutritious properties and the want of more stimulating aliment.

2488. Though we have said that twelve months is about the medium time a baby should be suckled, we by no means wish to imply that a child should be fed exclusively on milk for its first year; quite the reverse; the infant can hardly be too soon made independent of the mother. Thus, should illness assail her, her milk fail, or any domestic cause abruptly cut off the natural supply, the child having been annealed to an artificial diet, its life might be safely carried on without seeking for a wet-nurse, and without the slightest danger to its system.

2489. The advantage to the mother of early accustoming the child to artificial food is as considerable to herself as beneficial to her infant; the demand on her physical strength in the first instance will be less severe and exhausting, the child will sleep longer on a less rapidly digestible aliment, and yield to both more quiet nights, and the mother will be more at liberty to go out for business or pleasure, another means of sustenance being at hand till her return. Besides these advantages, by a judicious blending of the two systems of feeding, the infant will acquire greater constitutional strength, so that, if attacked by sickness or disease, it will have a much greater chance of resisting its virulence than if dependent alone on the mother, whose milk, affected by fatigue and the natural anxiety of the parent for her offspring, is at such a time neither good in its properties nor likely to be beneficial to the patient.

2490. All that we have further to say on suckling is an advice to mothers, that if they wish to keep a sound and unchapped nipple, and possibly avoid what is called a "broken breast," never to put it up with a wet nipple, but always to have a soft handkerchief in readiness, and the moment that delicate part is drawn from the child's mouth, to dry it carefully of the milk and saliva that moisten it; and, further, to make a practice of suckling from each breast alternately.

**Dress and Dressing, Washing, &c.**

2491. As respects the dress and dressing of a new-born infant, or of a child in arms, during any stage of its nursing, there are few women who will require us to give them guidance or directions for their instruction; and though a few hints on the subject may not be out of place here, yet most women intuitively "take to a baby," and, with a small amount of experience, are able to perform all the little offices necessary to its comfort and cleanliness with ease and completeness. We shall, therefore, on this
delicate subject hold our peace; and only, from afar, hint "at what we would," leaving our suggestions to be approved or rejected, according as they chime with the judgment and the apprehension of our motherly readers.

2492. In these days of intelligence, there are few ladies who have not, in all probability, seen the manner in which the Indian squaw, the aborigines of Polynesia, and even the Lapp and Esquimaux, strap down their baby on a board, and by means of a loop suspend it to the bough of a tree, hang it up to the rafters of the hut, or on travel, dangle it on their backs, outside the domestic implements, which, as the slave of her master, man, the wronged but uncomplaining woman carries, in order that her lord may march in unhampered freedom. Cruel and confining as this system of "backboard" dressing may seem to our modern notions of freedom and exercise, it is positively less irksome, less confining, and infinitely less prejudicial to health, than the mummying of children by our grandmothers a hundred, ay, fifty years ago: for what with chin-stays, back-stays, body-stays, forehead-cloths, rollers, bandages, &c., an infant had as many girths and strings, to keep, limbs, and body in one exact position, as a ship has halyards.

2493. Much of this -- indeed we may say all -- has been abolished; but still the child is far from being dressed loosely enough; and we shall never be satisfied till the abominable use of the pin is avoided in toto in an infant's dressing, and a texture made for all the under garments of a child of a cool and elastic material.

2494. The manner in which an infant is encircled in a bandage called the "roller," as if it had fractured ribs, compressing those organs -- that, living on suction, must be, for the health of the child, to a certain degree distended, to obtain sufficient aliment from the fluid imbibed -- is perfectly preposterous. Our humanity, as well as our duty, calls upon us at once to abrogate and discountenance by every means in our power. Instead of the process of washing and dressing being made, as with the adult, a refreshment and comfort, it is, by the dawdling manner in which it is performed, the multiplicity of things used, and the perpetual change of position of the infant to adjust its complicated clothing, rendered an operation of positive irritation and annoyance. We, therefore, entreat all mothers to regard this subject in its true light, and study to the utmost, simplicity in dress, and dispatch in the process.

2495. Children do not so much cry from the washing as from the irritation caused by the frequent change of position in which they are placed, the number of times they are turned on their face, on their back, and on their side, by the manipulations demanded by the multiplicity of articles to be fitted, tacked, and carefully adjusted on their bodies. What mother ever found her girl of six or seven stand quiet while she was curling her hair? How many times nightly has she not to reprove her for not standing still during the process! It is the same with the unconscious infant, who cannot bear to be moved about, and who has no sooner grown reconciled to one position than it is forced reluctantly into another. It is true, in one instance the child has intelligence to guide it, and in the other not; but the motitory nerves, in both instances, resent coercion, and a child cannot be too little handled.

2496. On this account alone, and, for the moment, setting health and comfort out of the question, we beg mothers to simplify their baby's dress as much as possible; and not only to put on as little as is absolutely necessary, but to make that as simple in its
contrivance and adjustment as it will admit of; to avoid belly-bands, rollers, girths, and everything that can impede or confine the natural expansion of the digestive organs, on the due performance of whose functions the child lives, thrives, and develops its physical being.

Rearing by hand.

Articles necessary, and how to use them.-- Preparations of Foods.-- Baths.-- Advantages of Rearing by Hand.

2497. As we do not for a moment wish to be thought an advocate for an artificial, in preference to the natural course of rearing children, we beg our readers to understand us perfectly on this; all we desire to prove is the fact that a child can be brought up as well on a spoon dietary as the best example to be found of those reared on the breast; having more strength, indeed, from the more nutritious food on which it lives. It will be thus less liable to infectious diseases, and more capable of resisting the virulence of any danger that may attack it; and without in any way depreciating the nutriment of its natural food, we wish to impress on the mother's mind that there are many cases of infantile debility which might eventuate in rickets, curvature of the spine, or mesenteric disease, where the addition to, or total substitution of, an artificial and more stimulating aliment, would not only give tone and strength to the constitution, but at the same time render the employment of mechanical means totally unnecessary. And, finally, though we would never -- where the mother had the strength to suckle her child -- supersede the breast, we would insist on making it a rule to accustom the child as early as possible to the use of an artificial diet, not only that it may acquire more vigour to help it over the ills of childhood, but that, in the absence of the mother, it might not miss the maternal sustenance; and also for the parent's sake, that, should the milk, from any cause, become vitiated, or suddenly cease, the child can be made over to the bottle and the spoon without the slightest apprehension of hurtful consequences.

2498. To those persons unacquainted with the system, or who may have been erroneously informed on the matter, the rearing of a child by hand may seem surrounded by innumerable difficulties, and a large amount of personal trouble and anxiety to the nurse or mother who undertakes the duty. This, however, is a fallacy in every respect, except as regards the fact of preparing the food; but even this extra amount of work, by adopting the course we shall lay down, may be reduced to a very small sum of inconvenience; and as respects anxiety, the only thing calling for care is the display of judgment in the preparation of the food. The articles required for the purpose of feeding an infant are a night-lamp, with its pan and lid, to keep the food warm; a nursing-bottle, with a prepared teat; and a small pap saucepan, for use by day. Of the lamp we need hardly speak, most mothers being acquainted with its operation: but to those to whom it is unknown we may observe, that the flame from the floating rushlight heats the water in the reservoir above, in which the covered pan that contains the food floats, keeping it at such a heat that, when thinned by milk, it will be of a temperature suitable for immediate use. Though many kinds of nursing-bottles have been lately invented, and some mounted with India-rubber nipples, the common glass bottle, with the calf's teat, is equal in cleanliness and utility to any; besides, the nipple put into the child's mouth is so white and natural in appearance, that no child taken from the breast will refuse it. The black artificial ones of
caoutchouc or gutta-percha are unnatural. The prepared teats can be obtained at any chemist's, and as they are kept in spirits, they will require a little soaking in warm water, and gentle washing, before being tied securely, by means of fine twine, round the neck of the bottle, just sufficient being left projecting for the child to grasp freely in its lips; for if left the full length, or over long, it will be drawn too far into the mouth, and possibly make the infant heave. When once properly adjusted, the nipple need never be removed till replaced by a new one, which will hardly be necessary oftener than once a fortnight, though with care one will last for several weeks. The nursing-bottle should be thoroughly washed and cleaned every day, and always rinsed out before and after using it, the warm water being squeezed through the nipple, to wash out any particles of food that might lodge in the aperture, and become sour. The teat can always be kept white and soft by turning the end of the bottle, when not in use, into a narrow jug containing water, taking care to dry it first, and then to warm it by drawing the food through before putting it into the child's mouth.

Food, and its Preparation.

2499. The articles generally employed as food for infants consist of arrowroot, bread, flour, baked flour, prepared groats, farinaceous food, biscuit-powder, biscuits, tops-and-bottoms, and semolina, or manna croup, as it is otherwise called, which, like tapioca, is the prepared pith of certain vegetable substances. Of this list the least efficacious, though, perhaps, the most believed in, is arrowroot, which only as a mere agent, for change, and then only for a very short time, should ever be employed as a means of diet to infancy or childhood. It is a thin, flatulent, and innutritious food, and incapable of supporting infantine life with energy. Bread, though the universal régime with the labouring poor, where the infant's stomach and digestive powers are a reflex, in miniature, of the father's, should never be given to an infant under three months, and, even then, however finely beaten up and smoothly made, is a very questionable diet. Flour, when well boiled, though infinitely better than arrowroot, is still only a kind of fermentative paste, that counteracts its own good by after-acidity and flatulence.

2500. Baked flour, when cooked into a pale brown mass, and finely powdered, makes a far superior food to the others, and may be considered as a very useful diet, especially for a change. Prepared groats may be classed with arrowroot and raw flour, as being innutritious. The articles that now follow in our list are all good, and such as we could, with conscience and safety, trust to for the health and development of any child whatever.

2501. We may observe in this place, that an occasional change in the character of the food is highly desirable, both as regards the health and benefit of the child; and though the interruption should only last for a day, the change will be advantageous.

2502. The packets sold as farinaceous food are unquestionably the best aliment that can be given from the first to a baby, and may be continued, with the exception of an occasional change, without alteration of the material, till the child is able to take its regular meals of animal and vegetable food. Some infants are so constituted as to require a frequent and total change in their system of living, seeming to thrive for a certain time on any food given to them, but if persevered in too long, declining in bulk and appearance as rapidly as they had previously progressed. In such cases the food
should be immediately changed, and when that which appeared to agree best with the child is resumed, it should be altered in its quality, and perhaps in its consistency.

2503. For the farinaceous food there are directions with each packet, containing instructions for the making; but, whatever the food employed is, enough should be made at once to last the day and night; at first, about a pint basinful, but, as the child advances, a quart will hardly be too much. In all cases, let the food boil a sufficient time, constantly stirring, and taking every precaution that it does not get burnt, in which case it is on no account to be used.

2504. The food should always be made with water, the whole sweetened at once, and of such a consistency that, when poured out, and it has had time to cool, it will cut with the firmness of a pudding or custard. One or two spoonfuls are to be put into the pap saucepan and stood on the hob till the heat has softened it, when enough milk is to be added, and carefully mixed with the food, till the whole has the consistency of ordinary cream; it is then to be poured into the nursing-bottle, and the food having been drawn through to warm the nipple, it is to be placed in the child's mouth. For the first month or more, half a bottleful will be quite enough to give the infant at one time; but, as the child grows, it will be necessary not only to increase the quantity given at each time, but also gradually to make its food more consistent, and, after the third month, to add an egg to every pint basin of food made. At night the mother puts the food into the covered pan of her lamp, instead of the saucepan -- that is, enough for one supply, and, having lighted the rush, she will find, on the waking of her child, the food sufficiently hot to bear the cooling addition of the milk. But, whether night or day, the same food should never be heated twice, and what the child leaves should be thrown away.

2505. The biscuit powder is used in the same manner as the farinaceous food, and both prepared much after the fashion of making starch. But when tops-and-bottoms, or the whole biscuit, are employed, they require soaking in cold water for some time previous to boiling. The biscuit or biscuits are then to be slowly boiled in as much water as will, when thoroughly soft, allow of their being beaten by a three-pronged fork into a fine, smooth, and even pulp, and which, when poured into a basin and become cold, will cut out like a custard. If two large biscuits have been so treated, and the child is six or seven months old, beat up two eggs, sufficient sugar to properly sweeten it, and about a pint of skim milk. Pour this on the beaten biscuit in the saucepan, stirring constantly; boil for about five minutes, pour into a basin, and use, when cold, in the same manner as the other.

2506. This makes an admirable food, at once nutritious and strengthening. When tops-and-bottoms or rusks are used, the quantity of the egg may be reduced, or altogether omitted.

2507. Semolina, or manna croup, being in little hard grains, like a fine millet-seed, must be boiled for some time, and the milk, sugar, and egg added to it on the fire, and boiled for a few minutes longer, and, when cold, used as the other preparations.

2508. Many persons entertain a belief that cow's milk is hurtful to infants, and, consequently, refrain from giving it; but this is a very great mistake, for both sugar and milk should form a large portion of every meal an infant takes.
MRS. ISABELLA BEETON

Teething and convulsions.

Fits, &c., the consequence of Dentition, and how to be treated.-- The number and order of the Teeth, and manner in which they are cut.-- First and Second Set.

2509. About three months after birth, the infant's troubles may be said to begin; teeth commence forming in the gums, causing pain and irritation in the mouth, and which, but for the saliva it causes to flow so abundantly, would be attended with very serious consequences. At the same time the mother frequently relaxes in the punctuality of the regimen imposed on her, and, taking some unusual or different food, excites diarrhoea or irritation in her child's stomach, which not unfrequently results in a rash on the skin, or slight febrile symptoms, which, if not subdued in their outset, superinduce some more serious form of infantine disease. But, as a general rule, the teeth are the primary cause of much of the child's sufferings, in consequence of the state of nervous and functional irritation into which the system is thrown by their formation and progress out of the jaw and through the gums. We propose beginning this branch of our subject with that most fertile source of an infant's suffering --

2510. That this subject may be better understood by the nurse and mother, and the reason of the constitutional disturbance that, to a greater or less degree, is experienced by all infants, may be made intelligible to those who have the care of children, we shall commence by giving a brief account of the formation of the teeth, the age at which they appear in the mouth, and the order in which they pierce the gums. The organs of mastication in the adult consist of 32 distinct teeth, 16 in either jaw; being, in fact, a double set. The teeth are divided into 4 incisors, 2 canine, 4 first and second grinders, and 6 molars; but in childhood the complement or first set consists of only twenty, and these only make their appearance as the development of the frame indicates the requirement of a different kind of food for the support of the system. At birth some of the first-cut teeth are found in the cavities of the jaw, in a very small and rudimentary form; but this is by no means universal. About the third month, the jaws, which are hollow and divided into separate cells, begin to expand, making room for the slowly developing teeth, which, arranged for beauty and economy of space lengthwise, gradually turn their tops upwards, piercing the gum by their edges, which, being sharp, assist in cutting a passage through the soft parts. There is no particular period at which children cut their teeth, some being remarkably early, and others equally late. The earliest age that we have ever ourselves known as a reliable fact was, six weeks. Such peculiarities are generally hereditary, and, as in this case, common to a whole family. The two extremes are probably represented by six and sixteen months. Pain and drivelling are the usual, but by no means the general, indications of teething.

2511. About the sixth month the gums become tense and swollen, presenting a red, shiny appearance, while the salivary glands pour out an unusual quantity of saliva. After a time, a white line or round spot is observed on the top of one part of the gums, and the sharp edge of the tooth may be felt beneath if the finger is gently pressed on the part. Through these white spots the teeth burst their way in the following order:--
2512. Two incisors in the lower jaw are first cut, though, in general, some weeks elapse between the appearance of the first and the advent of the second. The next teeth cut are the four incisors of the upper jaw. The next in order are the remaining two incisors of the bottom, one on each side, then two top and two bottom on each side, but not joining the incisors; and lastly, about the eighteenth or twentieth month, the four eye teeth, filling up the space left between the side teeth and the incisors; thus completing the infant's set of sixteen. Sometimes at the same period, but more frequently some months later, four more double teeth slowly make their appearance, one on each side of each jaw, completing the entire series of the child's first set of twenty teeth. It is asserted that a child, while cutting its teeth, should either dribble excessively, vomit after every meal, or be greatly relaxed. Though one or other, or all of these at once, may attend a case of teething, it by no means follows that any one of them should accompany this process of nature, though there can be no doubt that where the pain consequent on the unyielding state of the gums, and the firmness of the skin that covers the tooth, is severe, a copious discharge of saliva acts beneficially in saving the, and also in guarding the child from those dangerous attacks of fits to which many children in their teething are liable.

2513. The Symptoms that generally indicate the cutting of teeth, in addition to the inflamed and swollen state of the gums, and increased flow of saliva, are the restless and peevish state of the child, the hands being thrust into the mouth, and the evident pleasure imparted by rubbing the finger or nail gently along the gum; the lips are often excoriated, and the functions of the stomach or bowels are out of order. In severe cases, occurring in unhealthy or scrofulous children, there are, from the first, considerable fever, disturbed sleep, fretfulness, diarrhoea, rolling of the eyes, convulsive startings, laborious breathing, coma, or unnatural sleep, ending, unless the is quickly relieved, in death.

2514. The Treatment in all cases of painful teething is remarkably simple, and consists in keeping the body cool by mild aperient medicines, allaying the irritation in the gums by friction with a rough ivory ring or a stale crust of broad, and when the, lungs, or any organ is overloaded or unduly excited, to use the hot bath, and by throwing the body into a perspiration, equalize the circulation, and relieve the system from the danger of a fatal termination.

2515. Besides these, there is another means, but that must be employed by a medical man; namely, scarifying the gums -- an operation always safe, and which, when judiciously performed, and at a critical opportunity, will often snatch the child from the grasp of death.

2516. There are few subjects on which mothers have often formed such strong and mistaken opinions as on that of lancing an infant's gums, some rather seeing their child go into fits -- and by the unrelieved irritation endangering inflammation of the brain, water on the, rickets, and other lingering affections -- than permit the surgeon to afford instant relief by cutting through the hard skin, which, like a bladder over the stopper of a bottle, effectually confines the tooth to the socket, and prevents it piercing the soft, spongy substance of the gum. This prejudice is a great error, as we shall presently show; for, so far from hurting the child, there is nothing that will so soon convert an infant's tears into smiles as scarifying the gums in painful teething; that is, if effectually done, and the skin of the tooth be divided.
2517. Though teething is a natural function, and to an infant in perfect health should be unproductive of pain, yet in general it is not only a fertile cause of suffering, but often a source of alarm and danger; the former, from irritation in the stomach and bowels, deranging the whole economy of the system, and the latter, from coma and fits, that may excite alarm in severe cases; and the danger, that eventuates in some instances, from organic disease of the or spinal marrow.

2518. We shall say nothing in this place of "rickets," or "water on the ," which are frequent results of dental irritation, but proceed to finish our remarks on the treatment of teething. Though strongly advocating the lancing of the gums in teething, and when there are any severe -symptoms, yet it should never be needlessly done, or before being satisfied that the tooth is fully formed, and is out of the socket, and under the gum. When assured on these points, the gum should be cut lengthwise, and from the top of the gum downwards to the tooth, in an horizontal direction, thus -- -- , and for about half an inch in length. The operation is then to be repeated in a transverse direction, cutting across the gum, in the centre of the first incision, and forming a cross, thus +. The object of this double incision is to insure a retraction of the cut parts, and leave an open way for the tooth to start from -- an advantage not to be obtained when only one incision is made; for unless the tooth immediately follows the lancing, the opening reunites, and the operation has to be repeated. That this operation is very little or not at all painful, is evidenced by the suddenness with which the infant falls asleep after the lancing, and awakes in apparently perfect health, though immediately before the use of the gum-lancet, the child may have been shrieking or in convulsions.

Convulsions, or Infantine Fits.

2519. From their birth till after teething, infants are more or less subject or liable to sudden fits, which often, without any assignable cause, will attack the child in a moment, and while in the mother's arms; and which, according to their frequency, and the age and strength of the infant, are either slight or dangerous.

2520. Whatever may have been the remote cause, the immediate one is some irritation of the nervous system, causing convulsions, or an effusion to the , inducing coma. In the first instance, the infant cries out with a quick, short scream, rolls up its eyes, arches its body backwards, its arms become bent and fixed, and the fingers parted; the lips and eyelids assume a dusky leaden colour, while the face remains pale, and the eyes open, glassy, or staring. This condition may or may not be attended with muscular twitchings of the mouth, and convulsive plunges of the arms. The fit generally lasts from one to three minutes, when the child recovers with a sigh, and the relaxation of the body. In the other case, the infant is attacked at once with total insensibility and relaxation of the limbs, coldness of the body and suppressed breathing; the eyes, when open, being dilated, and presenting a dim glistening appearance; the infant appearing, for the moment, to be dead.

2521. Treatment.-The first step in either case is, to immerse the child in a hot bath up to the chin; or if sufficient hot water cannot be procured to cover the body, make a hip-bath of what can be obtained; and, while the left hand supports the child in a sitting or recumbent position, with the right scoop up the water, and run it over the chest of the patient. When sufficient water can be obtained, the spine should be
briskly rubbed while in the bath; when this cannot be done, lay the child on the knees, and with the fingers dipped in brandy, rub the whole length of the spine vigorously for two or three minutes, and when restored to consciousness, give occasionally a teaspoonful of weak brandy and water or wine and water.

2522. An hour after the bath, it may be necessary to give an aperient powder, possibly also to repeat the dose for once or twice every three hours; in which case the following prescription is to be employed. Take of

Powdered scammony 6 grains.
Grey powder 6 grains.
Antimonial powder 4 grains.
Lump sugar 20 grains.

Mix thoroughly, and divide into three powders, which are to be taken as advised for an infant one year old; for younger or weakly infants, divide into four powders, and give as the other. For thirst and febrile symptoms, give drinks of barley-water, or cold water, and every three hours put ten to fifteen drops of spirits of sweet nitre in a dessert-spoonful of either beverage.

Thrush, and its treatment.

2523. This is a disease to which infants are peculiarly subject, and in whom alone it may be said to be a disease; for when thrush shows itself in adult or advanced life, it is not as a disease proper, but only as a symptom, or accessory, of some other ailment, generally of a chronic character, and should no more be classed as a separate affection than the petechae, or dark-coloured spots that appear in malignant measles, may be considered a distinct affection.

2524. Thrush is a disease of the follicles of the mucous membrane of the alimentary canal, whereby there are formed small vesicles, or bladders, filled with a thick mucous secretion, which, bursting, discharge their contents, and form minute ulcers in the centre of each vessel. To make this formal but unavoidable description intelligible, we must beg the reader's patience while we briefly explain terms that may appear to many so unmeaning, and make the pathology of thrush fully familiar.

2525. The whole digestive canal, of which the stomach and bowels are only a part, is covered, from the lips, eyes, and ears downwards, with a thin glairy tissue, like the skin that lines the inside of an egg, called the mucous membrane; this membrane is dotted all over, in a state of health, by imperceptible points, called follicles, through which the saliva, or mucous secreted by the membrane, is poured out.

2526. These follicles, or little glands, then, becoming enlarged, and filled with a congealed fluid, constitute thrush in its first stage; and when the child's lips and mouth appear a mass of small pearls, then, as these break and discharge, the second stage, or that of ulceration, sets in.

2527. Symptoms.-- Thrush is generally preceded by considerable irritation, by the child crying and fretting, showing more than ordinary redness of the lips and nostrils,
hot fetid breath, with relaxed bowels, and dark feculent evacuations; the water is scanty and high-coloured; whilst considerable difficulty in swallowing, and much thirst, are the other symptoms, which a careful observation of the little patient makes manifest.

2528. The situation and character of thrush show at once that the cause is some irritation of the mucous membrane, and can proceed only from the nature and quality of the food. Before weaning, this must be looked for in the mother, and the condition of the milk; after that time, in the crude and indigestible nature of the food given. In either case, this exciting cause of the disease must be at once stopped. When it proceeds from the mother, it is always best to begin by physicking the infant through the parent; that is to say, let the parent first take the medicine, which will sufficiently affect the child through the milk: this plan has the double object of benefiting the patient and, at the same time, correcting the state of the mother, and improving the condition of her milk. In the other case, when the child is being fed by hand, then proceed by totally altering the style of aliment given, and substituting farinaceous food, custards, blanc-mange, and ground-rice puddings.

2529. As an aperient medicine for the mother, the best thing she can take is a dessert-spoonful of carbonate of magnesia once or twice a day, in a cup of cold water; and every second day, for two or three times, an aperient pill.

2530. As the thrush extends all over the mouth, throat, stomach, and bowels, the irritation to the child from such an extent of diseased surface is proportionately great, and before attempting to act on such a tender surface by opening medicine, the better plan is to soothe by an emollient mixture; and, for that purpose, let the following be prepared. Take of

- Castor oil 2 drachms.
- Sugar 1 drachm.
- Mucilage, or powdered gum Arabic half a drachm.

Triturate till the oil is incorporated, then add slowly --

- Mint-water One ounce and a half
- Laudanum Ten drops

Half a teaspoonful three times a day, to an infant from one to two years old; a teaspoonful from two to three years old; and a dessertspoonful at any age over that time. After two days' use of the mixture, one of the following powders should be given twice a day, accompanied with one dose daily of the mixture:

- Grey powder 20 grains.
- Powdered rhubarb 15 grains.
- Scammony 10 grains. Mix.
Divide into twelve powders, for one year; eight powders, from one to two; and six powders, from two to six years old. After that age, double the strength, by giving the quantity of two powders at once.

2531. It is sometimes customary to apply borax and honey to the mouth for thrush; but it is always better to treat the disease constitutionally rather than locally. The first steps, therefore, to be adopted are, to remove or correct the exciting cause -- the mother's milk or food; allay irritation by a warm bath and the castor-oil mixture, followed by and conjoined with the powders.

2532. To those, however, who wish to try the honey process, the best preparation to use is the following:--Rub down one ounce of honey with two drachms of tincture of myrrh, and apply it to the lips and mouth every four or six hours.

2533. It is a popular belief, and one most devoutly cherished by many nurses and elderly persons, that everybody must, at some time of their life, between birth and death, have an attack of thrush, and if not in infancy, or prime of life, it will surely attack them on their death-bed, in a form more malignant than if the patient had been affected with the malady earlier; the black thrush with which they are then reported to be affected being, in all probability, the petechiae or purple spots that characterize the worst form, and often the last stage, of typhoid fever.

2534. In general, very little medicine is needed in this disease of the thrush -- an alterative powder, or a little magnesia, given once or twice, being all, with the warm bath, that, in the great majority of cases, is needed to restore the mucous membrane to health. As thrush is caused by an excess of heat, or over-action in the lining membrane of the stomach and bowels, whatever will counteract this state, by throwing the heat on the surface, must materially benefit, if not cure, the disease: and that means every mother has at hand, in the form of a warm bath. After the application of this, a little magnesia to correct the acidity existing along the surface of the mucous membrane, is often all that is needed to throw the system into such a state as will effect its own cure. This favourable state is indicated by an excessive flow of saliva, or what is called "dribbling," and by a considerable amount of relaxation of the bowels-a condition that must not be mistaken for diarrhoea, and checked as if a disease, but rather, for the day or two it continues, encouraged as a critical evacuant.

2535. Should there be much debility in the convalescence, half a teaspoonful of stee wine, given twice a day in a little barley-water, will be found sufficient for all the purposes of a tonic. This, with the precaution of changing the child's food, or, when it lives on the mother, of correcting the quality of the milk by changing her own diet, and, by means of an antacid or aperient, improving the state of the secretion. Such is all the treatment that this disease in general requires.

2536. The class of diseases we are now approaching are the most important, both in their pathological features and in their consequences on the constitution, of any group or individual disease that assails the human body; and though more frequently attacking the undeveloped frame of childhood, are yet by no means confined to that period. These are called Eruptive Fevers, and embrace chicken-pox, cow-pox, small-pox, scarlet fever, measles, milary fever, and erysipelas, or St. Anthony's fire.
2537. The general character of all these is, that they are contagious, and, as a general rule, attack a person only once in his lifetime; that their chain of diseased actions always begins with fever, and that, after an interval of from one to four days, the fever is followed by an eruption of the skin.

**Chicken-pox, or glass-pox; and cow-pox, or vaccination.**

2538. CHICKEN-POX, or GLASS-POX, may, in strict propriety, be classed as a mild variety of small-pox, presenting all the mitigated symptoms of that formidable disease. Among many physicians it is, indeed, classed as small-pox, and not a separate disease; but as this is not the place to discuss such questions, and as we profess to give only facts, the result of our own practical experience, we shall treat this affection of glass-pox or chicken-pox, as we ourselves have found it, as a distinct and separate disease.

2539. Chicken-pox is marked by all the febrile symptoms presented by small-pox, with this difference, that, in the case of chicken-pox, each symptom is particularly slight. The heat of body is much less acute, and the principal symptoms are difficulty of breathing, headache, coated tongue, and nausea, which sometimes amounts to vomiting. After a term of general irritability, heat, and restlessness, about the fourth day, or between the third and fourth, an eruption makes its appearance over the face, neck, and body, in its first two stages closely resembling small-pox, with this especial difference, that whereas the pustules in small-pox have flat and depressed centres -- an infallible characteristic of small-pox -- the pustules in chicken-pox remain globular, while the fluid in them changes from a transparent white to a straw-coloured liquid, which begins to exude and disappear about the eighth or ninth day, and, in mild cases, by the twelfth desquamates, or peels off entirely.

2540. There can be no doubt that chicken-pox, like small-pox, is contagious, and under certain states of the atmosphere becomes endemic. Parents should, therefore, avoid exposing young children to the danger of infection by taking them where it is known to exist, as chicken-pox, in weakly constitutions, or in very young children, may superinduce small-pox, the one disease either running concurrently with the other, or discovering itself as the other declines. This, of course, is a condition that renders the case very hazardous, as the child has to struggle against two diseases at once, or before it has recruited strength from the attack of the first.

2541. **Treatment.**-- In all ordinary cases of chicken-pox -- and it is very seldom it assumes any complexity -- the whole treatment resolves itself into the use of the warm bath, and a course of gentle aperients. The bath should be used when the oppression of the lungs renders the breathing difficult, or the heat and dryness of the skin, with the undeveloped rash beneath the surface, shows the necessity for its use.

2542. As the pustules in chicken-pox very rarely run to the state of suppuration, as in the other disease, there is no fear of pitting or disfigurement, except in very severe forms, which, however, happen so seldom as not to merit apprehension. When the eruption subsides, however, the face may be washed with elder-flower water, and the routine followed which is prescribed in the convalescent state of small-pox.
2543. COW-POX, properly speaking, is an artificial disease, established in a healthy body as a prophylactic, or preventive agent, against the more serious attack of small-pox, and is merely that chain of slight febrile symptoms and local irritation, consequent on the specific action of the lymph of the vaccination, in its action on the circulating system of the body. This is not the place to speak of the benefits conferred on mankind by the discovery of vaccination, not only as the preserver of the human features from a most loathsome disfigurement, but as a sanitary agent in the prolongation of life.

2544. Fortunately the State has now made it imperative on all parents to have their children vaccinated before, or by the end of, the twelfth week; thus doing away, as far as possible, with the danger to public health proceeding from the ignorance or prejudice of those parents whose want of information on the subject makes them object to the employment of this specific preventive; for though vaccination has been proved not to be always an infallible guard against small-pox, the attack is always much lighter, should it occur, and is seldom, if indeed ever, fatal after the precaution of vaccination. The best time to vaccinate a child is after the sixth and before the twelfth week, if it is in perfect health, but still earlier if small-pox is prevalent, and any danger exists of the infant taking the disease. It is customary, and always advisable, to give the child a mild aperient powder one or two days before inserting the lymph in the arm; and should measles, scarlet fever, or any other disease arise during the progress of the pustule, the child, when recovered, should be re-vaccinated, and the lymph taken from its arm on no account used for vaccinating purposes.

2545. The disease of cow-pox generally takes twenty days to complete its course; in other words, the maturity and declension of the pustule takes that time to fulfil its several changes. The mode of vaccination is either to insert the matter, or lymph, taken from a healthy child, under the cuticle in several places on both arms, or, which is still better, to make three slight scratches, or abrasions, with a lancet on one arm in this manner, ,, and work into the irritated parts the lymph, allowing the arm to dry thoroughly before putting down the infant's sleeve; by this means absorption is insured, and the unnecessary pain of several pustules on both arms avoided. No apparent change is observable by the eye for several days; indeed, not till the fourth, in many cases, is there any evidence of a vesicle; about the fifth day, however, a pink areola, or circle, is observed round one or all of the places, surrounding a small pearly vesicle or bladder. This goes on deepening in hue till the seventh or eighth day, when the vesicle is about an inch in diameter, with a depressed centre; on the ninth the edges are elevated, and the surrounding part hard and inflamed. The disease is now at its height, and the pustule should be opened, if not for the purpose of vaccinating other children, to allow the escape of the lymph, and subdue the inflammatory action. After the twelfth day the centre is covered by a brown scab, and the colour of the swelling becomes darker, gradually declining in hardness and colour till the twentieth, when the scab falls, off, leaving a small pit, or cicatrix, to mark the seat of the disease, and for life prove a certificate of successful vaccination.

2546. In some children the inflammation and swelling of the arm is excessive, and extremely painful, and the fever, about the ninth or tenth day, very high; the pustule, therefore, at that time, should sometimes be opened, the arm fomented every two hours with a warm bread poultice, and an aperient powder given to the infant.
Measles and scarlet fever, with the treatment of both.

Measles.

2547. This much-dreaded disease, which forms the next subject in our series of infantine diseases, and which entails more evils on the health of childhood than any other description of physical suffering to which that age of life is subject, may be considered more an affection of the venous circulation, tending to general and local congestion, attended with a diseased condition of the blood, than either as a fever or an inflammation; and though generally classed before or after scarlet fever, is, in its pathology and treatment, irrespective of its after-consequences, as distinct and opposite as one disease can well be from another.

4548. As we have already observed, measles are always characterized by the running at the nose and eyes, and great oppression of breathing; so, in the mode of treatment, two objects are to be held especially in view; first, to unload the congested state of the lungs,—the cause of the oppressed breathing; and, secondly, to act vigorously, both during the disease and afterwards, on the bowels. At the same time it cannot be too strongly borne in mind, that though the patient in measles should on no account be kept unduly hot, more care than in most infantine complaints should be taken to guard the body from cold, or any abrupt changes of temperature. With these special observations, we shall proceed to give a description of the disease, as recognized by its usual --

2549. Symptoms, which commence with cold chills and flushes, lassitude, heaviness, pain in the , and drowsiness, cough, hoarseness, and extreme difficulty of breathing, frequent sneezing, deduction or running at the eyes and nose, nausea, sometimes vomiting, thirst, a furred tongue; the pulse throughout is quick, and sometimes full and soft, at others hard and small, with other indications of an inflammatory nature.

2550. On the third day, small red points make their appearance, first on the face and neck, gradually extending over the upper and lower part of the body. On the fifth day, the vivid red of the eruption changes into a brownish hue; and, in two or three days more, the rash entirely disappears, leaving a loose powdery desquamation on the skin, which rubs off like dandriff. At this stage of the disease a diarrhoea frequently comes on, which, being what is called "critical," should never be checked, unless seriously severe. Measles sometimes assume a typhoid or malignant character, in which form the symptoms are all greatly exaggerated, and the case from the first becomes both doubtful and dangerous. In this condition the eruption comes out sooner, and only in patches; and often, after showing for a few hours, suddenly recedes, presenting, instead of the usual florid red, a dark purple or blackish hue; a dark brown fur forms on the gums and mouth, the breathing becomes laborious, delirium supervenes, and, if unrelieved, is followed by coma; a fetid diarrhoea takes place, and the patient sinks under the congested state of the lungs and the oppressed functions of the brain.

2551. The unfavourable symptoms in measles are a high degree of fever, the excessive heat and dryness of the skin, hurried and short breathing, and a particularly hard pulse. The sequels, or after-consequences, of measles are, croup, bronchitis, mesenteric disease, abscesses behind the ear, ophthalmia, and glandular swellings in other parts of the body.
2552. Treatment.-- In the first place, the patient should be kept in a cool room, the temperature of which must be regulated to suit the child's feelings of comfort, and the diet adapted to the strictest principles of abstinence. When the inflammatory symptoms are severe, bleeding, in some form, is often necessary, though, when adopted, it must be in the first stage of the disease; and, if the lungs are the apprehended seat of the inflammation, two or more leeches, according to the age and strength of the patient, must be applied to the upper part of the chest, followed by a small blister; or the blister may be substituted for the leeches, the attendant bearing in mind, that the benefit effected by the blister can always be considerably augmented by plunging the feet into very hot water about a couple of hours after applying the blister, and kept in the water for about two minutes. And let it further be remembered, that this immersion of the feet in hot water may be adopted at any time or stage of the disease; and that, whenever the or lungs are oppressed, relief will always accrue from its sudden and brief employment. When the symptoms commence with much shivering, and the skin early assumes a hot, dry character, the appearance of the rash will be facilitated, and all the other symptoms rendered milder, if the patient is put into a warm bath, and kept in the water for about three minutes. Or, where that is not convenient, the following process, which will answer quite as well, can be substituted:-- Stand the child, naked, in a tub, and, having first prepared several jugs of sufficiently warm water, empty them, in quick succession, over the patient's shoulders and body; immediately wrap in a hot blanket, and put the child to bed till it rouses from the sleep that always follows the effusion or bath. This agent, by lowering the temperature of the skin, and opening the pores, producing a natural perspiration, and unloading the congested state of the lungs, in most cases does away entirely with the necessity both for leeches and a blister. Whether any of these external means have been employed or not, the first internal remedies should commence with a series of aperient powders and a saline mixture, as prescribed in the following formularies; at the same time, as a beverage to quench the thirst, let a quantity of barley-water be made, slightly acidulated by the juice of an orange, and partially sweetened by some sugar-candy; and of which, when properly made and cold, let the patient drink as often as thirst, or the dryness of the mouth, renders necessary.

2553. Aperient Powders.-- Take of scammony and jalap, each 24 grains; grey powder and powdered antimony, each 18 grains. Mix and divide into 12 powders, if for a child between two and four years of age; into 8 powders, if for a child between four and eight years of ago; and into 6 powders for between eight and twelve years. One powder to be given, in a little jelly or sugar-and-water, every three or four hours, according to the severity of the symptoms.

2554. Saline Mixture.-- Take of mint-water, 6 ounces; powdered nitre, 20 grains; antimonial wine, 3 drachms; spirits of nitre, 2 drachms; syrup of saffron, 2 drachms. Mix. To children under three years, give a teaspoonful every two hours; from that age to six, a dessertspoonful at the same times; and a tablespoonful every three or four hours to children between six and twelve.

2555. The object of these aperient powders is to keep up a steady but gentle action on the bowels; but, whenever it seems necessary to administer a stronger dose, and effect a brisk action on the digestive organs,-- a course particularly imperative towards the close of the disease,-- two of these powders given at once, according to the age, will
be found to produce that effect; that is, two of the twelve for a child under four years, and two of the eight, and two of the six, according to the age of the patient.

2556. When the difficulty of breathing becomes oppressive, as it generally does towards night, a hot bran poultice, laid on the chest, will be always found highly beneficial. The diet throughout must be light, and consist of farinaceous food, such as rice and sago puddings, beef-tea and toast; and not till convalescence sets in should hard or animal food be given.

2557. When measles assume the malignant form, the advice just given must be broken through; food of a nutritious and stimulating character should be at once substituted, and administered in conjunction with wine, and even spirits, and the disease regarded and treated as a case of typhus. But, as this form of measles is not frequent, and, if occurring, hardly likely to be treated without assistance, it is unnecessary to enter on the minutiae of its practice here. What we have prescribed, in almost all cases, will be found sufficient to meet every emergency, without resorting to a multiplicity of agents.

2558. The great point to remember in measles is, not to give up the treatment with the apparent subsidence of the disease, as the after-consequences of measles are too often more serious, and to be more dreaded, than the measles themselves. To guard against this danger, and thoroughly purify the system, after the subsidence of all the symptoms of the disease, a corrective course of medicine, and a regimen of exercise, should be adopted for some weeks after the cure of the disease. To effect this, an active aperient powder should be given every three or four clayes, with a daily dose of the subjoined tonic mixture, with as much exercise, by walking, running after a hoop, or other bodily exertion, as the strength of the child and the state of the atmosphere will admit, the patient being, wherever possible, removed to a purer air as soon as convalescence warrants the change.

2559. **Tonic Mixture.**—Take of infusion of rose-leaves, 6 ounces; quinine, 8 grains; diluted sulphuric acid, 15 drops. Mix. Dose, from half a teaspoonful up to a dessertspoonful, once a day, according to the age of the patient.

**Scarlatina, or Scarlet Fever.**

2560. Though professional accuracy has divided this disease into several forms, we shall keep to the one disease most generally met with, the common or simple scarlet fever, which, in all cases, is characterized by an excessive heat on the skin, sore throat, and a peculiar speckled appearance of the tongue.

2561. **Symptoms.**—Cold chills, shivering, nausea, thirst, hot skin, quick pulse, with difficulty of swallowing; the tongue is coated, presenting through its fur innumerable specks, the elevated papillae of the tongue, which gives it the speckled character, that, if not the invariable sign of scarlet fever, is only met with in cases closely analogous to that disease. Between the second and third day, but most frequently on the third, a bright red efflorescence breaks out in patches on the face, neck, and back, from which it extends over the trunk and extremities, always showing thicker and deeper in colour wherever there is any pressure, such as the elbows, back, and hips; when the eruption is well out, the skin presents the appearance of a boiled lobster-shell. At first, the skin
is smooth, but, as the disease advances, perceptible roughness is apparent, from the elevation of the rash, or, more properly, the pores of the skin. On the fifth and sixth days the eruption begins to decline, and by the eighth has generally entirely disappeared. During the whole of this period, there is, more or less, constant sore throat.

2562. The Treatment of scarlet fever is, in general, very simple. Where the heat is great, and the eruption comes out with difficulty, or recedes as soon as it appears, the body should be sponged with cold vinegar-and-water, or tepid water, as in measles, poured over the chest and body, the patient being, as in that disease, wrapped in a blanket and put to bed, and the same powders and mixture ordered in measles administered, with the addition of a constant hot bran poultice round the throat, which should be continued from the first symptom till a day or two after the declension of the rash. The same low diet and cooling drink, with the same general instructions, are to be obeyed in this as in the former disease.

2563. When the fever runs high in the first stage, and there is much nausea, before employing the effusions of water, give the patient an emetic, of equal parts of ipecacuanha and antimonial wine, in doses of from a teaspoonful to a tablespoonful, according to age. By these means, nine out of every ten cases of scarlatina may be safely and expeditiously cured, especially if the temperature of the patient's room is kept at an even standard of about sixty degrees.

Hooping-cough, croup, and diarrhoea, with their mode of treatment.

Hooping-Cough.

2564. THIS is purely a spasmodic disease, and is only infectious through the faculty of imitation, a habit that all children are remarkably apt to fall into; and even where adults have contracted hooping-cough, it has been from the same cause, and is as readily accounted for, on the principle of imitation, as that the gaping of one person will excite or predispose a whole party to follow the same spasmodic example. If any one associates for a few days with a person who stammers badly, he will find, when released from his company, that the sequence of his articulation and the fluency of his speech are, for a time, gone; and it will be a matter of constant vigilance, and some difficulty, to overcome the evil of so short an association. The manner in which a number of school-girls will, one after another, fall into a fit on beholding one of their number attacked with epilepsy, must be familiar to many. These several facts lead us to a juster notion of how to treat this spasmodic disease. Every effort should, therefore, be directed, mentally and physically, to break the chain of nervous action, on which the continuance of the cough depends.

2565. Symptoms.--Hooping-cough comes on with a slight oppression of breathing, thirst, quick pulse, hoarseness, and a hard, dry cough. This state may exist without any change from one to two or three weeks before the peculiar feature of the disease—the hoop-sets in. As the characteristics of this cough are known to all, it is unnecessary to enter here, physiologically, on the subject. We shall, therefore, merely remark that the frequent vomiting and bleeding at the mouth or nose are favourable signs, and proceed to the
2566. *Treatment*, which should consist in keeping up a state of nausea and vomiting. For this purpose, give the child doses of ipecacuanha and antimonial wines, in equal parts, and quantities varying from half to one and a half teaspoonful once a day, or, when the expectoration is hard and difficult of expulsion, giving the following cough mixture every four hours. Take of

Syrup of squills ½ ounce.
Antimonial wine 1 ounce.
Laudanum 15 drops.
Syrup of Toulou 2 drachms.
Water 1½ ounce.

Mix. The dose is from half a spoonful to a dessertspoonful. When the cough is urgent, the warm bath is to be used, and either one or two leeches applied over the breastbone, or else a small blister laid on the lower part of the throat.

2567. Such is the medical treatment of hooping-cough; but there is a moral regimen, based on the nature of the disease, which should never be omitted. And, on the principle that a sudden start or diversion of the mind will arrest a person in the act of sneezing or gaping, so the like means should be adopted with the hooping-cough patient; and, in the first stage, before the *hooping* has been added, the parent should endeavour to break the paroxysm of the cough by abruptly attracting the patient's attention, and thus, if possible, preventing the cough from reaching that height when the ingulp of air gives the hoop or crow that marks the disease; but when once that symptom has set in, it becomes still more necessary to endeavour, by even measures of intimidation, to break the spasmodic chain of the cough. Exercise in the open air, when dry, is also requisite, and charge of scene and air in all cases is of absolute necessity, and may be adopted at any stage of the disease.

**Croup.**

2568. This is by far the most formidable and fatal of all the diseases to which infancy and childhood are liable, and is purely an inflammatory affection, attacking that portion of the mucous membrane lining the windpipe and bronchial tubes, and from the effect of which a false or loose membrane is formed along the windpipe, resembling in appearance the finger of a glove suspended in the passage, and, consequently, terminating the life of the patient by suffocation; for, as the lower end grows together and becomes closed, no air can enter the lungs, and the child dies choked. All dull, fat, and heavy children are peculiarly predisposed to this disease, and those with short necks and who make a wheezing noise in their natural breathing. Croup is always sudden in its attack, and rapid in its career, usually proving fatal within three days; most frequently commences in the night, and generally attacking children between the ages of three and ten years. Mothers should, therefore, be on their guard who have children predisposed to this disease, and immediately resort to the means hereafter advised.

2569. *Symptoms.*-- Languor and restlessness, hoarseness, wheezing, and short, dry cough, with occasional rattling in the throat during sleep, the child often plucking at its throat with its fingers; difficulty of breathing, which quickly becomes hard and
laboured, causing great anxiety of the countenance, and the veins of the neck to swell and become knotted; the voice in speaking acquires a sharp, crowing, or croupy sound, while the inspirations have a harsh, metallic intonation. After a few hours, a quantity of thick, ropy mucus is thrown out, hanging about the mouth, and causing suffocating fits of coughing to expel.

2570. Treatment.-- Place the child immediately in a hot bath up to the throat; and, on removal from the water, give an emetic of the antimonial or ipecacuanha wine, and, when the vomiting has subsided, lay a long blister down the front of the throat, and administer one of the following powders every twenty minutes to a child from three to six years of age.

2571. Take of calomel, 12 grains; tartar emetic, 2 grains; lump sugar, 30 grains. Mix accurately, and divide into 12 powders. For a child from six to twelve years, divide into 6 powders, and give one every half-hour.

2572. Should the symptoms remain unabated after a few hours, apply one or two leeches to the throat, and put mustard poultices to the foot and thighs, retaining them about eight minutes; and, in extreme cases, a mustard poultice to the spine between the shoulders, and at the same time rub mercurial ointment into the armpits and the angles of the jaws.

2573. Such is a vigorous and reliable system of treatment in severe cases of croup; but, in the milder and more general form, the following abridgment will, in all probability, be all that will be required:-- First, the hot bath; second, the emetic; third, a mustard plaster round the throat for five minutes; fourth, the powders; fifth, another emetic in six hours, if needed, and the powders continued without intermission while the urgency of the symptoms continues. When relief has been obtained, these are to be discontinued, and a dose of senna tea given to act on the bowels.

Diarrhoea.

2574. The diarrhoea with which children are so frequently affected, especially in infancy, should demand the nurse's immediate attention, and when the secretion, from its clayey colour, indicates an absence of bile, a powder composed of 3 grains of grey powder and 1 grain of rhubarb, should be given twice, with an interval of four hours between each dose, to a child from one to two years, and, a day or two afterwards, an aperient powder containing the same ingredients and quantities, with the addition of 2 or 3 grains of scammony. For the relaxation consequent on an overloaded stomach, or acidity in the bowels, a little magnesia dissolved in milk should be employed two or three times a day.

2575. When much griping and pain attend the diarrhoea, half a teaspoonful of Dalby's Carminative (the best of all patent medicines) should be given, either with or without a small quantity of castor oil to carry off the exciting cause.

2576. For any form of diarrhoea that, by excessive action, demands a speedy correction, the most efficacious remedy that can be employed in all ages and conditions of childhood is the tincture of Kino, of which from 10 to 30 drops, mixed with a little sugar and water in a spoon, are to be given every two or three hours till
the undue action has been checked. Often the change of diet to rice, milk, eggs, or the substitution of animal for vegetable food, or *vice versa*, will correct an unpleasant and almost chronic state of diarrhoea.

2577. A very excellent carminative powder for flatulent infants may be kept in the house, and employed with advantage, whenever the child is in pain or griped, by dropping 5 grains of oil of aniseed and 2 of peppermint on half an ounce of lump sugar, and rubbing it in a mortar, with a drachm of magnesia, into a fine powder. A small quantity of this may be given in a little water at any time, and always with benefit.
CHAPTER XLIII. -- The doctor.

2578. "Time," according to the old proverb, "is money;" and it may also, in many cases, and with equal truthfulness, be said to be life; for a few moments, in great emergencies, often turn the balance between recovery and death. This applies more especially to all kinds of poisoning, fits, submersion in water, or exposure to noxious gases; and many accidents. If people knew how to act during the interval that must necessarily elapse from the moment that a medical man is sent for until he arrives, many lives might be saved, which now, unhappily, are lost. Generally speaking, however, nothing is done -- all is confusion and fright; and the surgeon, on his arrival, finds that death has already seized its victim, who, had his friends but known a few rough rules for their guidance, might have been rescued. We shall, therefore, in a series of papers, give such information as to the means to be employed in event of accidents, injuries, &c., as, by the aid of a gentleman of large professional experience, we are warranted in recommending.

List of Drugs, &c., necessary to carry out all Instructions.


2580. The following PRESCRIPTIONS may be made up for a few shillings; and, by keeping them properly labelled, and by referring to the remarks on the treatment of any particular case, much suffering, and, perhaps, some lives, may be saved.

2581. Draught.-- Twenty grains of sulphate of zinc in an ounce and a half of water. This draught is to be repeated in a quarter of an hour if vomiting does not take place.

2582. Clyster.-- Two tablespoonfuls of oil of turpentine in a pint of warm gruel.

2583. Liniments.-- 1. Equal parts of lime-water and linseed-oil well mixed together. [Lime-water is made thus: Pour 6 pints of boiling water upon ¼ lb. of lime; mix well together, and when cool, strain the liquid from off the lime which has fallen to the bottom, taking care to get it as clear as possible.] 2. Compound camphor liniment.

2584. Lotions.-- 1. Mix a dessert-spoonful of Goulard's extract and 2 tablespoonfuls of vinegar in a pint of water.-- 2. Mix ½ oz. of sal-ammoniac, 2 tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water.
2585. **Goulard Lotion.**-- 1 drachm of sugar of lead, 2 pints of rain-water, 2 teaspoonfuls of spirits of wine. For inflammation of the eyes or elsewhere: The better way of making Goulard Lotion, if for the eyes, is to add to 6 oz. of distilled water, or water that has been well boiled, 1 drachm of the extract of lead.

2586. **Opodeldoc.**-- This lotion being a valuable application for sprains, lumbago, weakness of joints, &c., and it being difficult to procure either pure or freshly made, we give a recipe for its preparation. Dissolve 1 oz. of camphor in a pint of rectified spirits of wine; then dissolve 4 oz. of hard white Spanish soap, scraped thin, in 4 oz. of oil of rosemary, and mix them together.

2587. **The Common Black Draught.**-- Infusion of senna 10 drachms; Epsom salts 10 drachms; tincture of senna, compound tincture of cardamums, compound spirit of lavender, of each 1 drachm. Families who make black draught in quantity, and wish to preserve it for some time without spoiling, should add about 2 drachms of spirits of hartshorn to each pint of the strained mixture, the use of this drug being to prevent its becoming mouldy or decomposed. A simpler and equally efficacious form of black draught is made by infusing ½ oz. of Alexandrian senna, 3 oz. of Epsom salts, and 2 drachms of bruised ginger and coriander-seeds, for several hours in a pint of boiling water, straining the liquor, and adding either 2 drachms of sal-volatile or spirits of hartshorn to the whole, and giving 3 tablespoonfuls for a dose to an adult.

2588. **Mixtures.** -- 1. **Aperient.**-- Dissolve an ounce of Epsom salts in half a pint of senna tea; take a quarter of the mixture as a dose, and repeat it in three or four hours if necessary.

2589. 2. **Fever Mixture.**-- Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre, in half a pint of water.

2590. 3. **Myrrh and Aloes Pills.**-- Ten grains made into two pills are the dose for a full-grown person.

2591. 4. **Compound Iron Pills.**-- Dose for a full-grown person: 10 grains made into two pills.

2592. **Pills.**-- 1. Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumble, and make into two pills. Dose for a full-grown person: two pills. -- 2. Mix 5 grains of blue pill and the same quantity of compound extract of colocynth together, and make into two pills, the dose for a full-grown person.

2593. **Powders.**-- Mix a grain of calomel and 4 grains of powdered jalap together.

2594. In all cases, the dose of medicines given is to be regulated by the age of the patient.

2595. **Abernethy's Plan for making a Bread-and-Water Poultice.**-- First scald out a basin; then having put in some boiling water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and there will be left a light pulp. Spread it a third of an
inch thick on folded linen, and apply it when of the temperature of a warm bath. To preserve it moist, occasionally drop warm water on it.

2596. Linseed-Meal Poultice.-- "Scald your basin, by pouring a little hot water into it; then put a small quantity of finely-ground linseed-meal into the basin, pour a little hot water on it, and stir it round briskly until you have well incorporated them; add a little more meal and a little more water; then stir it again. Do not let any lumps remain in the basin, but stir the poultice well, and do not be sparing of your trouble. What you do next, is to take as much of it out of the basin as you may require, lay it on a piece of soft linen, and let it be about a quarter of an inch thick." -- Abernethy.

2597. Mustard Poultice.-- Mix equal parts of dry mustard and linseed-meal in warm vinegar. When the poultice is wanted weak, warm water may be used for the vinegar; and when it is required very strong, mustard alone, without any linseed-meal, is to be mixed with warm vinegar.

2598. An ordinary Blister.-- Spread a little blister compound on a piece of common adhesive plaster with the right thumb. It should be put on just thickly enough to conceal the appearance of the plaster beneath. The part from which a blister has been taken should be covered till it heals over with soft linen rags smeared with lard.

Baths and Fomentations.

2599. All fluid applications to the body are exhibited either in a hot or cold form; and the object for which they are administered is to produce a stimulating effect over the entire, or a part, of the system; for the effect, though differently obtained, and varying in degree, is the same in principle, whether procured by hot or cold water.

2600. Heat.-- There are three forms in which heat is universally applied to the body,-- that of the tepid, warm, and vapour bath; but as the first is too inert to be worth notice, and the last dangerous and inapplicable, except in public institutions, we shall confine our remarks to the really efficacious and always attainable one -- the

2601. Warm and Hot Bath.-- These baths are used whenever there is congestion, or accumulation of blood in the internal organs, causing pain, difficulty of breathing, or stupor, and are employed, by their stimulating property, to cause a rush of blood to the surface, and, by unloading the great organs, produce a temporary inflammation in the skin, and so equalize the circulation. The effect of the hot bath is to increase the fulness of the pulse, accelerate respiration, and excite perspiration. In all inflammations of the stomach and bowels, the hot bath is of the utmost consequence; the temperature of the warm bath varies from 92° to 100°, and may be obtained by those who have no thermometer to test the exact heat, by mixing one measure of boiling with two of cold water.

2602. Fomentations are generally used to effect, in a part, the benefit produced on the whole body by the bath; to which a sedative action is occasionally given by the use of roots, herbs, or other ingredients; the object being to relieve the internal organ, as the throat, or muscles round a joint, by exciting a greater flow of blood to the skin over the affected part. As the real agent of relief is heat, the fomentation should always be as hot as it can comfortably be borne, and, to insure effect, should be repeated every
half-hour. Warm fluids are applied in order to render the swelling which accompanies inflammation less painful, by the greater readiness with which the skin yields, than when it is harsh and dry. They are of various kinds; but the most simple, and oftentimes the most useful, that can be employed, is "Warm Water." Another kind of fomentation is composed of dried poppyheads, 4 oz. Break them to pieces, empty out the seeds, put them into 4 pints of water, boil for a quarter of an hour, then strain through a cloth or sieve, and keep the water for use. Or, chamomile flowers, hemlock, and many other plants, may be boiled, and the part fomented with the hot liquor, by means of flannels wetted with the decoction.

2603. **Cold**, when applied in excess to the body, drives the blood from the surface to the centre, reduces the pulse, makes the breathing hard and difficult, produces coma, and, if long continued, death. But when medicinally used, it excites a reaction on the surface equivalent to a stimulating effect; as in some cases of fever, when the body has been sponged with cold water, it excites, by reaction, increased circulation on the skin. Cold is sometimes used to keep up a repellent action, as, when local inflammation takes place, a remedy is applied, which, by its benumbing and astringent effect, causes the blood, or the excess of it in the part, to recede, and, by contracting the vessels, prevents the return of any undue quantity, till the affected part recovers its tone. Such remedies are called **Lotions**, and should, when used, be applied with the same persistency as the fomentation; for, as the latter should be renewed as often as the heat passes off, so the former should be applied as often as the heat from the skin deprives the application of its cold.

2604. **Poultices** are only another form of fomentation, though chiefly used for abscesses. The ingredient best suited for a poultice is that which retains heat the longest; of these ingredients, the best are linseed meal, bran, and bread. Bran sewed into a bag, as it can be reheated, will be found the cleanest and most useful; especially for sore throats.

**How to Bleed.**

2605. In cases of great emergency, such as the strong kind of apoplexy, and when a surgeon cannot possibly be obtained for some considerable time, the life of the patient depends almost entirely upon the fact of his being bled or not. We therefore give instructions how the operation of bleeding is to be performed, but caution the reader only to attempt it in cases of the greatest emergency. Place a handkerchief or piece of tape rather but not too tightly round the arm, about three or four inches above the elbow. This will cause the veins below to swell and become very evident. If this is not sufficient, the hand should be constantly and quickly opened and shut for the same purpose. There will now be seen, passing up the middle of the fore-arm, a vein which, just below the bend of the elbow, sends a branch inwards and outwards, each branch shortly joining another large vein. It is from the outer branch -- that the person is to be bled. The right arm is the one mostly operated on. The operator should take the lancet in his right hand, between the thumb and first finger, place the thumb of his left hand on the vein below the part where he is going to bleed from, and then gently thrust the tip of the lancet into the vein, and, taking care not to push it too deeply, cut in a gently curved direction, thus and bring it out, point upwards, at about half an inch from the part of the vein into which he had thrust it. The vein must be cut lengthways, and not across. When sufficient blood has been taken away, remove the bandage from above...
the elbow, and place the thumb of the left hand firmly over the cut, until all the bleeding ceases. A small pad of lint is then to be put over the cut, with a larger pad over it, and the two kept in their places by means of a handkerchief or linen roller bound pretty tightly over them and round the arm.

2606. When a person is bled, he should always be in the standing, or at any rate in the sitting, position; for if, as is often the case, he should happen to faint, he can, in, most cases at least, easily be brought to again by the operator placing him flat on his back, and stopping the bleeding. This is of the greatest importance. It has been recommended, for what supposed advantages we don't know, to bleed people when they are lying down. Should a person, under these circumstances, faint, what could be done to bring him to again? The great treatment of lowering the body of the patient to the flat position cannot be followed here. It is in that position already, and cannot be placed lower than it at present is -- except, as is most likely to be the case, under the ground.

2607. BLEEDING FROM THE NOSE.-- Many children, especially those of a sanguineous temperament, are subject to sudden discharges of blood from some part of the body; and as all such fluxes are in general the result of an effort of nature to relieve the system from some overload or pressure, such discharges, unless in excess, and when likely to produce debility, should not be rashly or too abruptly checked. In general, these discharges are confined to the summer or spring months of the year, and follow pains in the, a sense of drowsiness, languor, or oppression; and, as such symptoms are relieved by the loss of blood, the hemorrhage should, to a certain extent, be encouraged. When, however, the bleeding is excessive, or returns too frequently, it becomes necessary to apply means to subdue or mitigate the amount. For this purpose the sudden and unexpected application of cold is itself sufficient, in most cases, to arrest the most active hemorrhage. A wet towel laid suddenly on the back, between the shoulders, and placing the child in a recumbent posture, is often sufficient to effect the object; where, however, the effusion resists such simple means, napkins wrung out of cold water must be laid across the forehead and nose, the hands dipped in cold water, and a bottle of hot water applied to the feet. If, in spite of these means, the bleeding continues, a little fine wool or a few folds of lint, tied together by a piece of thread, must be pushed up the nostril from which the blood flows, to act as a plug and pressure on the bleeding vessel. When the discharge has entirely ceased, the plug is to be pulled out by means of the thread. To prevent a repetition of the hemorrhage, the body should be sponged every morning with cold water, and the child put under a course of steel wine, have open-air exercise, and, if possible, salt-water bathing. For children, a key suddenly dropped down the back between the skin and clothes, will often immediately arrest a copious bleeding.

2608. SPITTING OF BLOOD, or hemorrhage from the lungs, is generally known from blood from the stomach by its being of a brighter colour, and in less quantities than that, which is always grumous and mixed with the half-digested food. In either case, rest should be immediately enjoined, total abstinence from stimulants, and a low, poor diet, accompanied with the horizontal position, and bottles of boiling water to the feet. At the same time the patient should suck through a quill, every hour, half a wine-glass of water in which 10 or 15 drops of the elixir of vitriol has been mixed, and, till further advice has been procured, keep a towel wrung out of cold water on the chest or stomach, according to the seat of the hemorrhage.
2609. BITES AND STINGS may be divided into three kinds:—1. Those of Insects. 2. Those of Snakes. 3. Those of Dogs and other Animals.

2610. 1. The Bites or Stings of Insects, such as gnats, bees, wasps, &c., need cause very little alarm, and are, generally speaking, easily cured. They are very serious, however, when they take place on some delicate part of the body, such as near the eye, or in the throat. The treatment is very simple in most cases; and consists in taking out the sting, if it is left behind, with a needle, and applying to the part a liniment made of finely-scraped chalk and olive-oil, mixed together to about the thickness of cream.

2611. Bathing the part bitten with warm turpentine or warm vinegar is also of great use. If the person feels faint, he should lie quietly on his back, and take a little brandy-and-water, or sal-volatile and water. When the inside of the throat is the part stung, there is great danger of violent inflammation taking place. In this case, from eight to twelve leeches should be immediately put to the outside of the throat, and when they drop off, the part to which they had been applied should be well fomented with warm water. The inside of the throat is to be constantly gargled with salt and water. Bits of ice are to be sucked. Rubbing the face and hands well over with plain olive-oil, before going to bed, will often keep gnats and musquitoes from biting during the night. Strong scent, such as eau-de-Cologne, will have the same effect.

2612. 2. Bites of Snakes.—These are much more dangerous than the preceding, and require more powerful remedies. The bites of the different kinds of snakes do not all act alike, but affect people in different ways.—Treatment of the part bitten. The great thing is to prevent the poison getting into the blood; and, if possible, to remove the whole of it at once from the body. A pocket-handkerchief, a piece of tape or cord, or, in fact, of anything that is at hand, should be tied tightly round the part of the body bitten; if it be the leg or arm, immediately above the bite, and between it and the heart. The bite should then be sucked several times by any one who is near. There is no danger in this, provided the person who does it has not got the skin taken off any part of his mouth. What has been sucked into the mouth should be immediately spit out again. But if those who are near have sufficient nerve for the operation, and a suitable instrument, they should cut out the central part bitten, and then bathe the wound for some time with warm water, to make it bleed freely. The wound should afterwards be rubbed with a stick of lunar caustic, or, what is better, a solution of this -- 60 grains of lunar caustic dissolved in an ounce of water -- should be dropped into it. The band should be kept on the part during the whole of the time that these means are being adopted. The wound should afterwards be covered with lint dipped in cold water. The best plan, however, to be adopted, if it can be managed, is the following:—take a common wine-glass, and, holding it upside down, put a lighted candle or a spirit-lamp into it for a minute or two. This will take out the air. Then clap the glass suddenly over the bitten part, and it will become attached, and hold on to the flesh. The glass being nearly empty, the blood containing the poison will, in consequence, flow into it from the wound of its own accord. This process should be repeated three or four times, and the wound sucked, or washed with warm water, before each application of the glass. As a matter of course, when the glass is removed, all the blood should be washed out of it before it is applied again.—Constitutional Treatment. There is mostly
at first great depression of strength in these cases, and it is therefore requisite to give some stimulant; a glass of hot brandy-and-water, or twenty drops of sal-volatile, is the best that can be given. When the strength has returned, and if the patient has not already been sick, a little mustard in hot water should be given, to make him so. If, on the other hand, as is often the case, the vomiting is excessive, a large mustard poultice should be placed over the stomach, and a grain of solid opium swallowed in the form of a pill, for the purpose of stopping it. Only one of these pills should be given by a non-professional person. In all cases of bites from snakes, send for a surgeon as quickly as possible, and act according to the above directions until he arrives. If he is within any reasonable distance, content yourself by putting on the band, sucking the wound, applying the glass, and, if necessary, giving a little brandy-and-water.

2613. 3. Bites of Dogs.-- For obvious reasons, these kinds of bites are more frequently met with than those of snakes. The treatment is the same as that for snake-bites, more especially that of the bitten part. The majority of writers on the subject are in favour of keeping the wound open as long as possible. This may be done by putting a few beans on it, and then by applying a large linseed-meal poultice over them.

**Injuries and Accidents to Bones.**

2614. Dislocation of Bones.-- When the end of a bone is pushed out of its natural position, it is said to be dislocated. This may be caused by violence, disease, or natural weakness of the parts about a joint.-- Symptoms. Deformity about the joint, with unnatural prominence at one part, and depression at another. The limb may be shorter or longer than usual, and is stiff and unable to be moved, differing in these last two respects from a broken limb, which is mostly shorter, never longer, than usual, and which is always more movable.-- Treatment. So much practical science and tact are requisite in order to bring a dislocated bone into its proper position again, that we strongly advise the reader never to interfere in these cases; unless, indeed, it is altogether impossible to obtain the services of a surgeon. But because any one of us may very possibly be placed in that emergency, we give a few rough rules for the reader's guidance. In the first place make the joint, from which the bone has been displaced, perfectly steady, either by fixing it to some firm object or else by holding it with the hands; then pull the dislocated bone in a direction towards the place from which it has been thrust, so that, if it moves at all from its unnatural position, it may have the best chance of returning to its proper place. Do not, however, pull or press against the parts too violently, as you may, perhaps, by doing so, rupture blood-vessels, and produce most serious consequences. When you do attempt to reduce a dislocated bone, do it as quickly as possible after the accident has taken place, every hour making the operation more difficult. When the patient is very strong, he may be put into a warm bath until he feels faint, or have sixty drops of antimonial wine given him every ten minutes until he feels sickish. These two means are of great use in relaxing the muscles. If the bone has been brought back again to its proper place, keep it there by means of bandages; and if there is much pain about the joint, apply a cold lotion to it, and keep it perfectly at rest. The lotion should be, a dessert-spoonful of Goulard's extract, and two tablespoonfuls of vinegar, mixed in a pint of water. Leeches are sometimes necessary. Unless the local pain, or general feverish symptoms, are great, the patient's diet should be the same as usual. Dislocations may be reduced a week, or even a fortnight, after they have taken place. As, therefore, although the sooner a bone is reduced the better, there is no very great emergency, and
as the most serious consequences may follow improper or too violent treatment, it is always better for people in these cases to do too little than too much; inasmuch as the good which has not yet may still be done, whereas the evil that has been done cannot so easily be undone.

2615. FRACTURES OF BONES.-- Symptoms. 1. Deformity of the part. 2. Unnatural looseness. 3. A grating sound when the two ends of the broken bone are rubbed together. 4. Loss of natural motion and power. In some cases there is also shortening of the limb.-- Fracture takes place from several causes, as a fall, a blow, a squeeze, and sometimes from the violent action of muscles.-- Treatment. In cases where a surgeon cannot be procured immediately after the accident, the following general rules are offered for the reader's guidance:-- The broken limb should be placed and kept as nearly as possible in its natural position. This is to be done by first pulling the two portions of the bone in opposite directions, until the limb becomes as long as the opposite one, and then by applying a splint, and binding it to the part by means of a roller. When there is no deformity, the pulling is of course unnecessary. If there is much swelling about the broken part, a cold lotion is to be applied. This lotion (which we will call Lotion No. 1) may be thus made:-- Mix a dessert-spoonful of Goulard's extract and two tablespoonfuls of vinegar in a pint of water. When the leg or arm is broken, always, if possible, get it to the same length and form as the opposite limb. The broken part should be kept perfectly quiet. When a broken limb is deformed, and a particular muscle is on the stretch, place the limb in such a position as will relax it. This will in most cases cure the deformity. Brandy-and-water, or sal-volatile and water, are to be given when the patient is faint. Surgical aid should, of course, be procured as soon as possible.

2616. JOINTS, INJURIES TO.-- All kinds of injuries to joints, of whatever description, require particular attention, in consequence of the violent inflammations which are so liable to take place in these parts of the body, and which do so much mischief in a little time. The joint injured should always be kept perfectly at rest; and when it is very painful, and the skin about it red, swollen, hot, and shining, at the same time that the patient has general feverish symptoms, such as great thirst and headache -- leeches, and when they drop off, warm poppy fomentations, are to be applied; the No. 1 pills above-mentioned are to be given (two are a dose for a grown person) with a black draught three hours afterwards. Give also two tablespoonfuls of the fever-mixture every four hours, and keep the patient on low diet. When the injury and swelling are not very great, warm applications, with rest, low diet, and a dose of aperient medicine, will be sufficient. When a joint has received a penetrating wound, it will require the most powerful treatment, and can only be properly attended to by a surgeon. The patient's friends will have to use their own judgment to a great extent in these and in many other cases, as to when leeches, fever-mixture, &c., are necessary. A universal rule, however, without a single exception, is always to rest a joint well after it has been injured in any way whatever, to purge the patient, and to keep him on low diet, without beer, unless he has been a very great drinker indeed, in which case he may still be allowed to take a little; for if the stimulant that a person has been accustomed to in excess be all taken away at once, he is very likely to have an attack of delirium tremens. The quantity given should not, however, be much -- say a pint, or, at the most, a pint and a half a day. Rubbing the joint with opodeldoc, or the application of a blister to it, is of great service in taking away the thickenings, which often remain after all heat, pain, and redness have left an injured joint. Great care
should be observed in not using a joint too quickly after it has been injured. When the shoulder-joint is the one injured, the arm should be bound tightly to the body by means of a linen or flannel roller, and the elbow raised; when the elbow, it should be kept raised in the straight position, on a pillow; when the wrist, it should be raised on the chest, and suspended in a sling; when the knee, it should be kept in the straight position; and, lastly, when the ankle, it should be a little raised on a pillow.

2617. BRUISES, LACERATIONS, AND CUTS.-- Wherever the bruise may be, or however swollen or discoloured the skin may become, two or three applications of the extract of lead, kept to the part by means of lint, will, in an hour or little more, remove all pain, swelling, and tenderness. Simple or clean cuts only require the edges of the wound to be placed in their exact situation, drawn close together, and secured there by one or two slips of adhesive plaster. When the wound, however, is jagged, or the flesh or cuticle lacerated, the parts are to be laid as smooth and regular as possible, and a piece of lint, wetted in the extract of lead, laid upon the wound, and a piece of greased lint placed above it to prevent the dressing sticking; the whole covered over to protect from injury, and the part dressed in the same manner once a day till the cure is effected.

2618. BRUISES AND THEIR TREATMENT.-- The best application for a bruise, be it large or small, is moist warmth; therefore, a warm bread-and-water poultice in hot moist flannels should be put on, as they supple the skin. If the bruise be very severe, and in the neighbourhood of a joint, it will be well to apply ten or a dozen leeches over the whole bruised part, and afterwards a poultice. But leeches should not be put on young children. If the bruised part be the knee or the ankle, walking should not be attempted till it can be performed without pain. Inattention to this point often lays the foundation for serious mischief in these joints, especially in the case of scrofulous persons. In all conditions of bruises occurring in children, whether swellings or abrasions, no remedy is so quick or certain of effecting a cure as the pure extract of lead applied to the part.

Burns and Scalds.

2619. BURNS AND SCALDS being essentially the same in all particulars, and differing only in the manner of their production, may be spoken of together. As a general rule, scalds are less severe than burns, because the heat of water, by which scalds are mostly produced, is not, even when it is boiling, so intense as that of flame; oil, however, and other liquids, whose boiling-point is high, produce scalds of a very severe nature. Burns and scalds have been divided into three classes. The first class comprises those where the burn is altogether superficial, and merely reddens the skin; the second, where the injury is greater, and we get little bladders containing a fluid (called serum) dotted over the affected part; in the third class we get, in the case of burns, a charring, and in that of scalds, a softening or pulpiness, perhaps a complete and immediate separation of the part. This may occur at once, or in the course of a little time. The pain from the second kind of burns is much more severe than that in the other two, although the danger, as a general rule, is less than it is in the third class. These injuries are much more dangerous when they take place on the trunk than when they happen on the arms or legs. The danger arises more from the extent of surface that is burnt than from the depth to which the burn goes. This rule, of course, has certain exceptions; because a small burn on the chest or belly penetrating deeply is
more dangerous than a more extensive but superficial one on the arm or leg. When a person’s clothes are in flames, the best way of extinguishing them is to wind a rug, or some thick material, tightly round the whole of the body.

2620. *Treatment of the First Class of Burns and Scalds.*-- *Of the part affected.*-- Cover it immediately with a good coating of common flour, or cotton-wool with flour dredged well into it. The great thing is to keep the affected surface of the skin from the contact of the air. The part will shortly get well, and the skin may or may not peel off.-- *Constitutional Treatment.* If the burn or scald is not extensive, and there is no prostration of strength, this is very simple, and consists in simply giving a little aperient medicine -- pills (No. 2), as follows:-- Mix 5 grains of blue pill and the same quantity of compound extract of colocynth, and make into two pills -- the dose for a full-grown person. Three hours after the pills give a black draught. If there are general symptoms of fever, such as hot skin, thirst, headache, &c. &c., two tablespoonfuls of fever-mixture are to be given every four hours. The fever-mixture, we remind our readers, is made thus:--Mix a drachm of powdered nitro, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitro, in half a pint of water.

2621. *Second Class. Local Treatment.*-- As the symptoms of these kinds of burns are more severe than those of the first class, so the remedies appropriate to them are more powerful. Having, as carefully as possible, removed the clothes from the burnt surface, and taking care not to break the bladders, spread the following liniment (No. 1) on a piece of linen or lint -- not the fluffy side -- and apply it to the part: the liniment should be equal parts of lime-water and linseed-oil, well mixed. If the burn is on the trunk of the body, it is better to use a warm linseed-meal poultice. After a few days dress the wound with Turner's cerate. If the burn is at the bend of the elbow, place the arm in the straight position; for if it is bent, the skin, when healed, will be contracted, and the arm, in all probability, always remain in the same unnatural position. This, indeed, applies to all parts of the body; therefore, always place the part affected in the most stretched position possible.-- *Constitutional Treatment.* The same kind of treatment is to be used as for the first class, only it must be more powerful. Stimulants are more often necessary, but must be given with great caution. If, as is often the case, there is great irritability and restlessness, a dose of opium (paregoric, in doses of from sixty to a hundred drops, according to age, is best) is of great service. The feverish symptoms will require aperient medicines and the fever mixture. A drink made of about a tablespoonful of cream of tartar and a little lemon-juice, in a quart of warm water, allowed to cool, is a very nice one in these cases. The diet throughout should not be too low, especially if there is much discharge from the wound. After a few days it is often necessary to give wine, ammonia, and strong beef-tea. These should be had recourse to when the tongue gets dry and dark, and the pulse weak and frequent. If there should be, after the lapse of a week or two, pain over one particular part of the belly, a blister should be put on it, and a powder of mercury and chalk-grey powder, and Dover's powder (two grains of the former and five of the latter) given three times a day. Affections of the and chest also frequently occur as a consequence of these kinds of burns, but no one who is not a medical man can treat them.

2622. *Third Class.*-- These are so severe as to make it impossible for a non-professional person to be of much service in attending to them. When they occur, a surgeon should always be sent for. Until he arrives, however, the following treatment
should be adopted:-- Place the patient full-length on his back, and keep him warm. Apply fomentations of flannels wrung out of boiling water and sprinkled with spirits of turpentine to the part, and give wine and sal-volatile in such quantities as the prostration of strength requires; always bearing in mind the great fact that you have to steer between two quicksands -- death from present prostration and death from future excitement, which will always be increased in proportion to the amount of stimulants given. Give, therefore, only just as much as is absolutely necessary to keep life in the body.

2623. CONCUSSION OF BRAIN -- STUNNING.-- This may be caused by a blow or a fall.-- Symptoms. Cold skin; weak pulse; almost total insensibility; slow, weak breathing; pupil of eye sometimes bigger, sometimes smaller, than natural; inability to move; unwillingness to answer when spoken to. These symptoms come on directly after the accident.-- Treatment. Place the patient quietly on a warm bed, send for a surgeon, and do nothing else for the first four or six hours. After this time the skin will become hot, the pulse full, and the patient feverish altogether. If the surgeon has not arrived by the time these symptoms have set in, shave the patient's, and apply the following lotion (No. 2): Mix half an ounce of sal-ammoniac, two tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water. Then give this pill (No. 1); Mix five grains of calomel and the same quantity of antimonial powder with a little bread-crumb, and make into two pills. Give a black draught three hours after the pill, and two tablespoonfuls of the above-mentioned fever-mixture every four hours. Keep on low diet. Leeches are sometimes to be applied to the. These cases are often followed by violent inflammation of the brain. They can, therefore, only be attended to properly throughout by a surgeon. The great thing for people to do in these cases is -- nothing; contenting themselves with putting the patient to bed, and waiting the arrival of a surgeon.

2624. THE CHOLERA AND AUTUMNAL COMPLAINTS.-- To oppose cholera, there seems no surer or better means than cleanliness, sobriety, and judicious ventilation. Where there is dirt, that is the place for cholera; where windows and doors are kept most jealously shut, there cholera will find easiest entrance; and people who indulge in intemperate diet during the hot days of autumn are actually courting death. To repeat it, cleanliness, sobriety, and free ventilation almost always defy the pestilence; but, in case of attack, immediate recourse should be had to a physician. The faculty say that a large number of lives have been lost, in many seasons, solely from delay in seeking medical assistance. They even assert that, taken early, the cholera is by no means a fatal disorder. The copious use of salt is recommended on very excellent authority. Other autumnal complaints there are, of which diarrhoea is the worst example. They come on with pain, flatulence, sickness, with or without vomiting, followed by loss of appetite, general lassitude, and weakness. If attended to at the first appearance, they may soon be conquered; for which purpose it is necessary to assist nature in throwing off the contents of the bowels, which may be one by means of the following prescription:-- Take of calomel 3 grains, rhubarb 8 grains; mix and take it in a little honey or jelly, and repeat the dose three times, at the intervals of four or five hours. The next purpose to be answered is the defence of the lining membrane of the intestines from their acrid contents, which will be best effected by drinking copiously of linseed tea, or of a drink made by pouring boiling water on quince-seeds, which are of a very mucilaginous nature; or, what is still better, full draughts of whey. If the complaint continue after these means have been employed,
some astringent or binding medicine will be required, as the subjoined:—Take of prepared chalk 2 drachms, cinnamon-water 7 oz., syrup of poppies 1 oz.; mix, and take 3 tablespoonfuls every four hours. Should this fail to complete the cure, ½ oz. of tincture of catechu, or of kino, may be added to it, and then it will seldom fail; or a teaspoonful of the tincture of kino alone, with a little water, every three hours, till the diarrhoea is checked. While any symptoms of derangement are present, particular attention must be paid to the diet, which should be of a soothing, lubricating, and light nature, as instanced in veal or chicken broth, which should contain but little salt. Rice, batter, and bread puddings will be generally relished, and be eaten with advantage; but the stomach is too much impaired to digest food of a more solid nature. Indeed, we should give that organ, together with the bowels, as little trouble as possible, while they are so incapable of acting in their accustomed manner. Much mischief is frequently produced by the absurd practice of taking tincture of rhubarb, which is almost certain of aggravating that species of disorder of which we have now treated; for it is a spirit as strong as brandy, and cannot fail of producing harm upon a surface which is rendered tender by the formation and contact of vitiated bile. But our last advice is, upon the first appearance of such symptoms as are above detailed, have immediate recourse to a doctor, where possible.

2625. TO CURE A COLD.—Put a large teacupful of linseed, with ¼ lb. of sun raisins and 2 oz. of stick liquorice, into 2 quarts of soft water, and let it simmer over a slow fire till reduced to one quart; add to it ¼ lb. of pounded sugar-candy, a tablespoonful of old rum, and a tablespoonful of the best white-wine vinegar, or lemon-juice. The rum and vinegar should be added as the decoction is taken; for, if they are put in at first, the whole soon becomes flat and less efficacious. The dose is half a pint, made warm, on going to bed; and a little may be taken whenever the cough is troublesome. The worst cold is generally cured by this remedy in two or three days; and, if taken in time, is considered infallible.

2626. COLD ON THE CHEST.—A flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

2627. SUBSTANCES IN THE EYE.—To remove fine particles of gravel, lime, &c., the eye should be syringed with lukewarm water till free from them. Be particular not to worry the eye, under the impression that the substance is still there, which the enlargement of some of the minute vessels makes the patient believe is actually the case.

2628. SORE EYES.—Incorporate thoroughly, in a glass mortar or vessel, one part of strong citron ointment with three parts of spermaceti ointment. Use the mixture night and morning, by placing a piece of the size of a pea in the corner of the eye affected, only to be used in cases of chronic or long-standing inflammation of the organ, or its lids.

2629. LIME IN THE EYE.—Bathe the eye with a little weak vinegar-and-water, and carefully remove any little piece of lime which may be seen, with a feather. If any lime has got entangled in the eyelashes, carefully clear it away with a bit of soft linen soaked in vinegar-and-water. Violent inflammation is sure to follow; a smart purge
must be therefore administered, and in all probability a blister must be applied on the
temple, behind the ear, or nape of the neck.

2630. STYE IN THE EYE.-- Styes are little abscesses which form between the roots
of the eyelashes, and are rarely larger than a small pea. The best way to manage them
is to bathe them frequently with warm water, or in warm poppy-water, if very painful.
When they have burst, use an ointment composed of one part of citron ointment and
four of spermaceti, well rubbed together, and smear along the edge of the eyelid. Give
a grain or two of calomel with 5 or 8 grains of rhubarb, according to the age of the
child, twice a week. The old-fashioned and apparently absurd practice of rubbing the
stye with a ring, is as good and speedy a cure as that by any process of medicinal
application; though the number of times it is rubbed, or the quality of the ring and
direction of the strokes, has nothing to do with its success. The pressure and the
friction excite the vessels of the part, and cause an absorption of the effused matter
under the eyelash. The edge of the nail will answer as well as a ring.

2631. INFLAMMATION OF THE EYELIDS.-- The following ointment has been
found very beneficial in inflammations of the eyeball and edges of the eyelids:-- Take
of prepared calomel, 1 scruple; spermaceti ointment, ½ oz. Mix them well together in
a glass mortar; apply a small quantity to each corner of the eye every night and
morning, and also to the edges of the lids, if they are affected. If this should not
eventually remove the inflammation, elder-flower water may be applied three or four
times a day, by means of an eye-cup. The bowels should be kept in a laxative state, by
taking occasionally a quarter of an ounce of the Cheltenham or Epsom salts.

2632. FASTING.-- It is said by many able physicians that fasting is a means of
removing incipient disease, and of restoring the body to its customary healthy
sensations. Howard, the celebrated philanthropist (says a writer), used to fast one day
in every week. Napoleon, when he felt his system unstrung, suspended his wonted repast, and took his exercise on horseback.

Fits.

2633. Fits come on so suddenly, often without even the slightest warning, and may
prove fatal so quickly, that all people should be acquainted at least with their leading
symptoms and treatment, as a few moments, more or less, will often decide the
question between life and death. The treatment, in very many cases at least, to be of
the slightest use, should be immediate, as a person in a fit (of apoplexy for instance)
may die while a surgeon is being fetched from only the next street. We shall give, as
far as the fact of our editing a work for non-professional readers will permit, the
peculiar and distinctive symptoms of all kind of fits, and the immediate treatment to
be adopted in each case.

2634. APOPLEXY.-- These fits may be divided into two kinds -- the strong and the
weak.

2635. 1. The strong kind.-- These cases mostly occur in stout, strong, short-necked,
bloated-faced people, who are in the habit of living well.-- Symptoms. The patient
may or may not have had headache, sparks before his eyes, with confusion of ideas
and giddiness, for a day or two before the attack. When it takes place, he falls down
insensible; the body becomes paralyzed, generally more so on one side than the other; the face and are hot, and the blood-vessels about them swollen; the pupils of the eyes are larger than natural, and the eyes themselves are fixed; the mouth is mostly drawn down at one corner; the breathing is like loud snoring; the pulse full and hard.--

_Treatment._ Place the patient immediately in bed, with his well raised; take off everything that he has round his neck, and bleed freely and at once from the arm. If you have not got a lancet, use a penknife or anything suitable that may be at hand. Apply warm mustard poultices to the soles of the feet and the insides of the thighs and legs; put two drops of castor oil, mixed up with eight grains of calomel, on the top of the tongue, as far back as possible; a most important part of the treatment being to open the bowels as quickly and freely as possible. The patient cannot swallow; but these medicines, especially the oil, will be absorbed into the stomach altogether independent of any voluntary action. If possible, throw up a warm turpentine clyster (two tablespoonfuls of oil of turpentine in a pint of warm gruel), or, if this cannot be obtained, one composed of about a quart of warm salt-and-water and soap. Cut off the hair, and apply rags dipped in weak vinegar-and-water or weak gin-and-water, or even simple cold water, to the . If the blood-vessels about the and neck are much swollen, put from eight to ten leeches on the temple opposite to the paralyzed side of the body. Always send for a surgeon immediately, and act according to the above rules, doing more or less, according to the means at hand, and the length of time that must necessarily elapse until he arrives. A pint, or even a quart of blood in a very strong person, may be taken away. When the patient is able to swallow, give him the No. 1 pills, and the No. 1 mixture directly. [The No. 1 pills are made as follows:--

Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumble: make into two pills, the dose for a full-grown person. For the No. 1 mixture, dissolve on ounce of Epsom salts in half a pint of senna tea: take a quarter of the mixture as a dose] Repeat these remedies if the bowels are not well opened. Keep the patient's well raised, and cool as above. Give very low diet indeed: gruel, arrowroot, and the like. When a person is recovering, he should have blisters applied to the nape of the neck, his bowels should be kept well open, light diet given, and fatigue, worry, and excess of all kinds avoided.

2636. 2. _The weak kind._--_Symptoms._ These attacks are more frequently preceded by warning symptoms than the first kind. The face is pale, the pulse weak, and the body, especially the hands and legs, cold. After a little while, these symptoms sometimes alter to those of the first class in a mild degree.--_Treatment._ At first, if the pulse is _very feeble indeed_, a little brandy-and-water or sal-volatile must be given. Mustard poultices are to be put, as before, to the soles of the foot and the insides of the thighs and legs. Warm bricks, or bottles filled with warm water, are also to be placed under the armpits. When the strength has returned, the body become warmer, and the pulse fuller and harder, the should be shaved, and wet rags applied to it, as before described. Leeches should be put, as before, to the temple opposite the side paralyzed; and the bowels should be opened as freely and as quickly as possible. Bleeding from the arm is often necessary in these cases, but a non-professional person should never have recourse to it. Blisters may be applied to the nape of the neck at once. The diet in those cases should not be so low as in the former -- indeed, it is often necessary, in a day or so after one of these attacks, to give wine, strong beef-tea, &c., according to the condition of the patient's strength.
2637. Distinctions between Apoplexy and Epilepsy. -- 1. Apoplexy mostly happens in
people over thirty, whereas epilepsy generally occurs under that age; at any rate for
the first time. A person who has epileptic fits over thirty, has generally suffered from
them for some years. 2. Again, in apoplexy, the body is paralyzed; and, therefore, has
not the convulsions which take place in epilepsy. 3. The peculiar snoring will also
distinguish apoplexy from epilepsy.

2638. Distinctions between Apoplexy and Drunkenness. -- 1. The known habits of the
person. 2. The fact of a person who was perfectly sober and sensible a little time
before, being found in a state of insensibility. 3. The absence, in apoplexy, of the
smell of drink on applying the nose to the mouth. 4. A person in a fit of apoplexy
cannot be roused at all; in drunkenness he mostly can, to a certain extent.

2639. Distinction between Apoplexy and Hysteria. -- Hysterics mostly happen in
young, nervous, unmarried women; and are attended with convulsions, sobbing,
laughter, throwing about of the body, &c. &c.

2640. Distinction between Apoplexy and Poisoning by Opium. -- It is exceedingly
difficult to distinguish between these two cases. In poisoning by opium, however, we
find the particular smell of the drug in the patient's breath. We should also, in forming
our opinion, take into consideration the person's previous conduct -- whether he has
been low and desponding for some time before, or has ever talked about committing
suicide.

2641. EPILEPSY. -- Falling Sickness. -- Those fits mostly happen, at any rate for the
first time, to young people, and are more common in boys than girls. They are
produced by numerous causes. -- Symptoms. The fit may be preceded by pains in the,
palpitations, &c. &c.; but it mostly happens that the person falls down insensible
suddenly, and without any warning whatever. The eyes are distorted, so that only their
whites can be seen; there is mostly foaming from the mouth; the fingers are clinched;
and the body, especially on one side, is much agitated; the tongue is often thrust out of
the mouth. When the fit goes off, the patient feels drowsy and faint, and often sleeps
soundly for some time. -- Treatment. During the fit, keep the patient flat on his back,
with his slightly raised, and prevent him from doing any harm to himself; dash cold
water into his face, and apply smelling-salts to his nose; loosen his shirt collar, &c.;
hold a piece of wood about as thick as a finger -- the handle of a tooth-brush or knife
will do as well -- between the two rows of teeth, at the back part of the mouth. This
will prevent the tongue from being injured. A teaspoonful of common salt thrust into
the patient's mouth, during the fit, is of much service. The after-treatment of these fits
is various, and depends entirely upon their causes. A good general rule, however, is
always to keep the bowels well open, and the patient quiet, and free from fatigue,
worry, and excess of all kinds.

2642. Fainting Fits are sometimes very dangerous, and at others perfectly harmless;
the question of danger depending altogether upon the causes which have produced
them, and which are exceedingly various. For instance, fainting produced by disease
of the heart is a very serious symptom indeed; whereas, that arising from some slight
cause, such as the sight of blood, &c., need cause no alarm whatever. The symptoms
of simple fainting are so well known that it would be quite superfluous to enumerate
them here. The treatment consists in laying the patient at full length upon his back,
with his upon a level with the rest of his body, loosening everything about the neck, dashing cold water into the face, and sprinkling vinegar and water about the mouth; applying smelling-salts to the nose; and, when the patient is able to swallow, in giving a little warm brandy-and-water, or about 20 drops of sal-volatile in water.

2643. Hysterics.-- These fits take place, for the most part, in young, nervous, unmarried women. They happen much less often in married women; and even (in some rare cases indeed) in men. Young women, who are subject to these fits, are apt to think that they are suffering from "all the ills that flesh is heir to;" and the false symptoms of disease which they show are so like the true ones, that it is often exceedingly difficult to detect the difference. The fits themselves are mostly preceded by great depression of spirits, shedding of tears, sickness, palpitation of the heart, &c. A pain, as if a nail were being driven in, is also often felt at one particular part of the body. In almost all cases, when a fit is coming on, pain is felt on the left side. This pain rises gradually until it reaches the throat, and then gives the patient a sensation as if she had a pellet there, which prevents her from breathing properly, and, in fact, seems to threaten actual suffocation. The patient now generally becomes insensible, and faints; the body is thrown about in all directions, froth issues from the mouth, incoherent expressions are uttered, and fits of laughter, crying, or screaming, take place. When the fit is going off, the patient mostly cries bitterly, sometimes knowing all, and at others nothing, of what has taken place; and feeling general soreness all over the body. Treatment during the fit. Place the body in the same position as for simple fainting, and treat, in other respects, as directed in the article on Epilepsy. Always well loosen the patient's stays; and, when she is recovering, and able to swallow, give 20 drops of sal volatile in a little water. The after-treatment of these cases is very various. If the patient is of a strong constitution, she should live on plain diet, take plenty of exercise, and take occasional doses of castor oil, or an aperient mixture, such as that described as "No. 1," in previous numbers. If, as is mostly the case, the patient is weak and delicate, she will require a different mode of treatment altogether. Good nourishing diet, gentle exercise, cold baths, occasionally a dose of No. 3 myrrh and aloes pills at night, and a dose of compound iron pills twice a day. [As to the myrrh and aloes pills (No. 3), 10 grains made into two pills are a dose for a full-grown person. Of the compound iron pills (No. 4), the dose for a full grown person is also 10 grains, made into two pills.] In every case, amusing the mind, and avoiding all causes of over-excitement, are of great service in bringing about a permanent cure.

2644. LIVER COMPLAINT AND SPASMS.-- A very obliging correspondent recommends the following, from personal experience:-- Take 4 oz. of dried dandelion root, 1 oz. of the best ginger, ¼ oz. of Columba root; braise and boil all together in 3 pints of water till it is reduced to a quart: strain, and take a wine-glassful every four hours. Our correspondent says it is a "safe and simple medicine for both liver complaint and spasms."

2645. LUMBAGO.-- A "new and successful mode" of treating lumbago, advocated by Dr. Day, is a form of counter-irritation, said to have been introduced into this country by the late Sir Anthony Carlisle, and which consists in the instantaneous application of a flat iron button, gently heated in a spirit-lamp, to the skin. Dr. Corrigan published, about three years ago, an account of some cases very successfully treated by nearly similar means. Dr. Corrigan's plan was, however, to touch the surface of the part affected, at intervals of half an inch, as lightly and rapidly as
possible. Dr. Day has found greater advantages to result from drawing the flat surface of the heated button lightly over the affected part, so as to act on a greater extent of surface. The doctor speaks so enthusiastically of the benefit to be derived from this practice, that it is evidently highly deserving attention.

2646. PALPITATION OF THE HEART.-- Where palpitation occurs as symptomatic of indigestion, the treatment must be directed to remedy that disorder; when it is consequent on a plethoric state, purgatives will be effectual. In this case the patient should abstain from every kind of diet likely to produce a plethoric condition of body. Animal food and fermented liquor must be particularly avoided. Too much indulgence in sleep will also prove injurious. When the attacks arise from nervous irritability, the excitement must be allayed by change of air and a tonic diet. Should the palpitation originate from organic derangement, it must be, of course, beyond domestic management. Luxurious living, indolence, and tight-lacing often produce this affection: such cases are to be conquered with a little resolution.

2647. Poisons shall be the next subject for remark; and we anticipate more detailed instructions for the treatment of persons poisoned, by giving a simple LIST OF THE PRINCIPAL POISONS, with their ANTIDOTES OR REMEDIES.

<table>
<thead>
<tr>
<th>Poison</th>
<th>Antidote</th>
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<tbody>
<tr>
<td>Oil of Vitriol</td>
<td>Magnesia, Chalk, Soap-and-Water</td>
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<tr>
<td>Aquafortis</td>
<td></td>
</tr>
<tr>
<td>Spirit of Salt</td>
<td></td>
</tr>
<tr>
<td>Emetic Tartar</td>
<td>Oily Drinks, Solution of Oak-bark</td>
</tr>
<tr>
<td>Salt of Lemons, or Acid of Sugar</td>
<td>Chalk, Whiting, Lime or Magnesia and Water. Sometimes an Emetic Draught</td>
</tr>
<tr>
<td>Prussic Acid</td>
<td></td>
</tr>
<tr>
<td>Pearlash</td>
<td>Pump on back, Smelling-Salts to nose. Artificial Breathing, Chloride of Lime to nose.</td>
</tr>
<tr>
<td>Soap-Lees</td>
<td>Lemon-Juice and Vinegar-and-Water</td>
</tr>
<tr>
<td>Smelling-Salts</td>
<td></td>
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<tr>
<td>Nitre</td>
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<tr>
<td>Hartshorn</td>
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<td>Sal-Volatile</td>
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### MRS. ISABELLA BEETON

<table>
<thead>
<tr>
<th>Poisonous Substance</th>
<th>Treatment</th>
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<tbody>
<tr>
<td>Kings Yellow, or Yellow Arsenic</td>
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<tr>
<td>Mercury, Corrosive Sublimate, Calomel</td>
<td>Whites of Eggs, Soap-and-Water.</td>
</tr>
<tr>
<td>Opium. Laudanum</td>
<td>Emetic Draught, Vinegar-and-Water, dashing Cold Water on chest and face, walking up and down two or three hours.</td>
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<tr>
<td>Lead</td>
<td></td>
</tr>
<tr>
<td>White Lead Sugar of Lead Goulard's Extract</td>
<td>Epsom Salts, Castor Oil, Emetics</td>
</tr>
<tr>
<td>Iron</td>
<td>Magnesia, Warm Water</td>
</tr>
<tr>
<td>Henbane Hemlock Nightshade. Foxglove</td>
<td>Emetics and Castor Oil; Brandy-and-Water, if necessary.</td>
</tr>
<tr>
<td>Poisonous Food</td>
<td>Emetics and Castor Oil</td>
</tr>
</tbody>
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2648. The symptoms of poisoning may be known for the most part from those of some diseases, which they are very like, from the fact of their coming on immediately after eating or drinking something; whereas those of disease come on, in most cases at least, by degrees, and with warnings. In most cases where poison is known, or suspected, to have been taken, the first thing to be done is to empty the stomach, well and immediately, by means of mustard mixed in warm water, or plain warm salt-and-water, or, better, this draught, which we call No. 1:-- Twenty grains of sulphate of zinc in an ounce and a half of water. This draught to be repeated in a quarter of an
hour if vomiting does not ensue. The back part of the throat should be well tickled with a feather, or two of the fingers thrust down it, to induce vomiting. The cases where vomiting must not be used are those where the skin has been taken off, and the parts touched irritated and inflamed by the poison taken, and where the action of vomiting would increase the evil. Full instructions are given in the article on each particular poison as to where emetics are or are not to be given. The best and safest way of emptying the stomach is by means of the stomach-pump, as in certain cases the action of vomiting is likely to increase the danger arising from the swollen and congested condition of the blood-vessels of the, which often takes place. In the hands, however, of any one else than a surgeon, it would be not only useless, but harmful, as a great deal of dexterity, caution, and experience are required to use it properly. After having made these brief introductory remarks, we shall now proceed to particulars.

2649. Sulphuric Acid, or Oil of Vitriol (a clear, colourless liquid, of an oily appearance).-- Symptoms in those who have swallowed it. When much is taken, these come on immediately. There is great burning pain, extending from the mouth to the stomach; vomiting of a liquid of a dark coffee-colour, often mixed with shreds of flesh and streaks of blood; the skin inside the mouth is taken off; and the exposed surface is at first white, and after a time becomes brownish. There are sometimes spots of a brown colour round the lips and on the neck, caused by drops of the acid falling on these parts. There is great difficulty of breathing, owing to the swelling at the back part of the mouth. After a time there is much depression of strength, with a quick, weak pulse, and cold, clammy skin. The face is pale, and has a very anxious look. When the acid swallowed has been greatly diluted in water, the same kind of symptoms occur, only in a milder degree.-- Treatment. Give a mixture of magnesia in milk-and-water, or, if this cannot be obtained, of finely powdered chalk, or whiting, or even of the plaster torn down from the walls or ceiling, in milk-and-water. The mixture should be nearly as thick as cream, and plenty of it given. As well as this, simple gruel, milk, or thick flour-and-water, are very useful, and should be given in large quantities. Violent inflammation of the parts touched by the acid is most likely to take place in the coarse of a little time, and can only be properly attended to by a surgeon; but if one cannot be obtained, leeches, the fever-mixtures (the recipe for which appears repeatedly in previous paragraphs), thick drinks, such as barley-water, gruel, arrowroot, &c., must be had recourse to, according to the symptoms of each particular case and the means at hand. The inflamed condition of the back part of the mouth requires particular attention. When the breathing is very laboured and difficult in consequence, from fifteen to twenty leeches are to be immediately applied to the outside of the throat, and when they drop off, warm poppy fomentations constantly kept to the part. When the pain over the stomach is very great, the same local treatment is necessary; but if it is only slight, a good mustard poultice will be sufficient without the leeches. In all these cases, two tablespoonfuls of the fever-mixture should be given every four hours, and only gruel or arrowroot allowed to be eaten for some days.

2650. Nitric Acid, commonly known as Aqua Fortis, or Red Spirit of Nitre (a straw-coloured fluid, of the consistence of water, and which gives off dense white fumes on exposure to the air).-- Symptoms produced in those who have swallowed it. Much the same as in the case of sulphuric acid. In this case, however, the surface touched by the acid becomes yellowish. The tongue is mostly much swollen.-- Treatment. The same as for sulphuric acid.
2651. *Muriatic Acid, Spirit of Salt* (a thin yellow fluid, emitting dense white fumes on exposure to the air).-- This is not often taken as a poison. The symptoms and treatment are much the same as those of nitric acid.

N.B.-- *In no case of poisoning by these three acids should emetics ever be given.*

2652. *Oxalic Acid*, commonly called *Salt of Lemons*.-- This poison may be taken by mistake for Epsom salts, which it is a good deal like. It may be distinguished from them by its very acid taste and its shape, which is that of needle-formed crystals, each of which, if put into a drop of ink, will turn it to a reddish brown, whereas Epsom salts will not change its colour at all. When a large dose of this poison has been taken, death takes place very quickly indeed.-- *Symptoms produced in those who have swallowed it.* A hot, burning, acid taste is felt in the act of swallowing, and vomiting of a greenish-brown fluid is produced, sooner or later, according to the quantity and strength of the poison taken. There is great tenderness felt over the stomach, followed by clammy perspirations and convulsions; the legs are often drawn up, and there is generally stupor, from which the patient, however, can easily be roused, and always great prostration of strength. The pulse is small and weak, and the breathing faint.-- *Treatment.* Chalk or magnesia, made into a cream with water, should be given in large quantities, and afterwards the emetic draught above prescribed, or some mustard-and-water, if the draught cannot be got. The back part of the throat to be tickled with a feather, to induce vomiting. Arrowroot, gruel, and the like drinks, are to be taken. When the prostration of strength is very great and the body cold, warmth is to be applied to it, and a little brandy-and-water, or sal-volatile and water, given.

2653. *Prussic Acid* (a thin, transparent, and colourless liquid, with a peculiar smell, which greatly resembles that of bitter almonds).-- *Symptoms produced in those who have swallowed it.* These come on immediately after the poison has been taken, and may be produced by merely *smelling* it. The patient becomes perfectly insensible, and falls down in convulsions -- his eyes are fixed and staring, the pupils being bigger than natural, the skin is cold and clammy, the pulse scarcely perceptible, and the breathing slow and gasping.-- *Treatment.* Very little can be done in these cases, as death takes place so quickly after the poison has been swallowed, when it takes place at all. The best treatment -- which should always be adopted in all cases, even though the patient appears quite dead--is to dash quantities of cold water on the back, from the top of the neck downwards. Placing the patient under a pump, and pumping on him, is the best way of doing this. Smelling-salts are also to be applied to the nose, and the chest well rubbed with a camphor liniment.

2654. **ALKALIS:** *Potash, Soda,* and *Ammonia,* or common *Smelling-Salts,* with their principal preparations -- *Pearlash, Soap Lees, Liquor Potassae, Nitre, Sal Prunella, Hartshorn,* and *Sal -- Volatile.*-- Alkalis are seldom taken or given with the view of destroying life. They may, however, be swallowed by mistake.-- *Symptoms produced in those who have swallowed them.* There is at first a burning, acrid taste in, and a sensation of tightness round, the throat, like that of strangling; the skin touched is destroyed; retching mostly followed by actual vomiting, then sets in; the vomited matters often containing blood of a dark brown colour, with little shreds of flesh here and there, and always changing vegetable blue colours green. There is now great tenderness over the whole of the belly. After a little while, great weakness, with cold, clammy sweats, a quick weak pulse, and purging of bloody matters, takes place. The
brain, too, mostly becomes affected.-- Treatment. Give two tablespoonfuls of vinegar or lemon-juice in a glassful of water every few minutes until the burning sensation is relieved. Any kind of oil or milk may also be given, and will form soap when mixed with the poison in the stomach. Barley-water, gruel, arrowroot, linseed-tea, &c., are also very useful, and should be taken constantly, and in large quantities. If inflammation should take place, it is to be treated by applying leeches and warm poppy fomentations to the part where the pain is most felt, and giving two tablespoonfuls of the fever mixture every four hours. The diet in all these cases should only consist of arrowroot or gruel for the first few days, and then of weak broth or beef-tea for some time after.

2655. When very strong fumes of smelling-salts have in any way been inhaled, there is great difficulty of breathing, and alarming pain in the mouth and nostrils. In this case let the patient inhale the steam of warm vinegar, and treat the feverish symptoms as before.

2656. Arsenic.-- Mostly seen under the form of white arsenic, or fly-powder, and yellow arsenic, or king's yellow.-- Symptoms produced in those who have swallowed it. These vary very much, according to the form and dose in which the poison has been taken. There is faintness, depression, and sickness, with an intense burning pain in the region of the stomach, which gets worse and worse, and is increased by pressure. There is also vomiting of dark brown matter, sometimes mixed with blood; and mostly great thirst, with a feeling of tightness round, and of burning in, the throat. Purging also takes place, the matters brought away being mixed with blood. The pulse is small and irregular, and the skin sometimes cold and clammy, and at others hot. The breathing is painful. Convulsions and spasms often occur.-- Treatment. Give a couple of teaspoonfuls of mustard in a glass of water, to bring on or assist vomiting, and also use the other means elsewhere recommended for the purpose. A solution, half of lime-water and half of linseed-oil, well mixed, may be given, as well as plenty of arrowroot, gruel, or linseed-tea. Simple milk is also useful. A little castor-oil should be given, to cleanse the intestines of all the poison, and the after-symptoms treated on general principles.

2657. Corrosive Sublimate.-- Mostly seen in the form of little heavy crystalline masses, which melt in water, and have a metallic taste. It is sometimes seen in powder. This is a most powerful poison.-- Symptoms. These mostly come on immediately after the poison has been taken. There is a coppery taste experienced in the act of swallowing, with a burning heat, extending from the top of the throat down to the stomach; and also a feeling of great tightness round the throat. In a few minutes great pain is felt over the region of the stomach, and frequent vomiting of long, stringy white masses, mixed with blood, takes place. There is also mostly great purging. The countenance is generally pale and anxious; the pulse always small and frequent; the skin cold and clammy, and the breathing difficult. Convulsions and insensibility often occur, and are very bad symptoms indeed. The inside of the mouth is more or less swollen.-- Treatment. Mix the whites of a dozen eggs in two pints of cold water, and give a glassful of the mixture every three or four minutes, until the stomach can contain no more. If vomiting does not now come on naturally, and supposing the mouth is not very sore or much swollen, an emetic draught, No. 1, may be given, and vomiting induced. (The No. 1 draught, we remind our readers, is thus made:-- Twenty grains of sulphate of zinc in an ounce and a half of water; the draught
to be repeated if vomiting does not take place in a quarter of an hour.) After the stomach has been well cleaned out, milk, flour-and-water, linseed-tea, or barley-water, should be taken in large quantities. If eggs cannot be obtained, milk, or flour-and-water, should be given as a substitute for them at once. When the depression of strength is very great indeed, a little warm brandy-and-water must be given. In the course of an hour or two the patient should take two tablespoonfuls of castor-oil, and if inflammation comes on, it is to be treated as directed in the article on acids and alkalis. The diet should also be the same. If the patient recovers, great soreness of the gums is almost certain to take place. The simplest, and at the same time one of the best modes of treatment, is to wash them well three or four times a day with brandy-and-water.

2658. *Calomel.*—A heavy white powder, without taste, and insoluble in water. It has been occasionally known to destroy life.--*Symptoms.* Much the same as in the case of corrosive sublimate.--*Treatment.* The same as for corrosive sublimate. If the gums are sore, wash them, as recommended in the case of corrosive sublimate, with brandy-and-water three or four times a day, and keep the patient on *fluids,* such as arrowroot, gruel, broth, or beef-tea, according to the other symptoms. Eating hard substances would make the gums more sore and tender.

2659. *Copper.*—The preparations of this metal which are most likely to be the ones producing poisonous symptoms, are blue-stone and verdigris. People are often taken ill after eating food that has been cooked in copper saucepans. When anything has been cooked in one of these vessels, *it should never be allowed to cool in it.*--*Symptoms.* Headache, pain in the stomach, and purging; vomiting of green or blue matters, convulsions, and spasms.--*Treatment.* Give whites of eggs, sugar-and-water, castor-oil, and drinks, such as arrowroot and gruel.

2660. *Emetic Tartar.*—Seen in the form of a white powder, or crystals, with a slightly metallic taste. It has not often been known to destroy life.--*Symptoms.* A strong metallic taste in the act of swallowing, followed by a burning pain in the region of the stomach, vomiting, and great purging. The pulse is small and rapid, the skin cold and clammy, the breathing difficult and painful, and the limbs often much cramped. There is also great prostration of strength.--*Treatment.* Promote the vomiting by giving plenty of warm water, or warm arrowroot and water. Strong tea, in large quantities, should be drunk; or, if it can be obtained, a decoction of oak bark. The after-treatment is the same as that for acids and alkalis; the principal object in all these cases being to keep down the inflammation of the parts touched by the poison by means of leeches, warm poppy fomentations, fever-mixtures, and very low diet.

2661. *Lead,* and its preparations, Sugar of Lead, Goulard's Extract, White Lead.--Lead is by no means an active poison, although it is popularly considered to be so. It mostly affects people by being taken into the system slowly, as in the case of painters and glaziers. A newly-painted house, too, often affects those living in it.--*Symptoms produced when taken in a large dose.* There is at first a burning, pricking sensation in the throat, to which thirst, giddiness, and vomiting follow. The belly is tight, swollen, and painful; *the pain being relieved by pressure.* The bowels are mostly bound. There is great depression of strength, and a cold skin.--*Treatment.* Give an emetic draught (No. 1, see above) at once, and shortly afterwards a solution of Epsom salts in large quantities. A little brandy-and-water must be taken if the depression of strength is
very great indeed. Milk, whites of eggs, and arrowroot are also useful. After two or three hours, cleanse the stomach and intestines well out with two tablespoonfuls of castor-oil, and treat the symptoms which follow according to the rules laid down in other parts of these articles.-- **Symptoms when it is taken into the body slowly.**

Headache, pain about the navel, loss of appetite and flesh, offensive breath, a blueness of the edges of the gums; the belly is tight, hard, and knotty, and the pulse slow and languid. There is also sometimes a difficulty in swallowing.-- **Treatment.** Give five grains of calomel and half a grain of opium directly, in the form of a pill, and half an ounce of Epsom salts in two hours, and repeat this treatment until the bowels are well opened. Put the patient into a warm bath, and throw up a clyster of warmish water when he is in it. Fomentations of warm oil of turpentine, if they can be obtained, should be put over the whole of the belly. The great object is to open the bowels as freely and as quickly as possible. When this has been done, a grain of pure opium may be given. Arrowroot or gruel should be taken in good large quantities. The after-treatment must depend altogether upon the symptoms of each particular case.

2662. **Opium,** and its preparations, *Laudanum,* &c.-- Solid opium is mostly seen in the form of rich brown flattish cakes, with little pieces of leaves sticking on them here and there, and a bitter and slightly warm taste. The most common form in which it is taken as a poison, is that of laudanum.-- **Symptoms.** These consist at first in giddiness and stupor, followed by insensibility, the patient, however, being roused to consciousness by a great noise, so as to be able to answer a question, but becoming insensible again almost immediately. The pulse is now quick and small, the breathing hurried, and the skin warm and covered with perspiration. After a little time, these symptoms change; the person becomes *perfectly insensible,* the breathing slow and snoring, as in apoplexy, the skin cold, and the pulse slow and full. The pupil of the eye is mostly smaller than natural. On applying his nose to the patient's mouth, a person may smell the poison very distinctly.-- **Treatment.** Give an emetic draught (No. 1, see above) directly, with large quantities of warm mustard-and-water, warm salt-and-water, or simple warm water. Tickle the top of the throat with a feather, or put two fingers down it to bring on vomiting, which rarely takes place of itself. Dash cold water on the , chest, and spine, and flap these parts well with the ends of wet towels. Give strong coffee or tea. Walk the patient up and down in the open air for two or three hours; the great thing being to keep him from sleeping. Electricity is of much service. When the patient is recovering, mustard poultries should be applied to the soles of the feet and the insides of the thighs and legs. The should be kept cool and raised.

2663. The following preparations, which are constantly given to children by their nurses and mothers, for the purpose of making them sleep, often prove fatal:-- **Syrup of Poppies,** and *Godfrey's Cordial.* The author would most earnestly urge all people caring for their children's lives, never to allow any of these preparations to be given, unless ordered by a surgeon.

2664. The treatment in the case of poisoning by *Henbane,* *Hemlock,* *Nightshade,* and *Foxglove,* is much the same as that for opium. Vomiting should be brought on in all of them.

2665. **Poisonous Food.**-- It sometimes happens that things which are in daily use, and mostly perfectly harmless, give rise, under certain unknown circumstances, and in
certain individuals, to the symptoms of poisoning. The most common articles of food of this description are *Mussels, Salmon*, and certain kinds of *Cheese* and *Bacon*. The general symptoms are thirst, weight about the stomach, difficulty of breathing, vomiting, purging, spasms, prostration of strength, and, in the case of mussels more particularly, an eruption on the body, like that of nettle-rash. -- *Treatment*. Empty the stomach well with No. 1 draught and warm water, and give two tablespoonfuls of castor-oil immediately after. Let the patient take plenty of arrowroot, gruel, and the like drinks, and if there is much depression of strength, give a little warm brandy-and-water. Should symptoms of fever or inflammation follow, they must be treated as directed in the articles on other kinds of poisoning.

2666. *Mushrooms*, and similar kinds of vegetables, often produce poisonous effects. The symptoms are various, sometimes giddiness and stupor, and at others pain in and swelling of the belly, with vomiting and purging, being the leading ones. When the symptoms come on quickly after taking the poison, it is generally the stomach that is affected. -- The treatment consists in bringing on vomiting in the usual manner, as quickly and as freely as possible. The other symptoms are to be treated on general principles; if they are those of depression, by brandy-and-water or sal-volatile; if those of inflammation, by leeches, fomentations, fever-mixtures, &c. &c.

2667. FOR CURE OF RINGWORM.-- Take of subcarbonate of soda 1 drachm, which dissolve in ½ pint of vinegar. Wash the every morning with soft soap, and apply the lotion night and morning. One teaspoonful of sulphur and treacle should also be given occasionally night and morning. The hair should be cut close, and round the spot it should be shaved off, and the part, night and morning, bathed with a lotion made by dissolving a drachm of white vitriol in 8 oz. of water. A small piece of either of the two subjoined ointments rubbed into the part when the lotion has dried in. No, 1.-- Take of citron ointment 1 drachm; sulphur and tar ointment, of each ½ oz.: mix thoroughly, and apply twice a day. No. 2.-- Take of simple cerate 1 oz.; creosote 1 drachm; calomel 30 grains: mix and use in the same manner as the first. Concurrent with these external remedies, the child should take an alterative powder every morning, or, if they act too much on the bowels, only every second day. The following will be found to answer all the intentions desired.

2668. Alterative Powders for Ringworm.-- Take of

Sulphuret of antimony, precipitated 24 grains.
Grey powder 12 grains.
Calomel 6 grains.
Jalap powder 36 grains.

Mix carefully, and divide into 12 powders for a child from 1 to 2 years old; into 9 powders for a child from 2 to 4 years; and into 6 powders for a child from 4 to 6 years. Where the patient is older, the strength may be increased by enlarging the quantities of the drugs ordered, or by giving one and a half or two powders for one dose. The ointment is to be well washed off every morning with soap-and-water, and the part bathed with the lotion before re-applying the ointment. An imperative fact must be remembered by mother or nurse,-- never to use the same comb employed for the child with ringworm, for the healthy children, or let the affected little one sleep.
with those free from the disease; and, for fear of any contact by hands or otherwise, to keep the child’s enveloped in a nightcap, till this eruption is completely cured.

2669. SCRATCHES.-- Trifling as scratches often seem, they ought never to be neglected, but should be covered and protected, and kept clean and dry until they have completely healed. If there is the least appearance of inflammation, no time should be lost in applying a large bread-and-water poultice, or hot flannels repeatedly applied, or even leeches in good numbers may be put on at some distance from each other.

2670. FOR SHORTNESS OF BREATH, OR DIFFICULT BREATHING.-- Vitriolated spirits of ether 1 oz., camphor 12 grains: make a solution, of which take a teaspoonful during the paroxysm. This is found to afford instantaneous relief in difficulty of breathing, depending on internal diseases and other causes, where the patient, from a very quick and laborious breathing, is obliged to be in an erect posture.

2671. SPRAINS.-- A sprain is a stretching of the leaders or ligaments of a part through some violence, such as slipping, falling on the hands, pulling a limb, &c. &c. The most common are those of the ankle and wrist. These accidents are more serious than people generally suppose, and often more difficult to cure than a broken log or arm. The first thing to be done is to place the sprained part in the straight position, and to raise it a little as well. Some recommend the application of cold lotions at first. The edictress, however, is quite convinced that warm applications are, in most cases, the best for for the first three or four days. These fomentations are to be applied in the following manner:-- Dip a good-sized piece of flannel into a pail or basin full of hot water or hot poppy fomentation,-- six poppy heads boiled in one quart of water for about a quarter of an hour; wring it almost dry, and apply it, as hot as the patient can bear, right round the sprained part. Then place another piece of flannel, quite dry, over it, in order that the steam and warmth may not escape. This process should be repeated as often as the patient feels that the flannel next to his skin is getting cold -- the oftener the better. The bowels should be opened with a black draught, and the patient kept on low diet. If he has been a great drinker, he may be allowed to take a little beer; but it is better not to do so. A little of the cream of tartar drink, ordered in the case of burns, may be taken occasionally if there is much thirst. When the swelling and tenderness about the joint are very great, from eight to twelve leeches may be applied. When the knee is the joint affected, the greatest pain is felt at the inside, and therefore the greater quantity of the leeches should be applied to that part. When the shoulder is sprained, the arm should be kept close to the body by means of a linen roller, which is to be taken four or five times round the whole of the chest. It should also be brought two or three times underneath the elbow, in order to raise the shoulder. This is the best treatment for these accidents during the first three or four days. After that time, supposing that no unfavourable symptoms have taken place, a cold lotion, composed of a tablespoonful of sal-ammoniac to a quart of water, or vinegar-and-water, should be constantly applied. This lotion will strengthen the part, and also help in taking away any thickening that may have formed about the joint. In the course of two or three weeks, according to circumstances, the joint is to be rubbed twice a day with flannel dipped in opodeldoc, a flannel bandage rolled tightly round the joint, the pressure being greatest at the lowest part, and the patient allowed to walk about with the assistance of a crutch or stick. He should also occasionally, when sitting or lying down, quietly bend the joint backwards and forwards, to cause its natural motion to return, and to prevent stiffness from taking place. When the swelling
is very great immediately after the accident has occurred, from the breaking of the blood-vessels, it is best to apply cold applications at first. If it can be procured, oil-silk may be put over the warm-mentation flannel, instead of the dry piece of flannel. Old flannel is better than new.

2672. CURE FOR STAMMERING.-- Where there is no malformation of the organs of articulation, stammering may be remedied by reading aloud with the teeth closed. This should be practised for two hours a day, for three or four months. The advocate of this simple remedy says, "I can speak with certainty of its utility."

2673. STAMMERING.-- At a recent meeting of the Boston Society of Natural History, Dr. Warren stated, "A simple, easy, and effectual cure of stammering." It is, simply, at every syllable pronounced, to tap at the same time with the finger; by so doing, "the most inveterate stammerer will be surprised to find that he can pronounce quite fluently, and, by long and constant practice, he will pronounce perfectly well."

2674. SUFFOCATION, APPARENT.-- Suffocation may arise from many different causes. Anything which prevents the air getting into the lungs will produce it. We shall give the principal causes, and the treatment to be followed in each case.

2675. 1. Carbonic Acid Gas, Choke-Damp of Mines.-- This poisonous gas is met with in rooms where charcoal is burnt, and where there is not sufficient draught to allow it to escape; in coalpits, near limkilns, in breweries, and in rooms and houses where a great many people live huddled together in wretchedness and filth, and where the air in consequence becomes poisoned. This gas gives out no smell, so that we cannot know of its presence. A candle will not burn in a room which contains much of it.-- Effects. At first there is giddiness, and a great wish to sleep; after a little time, or where there is much of it present, a person feels great weight in the , and stupid; gets by degrees quite unable to move, and snores as if in a deep sleep. The limbs may or may not be stiff. The heat of the body remains much the same at first.-- Treatment. Remove the person affected into the open air, and, even though it is cold weather, take off his clothes. Then lay him on his back, with his slightly raised. Having done this, dash vinegar-and-water over the whole of the body, and rub it hard, especially the face and chest, with towels dipped in the same mixture. The hands and feet also should be rubbed with a hard brush. Apply smelling-salts to the nose, which may be tickled with a feather. Dashing cold water down the middle of the back is of great service. If the person can swallow, give him a little lemon-water, or vinegar-and-water to drink. The principal means, however, to be employed in this, as, in fact, in most cases of apparent suffocation, is what is called artificial breathing. This operation should be performed by three persons, and in the following manner:-- The first person should put the nozzle of a common pair of bellows into one of the patient's nostrils; the second should push down, and then thrust back, that part of the throat called "Adam's apple;" and the third should first raise and then depress the chest, one hand being placed over each side of the ribs. These three actions should be performed in the following order:-- First of all, the throat should be drawn down and thrust back; then the chest should be raised, and the bellows gently blown into the nostril. Directly this is done, the chest should be depressed, so as to imitate common breathing. This process should be repeated about eighteen times a minute. The mouth and the other nostril should be closed while the bellows are being blown. Persevere, if necessary, with this treatment for seven or eight hours -- in fact, till absolute signs of death are
visible. Many lives are lost by giving it up too quickly. When the patient becomes roused, he is to be put into a warm bed, and a little brandy-and-water, or twenty drops of sal-volatile, given cautiously now and then. This treatment is to be adopted in all cases where people are affected from breathing bad air, smells, &c. &c.

2676. 2. Drowning.-- This is one of the most frequent causes of death by suffocation.- Treatment. Many methods have been adopted, and as some of them are not only useless, but hurtful, we will mention them here, merely in order that they may be avoided. In the first place, then, never hang a person up by his heels, as it is an error to suppose that water gets into the lungs. Hanging a person up by his heels would be quite as bad as hanging him up by his neck. It is also a mistake to suppose that rubbing the body with salt and water is of service.-- Proper Treatment. Directly a person has been taken out of the water, he should be wiped dry and wrapped in blankets; but if these cannot be obtained, the clothes of the bystanders must be used for the purpose. His being slightly raised, and any water, weeds, or froth that may happen to be in his mouth, having been removed, he should be carried as quickly as possible to the nearest house. He should now be put into a warm bath, about as hot as the hand can pleasantly bear, and kept there for about ten minutes, artificial breathing being had recourse to while he is in it. Having been taken out of the bath, he should be placed flat on his back, with his slightly raised, upon a warm bed in a warm room, wiped perfectly dry, and then rubbed constantly all over the body with warm flannels. At the same time, mustard poultries should be put to the soles of the feet, the palms of the hands, and the inner surface of the thighs and legs. Warm bricks, or bottles filled with warm water, should be placed under the armpits. The nose should be tickled with a feather, and smelling-salts applied to it. This treatment should be adopted while the bath is being got ready, as well as when the body has been taken out of it. The bath is not absolutely necessary; constantly rubbing the body with flannels in a warm room having been found sufficient for resuscitation. Sir B. Brodie says that warm air is quite as good as warm water. When symptoms of returning consciousness begin to show themselves, give a little wine, brandy, or twenty drops of sal-volatile and water. In some cases it is necessary, in about twelve or twenty-four hours after the patient has revived, to bleed him, for peculiar -symptoms which now and then occur. Bleeding, however, even in the hands of professional men themselves, should be very cautiously used -- non-professional ones should never think of it. The best thing to do in these cases is to keep the well raised, and cool with a lotion such as that recommended above for sprains; to administer an aperient draught, and to abstain from giving anything that stimulates, such as wine, brandy, sal-volatile, &c. &c. As a general rule, a person dies in three minutes and a half after he has been under water. It is difficult, however, to tell how long he has actually been under it, although we may know well exactly how long he has been in it. This being the case, always persevere in your attempts at resuscitation until actual signs of death have shown themselves, even for six, eight, or ten hours. Dr. Douglas, of Glasgow, resuscitated a person who had been under water for fourteen minutes, by simply rubbing the whole of his body with warm flannels, in a warm room, for eight hours and a half, at the end of which time the person began to show the first symptoms of returning animation. Should the accident occur at a great distance from any house, this treatment should be adopted as closely as the circumstances will permit of. Breathing through any tube, such as a piece of card or paper rolled into the form of a pipe, will do as a substitute for the bellows. To recapitulate: Rub the body dry; take matters out of mouth; cover with blankets or clothes; slightly raise the , and place the body in a warm bath, or on a bed.
in a warm room; apply smelling-salts to nose; employ artificial breathing; rub well with warm flannels; put mustard poultices to feet, hands, and insides of thighs and legs, with warm bricks or bottles to armpits. Don't bleed. Give wine, brandy, or sal-volatile when recovering, and persevere till actual signs of death are seen.

2677. Briefly to conclude what we have to say of suffocation, let us treat of Lightning. When a person has been struck by lightning, there is a general paleness of the whole body, with the exception of the part struck, which is often blackened, or even scorched.—Treatment. Same as for drowning. It is not, however, of much use; for when death takes place at all, it is generally instantaneous.

2678. CURE FOR THE TOOTHACHE.—Take a piece of sheet zinc, about the size of a sixpence, and a piece of silver, say a shilling; place them together, and hold the defective tooth between them or contiguous to them; in a few minutes the pain will be gone, as if by magic. The zinc and silver, acting as a galvanic battery, will produce on the nerves of the tooth sufficient electricity to establish a current, and consequently to relieve the pain. Or smoke a pipe of tobacco and caraway-seeds. Again—

2679. A small piece of the pellitory root will, by the flow of saliva it causes, afford relief. Creosote, or a few drops of tincture of myrrh, or friar's balsam, on cotton, put on the tooth, will often subdue the pain. A small piece of camphor, however, retained in the mouth, is the most reliable and likely means of conquering the paroxysms of this dreaded enemy.

2680. WARTS.—Eisenberg says, in his "Advice on the Hand," that the hydrochlorate of lime is the most certain means of destroying warts; the process, however, is very slow, and demands perseverance, for, if discontinued before the proper time, no advantage is gained. The following is a simple cure:—On breaking the stalk of the crowfoot plant in two, a drop of milky juice will be observed to hang on the upper part of the stem; if this be allowed to drop on a wart, so that it be well saturated with the juice, in about three or four dressings the warts will die, and may be taken off with the fingers. They may be removed by the above means from the teats of cows, where they are sometimes very troublesome, and prevent them standing quiet to be milked. The wart touched lightly every second day with lunar caustic, or rubbed every night with blue-stone, for a few weeks, will destroy the largest wart, wherever situated.

2681. To CURE A WHITLOW.—As soon as the whitlow has risen distinctly, a pretty large piece should be snipped out, so that the watery matter may readily escape, and continue to flow out as fast as produced. A bread-and-water poultice should be put on for a few days, when the wound should be bound up lightly with some mild ointment, when a cure will be speedily completed. Constant poulticing both before and after the opening of the whitlow, is the only practice needed; but as the matter lies deep, when it is necessary to open the abscess, the incision must be made deep to reach the suppuration.

2682. WOUNDS.—There are several kinds of wounds, which are called by different names, according to their appearance, or the manner in which they are produced. As, however, it would be useless, and even hurtful, to bother the reader's with too many nice professional distinctions, we shall content ourselves with dividing wounds into three classes.
2683. 1. *Incised wounds or cuts* -- those produced by a knife, or some sharp instrument.

2684. 2. *Lacerated, or torn wounds* -- those produced by the claws of an animal, the bite of a dog, running quickly against some projecting blunt object, such as a nail, &c.

2685. 3. *Punctured or penetrating wounds* -- those produced by anything running deeply into the flesh; such as a sword, a sharp nail, a spike, the point of a bayonet, &c.

2686. Class 1. *Incised wounds or cuts.*-- The danger arising from these accidents is owing more to their position than to their extent. Thus, a cut of half an inch long, which goes through an artery, is more serious than a cut of two inches long, which is not near one. Again, a small cut on the is more often followed by dangerous symptoms than a much larger one on the legs. -- *Treatment.* If the cut is not a very large one, and no artery or vein is wounded, this is very simple. If there are any foreign substances left in the wound, they must be taken out, and the bleeding must be quite stopped before the wound is strapped up. If the bleeding is not very great, it may easily be stopped by raising the cut part, and applying rags dipped in cold water to it. All clots of blood must be carefully removed; for, if they are left behind, they prevent the wound from healing. When the bleeding has been stopped, and the wound perfectly cleaned, its two edges are to be brought closely together by thin strips of common adhesive plaster, which should remain on, if there is not great pain or heat about the part, for two or three days, without being removed. The cut part should be kept raised and cool. When the strips of plaster are to be taken off, they should first be well bathed with lukewarm water. This will cause them to come away easily, and without opening the lips of the wound; which accident is very likely to take place, if they are pulled off without having been first moistened with the warm water. If the wound is not healed when the strips of plaster are taken off, fresh ones must be applied. Great care is required in treating cuts of the , as they are often followed by erysipelas taking place round them. They should be strapped with isinglass plaster, which is much less irritating than the ordinary adhesive plaster. Only use as many strips as are actually requisite to keep the two edges of the wound together; keep the patient quite quiet, on low diet, for a week or so, according to his symptoms. Purge him well with the No. 2 pills (five grains of blue pill mixed with the same quantity of compound extract of colocynth; make into two pills, the dose for an adult). If the patient is feverish, give him two tablespoonfuls of the fever-mixture three times a day. (The fever-mixture, we remind our readers, is thus made: Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre in half a pint of water.) A person should be very careful of himself for a month or two after having had a bad cut on the . His bowels should be kept constantly open, and all excitement and excess avoided. When a vein or artery is wounded, the danger is, of course, much greater. Those accidents, therefore, should always be attended to by a surgeon, if he can possibly be procured. Before he arrives, however, or in case his assistance cannot be obtained at all, the following treatment should be adopted:-- Raise the cut part, and press rags dipped in cold water firmly against it. This will often be sufficient to stop the bleeding, if the divided artery or vein is not dangerous. When an artery is divided, the blood is of a bright red colour, and comes away in jets. In this case, and supposing the leg or arm to be the cut part, a handkerchief is to be tied tightly round the limb above the cut; and, if possible, the two bleeding ends of the artery should each be tied with a piece of silk.
If the bleeding is from a vein, the blood is much darker, and does not come away in jets. In this case, the handkerchief is to be tied below the cut, and a pad of lint or linen pressed firmly against the divided ends of the vein. Let every bad cut, especially where there is much bleeding, and even although it may to all appearance have been stopped, be attended to by a surgeon, if one can by any means be obtained.

2687. Class 2. Lacerated or torn wounds. -- There is not so much bleeding in these cases as in clean cuts, because the blood-vessels are torn across in a zigzag manner, and not divided straight across. In other respects, however, they are more serious than ordinary cuts, being often followed by inflammation, mortification, fever, and in some cases by locked-jaw. Foreign substances are also more likely to remain in them. -- Treatment. Stop the bleeding, if there is any, in the manner directed for cuts; remove all substances that may be in the wound; keep the patient quite quiet, and on low diet - - gruel, arrowroot, and the like; purge with the No. 1 pills and the No. 1 mixture. (The No. 1 pill: Mix 5 grains of calomel and the same quantity of antimonial powder, with a little bread-crum, and make into two pills, which is the dose for an adult. The No. 1 mixture: Dissolve an ounce of Epsom salts in half a pint of senna tea. A quarter of the mixture is a dose.) If there are feverish symptoms, give two tablespoonfuls of fever-mixture (see above) every four hours. If possible, bring the two edges of the wound together, but do not strain the parts to do this. If they cannot be brought together, on account of a piece of flesh being taken clean out, or the raggedness of their edges, put lint dipped in cold water over the wound, and cover it with oiled silk. It will then fill up from the bottom. If the wound, after being well washed, should still contain any sand, or grit of any kind, or if it should get red and hot from inflammation, a large warm bread poultice will be the best thing to apply until it becomes quite clean, or the inflammation goes down. When the wound is a very large one, the application of warm poppy fomentations is better than that of the lint dipped in cold water. If the redness and pain about the part, and the general feverish symptoms, are great, from eight to twelve leeches are to be applied round the wound, and a warm poppy fomentation or warm bread poultice applied after they drop off.

2688. Class 3. Punctured or penetrating wounds. -- These, for many reasons, are the most serious of all kinds of wounds. -- Treatment. The same as that for lacerated wounds. Pus (matter) often forms at the bottom of these wounds, which should, therefore, be kept open at the top, by separating their edges every morning with a bodkin, and applying a warm bread poultice immediately afterwards. They will then, in all probability, heal up from the bottom, and any matter which may form will find its own way out into the poultice. Sometimes, however, in spite of all precautions, collections of matter (abscesses) will form at the bottom or sides of the wound. Those are to be opened with a lancet, and the matter thus let out. When matter is forming, the patient has cold shiverings, throbbing pain in the part, and flushes on the face, which come and go. A swelling of the part is also often seen. The matter in the abscesses may be felt to move backwards and forwards, when pressure is made from one side of the swelling to the other with the first and second fingers (the middle and that next the thumb) of each hand.

MEDICAL MEMORANDA.

2689. ADVANTAGES OF CLEANLINESS. -- Health and strength cannot be long continued unless the skin -- all the skin -- is washed frequently with a sponge or other
means. Every morning is best; after which the skin should be rubbed very well with a
rough cloth. This is the most certain way of preventing cold, and a little substitute for
exercise, as it brings blood to the surface, and causes it to circulate well through the
fine capillary vessels. Labour produces this circulation naturally. The insensible
perspiration cannot escape well if the skin is not clean, as the pores get choked up. It
is said that in health about half the aliment we take passes out through the skin.

2690. THE TOMATO MEDICINAL.-- To many persons there is something
unpleasant, not to say offensive, in the flavour of this excellent fruit. It has, however,
long been used for culinary purposes in various countries of Europe. Dr. Bennett, a
professor of some celebrity, considers it an invaluable article of diet, and ascribes to it
very important medicinal properties. He declares:-- 1. That the tomato is one of the
most powerful deobstruents of the \textit{materia medica}; and that, in all those affections
of the liver and other organs where calomel is indicated, it is probably the most effective
and least harmful remedial agent known in the profession. 2. That a chemical extract
can be obtained from it, which will altogether supersede the use of calomel in the cure
of diseases. 3. That he has successfully treated diarrhoea with this article alone. 4.
That when used as an article of diet, it is almost a sovereign remedy for dyspepsia and
indigestion.

2691. WARM WATER.-- Warm water is preferable to cold water, as a drink, to
persons who are subject to dyspeptic and bilious complaints, and it may be taken more
freely than cold water, and consequently answers better as a diluent for carrying off
bile, and removing obstructions in the urinary secretion, in cases of stone and gravel.
When water of a temperature equal to that of the human body is used for drink, it
proves considerably stimulant, and is particularly suited to dyspeptic, bilious, gouty,
and chlorotic subjects.

2692. CAUTIONS IN VISITING SICK-ROOMS.-- Never venture into a sick-room if
you are in a violent perspiration (if circumstances require your continuance there), for
the moment your body becomes cold, it is in a state likely to absorb the infection, and
give you the disease. Nor visit a sick person (especially if the complaint be of a
contagious nature) with \textit{an empty stomach}; as this disposes the system more readily
to receive the contagion. In attending a sick person, place yourself where the air passes
from the door or window to the bed of the diseased, not betwixt the diseased person
and any fire that is in the room, as the heat of the fire will draw the infectious vapour
in that direction, and you would run much danger from breathing it.

2693. NECESSITY OF GOOD VENTILATION IN ROOMS LIGHTED WITH
GAS.-- In dwelling-houses lighted by gas, the frequent renewal of the air is of great
importance. A single gas-burner will consume more oxygen, and produce more
carbonic acid to deteriorate the atmosphere of a room, than six or eight candles. If,
therefore, when several burners are used, no provision is made for the escape of the
corrupted air and for the introduction of pure air from without, the health will
necessarily suffer.
CHAPTER XLIV. -- Legal memoranda.

2694. Humorists tell us there is no act of our lives which can be performed without breaking through some one of the many meshes of the law by which our rights are so carefully guarded; and those learned in the law, when they do give advice without the usual fee, and in the confidence of friendship, generally say, "Pay, pay anything rather than go to law;" while those having experience in the courts of Themis have a wholesome dread of its pitfalls. There are a few exceptions, however, to this fear of the law's uncertainties; and we hear of those to whom a lawsuit is an agreeable relaxation, a gentle excitement. One of this class, when remonstrated with, retorted, that while one friend kept dogs, and another horses, he, as he had a right to do, kept a lawyer; and no one had a right to dispute his taste. We cannot pretend, in these few pages, to lay down even the principles of law, not to speak of its contrary exposition in different courts; but there are a few acts of legal import which all men -- and women too -- must perform; and to these acts we may be useful in giving a right direction. There is a house to be leased or purchased, servants to be engaged, a will to be made, or property settled, in all families; and much of the welfare of its members depends on these things being done in proper legal form.

2695. PURCHASING A HOUSE.-- Few men will venture to purchase a freehold, or even a leasehold property, by private contract, without making themselves acquainted with the locality, and employing a solicitor to examine the titles,; but many do walk into an auction-room, and bid for a property upon the representations of the auctioneer. The conditions, whatever they are, will bind him; for by one of the legal fictions of which we have still so many, the auctioneer, who is in reality the agent for the vendor, becomes also the agent for the buyer, and by putting down the names of bidders and the biddings, he binds him to whom the lot is knocked down to the sale and the conditions,-- the falling of the auctioneer's hammer is the acceptance of the offer, which completes the agreement to purchase. In any such transaction you can only look at the written or printed particulars; any verbal statement of the auctioneer, made at the time of the sale, cannot contradict them, and they are implemented by the agreement, which the auctioneer calls on the purchaser to sign after the sale. You should sign no such contract without having a duplicate of it signed by the auctioneer, and delivered to you. It is, perhaps, unnecessary to add, that no trustee or assignee can purchase property for himself included in the trust, even at auction; nor is it safe to pay the purchase money to an agent of the vendor, unless he give a written authority to the agent to receive it, besides handing over the requisite deeds and receipts.

2696. The laws of purchase and sale of property are so complicated that Lord St. Leonards devotes five chapters of his book on Property Law to the subject. The only circumstances strong enough to vitiate a purchase, which has been reduced to a written contract, is proof of fraudulent representation as to an encumbrance of which the buyer was ignorant, or a defect in title; but every circumstance which the purchaser might have learned by careful investigation, the law presumes that he did know. Thus, in buying a leasehold estate or house, all the covenants of the original lease are presumed to be known. "It is not unusual," says Lord St. Leonards, "to stipulate, in conditions of sale of leasehold property, that the production of a receipt for the last year's rent shall be accepted as proof that all the lessor's covenants were performed up to that period. Never bid for one clogged with such a condition. There
are some acts against which no relief can be obtained; for example, the tenant's right to insure, or his insuring in an office or in names not authorized in the lease. And you should not rely upon the mere fact of the insurance being correct at the time of sale: there may have been a prior breach of covenant, and the landlord may not have waived his right of entry for the forfeiture." And where any doubt of this kind exists, the landlord should be appealed to.

2697. Interest on a purchase is due from the day fixed upon for completing: where it cannot be completed, the loss rests with the party with whom the delay rests; but it appears, when the delay rests with the seller, and the money is lying idle, notice of that is to be given to the seller to make him liable to the loss of interest. In law, the property belongs to the purchaser from the date of the contract; he is entitled to any benefit, and must bear any loss; the seller may suffer the insurance to drop without giving notice; and should a fire take place, the loss falls on the buyer. In agreeing to buy a house, therefore, provide at the same time for its insurance. Common fixtures pass with the house, where nothing is said about them.

2698. There are some well-recognized laws, of what may be called good-neighbourhood, which affect all properties. If you purchase a field or house, the seller retaining another field between yours and the highway, he must of necessity grant you a right of way. Where the owner of more than one house sells one of them, the purchaser is entitled to benefit by all drains leading from his house into other drains, and will be subject to all necessary drains for the adjoining houses, although there is no express reservation as to drains.

Thus, if his happens to be a leading drain, other necessary drains may be opened into it. In purchasing land for building on, you should expressly reserve a right to make an opening into any sewer or watercourse on the vendor's land for drainage purposes.

2699. CONSTRUCTIONS.-- Among the cautions which purchasers of houses, land, or leaseholds, should keep in view, is a not inconsiderable array of constructive notices, which are equally binding with actual ones. Notice to your attorney or agent is notice to you; and when the same attorney is employed by both parties, and he is aware of an encumbrance of which you are ignorant, you are bound by it; even where the vendor is guilty of a fraud to which your agent is privy, you are responsible, and cannot be released from the consequences.

2700. THE RELATIONS OF LANDLORD AND TENANT are most important to both parties, and each should clearly understand his position. The proprietor of a house, or house and land, agrees to let it either to a tenant-at-will, a yearly tenancy, or under lease. A tenancy-at-will may be created by parol or by agreement; and as the tenant may be turned out when his landlord pleases, so he may leave when he himself thinks proper; but this kind of tenancy is extremely inconvenient to both parties. Where an annual rent is attached to the tenancy, in construction of law, a lease or agreement without limitation to any certain period is a lease from year to year, and both landlord and tenant are entitled to notice before the tenancy can be determined by the other. This notice must be given at least six months before the expiration of the current year of the tenancy, and it can only terminate at the end of any whole year from the time at which it began; so that the tenant entering into possession at Midsummer, the notice must be given to or by him, so as to terminate at the same
term. When once he is in possession, he has a right to remain for a whole year; and if no notice be given at the end of the first half-year of his tenancy, he will have to remain two years, and so on for any number of years.

2701. TENANCY BY SUFFERANCE.-- This is a tenancy, not very uncommon, arising out of the unwillingness of either party to take the initiative in a more decided course at the expiry of a lease or agreement. The tenant remains in possession, and continues to pay rent as before, and becomes, from sufferance, a tenant from year to year, which can only be terminated by one party or the other giving the necessary six months' notice to quit at the term corresponding with the commencement of the original tenancy. This tenancy at sufferance applies also to an under-tenant, who remains in possession and pays rent to the reversioner or landlord. A six months' notice will be insufficient for this tenancy. A notice was given (in Right v. Darby, I.T.R. 159) to quit a house held by plaintiff as tenant from year to year, on the 17th June, 1840, requiring him "to quit the premises on the 11th October following, or such other day as his said tenancy might expire." The tenancy had commenced on the 11th October in a former year, but it was held that this was not a good notice for the year ending October 11, 1841. A tenant from year to year gave his landlord notice to quit, ending the tenancy at a time within the half-year; the landlord acquiesced at first, but afterwards refused to accept the notice. The tenant quitted the premises; the landlord entered, and even made some repairs, but it was afterwards held that the tenancy was not determined. A notice to quit must be such as the tenant may safely act on at the time of receiving it; therefore it can only be given by an agent properly authorized at the time, and cannot be made good by the landlord adopting it afterwards. An unqualified notice, given at the proper time, should conclude with "On failure whereof, I shall require you to pay me double the former rent for so long as you retain possession."

2702. LEASES.-- A lease is an instrument in writing, by which one person grants to another the occupation and use of lands or tenements for a term of years for a consideration, the lessor granting the lease, and the lessee accepting it with all its conditions. A lessor may grant the lease for any term less than his own interest. A tenant for life in an estate can only grant a lease for his own life. A tenant for life, having power to grant a lease, should grant it only in the terms of the power, otherwise the lease is void, and his estate may be made to pay heavy penalties under the covenant, usually the only one onerous on the lessor, for quiet enjoyment. The proprietor of a freehold -- that is, of the possession in perpetuity of lands or tenements -- may grant a lease for 999 years, for 99 years, or for 3 years. In the latter case, the lease may be either verbal or in writing, no particular form and no stamps being necessary, except the usual stamp on agreements; so long as the intention of the parties is clearly expressed, and the covenants definite, and well understood by each party, the agreement is complete, and the law satisfied. In the case of settled estates, the court of Chancery is empowered to authorize leases under the 19 & 20 Vict. c. 120, and 21 & 22 Vict. c. 77, as follows:--

21 years for agriculture or occupation.
40 years for water-power.
99 years for building-leases.
60 years for repairing-leases.
2703. A lessor may also grant an under-lease for a term less than his own: to grant the whole of his term would be an assignment. Leases are frequently burdened with a covenant not to underlet without the consent of the landlord: this is a covenant sometimes very onerous, and to be avoided, where it is possible, by a prudent lessee.

2704. A lease for any term beyond three years, whether an actual lease or an agreement for one, must be in the form of a deed; that is, it must be "under seal;" and all assignments and surrenders of leases must be in the same form, or they are void at law. Thus an agreement made by letter, or by a memorandum of agreement, which would be binding in most cases, would be valueless when it was for a lease, unless witnessed, and given under hand and seal. The last statute, 8 & 9 Vict. c. 106, under which these precautions became necessary, has led to serious difficulties. "The judges," says Lord St. Leonards, "feel the difficulty of holding a lease in writing, but not by deed, to be altogether void, and consequently decided, that although such a lease is void under the statute, yet it so far regulates the holding, that it creates a tenancy from year to year, terminable by half a year's notice; and if the tenure endure for the term attempted to be created by the void lease, the tenant may be evicted at the end of the term without any notice to quit." An agreement for a lease not by deed has been construed to be a lease for a term of years, and consequently void under the statute; "and yet," says Lord St. Leonards, "a court of equity has held that it may be specifically enforced as an agreement upon the terms stated." The law on this point is one of glorious uncertainty; in making any such agreement, therefore, we should be careful to express that it is an agreement, and not a lease; and that it is witnessed and under seal.

2705. AGREEMENTS.-- It is usual, where the lease is a repairing one, to agree for a lease to be granted on completion of repairs according to specification. This agreement should contain the names and designation of the parties, a description of the property, and the term of the intended lease, and all the covenants which are to be inserted, as no verbal agreement can be made to a written agreement. It should also declare that the instrument is an agreement for a lease, and not the lease itself. The points to be settled in such an agreement are, the rent, term, and especially covenants for insuring and rebuilding in the event of a fire; and if it is intended that the lessor's consent is to be obtained before assigning or underleasing, a covenant to that effect is required in the agreement. In building-leases, usually granted for 99 years, the tenant is to insure the property; and even where the agreement is silent on that point, the law decides it so. It is otherwise with ordinary tenements, when the tenant pays a full, or what the law terms rack-rent; the landlord is then to insure, unless it is otherwise arranged by the agreement.

2706. It is important for lessee, and lessor, also, that the latter does not exceed his powers. A lease granted by a tenant for life before he is properly in possession, is void in law; for, although a court of equity, according to Lord St. Leonards, will, "by force of its own jurisdiction, support a bonâ fide lease, granted under a power which is merely erroneous in form or ceremonies," and the 12 & 13 Vict. c. 26, and 13 & 14 Vict. c. 19, compel a new lease to be granted with the necessary variations, while the lessor has no power to compel him to accept such a lease, except when the person in remainder is competent and willing to confirm the original lease without variations, yet all these difficulties involve both delay, costs, and anxieties.
2707. In husbandry leases, a covenant to cultivate the land in a husbandlike manner, and according to the custom of the district, is always implied; but it is more usual to prescribe the course of tillage which is to be pursued. In the case of houses for occupation, the tenant would have to keep the house in a tenantable state of repair during the term, and deliver it up in like condition. This is not the case with the tenant at will, or from year to year, where the landlord has to keep the house in tenantable repair, and the tenant is only liable for waste beyond reasonable wear and tear.

2708. INSURANCE.-- Every lease, or agreement for a lease, should covenant not only who is to pay insurance, but how the tenement is to be rebuilt in the event of a fire; for if the house were burnt down, and no provision made for insurance, the tenant, supposing there was the ordinary covenant to repair in the lease, would not only have to rebuild, but to pay rent while it was being rebuilt. More than this, supposing, under the same lease, the landlord had taken the precaution of insuring, he is not compelled to lay out the money recovered in rebuilding the premises. Sir John Leach lays it down, that "the tenant's situation could not be changed by a precaution, on the part of the landlord, with which he had nothing to do." This decision Lord Campbell confirmed in a more recent case, in which an action was brought against a lessee who was not bound to repair, and neither he nor the landlord bound to insure; admitting an equitable defence, the court affirmed Sir John Leach's decision, holding that the tenant was bound to pay the rent, and could not require the landlord to lay out the insurance money in rebuilding. This is opposed to the opinion of Lord St. Leonards, who admits, however, that the decision of the court must overrule his dictum. Such being the state of the law, it is very important that insurance should be provided for, and that the payment of rent should be made to depend upon rebuilding the house in the event of a fire. Care must be taken, however, that this is made a covenant of the lease, as well as in the agreement, otherwise the tenant must rebuild the house.

2709. The law declares that a tenant is not bound to repair damages by tempest, lightning, or other natural casualty, unless there is a special covenant to that effect in the lease; but if there is a general covenant to repair, the repair will fall upon the tenant. Lord Kenyon lays it down, in the case of a bridge destroyed by a flood, the tenant being under a general covenant to repair, that, "where a party, by his own contract, creates a duty or charge upon himself, he is bound to make it good, because he might have guarded against it in the contract." The same principle of law has been applied to a house destroyed by lightning. It is, therefore, important to have this settled in the insurance clause.

2710. Lord St. Leonards asserts that "his policies against fire are not so framed as to render the company legally liable." Generally the property is inaccurately described with reference to the conditions under which you insure. They are framed by companies who, probably, are not unwilling to have a legal defence against any claim, as they intend to pay what they deem just claim without taking advantage of any technical objection, and intending to make use of their defence only against what they believe to be a fraud, although they may not be able to prove it. "But," says his lordship, "do not rely upon the moral feelings of the directors. Ascertain that your house falls strictly within the conditions. Even having the surveyor of the company to look over your house before the insurance will not save you, unless your policy is correct." This is true; but probably his lordship's legal jealousy overshoots the mark.
here. Assurance companies only require an honest statement of the facts, and that no concealment is practised with their surveyor; and the case of his own, which he quotes, in which a glass door led into a conservatory, rendering it, according to the view of the company, "hazardous," and consequently voiding the policy, when a fire did occur, the company paid, rather than try the question; but even after the fire they demurred, when called upon, to make the description correct and indorse on the policy the fact that the drawing-room opened through a glass door into conservatories. One of two inferences is obvious here; either his lordship has overcoloured the statement, or the company could not be the respectable one represented. The practice with all reputable offices is to survey the premises before insurance, and to describe them as they appear; but no concealment of stoves, or other dangerous accessories or inflammable goods, should be practised. This certainly binds the office so long as no change takes place; but the addition of any stove, opening, or door through a party wall, the introduction of gunpowder, saltpetre, or other inflammable articles into the premises without notice, very properly "voids the policy." The usual course is to give notice of all alterations, and have them indorse on the policy, as additions to the description of the property: there is little fear, where this is honestly done, that any company would adopt the sharp practice hinted at in Lord St. Leonards' excellent handy book.

2711. BREAKS IN THE LEASE.-- Where a lease is for seven, fourteen, or twenty-one years, the option to determine it at the end of the first term is in the tenant, unless it is distinctly agreed that the option shall be mutual, according to Lord St. Leonards.

2712. NOXIOUS TRADES.-- A clause is usually introduced prohibiting the carrying on of any trade in some houses, and of noxious or particular trades in others. This clause should be jealously inspected, otherwise great annoyance may be produced. It has been held that a general clause of this description prohibited a tenant from keeping a school, for which he had taken it, although a lunatic asylum and public-house have been found admissible; the keeping an asylum not being deemed a trade, which is defined as "conducted by buying and selling." It is better to have the trades, or class of trades objected to, defined in the lease.

2713. FIXTURES.-- In houses held under lease, it has been the practice with landlords to lease the bare walls of the tenement only, leaving the lessee to put in the stoves, cupboards, and such other conveniences as he requires, at his own option. Those, except under particular circumstances, are the property of the lessee, and may either be sold to an incoming tenant, or removed at the end of his term. The articles which may not be removed are subject to considerable doubt, and are a fruitful source of dispute. Mr. Commissioner Fonblanque has defined as tenants' property all goods and chattels; 2ndly, all articles "slightly connected one with another, and with the freehold, but capable of being separated without materially injuring the freehold;" 3rdly, articles fixed to the freehold by nails and screws, bolts or pegs, are also tenants' goods and chattels; but when sunk in the soil, or built on it, they are integral parts of the freehold, and cannot be removed. Thus, a greenhouse or conservatory attached to the house by the tenant is not removable; but the furnace and hot-water pipes by which it is heated, may be removed or sold to the incoming tenant. A brick flue does not come under the same category, but remains. Window-blinds, grates, stoves, coffee-mills, and, in a general sense, everything he has placed which can be removed without injury to the freehold, he may remove, if they are separated from the tenement
during his term, and the place made good. It is not unusual to leave the fixtures in
their place, with an undertaking from the landlord that, when again let, the incoming
tenant shall pay for them, or permit their removal. In a recent case, however, a tenant
having held over beyond his term and not removed his fixtures, the landlord let the
premises to a new tenant, who entered into possession, and would not allow the
fixtures to be removed -- it was held by the courts, on trial, that he was justified. A
similar case occurred to the writer: he left his fixtures in the house, taking a letter
from the landlord, undertaking that the incoming tenant should pay for them by
valuation, or permit their removal. The house was let; the landlord died. His
executors, on being applied to, pleaded ignorance, as did the tenant, and on being
furnished with a copy of the letter, the executors told applicant that if he was
aggrieved, he knew his remedy; namely, an action at law. He thought the first loss the
least, and has not altered his opinion.

2714. TAXES.-- Land-tax, sewers-rate, and property-tax, are landlord's taxes; but by
30 Geo. II. c. 2, the occupier is required to pay all rates levied, and deduct from the
rent such taxes as belong to the landlord. Many landlords now insert a covenant,
stipulating that land-tax and sewers-rate are to be paid by the tenants, and not
deducted: this does not apply to the property-tax. All other taxes and rates are payable
by the occupier.

2715. WATER-RATE, of course, is paid by the tenant. The water-companies, as well
as gas-companies, have the power of cutting off the supply; and most of them have
also the right of distraining, in the same manner as landlords have for rent.

2716. NOTICE TO QUIT.-- In the case of leasing for a term, no notice is necessary;
the tenant quits, as a matter of course, at its termination; or if, by tacit consent, he
remains paying rent as heretofore, he becomes a tenant at sufferance, or from year to
year. Half a year's notice now becomes necessary, as we have already seen, to
terminate the tenancy; except in London, and the rent is under forty shillings, when a
quarter's notice is sufficient. Either of these notices may be given verbally, if it can be
proved that the notice was definite, and given at the right time. Form of notice is quite
immaterial, provided it is definite and clear in its purport.

2717. Tenancy for less than a year may be terminated according to the taking. Thus,
when taken for three months, a three months' notice is required; when monthly, a
month's notice; and when weekly, a week's notice; but weekly tenancy is changed to a
quarterly tenure if the rent is allowed to stand over for three months. When taken for a
definite time, as a month, a week, or a quarter, no notice is necessary on either side.

2718. DILAPIDATIONS.-- At the termination of a lease, supposing he has not done
so before, a landlord can, and usually does, send a surveyor to report upon the
condition of the tenement, and it becomes his duty to ferret out every defect. A
litigious landlord may drag the outgoing tenant into an expensive lawsuit, which he
has no power to prevent. He may even compel him to pay for repairing improvements
which he has effected in the tenement itself, if dilapidations exist. When the lessor
covenants to do all repairs, and fails to do so, the lessee may repair, and deduct the
cost from the rent.
2719. RECOVERY OF RENT.-- The remedies placed in the hands of landlords are very stringent. The day after rent falls due, he may proceed to recover it, by action at law, by distress on the premises, or by action of ejectment, if the rent is half a year in arrear. Distress is the remedy usually applied, the landlord being authorized to enter the premises, seize the goods and chattels of his tenant, and sell them, on the fifth day, to reimburse himself for all arrears of rent and the charges of the distress. There are a few exceptions; but, generally, all goods found on the premises may be seized. The exceptions are -- dogs, rabbits, poultry, fish, tools and implements of a man's trade actually in use, the books of a scholar, the axe of a carpenter, wearing apparel on the person, a horse at the plough, or a horse he may be riding, a watch in the pocket, loose money, deeds, writings, the cattle at a smithy forge, corn sent to a mill for grinding, cattle and goods of a guest at an inn; but, curiously enough, carriages and horses standing at livery at the same inn may be taken. Distress can only be levied in the daytime, and if made after the tender of arrears, it is illegal. If tender is made after the distress, but before it is impounded, the landlord must abandon the distress and bear the cost himself. Nothing of a perishable nature, which cannot be restored in the same condition -- as milk, fruit, and the like, must be taken.

2720. The law does not regard a day as consisting of portions. The popular notion that a notice to quit should be served before noon is an error. Although distraint is one of the remedies, it is seldom advisable in a landlord to resort to distracting for the recovery of rent. If a tenant cannot pay his rent, the sooner he leaves the premises the better. If he be a rogue and won't pay, he will probably know that nine out of ten distresses are illegal, through the carelessness, ignorance, or extortion of the brokers who execute them. Many, if not most, of the respectable brokers will not execute distresses, and the business falls into the hands of persons whom it is by no means desirable to employ.

2721. Powers to relieve landlords of premises, by giving them legal possession, are given by 19 & 20 Vict., cap. 108, to the county courts, in cases where the rent does not exceed £50 per annum, and under the circumstances hereinafter mentioned; i.e.:--

1. 1. Where the term has expired, or been determined by notice to quit.
2. 2. Where there is one half-year's rent in arrear, and the landlord shall have right by law to enter for the nonpayment thereof. As proof of this power is required, the importance of including such a power in the agreement for tenancy will be obvious.

In the county courts the amount of rent due may be claimed, as well as the possession of the premises, in one summons.

2722. When a tenant deserts premises, leaving one half-year's rent in arrear, possession may be recovered by means of the police-court. The rent must not exceed £20 per annum, and must be at least three-fourths of the value of the premises. In cases in which the tenant has not deserted the premises, and where notice to quit has been given and has expired, the landlord must give notice to the tenant of his intended application. The annual rent in this case, also, must not exceed £20.

2723. THE I. O. U.-- The law is not particular as to orthography; in fact, it distinctly refuses to recognize the existence of that delightful science. You may bring your
action against Mr. Jacob Phillips, under the fanciful denomination of Jaycobb Fillipse, if you like, and the law won't care, because the law goes by ear; and, although it insists upon having everything written, things written are only supposed in law to have any meaning when read, which is, after all, a common-sense rule enough. So, instead of "I owe you," persons of a cheerful disposition, so frequently found connected with debt, used to write facetiously I. O. U., and the law approved of their so doing. An I. O. U. is nothing more than a written admission of a debt, and may run thus:--

15th October, 1860.
To Mr. W. BROWN.

I. O. U. ten pounds for coals.
£10. JOHN JONES.

If to this you add the time of payment, as "payable in one month from this date," your I. O. U. is worthless and illegal; for it thus ceases to be a mere acknowledgment, and becomes a promissory note. Now a promissory note requires a stamp, which an I. O. U. does not. Many persons, nevertheless, stick penny stamps upon them, probably for ornamental effect, or to make them look serious and authoritative. If for the former purpose, the postage-stamp looks better than the receipt stamp upon blue paper. If you are W. Brown, and you didn't see the I. O. U. signed, and can't find anybody who knows Jones's autograph, and Jones won't pay, the I. O. U. will be of no use to you in the county court, except to make the judge laugh. He will, however, allow you to prove the consideration, and as, of course, you won't be prepared to do anything of the sort, he will, if you ask him politely, adjourn the hearing for a week, when you can produce the coalheavers who delivered the article, and thus gain a glorious victory.

2724. APPRENTICES.-- By the statute 5 Eliz. cap. 4, it is enacted that, in cases of ill-usage by masters towards apprentices, or of neglect of duty by apprentices, the complaining party may apply to a justice of the peace, who may make such order as equity may require. If, for want of conformity on the part of the master, this cannot be done, then the master may be bound to appear at the next sessions. Authority is given by the act to the justices in sessions to discharge the apprentice from his indentures. They are also empowered, on proof of misbehaviour of the apprentice, to order him to be corrected or imprisoned with hard labour.

2725. HUSBAND AND WIFE.-- Contrary to the vulgar opinion, second cousins, as well as first, may legally marry. When married, a husband is liable for his wife's debts contracted before marriage. A creditor desirous of suing for such a claim should proceed against both. It will, however, be sufficient if the husband be served with process, the names of both appearing therein, thus:-- John Jones and Ann his wife. A married woman, if sued alone, may plead her marriage, or, as it is called in law, coverture. The husband is liable for debts of his wife contracted for necessaries while living with him. If she voluntarily leaves his protection, this liability ceases. He is also liable for any debts contracted by her with his authority. If the husband have abjured the realm, or been transported by a sentence of law, the wife is liable during his absence, as if she were a single woman, for debts contracted by her.
2726. In civil cases, a wife may now give evidence on behalf of her husband in criminal cases she can neither be a witness for or against her husband. The case of assault by him upon her forms an exception to this rule.

2727. The law does not at this day admit the ancient principle of allowing moderate correction by a husband upon the person of his wife. Although this is said to have been ancienly limited to the use of "a stick not bigger than the thumb," this barbarity is now altogether exploded. He may, notwithstanding, as has been recently shown in the famous Agapemone case, keep her under restraint, to prevent her leaving him, provided this be effected without cruelty.

2728. By the Divorce and Matrimonial Causes Act, 1857, a wife deserted by her husband may apply to a magistrate, or to the petty sessions, for an order to protect her lawful earnings or property acquired by her after such desertion, from her husband and his creditors. In this case it is indispensable that such order shall, within ten days, be entered at the county court of the district within which she resides. It will be seen that the basis of an application for such an order is desertion. Consequently, where the parties have separated by common consent, such an order cannot be obtained, any previous cruelty or misconduct on the husband's part notwithstanding.

2729. When a husband allows his wife to invest money in her own name in a savings-bank, and he survives her, it is sometimes the rule of such establishments to compel him to take out administration in order to receive such money, although it is questionable whether such rule is legally justifiable. Widows and widowers pay no legacy-duty for property coming to them through their deceased partners.

2730. RECEIPTS for sums above £2 should now be given upon penny stamps. A bill of exchange may nevertheless be discharged by an indorsement stating that it has been paid, and this will not be liable to the stamp. A receipt is not, as commonly supposed, conclusive evidence as to a payment. It is only what the law terms primâ facie evidence; that is, good until contradicted or explained. Thus, if A sends wares or merchandise to B, with a receipt, as a hint that the transaction is intended to be for ready money, and B detain the receipt without paying the cash, A will be at liberty to prove the circumstances and to recover his claim. The evidence to rebut the receipt must, however, be clear and indubitable, as, after all, written evidence is of a stronger nature than oral testimony.

2731. BOOKS OF ACCOUNT.-- A tradesman's books of account cannot be received as evidence in his own behalf, unless the entries therein be proved to have been brought under the notice of, and admitted to be correct by the other party, as is commonly the case with the "pass-books" employed backwards and forwards between bakers, butchers, and the like domestic traders, and their customers. The defendant may, however, compel the tradesman to produce his books to show entries adverse to his own claim.

2732. WILLS.-- The last proof of affection which we can give to those left behind, is to leave their worldly affairs in such a state as to excite neither jealousy, nor anger, nor heartrendings of any kind, at least for the immediate future. This can only be done by a just, clear, and intelligible disposal of whatever there is to leave. Without being advocates for every man being his own lawyer, it is not to be denied that the most
elaborately prepared wills have been the most fruitful sources of litigation, and it has
even happened that learned judges left wills behind them which could not be carried
out. Except in cases where the property is in land or in leases of complicated tenure,
very elaborate details are unnecessary; and we counsel no man to use words in
making his will of which he does not perfectly understand the meaning and import.

2733. All men over twenty-one years of age, and of sound mind, and all unmarried
women of like age and sanity, may by will bequeath their property to whom they
please. Infants, that is, all persons under twenty-one years of age, and married women,
except where they have an estate to their "own separate use," are incapacitated,
without the concurrence of the husband; the law taking the disposal of any property
they die possessed of. A person born deaf and dumb cannot make a will, unless there
is evidence that he could read and comprehend its contents. A person convicted of
felony cannot make a will, unless subsequently pardoned; neither can persons
outlawed; but the wife of a felon transported for life may make a will, and act in all
respects as if she were unmarried. A suicide may bequeath real estate, but personal
property is forfeited to the crown.

2734. Except in the case of soldiers on actual service, and sailors at sea, every will
must be made in writing. It must be signed by the testator, or by some other person in
his presence, and at his request, and the signature must be made or acknowledged in
the presence of two or more witnesses, who are required to be present at the same
time, who declare by signing that the will was signed by the testator, or acknowledged
in their presence, and that they signed as witnesses in testator's presence.

2735. By the act of 1852 it was enacted that no will shall be valid unless signed at the
foot or end thereof by the testator, or by some person in his presence, and by his
direction; but a subsequent act proceeds to say that every will shall, as far only as
regards the position of the signature of the testator, or of the person signing for him,
be deemed valid if the signature shall be so placed at, or after, or following, or under,
or beside, or opposite to the end of the will, that it shall be apparent on the face of it
that the testator intended to give it effect by such signature. Under this clause, a will
of several sheets, all of which were duly signed, except the last one, has been refused
probate; while, on the other hand, a similar document has been admitted to probate
where the last sheet only, and none of the other sheets, was signed. In order to be
perfectly formal, however, each separate sheet should be numbered, signed, and
witnessed, and attested on the last sheet. This witnessing is an important act: the
witnesses must subscribe it in the presence of the testator and of each other; and by
their signature they testify to having witnessed the signature of the testator, he being
in sound mind at the time. Wills made under any kind of coercion, or even
importunity may become void, being contrary to the wishes of the testator. Fraud or
imposition also renders a will void, and where two wills made by the same person
happen to exist, neither of them dated, the maker of the wills is declared to have died
intestate.

2736. A will may always be revoked and annulled, but only by burning or entirely
destroying the writing, or by adding a codicil, or making a subsequent will duly
attested; but as the alteration of a will is only a revocation to the extent of the
alteration, if it is intended to revoke the original will entirely, such intention should be
declared,-- no merely verbal directions can revoke a written will; and the act of
running the pen through the signatures, or down the page, is not sufficient to cancel it, without a written declaration to that effect signed and witnessed.

2737. A will made before marriage is revoked thereby.

2738. A codicil is a supplement or addition to a will, either explaining or altering former dispositions; it may be written on the same or separate paper, and is to be witnessed and attested in the same manner as the original document.

2739. WITNESSES.-- Any persons are qualified to witness a will who can write their names; but such witness cannot be benefitted by the will. If a legacy is granted to the persons witnessing, it is void. The same rule applies to the husband or wife of a witness; a bequest made to either of these is void.

2740. FORM OF WILLS.-- Form is unimportant, provided the testator's intention is clear. It should commence with his designation; that is, his name and surname, place of abode, profession, or occupation. The legatees should also be clearly described. In leaving a legacy to a married woman, if no trustees are appointed over it, and no specific directions given, "that it is for her sole and separate use, free from the control, debts, and incumbrances of her husband," the husband will be entitled to the legacy. In the same manner a legacy to an unmarried woman will vest in her husband after marriage, unless a settlement of it is made on her before marriage.

2741. In sudden emergencies a form may be useful, and the following has been considered a good one for a death-bed will, where the assistance of a solicitor could not be obtained; indeed, few solicitors can prepare a will on the spur of the moment: they require time and legal forms, which are by no means necessary, before they can act.

I, A.B., of No. 10, -- -- , Street, in the city of -- -- [gentleman, builder, or grocer, as the case may be,] being of sound mind, thus publish and declare my last will and testament. Revoking and annulling all former dispositions of my property, I give and bequeath as follows:-- to my son J.B., of -- -- , I give and bequeath the sum of -- -; to my daughter M., the wife of J., of -- -- , I give and bequeath the sum of -- -- [if intended for her own use, add "to her sole and separate use, free from the control, debts, and incumbrances of her husband"], both in addition to any sum or sums of money or other property they have before had from me. All the remaining property I die possessed of I leave to my dear wife M. B., for her sole and separate use during her natural life, together with my house and furniture, situate at No. 10, -- -- Street, aforesaid. At her death, I desire that the said house shall be sold, with all the goods and chattels therein [or, I give and bequeath the said house, with all the goods and chattels therein, to -- -- ], and the money realized from the sale, together with that in which my said wife had a life-interest, I give and bequeath in equal moieties to my son and daughter before named. I appoint my dear friend T.S., of -- -- , and T.B., of -- -- , together with my wife M.B., as executors to this my last will and testament.
Signed by A.B., this 10th day of October, 1861, in our presence, both being present together, and both having signed as witnesses, in the presence of the testator:-- A.B.


It is to be observed that the signature of the testator after this attestation has been signed by the witnesses, is not a compliance with the act; he must sign first.

2742. STAMP-DUTIES.-- In the case of persons dying intestate, when their effects are administered to by their family, the stamp-duty is half as much more as it would have been under a will. Freehold and copyhold estates are now subject to a special impost on passing, by the Stamp Act of 1857.

2743. The legacy-duty only commences when it amounts to £20 and upwards; and where it is not directed otherwise, the duty is deducted from the legacy.

2744. You cannot compound for past absence of charity by bequeathing land or tenements, or money to purchase such, to any charitable use, by your last will and testament; but you may devise them to the British Museum, to either of the two universities of Oxford and Cambridge, to Eton, Winchester, and Westminster; and you may, if so inclined, leave it for the augmentation of Queen Anne's bounty. You may, however, order your executors to sell land and hand over the money received to any charitable institution.

2745. In making provision for a wife, state whether it is in lieu of, or in addition to, dower.

2746. If you have advanced money to any child, and taken an acknowledgment for it, or entered it in any book of account, you should declare whether any legacy left by will is in addition to such advance, or whether it is to be deducted from the legacy.

2747. A legacy left by will to any one would be cancelled by your leaving another legacy by a codicil to the same person, unless it is stated to be in addition to the former bequest.

2748. Your entire estate is chargeable with your debts, except where the real estate is settled. Let it be distinctly stated out of which property, the real or personal, they are paid, where it consists of both.

2749. Whatever is devised, let the intention be clearly expressed, and without any condition, if you intend it to take effect.

2750. Attestation is not necessary to a will, as the act of witnessing is all the law requires, and the will itself declares the testator to be of sound mind in his own estimation; but, wherever there are erasures or interlineations, one becomes necessary. No particular form is prescribed; but it should state that the testator either signed it himself, or that another signed it by his request, or that he acknowledged the signature to be his in their presence, both being present together, and signed as witnesses in his presence. When there are erasures, the attestation must declare that -- The words
interlined in the third line of page 4, and the erasure in the fifth line of page 6, having been first made. These are the acts necessary to make a properly executed will; and, being simple in themselves and easily performed, they should be strictly complied with, and always attested.

2751. A witness may, on being requested, sign for testator; and he may also sign for his fellow-witness, supposing he can only make his mark, declaring that he does so; but a husband cannot sign for his wife, either as testator or witness, nor can a wife for her husband.

THE END