

This book contains 300 Illustrations.

110  
1881

# THE CENTURY ~ ~ COOK BOOK



AND  
FAMILY MEDICAL  
ADVISER:



# The Century Cook Book

A COLLECTION OF CAREFULLY TESTED HOUSEHOLD RECIPES

BY

JENNIE A. HANSEY

COMPRISING AN ENTIRELY ORIGINAL AND THOROUGHLY PRACTICAL

## MEDICAL FAMILY ADVISER

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*With 301 Illustrations*

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### THE IDEAL HOUSEWIFE

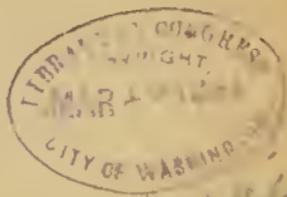
1. "Strength and honor are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."—  
PROVERBS xxxi. 25-28.

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CHICAGO

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## PREFACE

In preparing this book for the public our object has been to fill a long-felt want, namely a book to which perplexed and inexperienced housekeepers can go and be sure that they will find therein something to tide them over the emergencies that occur in every household. In compiling the recipes for cooking we have aimed at simplicity and practicability, avoiding, as far as possible, all foreign and ambiguous terms; claiming that, as a rule, American names are good and explicit enough for American cooking.

A medical department forms an important feature of this work and is designed to help those who, either from necessity or from choice, do not wish to consult a physician every time that nature requires a little assistance to reassert its rights. This part of the work has been prepared, with great care, by an eminent physician of long experience and who thoroughly understands the human system and its needs.

Trusting that **THE CENTURY COOK BOOK** may prove an "ever present help" we send it forth on, we hope, its widespread mission.

THE PUBLISHERS.

# GOLDEN RULES FOR THE KITCHEN

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Without *cleanliness* and *punctuality* good Cooking is *impossible*.

Leave nothing *dirty*; *clean and clear as you go*.

A time for everything, and *everything in time*.

A good Cook *wastes nothing*.

An hour *lost in the morning* has to be run after *all day*.

Haste *without hurry* saves worry, fuss and flurry.

Stew *boiled* is Stew *spoiled*.

*Strong* fire for *Roasting*; *clear* fire for *Broiling*.

Wash Vegetables in *three* waters.

Boil fish *quickly*, meat *slowly*.

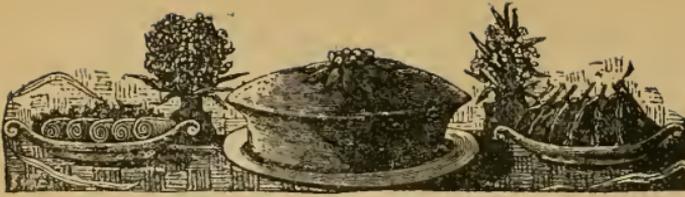
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## : : GARNISHING : :

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There is a congruity in the serving and garnishing of dishes that is often lost sight of. To be very neat, very simple, and good of the kind, is generally all that is wanted in a moderate household. There never can be any excuse for untidy serving, or food set awry, and grease in the wrong place, sauce spilt over the edges of the dish, or dirt. Such things look worse on an elaborate dinner than a plain one, just as a soiled collar and dirty hands look worst of all with a smart dress and gold bracelets.

One word more: Never attempt to serve a dinner beyond your powers.



## VEAL.

**Roast Veal.** A loin of veal roasted makes a splendid dinner dish. Roast in a pan with some sliced vegetables, put a piece of bread in the pan, and it will cook to pieces and thicken the gravy; small pared potatoes



Filet of Veal.

baked with the meat in the same pan make a good vegetable to serve with veal; both should be basted every few minutes.

**Fricassee of Veal.** The breast or shoulder of veal cut into pieces are the best for fricassee. Wash the veal and put on in cold water, let it come to a boil, take out the meat, wash again and put in fresh water once more, and let stew until done; mix a cupful of flour with half a cup of butter, dissolve this in the pan of veal, season with salt and pepper, and serve.

**Breast of Veal Stuffed.** Obtain a breast of veal, boned and opened; fill your breast loosely with a good bread stuffing, sew up the open end and braise in a pan with vegetables; as for roasting only keep your pan covered; cook



Breast of Veal.

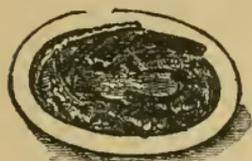
well done and make sauce in pan as for roast beef.

**Veal Loaf.** Take three or four pounds of cold roast or boiled veal, that off the leg or loin is best; chop fine and mix in six rolled crackers, two eggs, a lump of butter the

size of an egg, season with salt and pepper; mix all well together, and shape into a loaf covering the outside with cracker dust. Bake forty-five minutes. To be eaten cold.

**Veal Cutlet Broiled.** Season the cutlet with salt and pepper, put in a double wire broiler and cook over a quick fire; baste several times with a little melted butter, and serve hot.

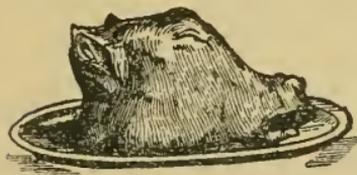
**Veal Cutlet Fried.** Season the cutlet with salt and pepper, and let stand a few minutes before frying; then dip in beaten egg and then in cracker dust; fry in hot butter or pork fat; cook slowly until well done. Serve with tomato sauce.



Veal Cutlet.

**Veal Curry.** Cut two pounds of lean veal in pieces, put in a pan with a piece of butter, size of an egg, and let it fry to a nice brown; then mix in a large tablespoonful of flour, a teaspoonful of curry powder, salt and pepper; when all are well mixed, add a pint of hot water, and let it boil about twenty minutes, skimming off all fat. Rice croquettes are nice served with this dish.

**Boiled Calf's Head.** Procure one calf's head, without the skin, water, a little salt, 4 tablespoonfuls of melted butter, 1 tablespoonful of minced parsley, pepper and salt to taste, 1 tablespoonful of lemon juice.



Calf's Head,

After the head has been thoroughly cleaned, and the brains removed, soak it in water to blanch it. Lay the brains also in warm water to soak, and let them remain for about an hour. Put the head into a stewpan with sufficient cold water to cover it, and when it boils, add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with

them melted butter, minced parsley, pepper, salt and lemon juice in the above proportion. Take up the head, skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder send to table in a tureen. Bacon, ham, pickled pork, or a pig's cheek are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs, and mixed with a little French white sauce.

**Calf's Liver Sausages.** Use  $\frac{3}{4}$  lb. of fat bacon, 1 lb. of calf's liver,  $\frac{1}{2}$  lb. of bread crumbs, 3 eggs, 1 bay leaf,  $\frac{1}{4}$  teaspoonful of thyme,  $\frac{1}{4}$  teaspoonful of grated lemon peel,  $\frac{1}{4}$  teaspoonful of nutmeg, 1 teaspoonful of salt, 1 teaspoonful of parsley,  $\frac{1}{4}$  teaspoonful of pepper. Mince the bacon and liver



The Lemon Thyme.

finely, then add the remaining ingredients and incorporate thoroughly. Beat the eggs thoroughly, then moisten the mixture with them and encase it in the skins; fry them with a little butter or lard in the pan, of a nice rich brown, pricking the skins with a fork to prevent their bursting. Serve on toast or with mashed potatoes.

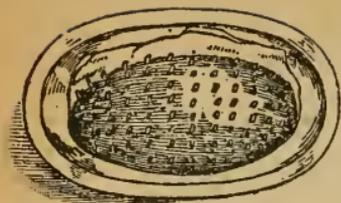
**Broiled Kidneys.** Split veal kidneys lengthwise, removing all fat, and broil over a clear fire for twelve or fifteen minutes; baste with butter while broiling, season with salt, pepper, butter and a little chopped parsley. Serve hot.

**Stewed Kidneys.** Take beef kidney, remove all fat, and wash clean; put in a stew pan, cover with cold water and boil for one hour. Put half a cupful of butter in a frying pan with a small onion minced fine; when frying put in the kidneys, turning them over until they are a nice brown; then add a tablespoonful of flour, stir in thoroughly, and add enough of the hot stock to make a thick sauce, add half a can of mushrooms, season with salt, pepper, a tablespoonful

of Worcestershire sauce and a glass of sherry. Serve on toast.

**Veal and Ham Pie.** You need 2 lbs. of cutlets,  $\frac{1}{2}$  lb. of boiled ham, 2 tablespoonfuls of minced savory herbs,  $\frac{1}{4}$  teaspoonful of grated nutmeg, 2 blades of pounded mace, pepper and salt to taste, a strip of lemon peel finely minced, the yolks of 2 hard boiled eggs,  $\frac{1}{2}$  pint of water, nearly  $\frac{1}{2}$  pint of good strong gravy, puff-crust. Cut the veal into nice square pieces, and put a layer of them at the bottom of a pie dish; sprinkle over these a portion of the herbs, spices, seasoning, lemon peel, and the yolks of the eggs cut in slices; cut the ham very thin, and put a layer of this in. Proceed in this manner until the dish is full, so arranging it that the ham comes at the top. Lay a puff-paste on the edge of the dish, and pour in about half a pint of water; cover with crust, ornament it with leaves, brush it over with the yolk of an egg, and bake in a well-heated oven for 1 to  $1\frac{1}{2}$  hour, or longer, should the pie be very large. When it is taken out of the oven, pour in at the top through a funnel nearly half a pint of strong gravy; this should be made sufficiently good that, when cold, it may cut in a firm jelly. This pie may be very much enriched by adding a few mushrooms, oysters, or sweet-breads; but it will be found very good without any of the last-named additions.

**Fricandean of Veal.** You need a piece of the fat side of a leg of veal (about 3 lbs.), lardoons (strips of bacon cut for larding), 2 carrots, 2 large onions, 1 faggot of savory herbs, 2 blades of pounded mace, 6 whole allspice, 2 bay-leaves, pepper to taste, a few slices of fat bacon, 1 pint of stock. The veal for a fricandean should be of the best quality, or it will not be good. It may be known by the meat being white and not thready. Take off the skin, flatten the veal on the table, then, at one stroke of the knife, cut off as much as is required, for a fricandean with an uneven



Fricandeau of Veal.

surface never looks well. Trim it, and with a sharp knife make two or three slits in the middle, that it may taste more of the seasoning. Now lard it thickly with fat bacon, as lean gives a red color to the fricandeau. Slice the vegetables and put these, with the herbs and spices, in the *middle* of a stewpan, with a few slices of bacon at the top; these should form a sort of mound in the centre for the veal to rest upon. Lay the fricandeau over the bacon, etc., without touching the veal. Let it gradually come to a boil; then put it over a slow and equal fire, and let it *simmer very gently* for about  $2\frac{1}{2}$  hours, or longer should it be very large. Baste it frequently with the liquor, and a short time before serving, put it into a brisk oven, to make the bacon firm, which otherwise would break when it was glazed. Dish the fricandeau, keep it hot, skim off the fat from the liquor, and reduce it quickly to a glaze, with which glaze the fricandeau, and serve with a puree of whatever vegetable happens to be in season—spinach, sorrel, asparagus, cucumbers, peas, etc.

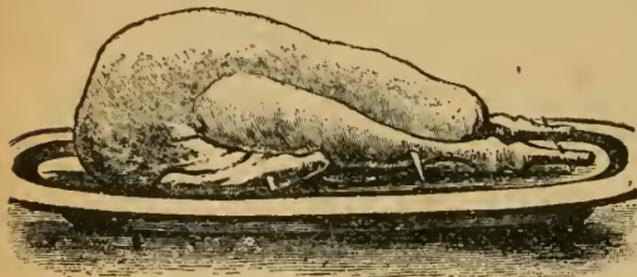


The Basil.



## POULTRY AND GAME

**Turkey Stuffed with Oysters.** Select a nice plump turkey, draw and wash thoroughly. Prepare stuffing in the following manner: Take a pint of oysters, put in a pan and stew in their own liquor, drain off the liquor and cut the



Turkey Ready for Cooking.

oysters into bits, add half a cup of butter, a shredded onion and a spoonful of powdered thyme; let all simmer together; moisten

three pints of stale bread crumbs with the oyster liquor, add the oysters and onion, break in three eggs, season with salt and pepper, and mix all thoroughly together; if the stuffing is too dry, add some milk; if otherwise, add more bread crumbs; stuff the turkey, sew up the openings, take some butter in the hand and rub over the outside, dredge with salt, pepper and flour, put in a pan with a pint of water, place in the oven and wash. No time can be given, as so much depends upon the age, size and condition of the fowl. A large turkey a year old will take as much, as three and a half, four, or even five hours of slow roasting; while a younger and smaller one may not require more than half that time. Baste every ten or fifteen minutes.

**Stuffed Turkey, Giblet Sauce.** Stuff a turkey with the following dressing: Take stale bread and cut in pieces,

rub fine with your hands the soft part; what you cannot rub fine put in a pan and pour boiling water over it, just enough to soften, not soak, cover closely until steamed, put with the



The Sage.

crumbs, mix thoroughly with plenty of butter, pepper and salt, and a little sage or chopped onion to suit taste. While the turkey is roasting boil the gizzard of the turkey well done, put the liver and heart in hot water for a few minutes, then fry brown in a little butter; when this is done chop all together very fine, and set aside for use.

When the turkey is done, put on a platter and set in a warm place, skim all the fat off the gravy in which the turkey was roasted, add the chopped giblets, thicken with a little chopped parsley just before serving.

### Turkey Stuffed with Chestnuts.



Chestnut.

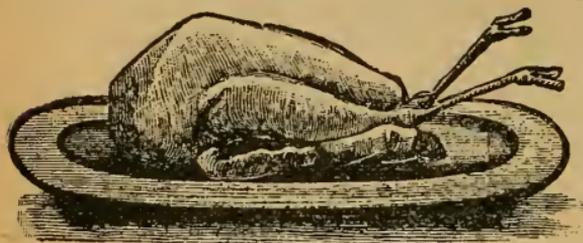
Put three dozen chestnuts in a pan, and bake in the oven; as the skin begins to crack take them out, skin and chop fine; put in a frying pan with a piece of butter, half an onion cut fine, and fry to a nice brown; put in a glass of port

wine; mix enough soaked bread with the chestnuts to make the amount of stiffening wanted; season with salt, add pepper, a little thyme; mix in four eggs and stuff the turkey. Roast as above.

**Chicken Fricassee.** Cut nice fat chicken into joints, wash, and put in a pot, cover with cold water and let come to a boil; skim carefully as long as any scum rises; boil until well done, season with salt and pepper; cook two-thirds of a cup of flour in half a cup of butter, stir this into the chicken stock, leaving in the chicken, stir carefully to avoid breaking the chicken, toast slices of bread, cut in squares,

put on a platter, pour the chicken, sauce and all, over it and serve.

**Roast Chicken.** Chicken can be prepared for roasting



Roast Chicken.

the same as turkey and any stuffings or dressings that are nice for turkey will also answer for chicken.

**Smothered Chicken.** Cut a young chicken into joints, wash, and put in a frying pan, with half a cup of butter and the same measure of water; season with salt and cover closely; let cook until the water boils dry, let the chicken fry brown on both sides, take out and lay on a platter, put a tablespoonful of flour in the frying pan, cook till slightly brown, then add to it a cupful of milk or water, stir smooth. This will make a delicious brown gravy, pour over the chicken, set in the oven for a moment and serve.

**Broiled Chicken.** Only young chickens are suitable for broiling. Draw the chicken and split it down the back, wash clean, lay it on the board and break down the breast bone by pressing with the rolling pin, put on a double wire broiler, season with salt and broil over a clear fire, presenting the inside to the fire first. Baste with melted butter while broiling, and serve as soon as done.

**Chicken Pie.** Cut up two chickens and boil, putting on just enough water to cover them, and season with salt and pepper, skim carefully; when tender, rub two tablespoonfuls of flour in half a cup of butter and add this to the stew. Line an earthen pan with a rich crust, put in the chicken, gravy and all, cover with crust, pinching down the sides, cut an opening in the center for the steam to escape, and bake one hour.

**Chicken Pot Pie.** Prepare chicken as for pie, but have more gravy, put in the crust (see directions for making) and boil twenty minutes; when done place the chicken in the middle of a platter, place the crust around it, pour some of the gravy over all, and serve the rest in a gravy boat.

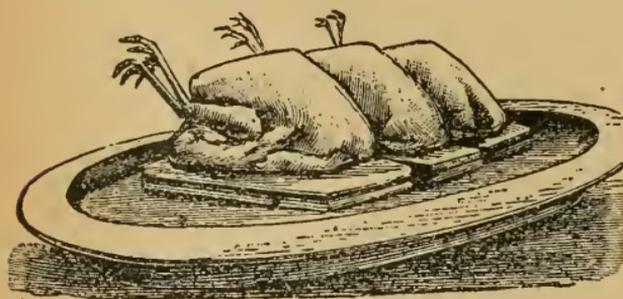
**Pressed Chicken.** Boil nice plump chickens until tender; take off the skin, and pick the meat off the bones; pick the meat up fine (do not chop) season with salt and pepper, and add a head of celery, cut fine; mix all well together. Boil the liquor in which the chicken was cooked down to less than a quart, add a lump of butter the size of an egg, half a box of gelatine, salt and pepper to taste; pour over the chicken, mix all together, put in an earthen dish, cover with a plate, put a weight on top and set away. When cold, cut in slices, and garnish with parsley.

**Boiled Fowl and Rice.** Take 1 fowl, mutton broth, 2 onions, 2 small blades of pounded mace, pepper and salt to taste,  $\frac{1}{4}$  pint of rice, parsley and butter. Truss the fowl as for boiling, and put it into a stewpan with sufficient clear, well-skimmed mutton broth to cover it; add the onion, mace, and a seasoning of pepper and salt; stew very gently for about one hour, should the fowl be large, and about half an hour before it is ready put in the rice, which should be well washed and soaked. When the latter is tender, strain it from the liquor, and put it on a sieve reversed to dry before the fire, and in the meantime, keep the fowl hot. Dish it, put the rice round as a border, pour a little parsley and butter over the fowl, and the remainder send to table in a tureen.

**Chicken Patties.** Needed: The remains of cold roast chicken or fowl; to every  $\frac{1}{4}$  lb. of meat allow 2 oz. of ham, 3 tablespoonfuls of cream, 2 tablespoonfuls of veal gravy,  $\frac{1}{2}$  teaspoonful of minced lemon peel, cayenne, salt and pepper to taste, 1 tablespoonful of lemon juice, 1 oz. of

butter rolled in flour; puff paste. Mince very small the white meat from a cold roast fowl, after removing all the skin; weigh it, and to every quarter of a pound of meat allow the above proportion of minced ham. Put these into a stewpan with the remaining ingredients, stir over the fire for 10 minutes or a quarter of an hour, taking care that the mixture does not burn. Roll out some puff paste about a quarter of an inch in thickness; line the patty pans with this, put upon each a small piece of bread, and cover with another layer of paste; brush over with the yolk of an egg, and bake in a brisk oven for about a quarter of an hour. When done, cut a round piece out of the top, and with a small spoon, take out the bread (be particular in not breaking the outside border of the crust), and fill the patties with the mixture.

**Roast Pigeons.** Clean and stuff the birds, and pack in



Pigeons on Toast.

rows in a dripping pan, dredge with salt and pepper, and a little flour, spread over then with a knife half a teacup of butter, and pour in the

pan a teacupful of water, put in a brisk oven and baste often. No definite time can be given for roasting. Young plump birds will roast in from one-half to three-quarters of an hour.

NOTE.—Pigeons, to be good, should be eaten fresh (if kept a little, the flavor goes off), and they should be drawn as soon as killed. Cut off the heads and necks, truss the wings over the back, and cut off the toes at the first joint; previous to trussing, they should be carefully cleaned, as no bird requires so much washing.

**Quail on Toast.** Pick and clean the quail, split down the back, season with salt and pepper and baste with melted

butter while broiling over a clear fire; it takes from twelve to eighteen minutes to broil quail. Have ready as many slices of nicely buttered toast as you have birds, place a bird on each slice and serve at once.

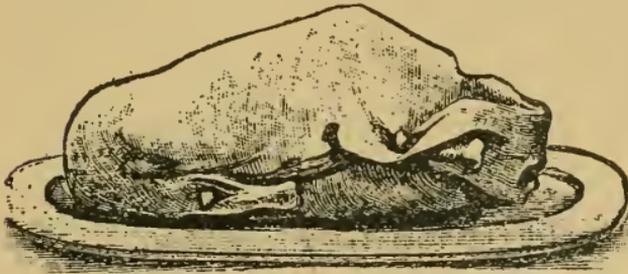
**Quail on Toast No. 2.** Clean, singe, and draw the quail; wash well, and put inside the bird three oysters and a lump of butter the size of a small hickory nut, put in a dripping pan and



Quail on Toast.

sprinkle with salt and pepper, and spread a little butter on each one, put in a hot oven and roast for ten or twelve minutes. Toast as many slices of bread as you have quails, and slip a slice under each one, baste with butter and the gravy formed by the roasting birds, put back in the oven and roast five minutes longer, and serve hot. If the toast is liable to break up, use a tin shovel in removing the quail from the dripping pan to the platter. This is a most delicious way to cook small birds of any kind.

**Roast Goose.** Parboil the goose in salt and water for half an hour, fill with stuffing, and roast as you would chicken.



Goose Ready for Cooking.

**Roast Duck.**

Roast duck as directed for chicken. A nice

stuffing for duck is made of mashed potatoes, seasoned with salt, a lump of butter, and a chopped onion.

**Stewed Duck and Peas.** You need the remains of cold roast duck, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 tablespoonful of flour, 2 pints of thin gravy, a small bunch of green onions, 3 sprigs of parsley, 3 cloves, 1 pint of young green peas, cayenne and salt to taste, 1 teaspoonful

of pounded sugar. Put the butter into a stewpan; cut up the duck into joints, lay them in with the slices of lean ham or bacon; make it brown, then dredge in a tablespoonful of flour, and stir this well in before adding the gravy. Put in the onion, parsley, cloves and gravy, and when it has simmered for a quarter of an hour, add a pint of young green peas, and stew gently for about half an hour. Season with cayenne, salt and sugar; take out the duck, place it round the dish, and the peas in the middle.



Garlic.

**Fowl a La Marengo.** You need 1 large fowl, 4 tablespoonfuls of salad oil, 1 tablespoonful of flour, 1 pint of regular stock, or water, about 20 mushroom-buttons, salt and pepper to taste, 1 teaspoonful of powdered sugar, a very small piece of garlic. Cut the fowl into 8 or 10 pieces; put them with the oil into the stewpan, and brown them over a moderate fire; dredge in the above proportion of flour; when that is browned, pour in the stock or water; let it simmer very slowly for rather more than half an hour, and skim off the fat as it rises to the top; add the mushrooms; season with salt, pepper, garlic and sugar; take out the fowl, which arrange pyramidically on the dish, with the inferior joints at the bottom. Reduce the sauce by boiling it quickly over the fire, keeping it stirred until sufficiently thick to adhere to the back of a spoon; pour over the fowl, and serve.

**Curried Chicken.** You need the remains of cold roast fowls, 2 large onions, 1 apple, 2 oz. of butter, 1 dessert spoonful of curry powder, 1 teaspoonful of flour,  $\frac{1}{2}$  pint of gravy, 1 tablespoonful of lemon juice. Slice the onions, peel, core and chop the apple, and cut the fowl into neat joints; fry these in the butter, of a nice brown; then add the curry powder, flour and gravy, and stew for about 20

minutes. Put in the lemon juice and serve with boiled rice, either placed in a ridge round the dish or separately; 2 or 3 shalots, or a little garlic may be added, if approved.

**Roast Partridge.** When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few minutes before serving, flour and froth it well. Dish it, and serve with



Roast Partridge.

gravy and bread sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.

**Roast Rabbit.** Dress and clean the rabbit thoroughly, and soak in salt and water. Put in a dripping pan and dredge with salt, pepper and a little flour. Cut salt pork in thin strips and fasten on the rabbit with toothpicks, spread some butter over all, put a little water in the pan and roast in the oven until done, basting often. You can make a stuffing as for chicken, fill the rabbit, and then roast as above, if you choose.

**Fried Rabbit.** Dress and clean the rabbit and cut up in pieces suitable to serve, let it stand in salt and water until white, put in a kettle and boil until tender, take out of the liquor and let it stand until it stops steaming. Have the frying pan half full of hot drippings or lard, dip the rabbit in beaten egg, then in cracker dust and fry in the hot fat; serve at once.



Rabbits.

**Stewed Rabbit.** Take 1 rabbit, 2 large onions, 6 cloves, 1 small teaspoonful of chopped lemon peel, a few forcemeat balls, thickening of butter and flour, 1 large tablespoonful of mushroom ketchup. Cut the rabbit into small joints; put them into a stewpan, add the onions sliced, the cloves, and minced lemon peel. Pour in sufficient water

to cover the meat, and when the rabbit is nearly done, drop in a few forcemeat balls, to which the liver has been added, finely chopped. Thicken the gravy with flour and butter, put in the ketchup, give one boil, and serve.

**Roast Venison.** Either the saddle or leg are fine for roasting. Have your market man lard the venison for you, then put in the dripping pan with half a pint of water and



Roast Venison.

good sized lump of butter; dredge with salt and pepper and roast in a hot oven from two to three hours, basting every ten or fifteen minutes.

**Broiled Venison.** Put the venison steaks in the double wire broiler and broil over a clear fire. When done place on a hot platter, season with salt and pepper and pour over it some hot butter, turn it over and put on more of the butter, and serve at once.

**Jugged Hare.** Need 1 hare, 1½ lb. of gravy beef, ½ lb. of butter, 1 onion, 1 lemon, 6 cloves, pepper, cayenne, and salt to taste, ½ pint of port, good turkey stuffing. Skin, paunch and wash the hare, cut it into pieces, dredge them with flour, and fry in boiling butter. Have ready 1½ pint of gravy, made from the above proportion of beef, and thickened with a little flour. Put this into a jar; add the pieces of fried hare, an onion stuck with six cloves, a lemon peeled and cut in half, and a good seasoning of pepper, cayenne and salt; cover the jar down tightly, put it up to the neck in a stewpan of boiling water, and let it stew until the hare is quite tender. When nearly done, pour in the wine, and add a few stuffing balls; these must be fried or baked in the oven for a few minutes before they are put to the gravy. Serve with red currant jelly.

**Larded Grouse.** Clean and wash the grouse. Lard the breast and legs. Put a small skewer into the legs and through the tail. Tie firmly with twine. Dredge with salt, and rub the breast with soft butter; then dredge thickly with flour. Put into a quick oven. If it be very rare, cook twenty minutes; if wished better done, thirty minutes. The former time, as a general thing, suits gentlemen better, but thirty minutes is preferred by ladies. If the birds are cooked in a tin kitchen, it should be for thirty or thirty-five minutes. When done, place on a hot dish on which has been spread bread sauce. Sprinkle fried crumbs over both grouse and sauce. Garnish with parsley. The grouse, may, instead, be served on a hot dish, with the parsley garnish, and the sauce and crumbs served in separate dishes. The first method is the better, however, as you get in the sauce all the gravy that comes from the birds.

**Grand Pacific Game Pie.** Take about two dozen of woodcock, quail, snipe, or other small birds. Split each one in half and put them into a saucepan containing about a gallon of cold water, although beef broth or soup stock would be preferable. See that the fire is hot, and when the boiling point has been reached, carefully skim off all the scum from the surface, and put in for seasoning a little pepper and salt with mace, ground cloves and one bay leaf, adding half a pound slice of salt pork cut into squares, two small carrots and one onion. Boil until tender, being careful that there is enough broth to cover the game. Into another saucepan put four ounces of butter and two tablespoonfuls browned flour, mixing well and stirring into it a part of the broth or gravy so as to make a thin sauce. Strain off what broth remains in the first saucepan, removing therefrom the vegetables and spices to go with the sauce. Slice, and cut into dice shape, potatoes equal in quantity to the meat, and put in a deep baking dish; put on the top crust of

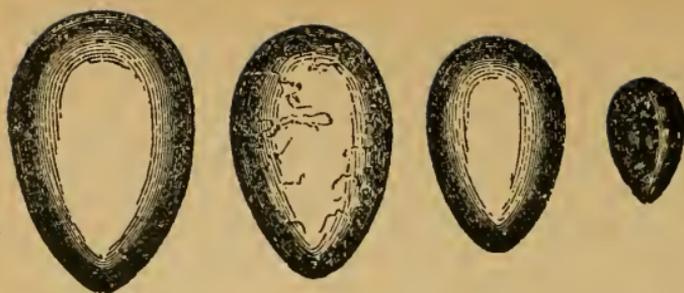
dough and bake in an oven that is not too hot. If a separate pie is desired for each person the baking may be done in small vegetable dishes.

**Pigeon Pie.** Clean and truss three or four pigeons, rub the outside with a mixture of pepper and salt; rub the inside with a bit of butter, and fill it with a bread-and-butter stuffing, or mashed potatoes; sew up the slit, butter the sides of a tin basin or pudding-dish, and line (the sides only) with pie paste, rolled to quarter of an inch thickness, lay the birds in; for three large tame pigeons, cut quarter of a pound of sweet butter and put it over them, strew over a large teaspoonful of salt and a small teaspoonful of pepper, with a bunch of finely-cut parsley, if liked; dredge a large teaspoonful of wheat flour; put in water to nearly fill the pie; lay skewers across the top, cover with a puff paste crust; cut a slit in the middle, ornament the edge with leaves, braids, or shells of paste, and put in a moderately hot or quick oven for one hour; when nearly done, brush the top with the yolk of an egg beaten with a little milk, and finish. The pigeons for this pie may be cut in two or more pieces, if preferred.

Any small birds may be done in this manner.

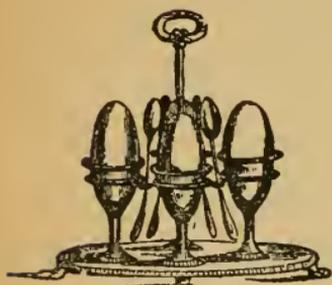
**A Brine for Beef, Bacon, Ham and Venison.** For each one hundred pounds of meat, use six pounds of salt, six pounds of sugar, and four ounces of saltpeter. Dissolve all in enough water to cover the meat. Sprinkle a little salt over the bottom of the cask before packing the meat. Be sure the brine covers the meat for six weeks. Smoke the ham and bacon, and if kept in hot weather sew in sacks and whitewash.





## EGGS

**Boiled Eggs.** Have a sauce pan of boiling water; drop the eggs in carefully. To have the eggs soft, boil three minutes; medium, five minutes; hard, fifteen or twenty minutes.



Boiled Eggs.

**Hard Boiled Eggs.** After boiling fifteen or twenty minutes, take out and put in cold water for a few moments. This will cause the

shells to come off readily. They may be sent to the table in the shell, or served with a hot sauce. They are very nice cut in halves and served with a mayonnaise dressing.

**Fried Eggs.** Having enough fat in a frying-pan to nearly cover the eggs when frying, break each egg separately in a saucer, then slip into the hot fat. Do not turn the eggs over, but cook the top by



Fried Eggs.

basting the hot fat over the eggs. A good plan is to put muffin rings in the frying-pan and drop the eggs in, for this gives the eggs a nice shape. The rings can be lifted out with a fork as soon as the white is partly cooked.

**Deviled Eggs.** Boil a dozen eggs for twenty minutes; put in cold water and take off the shell. With a sharp knife cut in halves lengthwise, take out the yolks carefully, put in

a bowl and rub fine; season with pepper, salt, a little cayenne, a tablespoonful of prepared mustard, and three tablespoonsful of melted butter, mix all thoroughly together and fill the eggs with the mixture. Put the halves together and tie with thread or skewer together with short toothpicks; this is for ordinary use. For picnics, or cold spreads, a pleasing effect is produced by tying them with narrow colored ribbon, or gilt cord. If it is desirable to serve them hot, prepare as above, dip in beaten egg, roll in cracker dust, and fry in hot lard.

**Eggs on a Plate.** Put a lump of butter the size of an egg in a deep earthen plate, put in the oven, and when the butter is melted and the plate hot, break in half a dozen eggs, season with salt and pepper, and put back in the oven until the whites are set. Serve on the plate on which they are cooked.

**Poached Eggs.**



Poached Eggs.

Have enough boiling hot water in a pan to cover the eggs, but do not let it boil while putting in the eggs, as it will render the whites ragged and broken; break each egg separately, and slip carefully into the water, and when the whites are beginning to set, bring to a boil and begin to dip off the water until the tops are bare; boil until the whites are firm, take up carefully, put a small lump of butter, a little salt, and one shake of pepper on each egg, and serve.

**Egg Baskets.** Boil eggs for twenty minutes, take off the shells, and with a sharp knife cut in two crosswise; take out the yolks, rub fine, season with salt, pepper, melted butter and a little prepared mustard; put this mixture in the whites, cut a small slice from the bottom, so they will stand upright, arrange on the dish on which they are to be served and pour over them hot Old Zealand sauce (see sauces) as a dressing. Serve at once.

**Scrambled Eggs.** Put in a hot frying pan, two or three tablespoonfuls of butter; when hot, break in six or eight eggs and commence stirring at once, and continue until the eggs are cooked; turn into a dish, season with salt and pepper, and serve hot.

**Scrambled Eggs No. 2.** Have the frying pan hot, and put in two tablespoonfuls of butter; beat six eggs with half a cupful of milk, just enough to mix them, pour into the pan, commence stirring at once, and when done take up in a dish and serve at once.

**Eggs with Creamed Beef or Codfish.** Just before dishing the beef or fish, poach as many eggs as there are persons to be served, and place in the dish, pour the creamed meat over them and serve. Another way is to drop the eggs into the pan with the meat and let them cook until done; care must be used not to break the eggs in transferring from the pan in which they are cooked to the dish in which they are to be served.

**Omelet.** Have a smooth frying pan, heat it, and put in a tablespoonful of butter; beat six eggs until light, and pour into the frying pan. Let it cook until almost done through, then with a knife, double one-half over



Omelet.

on the other half, and let cook for a moment longer. In transferring from the frying pan to the dish on which it is to be served, hold the frying pan in the left hand, slip a knife under the lower end of the omelet, lift a little, give the pan a little shake, and the omelet will be on the dish in good shape. An omelet can be equally well cooked by putting in the oven and baking instead of frying.

**Oyster Omelet.** Proceed as in plain omelet, and just before folding over, cover one-half with well drained oysters, season with salt and pepper and pour over them a tablespoon-

ful of melted butter; fold the omelet and set in the oven for two or three minutes, until the oysters are cooked through. Serve at once.

**Cheese Omelet.** Beat together two eggs, two tablespoonfuls of grated cheese, and a scant half cupful of milk; when well beaten proceed as in plain omelet, and serve hot.

**Ham or Beef Omelet.** For ham or beef omelet, proceed as in plain, and as soon as it is "set" in the pan, sprinkle with cooked ham or beef, chopped fine; fold over and serve.

**Mushroom Omelet.** Chop half a can of mushrooms that have been thoroughly drained, mix with four well beaten eggs and proceed as in plain omelet, putting a little more butter in the pan than for plain.

**Omelet Soufflee.** Needed: Six eggs, 5 oz. of pounded sugar, flavoring of vanilla, orange-flower water, or lemon rind; 3 oz. of butter, 1 dessertspoonful of rice flour. Separate the yolks from the whites of the eggs, add to the former the sugar, the rice flour, and either of the above flavorings 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 onto a silver dish, which has been previously well buttered. Put it in the oven, and bake from 12 to 15 minutes; sprinkle only powdered sugar over the soufflee, and serve it immediately.

**Rum Omelet.** Beat the yolks of six eggs with six tablespoonfuls of milk; when well beaten add the whites, which must be beaten to a stiff froth, mix well together; put a lump of butter the size of an egg in the frying pan, and when hot pour in the eggs; when browned on the under side, set

in the oven for five minutes; double as you take from the pan, cover with pulverized sugar and pour over all a gill of best Jamaica rum; burn the rum until the alcohol is exhausted, basting all the time.

**Jam Omelet.** Needed: Six eggs, four oz. of butter, 3 tablespoonfuls of apricot, strawberry, or any jam that may be preferred. Make the omelet by receipt No. 1 and leave flat in the pan. When quite firm, and nicely browned on one side, turn it carefully onto 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 three or four 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.

**French Pancakes.** Needed: Two eggs, 2 oz. of butter, 2 oz. of sifted sugar, 2 oz. of flour,  $\frac{1}{2}$  pint of new milk. 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.



French Pancakes.

**Snow Eggs.** Needed: Five eggs, one pint of milk, pounded sugar to taste, flavoring of vanilla, lemon rind, or orange flower water. Put the milk into a sauce pan with sufficient sugar to sweeten it nicely, and the rind of half a lemon. Let this steep by the side of the fire for half an 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, when 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 sauce pan 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 flavored 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 flavoring and sugar should always be added.

**Scotch Eggs.** Needed: Six eggs, 6 tablespoonfuls of forcemeat, No. 629, hot lard,  $\frac{1}{2}$  pint of good brown gravy. Boil the eggs for 10 minutes; strip them from the shells, and cover them with forcemeat. Fry the eggs a nice brown in boiling lard, drain them before the fire from their greasy moisture, dish them, and pour round them a quarter to half a 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 flavor of ham or anchovy must preponderate in the forcemeat, as it should be very relishing.

**Dutch Omelet.** Break eight eggs into a basin, season with pepper and salt, add two ounces of butter cut small, beat these well together; make an ounce of butter hot in a frying pan, put the eggs in it, continue to stir it, drawing it away from the sides that it may be evenly done, and shake it now and then to free it from the pan; when the under side is a little browned, turn the omelet into a dish, and serve. This must be done over a moderate fire.

**Eggs a La Suisse.** Spread the bottom of a dish with two ounces of fresh butter; cover this with grated cheese, and break eight whole eggs upon the cheese without breaking the yolks. Season with red pepper, and salt if necessary; pour a little cream on the surface, strew about two ounces of grated cheese on the top, and set the eggs in a moderate oven for about a quarter of an hour. Pass a hot salamander over the top to brown it.

**Curried Eggs.** Slice two onions and fry in butter; add a tablespoonful of curry powder, and one pint of good broth or stock; stew till onions are quite tender; add a cup of cream thickened with arrowroot or rice flour, simmer a few moments, then add eight or ten hard boiled eggs cut in slices, and beat them well, but do not boil.

**Creamed Eggs.** Boil six eggs twenty minutes. Make one pint of cream sauce. Have six slices of toast on a hot dish. Put a layer of sauce on each one, and then part of the whites of the eggs; cut in thin strips, and rub part of the yolks through a sieve on the toast. Repeat this, and finish with a third layer of sauce. Place in the oven for about three minutes. Garnish with parsley, and serve.



## LAYER CAKES

**Fruit Layer Cake.** Stir together two cupfuls of sugar with two-thirds of a cupful of butter; add one cupful of sweet milk, three cupfuls of flour, one teaspoonful of soda, and two of cream tartar; mix thoroughly and divide in two equal parts. To one-half add the beaten whites of three eggs; to the other half, add the beaten yolks of three eggs, one tablespoonful of molasses, two tablespoonfuls of brandy, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one-half teaspoonful of allspice, quarter of a pound of citron sliced fine, one cupful of chopped raisins, and one-quarter of a cupful of flour. Stir all well together, and bake in jelly cake tins. The dark layers will have to bake longer than the light ones. In arranging the loaf have a dark layer at the bottom, a light one next, and so on, having a light layer for the top. Put frosting between each layer, and on the top and sides.

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

**Cocoanut Cake.** One-half cupful of butter and two cupfuls of sugar rubbed to a cream; stir in a cupful of sweet milk, then three cupfuls of flour and four teaspoonfuls of baking powder; last of all, the whites of five eggs beaten to a stiff froth. Bake in three or four layers. Grate the meat of a fresh cocoanut, be careful to first remove all the shell. Make a frosting of the whites of two eggs and a large cupful of powdered sugar; put a layer of frosting and then one of the grated



The Palm Tree.

cocoanut between each layer of cake, cover the top and sides with frosting, and sprinkle thickly with the cocoanut. Prepared cocoanut can be used if the other is not obtainable.

**Jelly Cake.** Stir together one cupful of sugar, one-half cupful of butter, three-fourths of a cupful of sweet milk, two beaten eggs, two cupfuls of flour, and two teaspoonfuls of baking powder. Bake in three layers, spread jelly between and put a frosting on top.

**Jelly Cake No. 2.** Beat together two eggs and one cupful of sugar; add two tablespoonfuls of melted butter, four of cold water, one cupful of flour, and one and one-half teaspoonfuls of baking powder. Bake in layers; spread jelly, cocoanut, orange, or lemon frosting, or any other suitable mixture between the layers.

**Jelly Roll.** One cupful of sugar, one of flour, three eggs, and one teaspoonful of baking powder; beat well, and spread on a long narrow baking tin; bake quickly and turn out on a cloth, spread with jelly and roll up. This is a very favorite cake for children parties. Its excellence, of course, depends on the quality of the jelly.

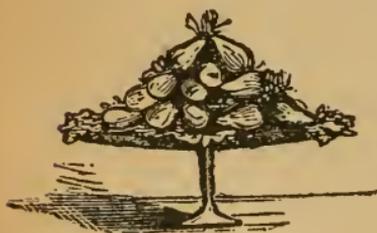
**Cream Cake.** Stir together two cupfuls of sugar, a lump of butter the size of an egg, three eggs, two and one-half cupfuls of flour and two teaspoonfuls of baking powder. Beat well and bake in two layers in jelly pans.

**Cream for Cake.** Take one cupful of thick sweet cream that has been on ice, or in a very cold place for some time; whip to a stiff froth, add sugar and flavoring to taste; spread between the layers and serve.

**Cream Cake No. 2.** Take two teacupfuls of flour and stir into it thoroughly two teaspoonfuls of cream tartar; then add two teacupfuls of sugar, and mix well; then add six beaten eggs, two tablespoonfuls of melted butter, and one-half cupful of cold water in which has been dissolved a teaspoonful of soda. Bake in three layers.

**Cream for Cake.** Take a little over two cupfuls of sweet milk, put in a double boiler and let come to a boil. Beat together two eggs, one cupful of sugar, and two tablespoonfuls of corn starch, or flour; stir this mixture into the boiling milk and when the consistency of thick cream, take off the fire, flavor with lemon, and when cool spread between the layers of cake. This cake is best when used fresh.

**Fig Cake.** Two cupfuls of sugar and six eggs, beaten together for five minutes; then stir in one cupful of sweet milk, three cupfuls of flour and two teaspoonfuls of baking powder. Bake in two or three layers.



Figs.

**Fig Dressing.** Chop one pound of figs very fine, adding

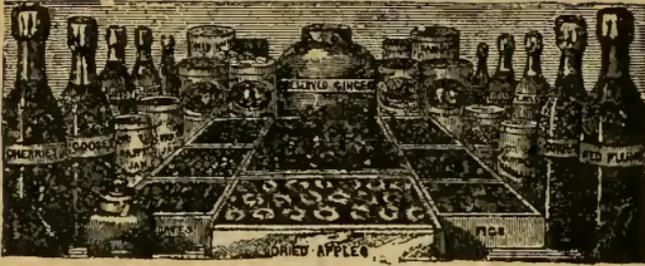
a little hot water from time to time, to moisten; put in enough so they will spread nicely, but not enough to make them sloppy; add enough sugar to sweeten, or a frosting can be made and a layer can be put on top on each of the figs.

**Caramel Cake.** Make any of the above layer cakes and spread between each layer and on top, a frosting made as follows: Two cupfuls of sugar, two-thirds of a cupful of sweet milk and a lump of butter the size of an egg. Boil for fifteen minutes, being careful not to let it scorch; beat until cool, and flavor with vanilla.

**Lemon Cake.** Make a cake after any of the foregoing rules for layer cake and make a dressing for it as follows: Put in a bowl the juice and grated rind of a lemon; add a well-beaten egg, three-fourths of a cupful of sugar, two tablespoonfuls of corn starch, and pour over the whole a cupful of boiling water. Set the bowl in hot water until the corn starch is cooked. When cool spread between the layers of cake.

**Pineapple Cake.** Make a cake after the rule given for cocoanut cake, and for the dressing to put between the layers, prepare a pineapple as follows: Pare the pineapple and chop, or grate, very fine; put in a stewpan with enough sugar to make a thick syrup when boiled. Save a large tablespoonful of the pineapple to put with the frosting, and spread the rest, when cool, between the layers of cake. Make a frosting of the beaten white of one egg, the tablespoonful of pineapple, and enough sugar to make a thick frosting; spread on the top and sides of the cake.

**Ice Cream Cake.** One and one-half cupfuls of sugar, and one-half cupful of butter; stir the butter and sugar to a cream; add the whites of four eggs, one at a time, without previously beating, one-half cupful of sweet milk, two and one-half cupfuls of flour, and two teaspoonfuls of baking powder. Stir well, and bake in layers. **ICE CREAM:** To prepare the ice cream, take two cupfuls of white sugar, add a little water and boil to a soft wax; then beat in the whites of two eggs, and tartaric acid the size of a pea dissolved in



## PICKLES AND PRESERVES

**Cucumber Pickles.** Take two hundred cucumbers rather under medium size; wash and put in a stone jar. Put in a porcelain or granite kettle, two gallons of good cider vinegar, one cupful of salt, eight ounces of horseradish, two ounces of alum, one ounce of mustard, one ounce of allspice, and one ounce of cloves; heat all together boiling hot, and pour over with green horseradish or cabbage leaves. In a week's time drain off the vinegar, scald, and put back on the pickles, then cover with a flannel cloth.

**Ripe Cucumber Pickles.** Pare and cut the cucumbers, and scrape out the seeds. Put the pieces in a stone jar, and cover with salt and water, not too strong; let stand for a day or two, changing the water once or twice; take out, and drain; then let stand in fresh water for a few hours; then boil them in vinegar until tender; skim out carefully, and put in a stone jar. Make a syrup of one quart of vinegar, four pounds of sugar, one ounce of cassia buds, and a table-spoonful of ground cinnamon; boil until the syrup is clear, and pour over the cucumbers. This amount of syrup is enough for three quarts of the cucumbers after they are boiled.

**Chow Chow.** Chop one peck of green tomatoes fine. Sprinkle a large cupful of salt over them, and let stand over

night. In the morning put in a sieve and drain; then take six large green peppers, six large onions, six or eight stalks of celery, and chop all fine, and put in a porcelain kettle with the chopped tomato; put in with them two teaspoonfuls each of ground mustard, cinnamon and cloves; add a half teaspoonful of mace, two pounds of brown sugar, and enough vinegar to cover all. Simmer for two hours, stirring occasionally. Put up in glass or stone jars.

**Sweet Chow-Chow.** One gallon cabbage, two quarts green tomatoes, one pint of onions, one-fourth cup green peppers; chop all fine and add one and one-half pounds of sugar, one tablespoon mustard, one tablespoon ginger, two tablespoons cloves, two tablespoons salt, three tablespoons cinnamon, or three or four sticks cinnamon. Put all in three quarts vinegar and boil until cabbage is tender.

**Mustard Pickles.** Take two quarts small green cucumbers, two quarts of small green tomatoes, cut in halves or quarters; one quart of very small onions, two quarts of cauliflower, cut in small pieces. Let them stand over night in a weak brine, and in the morning cook each separately until tender. Put all together in a stone jar, and pour over them a mixture made as follows: Put on the fire one gallon of good cider vinegar, and let come to a boil; mix together one large cupful of flour, one pound of ground mustard, and three cupfuls of sugar; stir into the boiling vinegar, let it cook for two or three minutes; then pour the vegetables in the jar. These pickles will keep for a year.

**Green Tomato Pickles.** Slice one-half bushel of green tomatoes as thin as possible, and let stand in strong salt and water for twenty-four hours; take out carefully, and put in fresh cold water, and let stand for twelve hours; take out and drain; put on more cold water, and let stand for twelve hours longer; take out and drain, and boil in fresh water until it is tender enough to cut easily with a fork or



## BEVERAGES

**Coffee.** In preparing tea and coffee, it is of the first importance to begin right. See that the teakettle is clean, and the water pure. A teakettle that is filled with lime, or other sediment, is unfit for use, and water that has stood in the house over night, or for some hours, is impure. To begin then, rinse the teakettle thoroughly and fill with fresh water, put on the fire, and bring to a boil quickly. For coffee, procure of a good reliable dealer a mixture of one-third Mocha, to two-thirds Java, freshly roasted and ground. Allow a tablespoonful of ground coffee for every person to be served, and put in an extra spoonful for every five or six persons. If an ordinary pot is used, mix the coffee with an egg, put it in the coffee pot and add to it about a cupful of cold water; set it on the stove and bring to a boil quickly. The moment it begins to boil, add boiling water (about two quarts to five spoonfuls of ground coffee) and set it on the back part of the stove where it will keep hot, but on no account allow it to boil, as that destroys the aroma. The coffee will be ready to serve in six or eight minutes after the hot water has been added. If a drip coffee pot is used, the coffee must be ground very fine. Good directions usually accompany the different kinds of coffee pots in use.

However, great care must be taken to keep the strainer, whether made of cloth or wire, clean and free from all obstruction. If made of wire, it should be washed and cleaned with a brush, at least once a day.

**Tea.** Procure a good quality of tea of whatever kind preferred. Scald the téapot (an earthen or granite one is the best) and use about a tea-spoonful for each person. Use boiling water, but do not boil the tea. Steep for a few minutes before serving. Black and uncolored teas are considered purer and less liable to affect the nerves than green teas.



The Tea Plant.

**Iced Tea.** Make a pitcherful of tea two or three hours before wanted. It should be made stronger than if it were to be served hot, as the melting ice weakens it. About ten or fifteen minutes before serving, add to the tea a quantity of chopped ice. Put a lump of ice in each cup or glass, and serve.

**Russian Tea.** Russian tea is made by adding a slice of lemon to each cup of tea, whether hot or iced.

**Chocolate.** Take two quarts of good rich milk, put in a double boiler, and let come to a boil. Grate fine a little more than a quarter of a cake of bitter chocolate, dissolve with a little milk, and add to the boiling milk; sweeten to taste; simmer for a few minutes after adding the chocolate, and serve.



The Cocoa Bean.

**Broma and Cocoa.** Broma and Cocoa can be made the same as chocolate. Equal parts of milk and water can be used in preparing these drinks, if pure milk is considered too rich, but they will be found lacking in flavor, as nothing brings out the rich flavors of these compounds like pure milk.

# SIMPLE FAMILY DINNERS

## For Each Month of the Year

### For January.

Consomme with egg.  
Bread Sticks.  
Boiled Corned Beef or Ham.  
Boiled Potatoes.  
Cabbage Salad. Stewed Corn.  
Dessert.  
Apple Pie. Cream Cheese.  
Grapes.  
Tea. Coffee.

### For February.

Oyster Soup. Celery.  
Roast Turkey. Cranberry Sauce.  
Mashed Potatoes.  
Canned Peas. Oyster Plant Fritters.  
Dessert.  
Lemon Pie,  
Cake or Whipped Cream.

### For March.

Creamed Tomato Soup.  
Roast Beef. Browned Potatoes.  
Mashed Turnips, Pickled Beets.  
Dessert.  
Orange Tapioca with whipped cream.

### For April.

Celery Soup.  
Roast Veal with Dressing.  
Potato Balls.  
Lettuce Salad, Maccaroni with cheese,  
(or Spinach.)  
Dessert.  
Lemon Jelly with custard sauce.

### For May.

Bouillon, served in cups.  
Roast Spring Lamb with mint sauce.  
Baked Potatoes.  
Green Peas. Stewed Tomatoes.  
Dessert.  
Chocolate Blanc Mange.

### For June.

Cream of Rice Soup.  
Broiled Spanish Mackerel.  
French Fried Potatoes.  
Asparagus. Dressed cucumbers.  
Dessert.  
Strawberry Short Cake.

### For July.

Potato Soup.  
Fried Spring Chicken. Cream Gravy.  
Baked Potatoes.  
Summer Squash. Sliced Tomatoes.  
Dessert. Ice Cream and Cake.

### For August.

Asparagus Soup.  
Boiled Leg of Mutton, caper sauce.  
Boiled Potatoes.  
String Beans. Fried Egg Plant.  
Dessert. Sponge Pudding.

### For September.

Vermicelli Soup.  
Fricassee of Chicken, with dumpling.  
Cauliflower with cream dressing.  
Mashed Potatoes. Lobster Salad.  
Raspberry Pie. Cheese.

### For October.

Bean Soup.  
Roast Pig with dressing.  
Apple Fritters. Green Corn.  
Baked Sweet Potatoes.  
Graham Pudding. Wine Sauce.

### For November.

Mock Turtle Soup.  
Roast Goose. Stewed Gooseberries.  
Boiled Potatoes.  
Baked Winter Squash. Boiled Turnips.  
Pumpkin Pie. Suet Pudding.  
Cheese.

**For December.**

Raw Oysters.  
 Broiled Prairie Chicken, currant jelly.  
 Escalloped Potatoes dressing.  
 Fried Parsnips, Cabbage with Mayonnaise dressing.  
 English Plum Pudding.

**For Lent.**

Egg Soup.  
 Broiled Codfish or Salmon Steak, with Old Zealand Sauce.  
 Baked Potatoes.  
 Macaroni with Tomatoes, Rice Croquettes.  
 Plum Cake. Preserved Pears.

NOTE :—For a family of six, from three pints to two quarts of soup are required ; and from three to five pounds of meat, poultry or fish are required for the same number of persons if only one kind of meat is served.

**RULES FOR DINNER GIVING**

Rule 1.—Let your family dinner hour be at a given hour, and let that hour *be* the dinner hour. Allow no shirking here from any one, unless accident or circumstances render such compulsory. *Then* you stand some chance of being able to turn your cookery talents, if you have any, to account.

Rule 2.—Always arrange your dinner, having a kind of mind's-eye menu, satisfactorily beforehand, before you attempt either to give directions concerning it or to help, it may be, in its preparation. Without this, you *may* give your family or your guests an eatable dinner now and then, but as a general rule, it will be a failure.

Rule 3.—For a "hot dinner" let the plates be hot, not warm merely, but *hot*. The best dinner you can give guests will be spoiled if you serve it to them on plates in which almost before they begin to eat the gravy floats about in small, island-like patches.

Rule 4.—Give due attention to the customary order of courses. You do not want your fish, for instance, ready before the soup, causing the former to look flabby, and most likely break and lose its trim appearance.

Rule 5.—Be careful in dishing vegetables, that they are perfectly drained from water. Turnips or other edibles of the kind swimming about in a sea of dingy water are enough to cause the excellence of the cookery or the other viands to be put in the shade.



## TABLE ETIQUETTE.

These very simple and practical rules are especially intended for the training of children, and as such, will be kindly received by busy parents. They will also be found useful as reminders for those grown up people who may have forgotten some of the necessary requisites of "Good Table Manners"—the infallible touch stone of a lady or a gentleman's breeding.

Make a point to be on time at family meals. Exactitude is the politeness of kings—and of well bred people.

Never come to the table in a neglected attire, or in your shirt sleeves, or with hair unkempt, or with hands and face of doubtful cleanliness. Your home is a temple, not a pig-stye.

If there are ladies in the party do not sit down before they are themselves seated.

Sit down square to the table, not sideways, or leaning back in your chair as if to take a nap instead of a meal.

Never allow your elbows to rest on the table. Let your hands—when not busy—rest on the edge of the table.

Do not tuck your napkin under your chin, or between the buttons of your waistcoat; put it across your lap.

If you sport a beard or mustache, use your napkin frequently to wipe away any unnoticed drop or crumb.

Never use your napkin to mop your face with.

Never cut your bread with a knife; bread is made to be broken, not cut, when once off the loaf.

Make no noise with your mouth when eating or drinking, especially when eating soup.

Never attempt to talk with a mouth half full.

Eat without haste; do not take huge mouthfuls.

Keep your elbows as close to your side as possible when cutting your meat or carrying spoon or fork to your mouth.

Do not throw your head back when drinking, nor drink a full glass at a time without stopping for breath.

Take care that all the ladies in the party except possibly your own daughters—are served before you.

If you have ladies by your side, attend, unobtrusively, to their wants, offering to fill their glasses, pass the bread, the salt, etc.

Never, under any circumstances, use your knife for any other purpose except cutting your meat. Knives are not to be put in contact with mouths.

Try your best to eat all vegetables—peas included—with the help of your fork. A famous society man who stood as a model of good manners, claimed that he could bring everything to his mouth by means of a fork—except tea, coffee and soup

Bring your spoon to your mouth sideways, not point foremost, and absorb its contents noiselessly.

Never pour the contents of your cup in your saucer, under pretence of cooling the beverage. Be patient awhile and drink from the cup direct, or with the help of a spoon.

When eating meat, hold it down on the plate with your

fork, while cutting it; knife in the right hand, fork in the left hand. When one piece is cut off let the knife go noiselessly by the side of the plate, and taking the fork in your right—almost horizontally—bring the morsel to your mouth.

Do not cut all your meat at one and the same time, but proceed as above; a little practice will make the task easy and graceful.

The fork is to be held with the handle in the palm of the hand and be gently brought from plate to mouth; the fingers stretched along the handle in a natural position. Always remember it is a fork, *not* a pitchfork.

Do not place a provision of anything (salt or olives or almonds) next to you on the tablecloth; nor place there fruit or potato peelings.

If you do not accept of one course, wait until the others are through with it before accepting of the next.

Do not butter a whole slice of bread; butter fragment after fragment.

Never encourage a dog or cat to play with you at the table

Do not get up from the table before the others do; your home is not a restaurant; the home you are invited to, still less.

Never take any food in your hands, except fruit. Mutton chops and fowls' legs and wings are not to be held in the fingers while being eaten. Civilized beings do not *devour*, they *eat*.

Do not clean your plate, with your bread or otherwise; it would look as if you were famished or miserly, which let us hope you are not.

When peeling fruit or potatoes hold them at the end of your fork—in the left hand—and peel them with your knife—in the right.

It is awful to have to say this, but do not, keep, or bring a cuspidor in the dining room.

When eating grapes or cherries, hold your right hand close to your mouth, and discreetly dispose—upon your plate—of the stones and skins.

Never carry fruit, confectionery or anything else from the table, except for a sick person and by special permission of the hostess.

Never wear gloves at the table.

Be careful not to drop or break or spill anything. If some such accident happens to you, take it calmly, excusing yourself to the hostess.

When sneezing or coughing, turn your face aside, or better hide it behind your handkerchief.

Avoid stretching your hand over other people's plates to reach anything. Rather ask for it, or do without.

Don't ask for a second service of soup or fish.

Never leave the spoon in your cup when bringing it to your lips.

When sending your plate for a second service of meat, or vegetables, or sweets, take away your fork and knife, and lay them on your right, side by side, and perpendicular to the table's edge.

If you are the host (or hostess) do not press any dish upon your guests. Out of misjudged courtesy they might eat more of it than they care to.

If finger bowls are brought upon the table at the close of a meal, only wet the tip of your fingers, passing them slightly over your lips. Remember this little glass vessel is not intended as a wash basin.

In a dinner by invitation, the host leads the way from the drawing room to the dining room, having on his arm the lady he wishes particularly to honor. Each gentleman then