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CARVING.



Fig. A. Leg of Mutton, p. 142.



Fig. B. Fore Quarter of Lamb, p. 143.

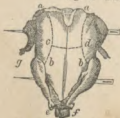


Fig. C. Fowl, p. 144.



Fig. D. Goose or Duck, p. 145.

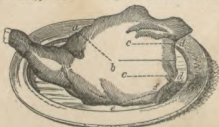


Fig. E. Shoulder of Mutton, p. 145.

THE
YOUNG COOK'S ASSISTANT;

BEING

A SELECTION OF ECONOMICAL RECEIPTS
AND DIRECTIONS;

ADAPTED TO THE

Use of Families in the Middle Rank of Life.

EDITED BY

A CLERGYMAN'S DAUGHTER.

"Moderate means, if judiciously applied, will go further than wealth improperly managed."—HANNAH MORE.

SIXTH THOUSAND.

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PREFACE.

THE Author of this small work found a great want, at the beginning of her married life, of some simple directions to give to a young inexperienced servant: that want, as far as she knows, has never been supplied. Although there are many excellent books of Cookery, they are all more adapted to those in the higher ranks of life, with servants who have had some experience in the art; but so far as her knowledge extends, nothing has appeared that can be materially useful to the young mistress of a family, who has had little opportunity of observation under the parental roof, and with a young inexperienced country servant, who has never seen any thing but the simplest fare sent up in the most homely manner. To the young wife, therefore, in the middle rank of life, this book is respectfully dedicated by the Author.

Its object is to unite economy with neatness and good living; and where there is a limited income, it is hoped it may be found useful, as every

thing has been put in the plainest possible form, and the humblest fare has not been omitted.

The opportunities for revision and correction afforded by the appearance of Six Editions, have enabled the Author to avail herself of the suggestions of friends for the improvement of the work ; which has again been carefully examined, and in some respects enlarged.

In the present edition, the section on carving has been augmented, and a plate added ; extended hints to mistresses on the subject of the treatment of servants has also, for the first time, been introduced ; all which, with numerous minor alterations, will, it is trusted, have the effect of enhancing the utility of the work.

———— MANSE,
March, 1843.

HINTS TO MISTRESSES.

IT is a common complaint, that there are few good servants to be met with. Perhaps the cause may, in a great measure, rest with ourselves, for undoubtedly the character of the servant is very much affected by that of the mistress. Some persons talk of others being *lucky* in the selection of servants, while they themselves have always been unfortunate in their choice. There is a great error in connection with this as well as with many other similar matters. What is conveniently called chance is just the result of good management; and if the female heads of our households would only exercise a moderate share of prudence and foresight in the treatment of reasonable servants, they would find that this is a relation in life, which can exist not merely without annoyance, but with positive pleasure and advantage to both parties.* It is a relation established

* Lady Cremoone had a female servant who lived with her forty-eight years; during the latter half of which time she was her ladyship's housekeeper. This excellent servant, whose name was Elizabeth Pallrey, so regulated the household of the family, that during the whole time she lived with Lady Cremoone at Chelsea, not one of the female servants was ever known to be disorderly in her conduct, or to have left her place, except on account of marriage or bad health.—*Percy Anecdotes*, vol. xx. p. 57.

by God, and like every other ordinance of his appointment, its abuse, and not its use, is that which profiteth not. On such a subject, it is impossible to lay down rules for every situation. Much must be left to the good sense of each individual, who will adapt their conduct to their particular circumstances; but a few general hints may not be superfluous.

In choosing a servant, have nothing to do with Register Offices. If you do not know any decent and well-brought-up family amongst your humble acquaintances, from which you can make a suitable selection, consult some of your friends, on whose candour you can rely; and it is more than likely that you will soon obtain the object of your wishes, so far as pedigree is concerned. One method may be tried, as it often is successful, and that is, to get a servant from a family which has already sent forth one or more of its members, whose appearance and habits you have had the means of observing and approving. Your own interest will readily suggest that you should be strict in receiving characters,—an honourable regard to the interests of others will induce you to be faithful in giving them. In the treatment of servants, kindness, firmness, and prudence are the things principally to be attended to. Whatever indulgences you can grant, compatible with propriety, with the real happiness of your dependents, and with your own worldly means, in no manner withhold. Kindness begets kindness, and you will not in the end lose anything by your liberality. Let your

demands be reasonable; but see that they are promptly and rigidly obeyed to the letter. Your servants will thus have clearer ideas of what their duty consists; and as habit is a second nature, they will insensibly get into the practice of performing it correctly, both as regards time and method. Your orders may, if you will, be couched in strong language; but let them be expressed in something like friendliness of tone, and this will ensure love as well as obedience. Sir Walter Scott tells us, that when Queen Elizabeth was on one occasion dealing with the rival lords of Leicester and Sussex, with the view of reconciling them to each other, she commanded Leicester to extend his hand, while she only requested Sussex to put forth his; but she spoke the command as a request, and the request as a command, and thus adroitly prevented the manifestation of any jealousy on the part of the two courtiers. Elizabeth had to deal with human nature, just as we have; and it would be well, making due allowance for the difference between the two cases, if in this respect we borrow a hint from her example.

Never condescend to *scold*. If a servant will not do her duty without this stimulant, far better that you and she should separate. It is not meant by this that you are tamely to allow to pass unnoticed what you know to be wrong; but it is quite possible to remonstrate, and even reprove, without using expletives, or contorting one's face with passion. Do not permit the children of the family to speak petulantly to or of servants,

which they will be very apt to do if they observe in you any tendency of the same kind. And keeping in view how very imitative children are, and how extensive, in the earlier stages of childhood, when the character is being formed, their intercourse with servants must necessarily be, make it a point that the latter be as intelligent as possible. For this purpose, encourage in them a taste for reading during their leisure hours, which the popularisation of literature in our day will enable you to do at very little expense. Impress on them the importance of availing themselves of Savings' Banks, and similar institutions. Discourage tale-bearing, and decide more from what you see than from what you hear. In the matter of visiting, either by male or female acquaintances, permit a discreet freedom. Servants, like every other class in the community, must enjoy the society of those in their own rank in life; and if their doing so in your kitchen should occasionally have its inconveniences, depend on it that meetings *out* of it, would be attended with many more.

But the duty of a mistress does not merely consist in granting indulgences. As occupying a higher sphere,—as possessed of more education and intelligence than the servant,—she is, by the very nature of her position, required to exercise authority in exacting the performance of a given line of conduct. She must see that the utmost degree of cleanliness be observed, not only as a source of comfort, but as a moral duty. All ex-

travagant and unbecoming apparel should be forbidden; and as a mean of improvement, the servant should be allowed a little leisure throughout the week, in preference to being allowed to go out on the evening of the Sabbath,—the loose observance of which entails no blessing on any family.

As to household arrangements, it tends much to order, that a mistress should order dinner as soon after breakfast as possible, and give out all that may be wanting in the day, that the servants may know how to time their work; as a great deal depends upon that, especially in a house where few servants are kept; also to see occasionally that things are in their proper place, and to take account, at least twice-a-year, of towels, &c., committed to their care, and to require a sight of the old, however much worn out, before giving new ones. It is also of consequence to allow, or rather require them, to go early to bed, as a great deal of the comfort of a family depends upon their early rising, and having as much work as possible over before the family breakfast; as, if they are not permitted to go at a reasonable hour to rest, it is impossible they can persevere in early rising, and it would be cruel to require it.*

Finally, bearing in mind that it is a solemn thing to be the cause of sin in others, be careful

* In conversing with a lady on this subject, she stated that she never inquired when her servant rose,—the work was done, and done well,—and the when was to her a point of minor consequence. It were desirable that this reciprocity in confidence existed more extensively.

that there is in your conduct nothing that may hinder your dependants in the performance of those spiritual duties which are required by the common Father of all. Godliness has its gain in both worlds; and if you have in your household a good Christian, you have that which goes very far to constitute a good servant.

DIRECTIONS FOR SERVANTS.

Endeavour as much as possible to do every thing in its proper time, to put every thing to its proper use, and every thing in its own place; to get as much work as possible done in the morning, that there may be the more leisure in the day; when there are company, to prepare the vegetables the day before, and lay them in water; to fill the boiler with water as soon as emptied; and be careful of jelly-bags, pudding cloths, &c.; to keep every thing connected with cooking as clean as possible; clean the spit, skewers, &c., as soon as used; if they can be done hot, they are much easier done; draw a cloth through the holes of the spit before using; wipe the covers as soon as they come from the table, as the steam discolours them; use plenty of water to clean fish and vegetables; hard water does best for fish; in dishing the din-

ner, do soup first, as it keeps longest hot, then joints and vegetables, and fish last ; water that has boiled ham or tongue should not be thrown out, as poor people are often glad of it ; be careful of small coal or cinders, they throw forward the heat when thrown on the back of a fire ; and it is sinful to waste any thing. If servants are careful of their master's property, they make careful wives when they come to have a house of their own ; for it has been remarked, that a servant that has been active and careful in her master's house, has every thing comfortable and neat in her own, and those who have been wasteful and slovenly, go on in poverty and discomfort.

RELATIVE PROPORTIONS
OF
SCOTTISH AND IMPERIAL MEASURES.

3 IMPERIAL PINTS MAKE	1 SCOTTISH PINT
1½ IMPERIAL PINTS MAKE	1 CHOPPIN.
3 IMPERIAL GILLS MAKE	1 MUTCHKIN.
3 IMPERIAL GALLONS MAKE	1 SCOTTISH GALLON.

IMPERIAL MEASURE.

4 GILLS MAKE	1 PINT.
2 PINTS MAKE	1 QUART.
2 QUARTS MAKE	1 POTTLE.
2 POTTLES MAKE	1 GALLON.

All the Measurements in this Book are from the
IMPERIAL MEASURE.

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YOUNG COOK'S ASSISTANT.

DIRECTIONS FOR MARKETING.

THE young housewife should, as often as convenient, go to market herself. She should also, as a matter essential to health, vary her purchases in meat, &c.

HOW TO CHOOSE MEAT.

BEEF.

If the flesh of beef is young, it will have a fine smooth open grain, be of a good red, and will feel tender. The fat should look white rather than very yellow; for when that is of a deep colour, the meat is seldom good.

VEAL.

If veal is good, it is firm and white; if clammy or spotted, the meat is bad.

MUTTON.

Choose this by the fineness of its grain, good colour, and firm white fat. It is not the better for being young; if of a good breed and well fed, it is better for age: but this only holds with wedder mutton; the flesh of the ewe is paler, and the texture finer.

LAMB

Is good, if it looks fat and firm. It comes into season about April or May, and continues till about August. House Lamb is in highest perfection in and about the month of January.

PORK.

Prick the lean, and if young it will break; if the rind is tough, thick, and cannot easily be impressed by the finger, it is old; a thin rind is a merit in all pork. What is called measly pork is very unwholesome, and may be known by the fat being full of kernals, which in good pork is never the case.

HAM.

Stick a sharp knife under the bone; if it come out with a pleasant smell, the ham is good; but if the knife is daubed, and has a bad scent, do not

buy it. Hams short in the shank are best; and long-legged pigs are not to be chosen for any preparation of pork.

Rounds of beef, fillets of veal, and legs of mutton, are dearer in price than some other pieces, but as they are more solid, they deserve to be preferred: but the coarse bits make very good broth or soups.

In joints of meat the long pipe that runs by the bone should be taken out, as it is apt to taste.

The suet of the sirloins of beef, and loins of veal or mutton, make good puddings, &c.

Dripping will baste every thing as well as butter, except fowls and game.

Meat and vegetables that have been frozen, should be soaked in cold water for some hours before they will be required for use. If put to the fire, or into hot water, in their frozen state, they will never ready.

In warm weather, meat requires great care; and wherever flies have touched, the part should be removed and then wiped. In very warm weather, meat that is to be salted should lie in cold water for an hour or more, then well rubbed dry, and salted thoroughly in every part, and turned every day to let in the pickle, which will make it fit for use in a few days.

The water that meat has been boiled in makes excellent broth next day, with barley and vegetables. (*See Broth, &c.*) The bones of roast beef, or shank-bones of ham, make very good pea or potatoe soups; it is also very good made of dripping, which must be put in with the cold water.

Great care should be taken to skim the pot whenever it boils, otherwise the scum will spread over the meat. The more that soups and broths are skimmed, they will be the better and the clearer.

As for the length of time required for roasting or boiling, the size of the joint must direct: and, in boiling, the cook must be careful never to let the pot stop boiling, or the usual time will be insufficient, and the meat underdone. Allow, for all solid joints, a quarter of an hour for every pound, and some minutes over, according as the family like it done. A ham of twenty pounds will take four hours and a-half, and others in proportion. A tongue, if dry, takes four hours of slow boiling, after soaking all night in water. A tongue out of pickle, from two hours and a-half to three hours, or more; if very large, it must be judged by feeling whether it is tender. A leg of pork, or

of lamb, takes the full allowance of twenty minutes above a quarter of an hour to every pound.

In roasting, beef of ten pounds will take two hours and a-half; twenty pounds will take three hours.

A leg of mutton will take an hour and a-half, if at a right distance, with a brisk fire.

The meat should be placed at some distance from the fire at first, and then gradually brought nearer. Meat should be often basted while roasting.

The cook should be careful, so as not to run the spit through the best parts; and should also have the spit carefully cleaned (it is very easily done, immediately after using while hot); if not done, a black stain will appear in the meat. The cook should have leaden balancing skewers. Meat should not be sprinkled with salt till it is nearly ready.

TO CHOOSE FISH.

TURBOT,

If good, should be thick, and of a greenish white.

SALMON.

If fresh, the flesh is of a fine red, particularly the fins ; the scales bright, and the whole fish stiff.

COD.

The gills should be very red, and the fish thick, white, and firm, and the eyes fresh.

SKATE,

If good, is very white and thick.

HERRINGS

Are stiff, and the eyes bright, when fresh and good.

All fish may be judged of generally by the same rules—of the body being stiff, the flesh firm, and the eyes bright.

LOBSTERS.

The heaviest are the best ; and it is preferable to boil them at home.

CRABS.

Like lobsters, the heaviest are the best, and the

middle size the sweetest ; when stale, the eyes look dead and loose.

Fish should be particularly well cleaned ; and the larger fish, such as cod, turbot, and the larger haddocks, should have a little boiling water poured upon them on a table, then quickly scraped, and plunged into cold water ; if they are not to be immediately used, they are better of being left dry, with a little sprinkling of salt, and will be improved by being kept a night, if quite fresh.

Small fish, nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain. Great attention should be paid to garnishing fish : use a little parsley. The roe should be sliced and placed on the dish, that, in helping, every one may receive a part.

FOWLS

Should be purchased young, and should all be firm and fleshy to the touch. If the thin bone which projects over the belly feel hard on being handled, the animal is old ; if it feel softish like gristle, the animal is young. The age of game is of little consequence, as it is hung for a considerable length of time before dressing.

EGGS.

Hold the egg between the eye and the light of a candle, shadowing the eye with the hand; if the appearance is universally luminous without any cloudiness, the egg is fresh; if cloudy or not uniformly luminous, it is probable that the egg is unfit for use.

BUTTER.

Butter may be easily selected by the taste and the smell; but in buying both eggs and butter, it is best to deal with a person on whom you can rely, as it is troublesome to be continually seeking out and examining these articles to determine their freshness.

GENERAL OBSERVATIONS.

Every thing should be kept in that place best suited to it, as much waste may thereby be avoided.

Vegetables will keep best on a stone floor, if the air be excluded by covering with sand. Onions should be inclosed in a net, and hung up. Meat in a cold dry place. Sugar and sweetmeats require a dry place; so does salt. Candles, cold,

but not damp. Dried meats, hams, &c., the same. Flour should be kept in a cool and perfectly dry place. Soap should be cut, with wire or twine, in pieces that form a long square, when first brought in, and kept out of the air for two or three weeks; for if it dry quick, it will crack, and when wet break: put it on a shelf, leaving a space between, and let it grow hard gradually: thus it will save a full third in the consumption. Straw to lay apples on should be quite dry. Some of the lemons and oranges used for juice should be pared first, to preserve the peel dry, which should be hung up to keep. When whites of eggs are used for jelly, &c., contrive to have pudding, custard, &c., to employ the yolks too.

To cool liquors in hot weather, dip a cloth in cold water, and wrap it round the bottle.

If chocolate, coffee, jelly, gruel, bark, &c., be suffered to boil over, the strength is lost.

The cook should be careful of coals and cinders, as small coal wetted makes the hottest fire.

She should also take care of jelly-bags, pudding-cloths, tapes, &c., for if they are not scalded and kept dry, they get an unpleasant flavour.

Cold water thrown upon cast-iron when hot will make it crack.

COOKERY.

The cook should observe the most pointed cleanliness.

Her hair should be trimmed, to prevent the falling of loose hairs. She should also, from time to time, inspect the state of every thing in process of being cooked.

In the following receipts, though the quantities are as accurately described as possible, yet a good deal must be left to the discretion and taste of the cook.

SOUPS AND BROTHS.

1. HOTCH-POTCH.

Take a back-ribs of mutton, separate the ribs and set on with one gallon and a-half of water; when boiling, add two whole turnips, and cut down four middle-sized ones, and as many carrots, into small pieces: take out the two whole turnips, and bruise them as small as possible with the back of a spoon, and return them to the pot, along with the cut carrots and turnips; then add half a peck

of green peas, a few shelled beans, and a stock of cauliflower cut small; pepper and salt it to your taste; let all boil till quite tender.

2. SHEEP-HEAD BROTH.

Get a good sheep-head well singed, then take out the eyes, and rub the white of them over all the head, and let it soak all night in water; next day put on a gallon and a-half of water in a goblet, with two tea-cupfuls of barley; scrape the head thoroughly clean; and when it is well washed, and the water boiling, put it in, along with the feet, and let it boil four hours; about two hours before it is ready, take three turnips and three carrots; cut down two of each in small pieces, and the others in quarters, to serve for garnishing when it is dished, and let them boil till quite soft.

3. BEEF BROTH.

Take a gallon and a-half of water, and two tea-cupfuls of barley, and when it has boiled for about two hours, put in about six pounds of a huck-bone of beef, or part of a round, or any other piece of

beef will do; add a large cabbage cut small, or greens and a leek or two, or any other vegetable that is in season; boil till quite tender.

Mutton broth is done just the same way, except that turnips and carrot are the only vegetables that will do for mutton.

4. LEEK SOUP.

Take a knap, or any other coarse piece of beef, set on the fire, with about a gallon and a-half of water; take two or three bunches of leeks, cut the white part an inch long, have them well washed and soaked in water, and add them to the pot when it has come a-boil, with plenty of pepper and salt; and when nearly ready, add a half pound of prunes. Take out all the meat before sending it to table.

5. BROWN SOUP.

Take about eight or ten pounds of coarse beef, cut it into small pieces, fry it a nice brown with a little dripping, set it on with about a gallon and a-half of water, a turnip, carrot, few onions, stock of celery, and pepper; let all boil till the meat is quite in pieces, then strain through a search; let

it stand all night, and scum it carefully before heating. A little vermicelli may be added, and boil till it is tender.

6. COLOURING FOR SOUPS AND GRAVIES.

Put four ounces of lump sugar, a gill of water, and half an ounce of butter, into a small tosser, and set it over a gentle fire, stir it with a wooden spoon till of a bright brown, then add half a pint of water, boil, skim, and when cold, bottle and cork it close. Add to the soup or gravy as much of this as will give a proper colour.

7. PEASE SOUP.

Take three pounds of pease, soak them well all night in water, set them on with a gallon and a-half of water, a shank bone of ham, or bones of roast beef, or dripping will do, a table-spoonful of celery seed, two or three carrots, a few onions, and pepper and salt; let it boil slow till the pease are quite boiled away, then put through a search or colander, if very thick, and send it hot to table. A desert-spoonful of made mustard is sometimes added.

8. HARE SOUP.

Skin your hare very carefully by making a small hole in the belly, but take care not to cut any deeper than the skin; then introduce your fingers between the skin and body, and pull up one of the legs after having cut off the feet; turn the hare round, when you will easily get out the other hind leg, and pull the skin over the head, then open the belly, gut and wash that part only, taking care to lose none of the blood; then open the stomach, where most of the blood lies, and cut down the hare in pieces, washing all well, and breaking the clots of blood, which must be strained and set on to boil with a few pounds of beef, a stock of celery, turnips, and carrots, a few onions, and a table-spoonful of whole pepper, which must be stirred constantly till it come a-boil; add two table-spoonfuls of flour well broke in a little cold water; let all boil for three hours, then strain it, add the hare, and boil for two hours more.

9. VEAL SOUPS or FRIAR'S CHICKEN.

Take a knuckle of veal, set it on with about two gallons of water, and a little salt; when it is quite boiled to rags, put it through a search, then

return it into the pot with some shred parsley; let it boil till the parsley is tender; cast the yolks of four eggs, cool a little of the soup, and mix with them, then add all together, and keep slowly stirring it till quite hot, but don't let it come a-boil, and then send it to the table.

10. WHITE SOUP.

Take a knuckle of veal, set it on the fire with about a gallon and a-half of water, two or three turnips, a carrot, a few onions, a small spoonful of whole white pepper, and a little salt; blanch and beat a quarter of a pound of sweet almonds to a paste, in a marble mortar; mix them with a table-spoonful of flour, and two of fine ground rice, then mix them with three gills of thick sweet cream, add gradually to the liquor, and let it boil for half an hour, and put it through a search before it is sent to table.

11. MULLIGHAUTAUNEY SOUP.

Stock same as in the last receipt; but instead of the rice take three table-spoonfuls of flower, and two small ones of Currie Powder, mix as before, with three gills of cream, and boil half an hour.

12. POTATOE SOUP.

Take the bones of cold roast beef, set them on with about two gallons of water, with pepper and salt; after having boiled for some time, take out the bones, strain it, add half a peck of potatoes well pared, and a few grated carrots: boil for two hours.

13. MACARONI SOUP.

Take what quantity you want of stock, as directed for brown soup; boil half a pound of Macaroni in a pint of water till soft, then drain it, and cut in pieces about an inch long, put it in the soup, and boil ten minutes.

14. FISH SOUP.

Take six codlings or haddocks, cut off the heads large, and also the tails; boil them in about a gallon and a-half of water, with about four ounces of butter, well wrought in three table-spoonfuls of flour, with a little cold water; when it has boiled an hour, strain it through a search, and add the middle parts of the fish, with salt to your taste; let them boil for a quarter of an hour; if very large, longer; take the fish carefully out with a

skimmer, and send it to the table with a little of the gravy, which makes an excellent dish in addition to the soup. If wanted very rich, add half a hundred oysters to the soup, after it is drained; boil for ten minutes; and instead of doing the fish in the soup, brown a little butter in a sauce-pan, thicken it with flour, dust the fish with flour, brown them nicely, and add a little of the soup and oysters for gravy.

15. ANOTHER.

Take a cod head and a tail, put it on to boil with what quantity of water you wish; take a little cold water, and break as much flour with it as will make it pretty thick, a spoonful or two of kitchen stuff, or salt butter, and add to it, stirring it well; when the head is boiled down, strain it, then add spice and parsley, or half a hundred oysters, and boil a quarter of an hour.

16. OYSTER SOUP.

Make a stock of cow heel, strain, and add a hundred oysters, and spice thicker with flour.

17. RABBIT SOUP.

Cut your rabbits in pieces, and soak them well

in water; drain them from the water, and pour a little vinegar over them to take away the oily taste; let them lie for some time, then wash again, and put on with water well thickened with flour, or brose meal; add spice to your taste.

18. KIDNEY SOUP.

Take two beef kidneys, wash and cut them in small pieces, fry them in dripping of a dark brown; put them on to boil with what spice you choose, and thicken with flour.

19. SPINAGE SOUP.

Take a shank, or any coarse piece of veal; set it on with about a gallon and a-half of water; when it has boiled for some time, add four or five handfuls of spinage, boil half an hour more, with salt to your taste.

20. MOCK TURTLE SOUP.

Having scalded and cleansed a calf's head, set it on with a large knuckle of veal, three onions, two or three carrots, a turnip, some mixed spices, with salt and cayenne, in about two gallons of water; after the head has boiled an hour, take it out, and

drain it well from the liquor; let the liquor boil for some hours, strain it, and let it stand all night. Take the head, cut it all down in pieces about an inch long; skin the tongue and cut it also; brown a little salt butter with a little flour; when of a nice brown, take a little of the liquor, after having skimmed it, and break it with two large spoonfuls of flour, add it to the head, till it is all of a nice brown, then turn it into the pot with the liquor, add a gill of white wine, a table-spoonful of catsup, and squeeze of a lemon.

21. CARROT SOUP.

Take well scraped carrots and boil them in water till quite tender, then pulp them through a colander or drainer; have ready some beef gravy, to which put the carrots, and after stewing a short time, put in some butter with flour to thicken the soup.

FISH.

SALMON.

Salmon should be particularly well cleaned, the

scales well scraped off, and all the blood from the bone ; it takes longer boiling than any other fish. —if not very thick, it will take half an hour for a moderate dish, if thick and large it will take longer, and is sent to table well garnished with parsley.

COD

May be dressed various ways ; a good middle cut of cod will take about twenty minutes to boil ; the head and shoulders are thought a nice dish, either dressed or boiled plain : whichever way it is dressed, it must first have a little boiling water poured upon it, and quickly scraped, before it has time to cool, to take off the outer black skin ; when it is to be dressed, set it on the dish with the back up, take the yoke of an egg, and rub it all carefully over, then mix grated bread with salt and spice, sprinkle it over the fish, with small bits of butter dropped over it to prevent it burning ; set it in a Dutch oven, at a little distance from the fire, to ready slowly ; boil a little bit of the tail, or what will do equally well, a little beef-tea, or soup of any kind ; brown a little butter well thickened with flour, add the gravy, with a few oysters, a little fish sauce of any kind, or catsup ; season it to your taste, and add to the fish before coming to the

table; it should all be of a nice light brown. Cod is the better of being cleaned the day before, and lying with a little salt upon it.

HADDOCKS

Will take about ten minutes to boil whole; if they are to be dressed, cut them in neat small pieces; rub them over with the yolk of an egg, then dust them lightly with flour or crumbs, brown them a nice light brown in the sauce-pan; have ready a brown gravy well thickened with flour, add a little spice, fish sauce and oysters to your taste, and pour it round them when dished.

Haddocks or codlings are much improved by having butter browned, with a few oysters, poured over them.

TURBOT

Takes about half an hour to boil, or three quarters if very thick.

CODLINGS

May be dressed like haddocks, as they are rather insipid when done plain.

All small fish that are fried, should be done with plenty of dripping, well dusted with flour or crumbs, and made of a nice light brown.

HERRINGS,

Besides being fried, are very good when boiled with plenty of vinegar, or potted in an oven with gravy thickened with a little flour, vinegar, and salt. With plain boiled fish, there should always be two sauce tureens, one of plain melted butter, and the other of butter either with chopped parsley, or a little of the inside of a crab, mixed and boiled with the butter, which makes an excellent sauce for plain boiled fish, and is by many thought equal to lobster sauce, which is done in the same way; half a crab would be sufficient. If no crab is to be had, a few shrimps would do nearly as well, or a few oysters.

CRAB PIE,

To eat with Fish.

Take every thing out of the crab, and clean the shell well, break the claws and mix the meat of the claws with that out of the body; mix it all well together, with plenty of pepper, salt, and vinegar, grated bread, and a bit of salt butter; when well mixed, pack it nicely in the shell, put

a little butter on the top to prevent it burning, and brown it in the Dutch oven.

OYSTERS

Should be drained from their own gravy, and browned in a sauce-pan, with a little melted butter and flour, then add the gravy well thickened with flour; let them all brown together for a few minutes, and then dish.

TO SCALLOP OYSTERS.

Grate some bread, sprinkle a little in the scallop dish, put in a row of oysters and a row of bread alternately, well sprinkled with pepper; drop a little butter to prevent them burning, and brown in the Dutch oven.

Oysters pickled in their own juice will keep any length of time, if boiled with an ounce of whole black, and an ounce of whole white pepper to every hundred oysters; when ready, pot them, and when cold, tie them up with bladders, or with corks fitted to the mouths of the jars; when sent to the table, the pepper should be picked out; they do to add to any dish, when oysters are not

to be had. Fish, when boiled plain, should have a good handful of salt boiled with it.

MEATS.

BEEF.

The best roasting pieces are sirloin, spare-rib, and the head of a huck-bone; a large sirloin will take two hours and a-half to roast; have a clear brisk fire, baste it well with dripping when it first goes to the fire; but keep it at a distance at first, for if it once harden on the outside it will never ready afterwards, but will be red at the bone even though it look burnt on the outside. All meat should be sprinkled with a little salt while roasting, and garnished with a little fine scraped horse-raddish, and the gravy made of boiling water poured over any brown bone or corner, but not over all the meat. A spare-rib will take three hours to roast, the head of the huck-bone will take about two hours and a-half.

The nicest boiling pieces are a round or rump, which are good either fresh or salted, and may be

sent to the table surrounded either with turnips and carrots, or greens.

A breast or runner of beef is very nice, when salted either with or without saltpetre; it will take about two ounces of saltpetre for a round or breast, and should be mixed with the salt, and should be sparingly put on at first for a night or two; then put on all the rest of the salt, rub and turn it every other day for a fortnight, when it will be fit for use; any of the other pieces makes excellent broth; the rump or spare-rib do best for steaks.

BEEF STEAKS

Ought to be cut pretty thick, done on a clear fire, and the gridiron hot before they go on; they should be constantly turned, to prevent the juice running out; they will do in ten minutes if the fire be good; a little shallot should be minced and laid on the dish, and then the steaks laid above it, with a sprinkling of salt between each steak to bring out the juice.

TO STEW A ROUND.

Put on the round without any water, to give it

a brown, then add as much water as will prevent it burning, with carrots and turnips, and a few onions.

TO STEW BEEF IN SLICES.

Cut any lean piece of beef in slices, beat it well, and sprinkle it with pepper and salt, then roll it up, and if you wish it to look particularly well, rub it over with the yolk of an egg, dust it with flour, and brown it nicely, in a little dripping; add as much water as will nearly cover it, well thickened with flour, and brown it altogether for a minute, and stew very slowly for two or three hours; it makes a very nice dish.

MINCE COLLOPS.

Any piece of lean beef, if well minced, makes good collops, though perhaps it might be as well to buy them ready minced; about a pound and a-half makes a good side dish; they should be well beat in the frying-pan with a beater before they heat, otherwise they will run in knots; they should be thickened with a little flour and water, a little fish sauce or catsup is an improvement; a quarter of an hour or twenty minutes will do them, but if done slowly, longer will not spoil them.

SCOTTISH COLLOPS.

Cut beef as if for stew, brown a little butter or dripping, just enough to keep them from burning; brown each side of the slices, and ready them in the frying-pan, and then put them to the side and put in a little water for gravy; add salt and a little shallot.

TO DRESS COW-HEAD.

Soak well in water, clean, and boil till it goes to pieces; then take it out of the pot, and when cold cut it down in small neat pieces, gristle and all that will cut, then put it on with the liquor after it is searched, with plenty of mixed spice of all kinds, and after it has boiled well down, add catsup, and put in shapes to turn out when wanted, and garnish with pickles of red cabbage or beet-root; a cow-heel done with it is an improvement.

PALATES.

Soak the palates in water after having cut them in small pieces, fry them of a nice light brown, then add a little gravy and spice, stew till tender, which will take three or four hours; they can hardly be done too much.

TRIPE.

When tripe is nicely cleaned, let it boil gently for some hours, then take it out of the water, and if for boiling plain, set it on again with equal parts of milk and water, skim when it comes a-boil, let it boil slow till quite tender, then send to table with some of the liquor about it to keep it hot; eat with melted butter; if fried, drain it from the first water, and fry it in butter of a nice brown.

MUTTON.

Gigots, saddle, and shoulder, are the best roasting pieces; a gigot will take about an hour and a-half to roast; to boil, it will take two hours and a-half; to those who dislike a gigot boiled in broth, it is a good plan to keep the liquor it is boiled in, and make broth the next day; it should be garnished with turnips and carrots, should have a few capers mixed with the gravy, and poured over it when sent to the table.

MUTTON CHOPS

Are best made of slices cut from the thick part of a gigot of mutton, or a back-ribs; broil them

on a hot gridiron, and do them like beef steaks, and garnish with pickles.

HARICOT OF MUTTON.

Cut a back-ribs of mutton into slices, take off the fat and skin, rub them over with the yolk of an egg, dust with flour, brown them nicely with a little dripping, boil the flap in a separate pan with turnips and carrots, turned with a turner; when about half boiled, add them, with the gravy thickened with flour, after being well skimmed, to the meat, as much as will nearly cover it, brown it with the meat, and let it stew slowly for an hour and a-half.

IRISH STEW.

Take a breast, back-ribs, or loin of mutton, cut them in small pieces, put them in a gallon of boiling water with nearly a peck of potatoes, or what quantity you wish, and let them stew till the potatoes are quite mashed and broken down, but take care it does not burn, which from the thickness it is very apt to do; add pepper and salt to your taste.

MUTTON HASH.

Cold roast mutton makes an excellent hash, cut small down ; boil the bones first to make the gravy, then take them out and put in the meat, but do not make it boil fast, for that would make it hard, only keep it near the boil for a few minutes ; season with pepper, salt, a little catsup, or any rich sauce, and garnish with pickles.

VEAL.

A fillet of veal makes a good roast ; it requires more roasting than beef or mutton ; it should be well basted with butter, and while roasting, half an hour before ready, dusted with flour ; the gravy is made of flour and water boiled with the squeeze of a lemon, and salt, and a little of the dripping.

VEAL CUTLET.

Cut from a fillet, or any lean piece of veal, thin slices, beat them well, and dust them with flour, brown them nicely with butter, then add a little water thickened with flour, and brown all together, of a nice light brown ; a few minutes will do it ; add a squeeze of lemon, and salt to your taste.

TO MAKE A GOOD STUFFING FOR VEAL.

Take crumbs of bread, yolk of an egg, a bit of salt butter about the same size, a little veal gravy, or any sauce, mixed spices, a little boiled parsley minced very fine, the squeeze of a lemon, and stuff it next the bone of a fillet, either for roasting or stewing; in a loin it must be put between the skin and flesh.

TO STEW VEAL.

Take a breast, loin, or fillet of veal, rub it with the yolk of an egg, then brown it with a little butter, nicely browned; have ready a little veal gravy, made up of any scrap or bone, well thickened with flour, season with a little catsup, squeeze of a lemon, and salt to your taste; brown all well together, and let it stew till tender; a loin will take about two hours and a-half, the other pieces rather more.

TO DRESS A CALF HEAD.

Take a calf head, scald the hair off, scrape it very clean; let it soak in cold water for some hours, then par-boil it for half an hour; keep the liquor it was boiled in, cut the head in small

pieces from the bone, take out the eye and all the meat you can get with it, keep the tongue whole, rub it with the yolk of an egg, and dust it with flour, brown it all round in butter; then add the meat, and make it as brown as you can without burning; add mixed spice, and squeeze of a lemon; then add as much gravy as you want, of the liquor the head was boiled in, thickened with flour; it will take at least three hours to stew, very slow; when dished, put the tongue in the middle, and the hash round it; a little soy, or catsup, or fish sauce, may be added if agreeable.

VEAL OLIVES.

Cut long thin collops; beat them, lay on them thin slices of fat bacon, and over these a layer of force meat seasoned high, with some shred shallot, and cayenne; roll them tight, about the size of two fingers, but not more than two or three inches long, fasten them round with a small skewer, rub eggs over them, and fry them of a light brown. Serve with brown gravy, in which boil some mushroom, pickled or fresh cayenne; garnish with balls fried.

Veal makes an excellent hash, with the addition of a little gravy and catsup.

SWEETBREADS.

Half boil them, then brown and stew them in brown gravy, as for stewed veal well seasoned.

PORK.

A leg, loin, or back-ribs, are the best roasting pieces; the skin should be cut in stripes an inch separate, but not deeper than the skin, and when half roasted, take off every alternate stripe, to admit the heat; gravy as for any other roast.

A boiled leg of pork is the better of being salted for eight or ten days, and should be skinned before coming to the table; allow a quarter of an hour for every pound, and half an hour over; the liquor in which it is boiled does very well to be kept for pease soup; it should have pease pudding sent to the table with it. (*See Puddings.*)

PORK STEAKS.

Cut them from a loin, or neck, and of middling thickness; pepper and broil them, turning them often; when nearly done, sprinkle with salt, and serve the moment they are taken off the fire: a few at a time.

TO ROAST A SUCKING PIG.

If you can get it when just killed, this is of great advantage. Let it be scalded, which the dealers usually do; then put some sage, crumbs of bread, salt and pepper, into the belly, and sew it up; lay it to a brisk fire; when thoroughly dry, rub it over with butter in every part; when ready, cut off the head, then, without withdrawing the spit, cut it down the back and belly, lay it into the dish, garnish each side with the half of a head, split up; for gravy, take a little of the dripping, with water that has had a bit of bread boiled in it; if very small, it may be sent to the table whole, with a lemon in its mouth.

LAMB.

A hind quarter of lamb will take about an hour and a quarter, a fore quarter not quite so long; many people prefer the fore quarter cold. Gravy as for beef or mutton; when sent to the table cold, garnish with parsley.

LAMB CUTLETS WITH SPINAGE.

Cut the steaks from the loin, and fry them;





Turkey [for roasting.]



Rabbit [for roasting].



Duck [Back].



Pigeon.



Duck [Breast].



Turkey [for boiling].

the spinage is to be stewed and put into the dish first, and then the cutlets round it.

LAMB'S HEAD.

Soak a lamb's head a night in water; boil till tender, take the liver and lights, mince them pretty small; then give them a fry in a very little butter, add a little of the gravy they are boiled in, thickened with flour, put the head in the middle of the dish, and the mince round it, seasoned with salt, spice, and a tea-spoonful of vinegar. The lights must be first par-boiled with the head, but not the liver. A sheep draught done the same way.

POULTRY.

1. DIRECTIONS FOR DRESSING POULTRY AND GAME.

All poultry should be very nicely picked, every plug removed, and the hair nicely singed with white paper. Fowls for boiling should have the legs put under the wing and shut; for roasting, left out and skewered down.

The cook must be careful, in drawing poultry of all sorts, not to break the gall bag, for no wash-

ing will take off the bitter where it has touched. In dressing wild fowl, be careful to keep a clear brisk fire; let them be done of a fine yellow brown, but leave the gravy in; the fine flavour is lost if done too much.

Tame fowls require more roasting, and are longer in heating through than others. All sorts should be continually basted till nearly ready, then dust with flour, that they may be served with a froth, and appear of a fine colour.

A large fowl will take three quarters of an hour, a middling one half an hour, and a very small one, or a chicken, twenty minutes. The fire must be very quick and clear, before any fowls are put down. A capon will take from half an hour to thirty-five minutes; a goose, an hour; wild ducks, a quarter of an hour; pheasants, twenty minutes; small turkey stuffed, an hour and a quarter; turkey poults, twenty minutes; grouse, quarter of an hour; quails, ten minutes; and partridges, from twenty to twenty-five minutes; a hare will take near an hour.

Pigs and geese require a brisk fire, and quick turning; hares and rabbits must be well attended to, and the extremities brought to the quick part of the fire, to be equally done with the backs.

TO BOIL A TURKEY.

First cut a slit in the back of the neck, fill it with crumbs of bread, mixed with a bit of butter, the yolk of an egg, spice, and a very little milk to moisten it; then sew up the skin, turn the head over the left wing, skewer it, flour the cloth to boil it in; have ready a little melted butter for sauce, take a little of the gravy it is boiled in; mix with it a few oysters, pour it over the turkey, and then dish it.

TO ROAST A TURKEY.

Prepare the same as in the foregoing receipt, and baste it well with butter; boil the heart, liver, &c., in a little water for gravy, and a little of the dripping poured on the feet; a fowl is roasted in the same manner.

TO BOIL FOWL.

Pick them nicely, singe, wash, and truss them, flour them, and put them into boiling water. A young chicken will take twenty minutes, and fowls, according to their size, from that time to thirty-five minutes; serve with parsley and butter, and

oyster or liver sauce. A boiled fowl's legs are bent inwards, and tucked into the belly.

If for dinner, ham, tongue, or bacon, is usually served to eat with them. Chickens, either roasted or boiled, should have no stuffing; and the heads of chickens should be retained, although taken off fowls.

TO BOIL FOWL WITH RICE.

Stew the fowl very slowly in some clear mutton broth, well skimmed, and seasoned with onion, mace, pepper, and salt. About a quarter of an hour before it is ready, put in a quarter of a pound of rice, well washed and soaked; simmer till tender; then strain from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of the dish, and the rice round it without the broth. The broth will be very nice to eat as such, but the less liquor the fowl is done with the better.

TO CURRIE A FOWL.

Par-boil a fowl for twenty minutes; keep the liquor it is boiled in; cut it in pieces; take off the skin; rub them all over with the yolk of an egg;

sprinkle over them about two large table-spoonfuls of currie; squeeze over them the juice of half a lemon, a good deal of salt; then add a little of the gravy it was boiled in, thickened with a little flour; and let all stew together slowly for an hour.

ROAST DUCKS.

Cut off the legs, and a half of the wings, stuff them with sage and a bit of butter, pepper, and salt; skewer them nicely with small wire skewers, with which all poultry should be done. Boil the tip of the wings, liver and gizzard, for gravy. Baste them with butter, dust with flour like other poultry, and roast of a nice light brown. Some people retain the legs, and after toasting and scraping off the outer skin, turn them up the back.

TO STEW A DUCK.

Put it in a stew-pan with a little gravy and a few leaves of sage cut small, pepper and salt, simmer a quarter of an hour, add a little water thickened with flour, skim it well, cover it close, and let it simmer an hour longer.

TO HASH DUCKS.

Cut a cold duck into joints, warm it, without boiling in gravy, and a glass of port wine.

TO ROAST GOOSE.

After it is carefully picked, the plugs of the feathers pulled out, and the hairs carefully singed, let it be well washed and dried, and a seasoning put in of pepper and salt. Cut the wings like a duck, take off the legs, fasten it tight at the neck and rump, and then roast. Put it at first at a distance from the fire, and by degrees draw it nearer. Baste it very well, and be careful to serve it before the breast fall, or it will look ill if it come flat to the table. Let a good gravy be sent in the dish; apple sauce should be sent to the table with it, but if it be a green goose, it should be gooseberry sauce.

GIBLETS.

Giblets make a very nice dish, set on with water thickened with flour, and a little pepper and salt, and stewed slowly for some hours.

TO STEW PIGEONS.

Take care that they are quite fresh, carefully cropped, drawn, and washed, then soak them half an hour in water; take off the head and neck, but leave the skin to cover the place. Put a bit of butter in the breast of each, truss them like a fowl for boiling, season them with pepper and salt, shut them close, turn the breast down in the stew-pan, thicken the gravy made of the necks and pinions with flour, and let them stew slowly for about an hour or more, if they are not very young, but turn the breast up when sent to table.

TO ROAST PIGEONS.

Should be stuffed with parsley, either cut or whole, and seasoned within; serve with parsley and butter; pease or asparagus should be sent to eat with them.

PIGEONS IN JELLY.

Pick two very nice pigeons, and make them look as well as possible, by singeing, washing, and cleaning the heads well. Leave the heads and feet on, but the nails must be clipped close to the

claws. Roast them of a very nice brown, and when done, put a little sprig of myrtle into the bill of each. Have ready a savoury jelly, and with it half fill a bowl of such a size as shall be proper to turn down on the dish you mean it to be served on. When the jelly and birds are cold, see that no gravy hangs to the birds, and then lay them upside down in the jelly. Before the rest of the jelly begins to set, pour it over the birds, so as to be three inches below the top of this. This should be done full twenty-four hours before serving.

This dish has a very handsome appearance in the middle range of a second course; or when served with the jelly roughed large, it makes a side or corner dish, its size being then less.

GAME.

Game should not be thrown away, though apparently spoilt, for after being well washed and seasoned, and either stewed with a rich gravy or roasted, it is very delicate.

PHEASANTS AND PARTRIDGES

Are roasted like any other fowl, but without

stuffing; a slice of toasted bread should be placed under each when half roasted, to catch the dripping, and sent to table on the dish under them, though some prefer them without the bread, with a little gravy in which bread has been boiled.

GROUSE.

Roast them like fowls, but the head is to be twisted under the wing; they must not be overdone; serve with a rich gravy in the dish, and bread sauce. The sauce for wild fowls, as will be described hereafter under the head of *Sauces*, may be used instead of common gravy.

TO ROAST WILD FOWL.

The flavour is best preserved without stuffing; put pepper, salt, and a piece of butter into each.

Wild fowl require much less dressing than tame; they should be served of a fine colour, and well frothed up. A rich brown gravy should be sent in the dish. When the breast is first cut, a squeeze of a lemon is a great improvement to the flavour. To take off the fishy taste which wild fowl sometimes have, put an onion, salt, and hot water into the dripping-pan, and baste them for

the first ten minutes with this, then take away the pan and baste with a little butter.

WILD DUCKS,

When roasting, should be well washed with salt and water, to take off the fishy taste, and a lemon squeezed over the breast when cut at table.

WOODCOCKS, SNIPES, AND QUAILS.

Roast them without drawing, and serve them on toast; butter may be eaten with them, as gravy takes off from the flavour; the thigh and the back are esteemed the best.

GUINEA AND PEA FOWL

Eat much like pheasants; dress them in the same way.

TO ROAST HARE.

Let it be extremely well washed, and soaked for an hour or two in water; put a large relishing stuffing into the belly. For stuffing use the liver, a little suet, herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it, and

then sew it up, then run the spit straight through the mouth, and skewer the legs so that it may lie upon them, when on the dish. Serve with a fine froth, and rich gravy, and sauce-boat of melted currant jelly to eat with it.

BROILED AND HASHED HARE.

The flavour of broiled hare is very fine; the legs must be seasoned first; rub with cold butter, and serve very hot.

The other parts, warmed with gravy and a little stuffing, may be served separately.

RABBITS

Must be well washed, and after lying some time in water should have a cupful of vinegar poured over them, and lie all night to take off the oily taste; then brown a little dripping, put in the rabbits either whole or cut in pieces, nicely dusted with flour, and stew till tender. A young rabbit will do in an hour and a-half, but an old one will take a great deal more.

RABBITS ROASTED

Should be done with stuffing and gravy, like a

hare, or without stuffing, with sauce of the liver, and parsley chopped in melted butter, pepper, and salt, or larded.

BEEF HEART.

Soak it all night in water, clean it carefully from the blood, grate some bread, mix it with a bit of butter, chopped parsley, spice, and yolk of an egg, stuff it, and fasten it with a skewer, baste it well while roasting.

A SHEEP DRAUGHT.

Par-boil the heart and lights, then mince them small, slice the liver and fry it very brown, then add the mince, fry all together, and add water thickened with flour.

VEGETABLES.

Vegetables should be carefully cleaned from insects, and nicely washed; put them into plenty of boiling water; drain the moment they are done; if over-boiled, they lose their colour.

TO BOIL VEGETABLES GREEN.

Be sure the water boils when you put them in; make them boil very fast; don't cover them, but watch them; you may be sure they are done when they begin to sink; then take them out immediately, or the colour will change.

BOILED PEAS

Should not be over-done: chop some scalded mint to garnish them, and stir a piece of butter in with them.

ARTICHOKES.

Trim a few of the outside leaves off, and cut the stalk even; if young, half an hour will boil them. They are better for being gathered two or three days first. Serve them with melted butter.

JERUSALEM ARTICHOKES

Must be taken out the moment they are done or they will be too soft.

They may be boiled plain, or served with fricassee sauce, or melted butter poured over them.

TO STEW ONIONS.

Peel six large onions, fry them gently of a fine brown, but do not blacken them; then put them into a small stew-pan, with a little weak gravy, pepper, and salt: cover them, and stew two hours gently. They should be lightly floured at first.

STEWED CELERY.

Take a little dripping, make it of a nice brown, add a little beef-tea, or soup of any kind, thickened with flour; then add six stocks of celery, cut the proper length, add to the gravy, and let all stew together till tender; season with pepper and salt.

TO BOIL CAULIFLOWERS.

Choose those that are close and white; cut off the green leaves, and look carefully that there are no caterpillars about the stalk; soak them an hour in cold water; then boil them in milk and water, but plain water will do; and take care to skim the sauce-pan, that not the least foulness may fall on the flower. It must be served very white.

BROCOLI.

The same as cauliflower, and put salt in the water.

SPINAGE

Requires great care in washing and picking; when that is done, throw it into a sauce-pan; sprinkle with a little sauce, and cover close; when done, mash the spinage well with a small bit of butter. It must come to table pretty dry, and looks well if pressed, and marked in the form of a leaf with a knife or spoon.

FRENCH BEANS.

String them, and cut them into four or eight,—the last looks best; lay them in salt and water, and when the pot boils, put them in with some salt; as soon as they are done, serve them immediately, to preserve the green colour.

BEANS.

Boil like pease, till tender,—five minutes will do; and put a bit of butter in the middle of them, and a little salt sprinkled over them.

CARROTS

Require a good deal of boiling.

SEA CALE

Must be boiled very white, and served on toast, like asparagus.

STEWED VEGETABLES

Make an excellent dish; take a few turnips and carrots turned out with a turner: a few small onions nicely pared, two stocks of celery cut down into pieces of about two inches long: give them a brown in dripping, then add a little good gravy of any kind, thickened with flour, and let all stew till the carrots are done, which take longest.

BEET ROOT.

Boil the beet tender with the skin on; take off the skin just before serving; rub it off with a clean cloth, but take care the juice does not escape, and send it to table.

ANOTHER WAY.

After having half boiled, wipe off the skin; cut

them in nice slices of about half an inch thick ; take two large onions, sliced in the same way into the stew-pan ; then pour over them half a cupful of vinegar, and stew till tender.

SALAD.

Cut down a few stocks of lettuce ; after being well washed from the sand, pick a few cresses, and any variety of salads ; mix them together, and take the yolk of a hard boiled egg, break it in a cup with a tea-spoonful of mustard, and half a cupful of vinegar—a tea-spoonful of salad oil, or, what some people like better, a table-spoonful of cream ; mix all well together, and pour it over the salad just before sending to the table (for it spoils standing) ; or send up the salad plain, and the dressing in a sauce-boat.

ASPARAGUS.

Scrape the asparagus, tie them in small bundles, and boil them in a large pan of water, with salt in it ; before you dish them up, toast some slices of bread, and dip them in the boiling water ; lay the asparagus on the toast, pour a little butter on them, and serve them up hot, or send up the butter separate, to eat to the asparagus.

TURNIPS AND CARROTS

Should always be used to mutton; any vegetable will suit beef.

POTATOES

Are best pared before they are boiled, and done in a steamer; when eaten with roast meat, they should be turned out before the fire, and browned under the meat in a dripping-pan, or made into a pudding, as follows:—Pare, and boil them in a goblet; when ready, after being well drained, mash them well with the potato-beater, mix a bit of good salt butter and a little milk amongst them, set them again upon the fire, and beat them, then turn them out into the dish, smooth them, and brown under the meat before the fire; an egg beat and put into them is an improvement.

TO DO UP POTATOES LIKE APPLES.

Boil and mash them very fine, as before; mix the yolk of an egg and salt, take as much flour between your hands as will prevent them sticking, and roll them up to the size of a large apple, then do them thinly over with a feather dipped in the white of an egg, and stick a clove in the one end,

then put them on a dish to be slightly browned in a Dutch oven.

Potatoes may be dressed many ways; first boiled, and then cut in slices, and fried; or, first boiled, and browned in the oven, or roasted with the skins on, having been first well washed and wiped.

PARSNIPS.

Boil them tender, scrape them, then mash them in a stew-pan with a little butter, and pepper and salt.

CUCUMBERS.

Sliced cucumbers make a very nice dish, cut into very thin slices, and vinegar poured over them, with plenty of pepper.

TURNIPS

Are boiled and then mashed, with a little bit of butter, and a spoonful of milk or cream.

SAUCES.

OYSTER SAUCE.

Wash the oysters from their juice, put them

amongst melted butter, well thickened with flour, pour the liquor clear off from the shells, and add it to them; let all boil together for a few minutes, stirring it all the time one way.

LOBSTER SAUCE.

Chop the meat of the lobster, add it to some melted butter, and give it a boil, add a spoonful of vinegar, and little salt. The inside of a crab done in the same way is quite as good.

SHRIMP SAUCE.

Wash the shrimps well, and add them to thick, smooth, melted butter, and give them a boil for two or three minutes.

ANCHOVY SAUCE.

Chop one or two anchovies without washing; put them to some flour and butter, and a very little water: stir it over the fire till it boils once or twice. When the anchovies are good they will be dissolved.

LIVER SAUCE FOR GAME.

Boil a liver of rabbits or fowls, with a little

pepper and salt, and the neck and gizzard; if for boiled fowls, add a little parsley and butter.

EGG SAUCE.

Boil the eggs hard, bruise them small, and add them to melted butter.

BREAD SAUCE.

Pour a little milk on grated bread, and cover it; after standing for some time put it into a sauce-pan, with a piece of butter and a little flour, and boil the whole together, then serve.

SAUCE FOR GREEN GEESE OR DUCKS.

Pick and boil some green gooseberries, add a little sugar, and a very small piece of butter, and boil them up.

APPLE SAUCE FOR GOOSE.

Pare and cut down some apples small, put them into a sauce-pan with a little water and a few cloves; let them simmer till quite soft, and pick out the cloves before sending to table.

A GOOD BROWNING FOR SOUPS, GRAVIES,
OR STEWS.

Melt two ounce of good salt butter, brown it nicely, but beware of burning; add a good deal of whole black pepper, about six ounce of lump sugar; keep stirring all the time, to prevent burning, and make it of a nice light brown, and add a table-spoonful of catsup or Reading sauce, with a little water; skim off the pepper and bottle, if for use.

PASTRY AND PUDDINGS.

RICH PUFF PASTE.

Take nearly three quarters of a pound of butter to a pound of flour, rub in the one-half of the butter into the flour, then mix with cold water; rub it on the board till quite smooth, and roll it out very thin, and lay on a row of butter broken in small pieces; dust it with a little flour, and double it up, and roll it out again, and repeat the same till all the butter is in (it will then do for any kind of pie or tart), and ready it in a quick oven.

A LESS RICH PASTE.

Take half-a-pound of butter to a pound of flour, and add an egg well beaten, and do as before. It makes an excellent covering for meat pies, or what does not require to be so rich.

PASTE FOR TARTLETS.

Any standing crust is very good done in this way, with the addition of an egg or two, and a little lump-sugar; what is over of the paste makes very nice biscuits, with more flour wrought in to it, and rolled thin.

BEEF-STEAK PIE.

Cut the steaks thin, beat them well, and season with pepper and salt; add a little flour and water for gravy, and a spoonful of catsup, and cover with a good crust.

VEAL PIE.

Cut steaks of veal, beat them, and season with pepper and salt; add the yolks of four hard boiled eggs divided, a little gravy made of any scrap of the veal, thickened with flour, and the squeeze of a lemon; cover with a good crust.

MUTTON PIE.

Cut steaks of mutton, remove some of the fat, beat them, season with pepper and salt, or cut the steaks small as for a hash, add a little water thickened with flour, and cover.

GIBLET PIE.

After nicely cleaning the giblets, stew them in a small quantity of water, with an onion or two, and some black pepper; stew till nearly done; let them cool, then lay them in the dish; thicken the gravy with a little flour, pour it over them, and cover.

PIGEON PIE.

Soak your pigeons well in cold water, till the water is free from blood, pepper and salt them well before closing them; lay a beef-steak at the bottom, and, between every two, half the yolk of an egg hard boiled; add a little water, thickened with flour; then cover, and in the centre of the paste stick three feet nicely cleaned, to show what kind of a pie it is.

APPLE PIE.

Pare whatever quantity of apples you wish, cut

them in small pieces ; fill the dish, putting in sugar between the layers, a little marmalade or orange peel, and about half-a-dozen cloves ; it is the better of as much water as will melt the sugar ; then cover with light crust.

GOOSEBERRY PIE.

Fill your dish with gooseberries, having first picked them, a good deal of sugar, and a very little water, and cover with a light crust.

CURRANT PIE.

First strip the currants from their stalks, then fill the dish with them, and put in a good deal of sugar, and cover it with a good crust.

RHUBARB PIE.

Cut the rhubarb stalks into pieces of an inch long, having either skinned the stalks or simply washed them ; fill the dish with them, and plenty of sugar, and cover with a nice crust.

MINCE PIE.

Take a dozen of apples, pare and mince them, along with equal parts of suet, raisins, and currants, with some orange peel, and a good deal of

ground ginger, and some raw sugar; mix well, fill the dish with it, pouring in a little currant or ginger wine to moisten it; cover it with a good crust—it should have crust under it as well as above—the covering cut in small slits, to show what it is composed of.

DAMSON PIE.

Fill your dish with damsons and sugar, and then cover it with a light crust. Cherries done in the same way.

TARTS.

Bake first a good light puff paste, cover the dish intended for use, cut some ornaments of the same kind, with a runner, in the form of leaves, or any other shapes; bake them on a paper, and when the case is ready, fill with jam, or preserved fruit of any kind; put on the ornaments on the top, and put the pie again in the oven to get a little heat.

TO MAKE AN ITALIAN PYRAMID.

This does very well for a middle dish of a second course. Roll out a piece of puff paste, cut it out round the edge with a runner, make as many

as you choose, every one a size less than the other, with a small hole in the centre, to let the juice run down; bake them on a paper; when cool, and near time to send to table, lay on the largest one some preserved apples, and then on it one of the pieces of paste, and upon it rasp, or any dark-coloured jam; then paste and marmalade on another of them, laid above the last, or any other light preserve; and so on, alternately, to the top; on the top one put a preserved orange, with a long stalk of holly or box-wood thrust through to keep all straight.

PRUNE TART.

Take as many prunes as you intend for a tart, set them on with a little water, cover them close, let them stew for some time, then add a little loaf sugar, the squeeze of a lemon, glass of port wine, and let all stew together for a few minutes longer, and then fill your case, and put ornaments on the top.

RHUBARB TART

May be done in the same way, without the lemon and wine.

OYSTER PATTIES.

Put a fine puff paste into small pastry pans, with paste covers to correspond, in the middle of which there must be a round piece cut out to ready separately, to put on when the patties are filled; but there must be a bit of bread put in the hole that the paste is cut out of, to prevent it closing when in the oven; after it is ready the bread should come out, the meat filled in, and the little round bit of paste put on the top of the hole. Four or five make a dish. Take a few oysters and mince them small, add a good deal of pepper, a bit of butter, about the size of a walnut, and dust a little flour, add a little of the oyster juice, and give a good boil; fill when they are going to table (as they must be kept very hot), and cover up.

FRIED PATTIES.

Mince a bit of cold veal, and six oysters; mix with a few crumbs of bread, salt, pepper, nutmeg, and a very small bit of lemon peel, add the liquor of the oysters, warm all in a tosser, let it grow cold; have ready a good puff paste, roll thin, and cut it in round or square bits; put some of the above between two of them, with edges to keep

in the gravy, and fry them of a nice brown. Do all the patties over with egg before baking.

VEAL PATTIES.

Done the same as oyster patties, with the addition of a spoonful of catsup, and a little rich gravy of any kind, with salt and spice.

SWEET PATTIES.

Chop the meat of a boiled calf's foot, two apples, a little orange or lemon peel, the grate of a nutmeg, the yolk of an egg, and a spoonful of wine or brandy, and fill as for other patties.

APPLE PUFFS.

Pare the fruit, and stew them with a little sugar, the grate of a lemon, or a little orange peel; cut a paste of an oval shape, lay in the apples when cold, double up the paste over the fruit, wetting the edges to make it stick together; pinch it with a runner, and bake in a quick oven. Any other fruit may be done in the same way.

PUDDINGS.

RICE PUDDING.

Set on half-a-pound of rice, with a little water ; when it comes a-boil, pour off the water, and add about two pints of milk, let it boil till the rice is quite thick, then let it cool, and put it into the dish ; beat four or five eggs very well, mix them with the rice, and the grate of a lemon, sweeten to your taste, and bake in the oven.

AN EXCELLENT GROUND RICE PUDDING.

Take half-a-pound of ground rice, set it on with about two pints of milk, a few bay leaves, a stalk of cinnamon, lump sugar to your taste, and grate of lemon ; let all boil till quite thick, then pick out the leaves and cinnamon, and let it cool while you beat five eggs, and add to it a glass of sweet wine, or a little brandy may be added, if liked, and send to the oven.

BAKED APPLE PUDDING.

Pare six apples, boil them soft with a little lemon peel, and as little water as possible, beat

and mix them with the crumb of a penny loaf finely grated, about two ounces of butter, and five eggs well beaten; sweeten to your taste, and lay it on a thin paste in a tin shape, to turn out and bake in the oven.

BREAD PUDDING.

Grate bread, what quantity you wish; boil the milk and pour it over the bread; a little cinnamon or lemon peel may be boiled in it; cover up the bread after the milk is poured over it, beat four or five eggs, add to the bread when cold, sweet to your taste, and send to the oven.

BOILED BREAD PUDDINGS

May be done the same way, only less milk used; put it into a shape or cloth well floured; if a shape, a cloth must be tied over the mouth of it to boil, a few currants or raisins may be added if liked.

BATTER PUDDING.

Take a pound of flour, break it well in a little milk; then add about a pint and a-half more, a

little salt, and four eggs well beat, let it boil for two hours tied up in a cloth well floured; it must be put in boiling water; serve with melted butter, or a caudle made of the yolk of an egg, a glass of sweet wine, as much water, and a little sugar.

SUET PUDDING.

Take a pound of flour, and about half as much fine shred suet; mix with a little milk, then add a choppin of milk, half a pound of currants, a little ground ginger, or any spice that is liked; boil in a floured cloth for three hours; serve as above.

A PLAIN SUET PUDDING.

Take about two pounds of flour, and a few spoonfuls of small minced suet, a little salt, and cinnamon or ginger to your taste, mix with a bottle of brisk small beer, tie it into a floured cloth, and put it immediately into boiling water; a few currants, or a small bit of orange peel, is an improvement.

PLUM PUDDING.

Take a pound of suet, the same of stoned raisins and also of currants; mix a pound of flour

with about three gills of milk; five eggs well beat; mix all together with two table-spoonfuls of raw sugar, a glass of white wine or brandy, and grate of nutmeg; flour a cloth, put it in, tie it tight, and boil for three hours.

SAGO BUDDING.

Boil a pint and a-half of new milk, with six large spoonfuls of sago nicely washed, lemon peel, cinnamon, and nutmeg; sweeten to your taste; then mix four eggs; put a paste round the dish, fire it slowly.

BAKE PUDDING,

Without Eggs or Milk.

Take nine common bakes, pound them very small; take nearly as much well minced suet, and the same quantity of raw sugar; mix them well together; throw in a good deal of ground ginger, and some lemon grate; put all together in the dish, and as much water as will just moisten it, and make it mix better; smooth it neatly on the top, and ready it in the oven, which will take about half-an-hour. It should be served very hot.

HAGGIS.

Get a bag from the butcher; soak all night in water; scrape it well outside and in, with boiling water; rub it over with a little salt, to bring off all the slime; then soak again in water. Boil a sheep's draught till ready; when cold, grate the liver very fine, and mince the heart and lights very small; take about a pound of suet, or rather more; a quarter of a peck of oatmeal; mix all together, with a little of the liquor the draught was boiled in, after being well skimmed; a few onions shred small if liked, and plenty of pepper and salt; fill your bag, then secure the mouth by twisting it well with a small wire skewer; put it into boiling water, and keep it boiling for three hours; the bag should be pricked with a large needle, to prevent it bursting.

SKIN PUDDINGS.

After cleaning your skins well, and turning them out, which you do by inserting the meat at the one end, it gradually turns as you fill, so the wrong side must be out when you begin; take of oatmeal what quantity you want; add about half as much suet, plenty of pepper and salt, and a

little weak soup of any kind ; tie them at short distances ; then boil for two hours ; they will keep any length of time, if hung up and kept dry ; cut and heat them as you want them, either in the Dutch oven, or by boiling them.

SKIN PUDDINGS WITH CURRANTS.

Clean your skins well as above ; grate a quantity of bread, mix it with about half as much suet, currants, spice, and sugar, the grate of a lemon, and a little nutmeg, a glass of sweet wine, and water ; then fill the skins as in the last receipt, and ready in the same way ; first boiling, and then heating up as you require them : the skins should be pricked with a large needle, to prevent them bursting. Some people add apples.

CUSTARD PUDDING.

Boil a pint and a-half of milk, with a large spoonful of flour, a stalk of cinnamon, and a few leaves ; beat the yolks of six eggs ; when the milk is a little cooled, add the eggs gradually to it, stirring all the time ; pick out the cinnamon and bay leaves ; put it in the dish, and fire in a slow oven ; it will do in about half-an-hour.

MACARONI PUDDING.

Simmer an ounce or two of the pipe sort in a pint and a-half of milk, and a bit of lemon and cinnamon, till tender; put it into a dish; two or three eggs, sugar, nutmeg, half a glass of sweet wine, or a spoonful of orange flower water; bake with a paste round the edges.

MILLET PUDDING.

Wash three spoonfuls of the seed, put it into a dish, with a crust round the edges; pour over it as much boiling milk as will nearly fill the dish; an ounce of butter warmed with the milk, sugar, lemon grate, and a little scrape of ginger and nutmeg. As you put it in the oven, stir in two eggs beaten, and a spoonful of shred suet.

PEASE PUDDING TO EAT WITH BACON.

Take a pound of pease, put them on with a little water, and boil them an hour, that they may be swelled, then take them out; mix with them a piece of good butter and salt; tie them up tight in a cloth, and let them boil for two hours longer, then turn it out, and serve to eat with bacon.

MALLOW PUDDING.

Grate the crumb of a penny loaf; pour over it a pint of boiling cream; beat six eggs, and cut half a pound of marrow in small pieces; clean and stone some raisins and currants; put in a little cinnamon and nutmeg; mix all together, and put into a dish, and send to the oven.

PANCAKES.

Make a light batter of eggs, flour, and milk, according to the number you wish to make; fry them with a little butter or dripping; a small tea-cupful will be enough for one; turn them; double up; and serve with small sugar dusted over them.

BREAD AND BUTTER PUDDING.

Cut slices of bread according to the size of your dish; spread each slice with butter, and sprinkle raw sugar over it. Boil a pint and a-half of milk; add to it three eggs well beaten, stirring it well all the time, pour it over the bread in the dish; cover up, and send to the oven.

FRITTERS.

Take a small tea-cupful of batter, as for pan-

cakes, pour it into the frying-pan; have ready a few apples pared, cored, and cut in slices, throw them into the frying-pan at equal distances; then take about half a cupful more of the batter, and throw over them; then cut them in pieces with an apple each; turn them and serve hot.

CURRANT FRITTERS

Done the same way, only the currants mixed with the batter before readying.

OATMEAL PUDDING.

Take of good dry oatmeal as much as will nearly fill the tin pudding dish, add about four large spoonfuls of well minced suet, plenty of pepper and salt to your taste; set it under the meat when roasting, to catch some of the dripping, and pretty near the fire.

BOILED OATMEAL PUDDING.

Take oatmeal according to the size you wish, mix the fat off the top of beef broth when nearly ready, but without any vegetables with it, and plenty pepper and salt; work it up hard in the form of a ball, pop it into the boiling broth; it

will be ready in about twenty minutes, and is eaten to the meat. Flour done the same way.

PUDDING TO BE EATEN TO ROAST BEEF.

Mix as for pancakes, only thicker, and add salt ; put it in a tin pudding dish, and ready under the meat ; when firm, cut it in quarters, and turn it.

SUET DUMPLING

Is just flour and suet mixed together, with a little milk, and boiled in a cloth ; they may also be done up in smaller quantities, and boiled in the broth, but in that case, as they are without a cloth, they should be rolled up much harder, and require less suet ; add a little salt ; they are eaten with sugar, or a caudle, or melted butter.

AN APPLE DUMPLING.

Take two pounds of flour, and half a pound of butter ; work the butter into the flour, quite small ; mix with cold water, then roll it out ; have apples pared, and cut in pieces, lay them in the middle of the paste ; add as much sugar as will sweeten them, and a spoonful of water ; wet the paste well round the edges with cold water, and gather it up

nicely in the centre; dust a little flour over it, tie it up in a floured cloth; it will take three hours constant boiling; indeed it cannot be over-boiled.

A JAM DUMPLING OR BLANKET.

Prepare the paste as above, spread with jam, but leave two inches bare all round; wet the edge with cold water, and roll it up like a pound of butter, pinching it well at both ends to make it keep close; flour the cloth, and roll it up corner-ways, tying it at both ends very firmly; put it then into boiling water, and it will be ready in an hour and a-half.

MARROW PASTRY.

Blanch four ounces of sweet almonds, and a few bitter ones; pare half a dozen large apples, and cut both very small, or beat in a marble mortar, also a bit of orange peel; take a pound of marrow shred, a spoonful or two of flour, and the yolks of four eggs, the grate of a lemon, some ground cinnamon and raw sugar; mix all well with a glass of brandy, edge the plate or cover altogether like a mince pie, bake in a moderate oven, and whenever the paste is ready it will be fit for use.

CUSTARDS AND CREAMS.

CUSTARD.

Set on a pint and a-half of milk to boil, mix a small table-spoonful of flour with it, and add a stick of cinnamon, a few bay leaves and lemon peel, sweeten with loaf sugar to your taste, constantly stirring it to prevent burning; when it boils, take it off and let it cool; beat the yolks of six eggs, and add to the milk when it is cold, stirring it well; then put it on the fire to heat slowly, stirring it all the time, having taken out the cinnamon, bay leaves, and lemon peel; but it must not come a-boil; stir till cold, when it is ready for table.

RICE CUSTARD

May be done in the same way, substituting ground rice instead of flour; a little orange flower water is an improvement, and a few pounded almonds.

A TRIFLE.

Take a quarter of a pound of ratifia biscuit, lay

them on the bottom of a dish, take a pint and a half of cream, add a little lump sugar, and a glass of sweet wine, switch it well up in a wide dish, skim off the froth as it rises, and lay it upon a search ; do this as long as you can get it to rise, take a spoonful or two of what remains, and put it over the biscuit, lay on the cream, and raise it up as high as you can in the middle, ornament with barberries or cherries, or sprinkle with coloured sugar on the top.

LEMON CREAM.

Take a pint and a-half of cream, and add the juice of two lemons, and the grate of half of one, sweeten to your taste with lump sugar, whisk it well till it is very thick, and then lay it on a search as long as you can get any to do ; after it has stood some time on the search take it off, and put it on the dish for use.

PLAIN WHISKED CREAM.

Take a pint of cream, put in the whites of two eggs, sweeten to your taste, whisk all together, and lay it on a search ; when it has stood long enough, put it on your dish for use ; set round with ratifia biscuit.

BLAMANGE.

Dissolve three quarters of an ounce of isinglass in water, and strain it; take six or eight bay leaves, a pint of cream, a stick of cinnamon, and the peel of a lemon, boil all for five minutes, then add the isinglass, stir it till quite cold and beginning to thicken, fill your shape, keeping back any sediment that may be at the bottom, and let it stand all night to firm.

ITALIAN CHEESE.

Take the juice of five lemons, and the grate of four of them, with pounded sugar to your taste; this add to two pints of good cream, whisk it up twenty minutes, or till it is quite thick, then line your search with muslin and fill it up with the switched cream; it should stand twenty-four hours to drip before it is turned out on your plate.

MOCK ICE.

Dissolve three quarters of an ounce of isinglass, take three gills of cream, two table-spoonfuls of raspberry jam, and one of red currant jelly; bruise it well with the back of a spoon among the cream; strain it through a search, add the isinglass, and

bring it a-boil, stir till nearly cold, and then fill your shapes.

POTATOE FLOUR BLAMANGE.

Break two large table-spoonfuls of potatoe flour in a little cold milk; add nearly a pint and a-half more, and set it on to boil with a stick of cinnamon, and a little lemon peel; whenever it comes a-boil, take it off, taking out the cinnamon and lemon peel, and fill your shape; let it be perfectly cold before you turn it out, and garnish with raspberry jam; if you let it boil long, it turns thin; it should be taken off the moment it boils.

CARAGAHEEN.

Take a quarter of an ounce of caragaheen, which you get for a trifle from the apothecaries, steep it for a quarter of an hour in water, rince, and put it on to boil in a pint and a-half of sweet milk, a stick of cinnamon, a bit of lemon peel, and lump sugar to your taste; let it boil very gently till the caragaheen is nearly dissolved, then strain through a search or thin muslin; fill your shape and let it stand some hours before turning out; it does not require heating to turn out, but to be loosed round

the edge with a knife.—It is an excellent medicine for all breast complaints and coughs, and may be taken warm, a tea-cupful at a time, or instead of boiling in milk, used as stock and seasoned like calf-feet jelly.

RICE FRAME,

For Preserves.

Boil about two cupfuls of whole rice with milk, after being washed; add lump sugar to your taste, make it light and dry, stirring it after it comes a-boil; lay it upon a search to cool; when cold, set it up round the edge of a dish, smoothing it neatly with a knife; fill the inside with damsons, gooseberries, or any preserve.

GOOSEBERRY FOOL.

Pick green gooseberries and stew them with a little water and sugar till quite dissolved, then press them through a colander, take a little new milk, and a tea-cupful of cream, which mix with the fruit; keep stirring it all the time.

An apple fool is done in the same way, only apples instead of gooseberries.

RICE CAKE AND CUSTARD.

Put a nice custard in the bottom of a dish, and take a rice cake done in a neat shape, and stick it over with almonds, blanched and cut in three, stick them all over the cake, and set it to swim in the custard. See *Cake* and *Custard* under their proper heads.

COFFEE CREAM.

Boil a calf's foot in water till it boils into three gills of jelly, free of sediment and fat; make a tea-cupful of very strong coffee, clear it with a little isinglass till it is perfectly bright, pour it to the jelly, and add a mutchkin of rich cream, and as much raw sugar as is pleasant; give it one boil up, and pour into the shape. It should jelly, but not be very stiff.

RASPBERRY CREAM.

Mash the fruit and let them drain; sprinkle a little sugar over them, and that will produce more juice; then put the juice to some cream and sweeten it; after which, if you choose to cover it with milk, it will not curdle, which would have happened if put to the milk before the cream; but

it makes as well of raspberry jelly as of jam, if fresh fruit cannot be obtained.

HATTED KITT.

Pour some new warm milk upon about equal quantity of butter-milk; skim off what rises to the top, and put it into an Italian cheese shape, and when it has stood some time, turn it out.

RICE.

Boil half a pound of ground rice in a pint of milk, with a few bay leaves, a stick of cinnamon, and lump sugar, till it becomes very thick; pick out the leaves and cinnamon, and put it into a shape to turn out when cold; ornament with coloured sugar or preserves.

ANOTHER.

Boil as above with half quantity of milk, and two table-spoonfuls of rasp jelly; garnish with preserved rasps.

JELLIES.

[CALF-FEET JELLY.

Set on to boil two cow feet, or four calf feet,

after having been well washed, scraped, and soaked a night in water, with about nine pints of water; let them boil slowly, till reduced nearly one half, and all the feet gone to pieces; strain it through a search, and let it stand all night to cool; next day skim off the fat very carefully, and set on the jelly in a brass pan, carefully keeping back the sediment; add the whites of six eggs well beaten; an ounce of cinnamon, the juice and thin paring of two or three lemons, about half a bottle of currant or orange wine, and lump sugar to your taste; let all boil together for twenty minutes, then take it off, and pour in a tea-cupful of cold water, lay a plate over the pan, and then a cloth to keep in the steam; let it stand for five minutes, then pour it through a flannel bag, after having put it through boiling water, and rung it hard. The cold water makes it run clear at the first putting through the bag. Try it with a wine glass to see the clearness, and if not quite clear, return it to the bag.

TO MAKE COLOURED JELLY.

If both coloured and clear jelly are wanted at the same time, make double quantity of the clear, and after having drained as much of the clear as will fill your shape, take a root of beet-root, boil

and skin it, mince it down, pour over it the squeeze of a lemon, strain it, and add to the jelly in the shape, and stir, it will give it a fine colour. If beet-root is not to be had, take a little cochineal, pour a very little boiling water on it, cover it up, and let stand till dissolved, then add to the jelly in the same manner.

APPLE JELLY.

Pare about twenty apples, cut them pretty small, set them on with as much water as will nearly cover them. Cover them close up, and let them stew till quite broken down; then strain through a flannel bag; to every three gills, add a pound of lump sugar, and cinnamon or cloves, or any spice that is liked, and let them all boil together for five minutes, then dish. This jelly does very well to keep as a sweetmeat, and can be melted and put into a shape to use when wanted for dinner.

ORANGE JELLY.

Grate the rinds of two Seville and two China oranges, and two lemons; squeeze the juice of six Seville oranges and two lemons; strain them, and



add lump sugar in the proportion of one pound to three gills ; let it boil for three minutes ; take about as much stiff calf-feet jelly, or add a little isinglass dissolved and strained, as will make up the quantity to fill your shape ; when cold, turn out.

MARBLE JELLY.

Put a little calf-feet jelly in the bottom of your shape ; when quite stiff, pour on a little blamange, but it must be quite cold ; when perfectly firm, a layer of cold jelly, and so on alternately, till the shape is filled ; care must be taken in turning it out to loosen the edge with a knife, and as there is blamange in it, it must get as little heating as possible, the blamange being so easily melted ; tin shapes do better for jellies than stone ones, though more expensive at first, as they are more easily heated, but require to be kept completely clean and dry.

RED CURRANT JELLY.

Take currants according to the quantity of jelly you mean to make, pick out all the leaves and dry stalks that may be among them ; bruise them well with a potatoe beater, squeeze the currants hard

through a linen bag, and to every three gills of juice, add a pound of lump sugar; put it in a bright scoured brass pan to boil, but let it only boil for three minutes, skim it well as it comes up, and dish. After standing all night, paper the jars first by writing paper laid upon it, and then by brown paper tied firmly over it. A pint of raspberries to every eight pints of currants is an improvement.

BLACK CURRANT JELLY.

Black currant jelly is made much in the same way, excepting that the currants require to be heated before they are squeezed, to make the juice come better out; and as they are very difficult to squeeze, they will be the better of a little water poured over them, and well bruised in the pan, and consequently require a little more boiling than the red jelly; five minutes will do; skim well and pot it. It requires the same quantity of sugar as the red jelly.

WHITE CURRANTS OR RASPBERRIES.

Done in the same way, and the same quantity of sugar, a pound to three gills of juice.

CURRANT JAM.

Pick the currants carefully from the stalks, and to every pound of currants add a pound of lump sugar, boil for a few minutes, till the currants begin to fall, carefully keeping back part of the juice when you pot, which, put through a search, makes beautiful clear jelly, as the whole of the juice would make the jam too thin.

RASPBERRY JAM.

Pick out any leaves, stalks, and worms, put on to boil with equal weight of lump sugar, boil slowly and skim well, and when they begin to fall you may pot them.

GOOSEBERRY JAM.

Cut your gooseberries, weigh them, giving equal weight of sugar ; for common tarts raw sugar does as well as lump ; they require a good deal of slow boiling, and a soup-spoonful of water at first to melt the sugar ; care should be taken to break them as little as possible in the stirring and skimming. When they begin to fall and turn soft they are ready, then pot ; if gooseberries are wanted nicely preserved, they may be done with sifted re-

finer sugar, and boiled very gently to prevent them breaking.

DAMSON JAM.

Damsons are done like any other jam, with equal weight of sugar, and boiled till soft.

RHUBARB JAM.

Clean and cut the rhubarb into pieces of about an inch long; weigh it, and add equal quantity of sugar, and a little cinnamon or cloves, or any spice to your taste; when soft, it is ready, then pot it; it should boil slowly.

APPLE JAM.

Pare, core, and cut the apples into small pieces, put it on with equal weight of sugar, a little water to melt it, and spices to your taste; it does very well for tarts when apples are difficult to be got; take care it does not boil to a jelly, but let it be perfectly soft, and then pot.

APPLE GINGER.

Pare, core, and cut the apples in pieces about

the size of preserved ginger, and put them to stew slowly with water that ginger has been boiled in, adding also the ginger and equal weight of sugar; the apples should be quite clear, and at the same time soft; it will keep any length of time; about a pound of good strong ginger will do half a peck of apples; put in as little water as possible; pot it with the ginger, but pick it out when sent to table; it makes a very neat dish for a second course, in imitation of West India ginger.

PRESERVED CHERRIES.

Get the cherries when full ripe, and prick them with a needle; to every pound of cherries take a pound of lump sugar, strew it over them in layers in a stone jar, let them stand all night, then set them on a very slow fire; let them boil gently, and skim till the cherries taste quite sweet in the heart. They are very useful for ornamenting cream or any sweet dishes for a second course; they should be carefully packed in the pots, not to break them, and tightly tied up.

PRESERVED JARGONEL PEARS.

Pare them carefully, keeping on the stalks, set

them on immediately when pared, or they lose their colour, with pounded lump sugar, weight for weight, strewed over them; and as little water as will possibly keep them from burning; let them soak very gently on the fire, but not boil, for half an hour, then drain off the syrup carefully without crushing them, put on new sugar, half a pound to every pound of fruit, simmer again, and skim till they are transparent and soft in the heart, which must be tried, by cutting up one; then pot them carefully without crushing, and pour the last syrup over them, tying them carefully up.

TO PRESERVE APPLES WHOLE.

Pare carefully the best hard baking apples, before they are fully ripe; do the same as the pears; but if done at the same time as the pears, the first syrup of the pears will do to pour over them; add a little spice of any kind to your taste; pot carefully.

STRAWBERRY JAM.

Weigh equal weight of strawberries and sugar, boil them till the strawberries are ready in the heart, and then pot; raw sugar will do; but if

they are wanted to look very beautiful, take pounded lump.

BRAMBLE JAM.

Weigh like any other jam, equal weight of brambles and sugar; boil till soft—it will take some time—and then pot. Bramble jelly may be made of the juice, but as there is not much juice in brambles, it is very seldom done. Brambles are very good for sore throats, even better than black currants.

ORANGE MARMALADE.

Cut the oranges in quarters, but not deeper than the skin, then peel them, thread the skins, and set them on to boil, which they must do till they are soft enough to pierce easily with the head of a pin. The pan must be kept constantly filled up with water; while the skins are boiling, take the oranges, separate every lith, put away the seeds, and scrape the pulp very fine, keeping back all the white threads and skin. When the skins are boiled soft enough, take out a few as you need them, scrape off the threads and cut them into very thin chips about the length of an inch; half the quan-

tity of skins will be enough to cut down ; so pick the best and softest of them ; then add the chips to the pulp, and give as much weight of lump sugar as there were of the oranges at first ; put them all on to boil, and boil for three minutes ; skim, then pot.

PRESERVED GREEN GOOSEBERRIES.

Pick the gooseberries when green and hard, dry, put them into glass bottles, cork them well, sealing over the corks to exclude the air, and keep in a cold dry place.

PICKLES.

RULES TO BE OBSERVED WITH PICKLES.

Always use stone jars ; for as salt and vinegar penetrate common earthenware, the glazing is brought off, and may become dangerous ; keep them closely covered and free from the air ; large jars should be seldom opened, and little ones kept for common use.

OLIVES.

There are three kinds of olives, Italian, Spanish,

and French, of different sizes and flavour; each sort should be firm, though some are more fleshy. Keep them from the air.

TO PICKLE RED CABBAGE.

Cut down a red cabbage into thin slices, sprinkle a handful of salt over it, lay above it a plate, and a weight above to press out the juice, and let it lie two nights, then wring it through a cloth, and put it into a stone jar. If the cabbage be large, it will take a bottle of strong pickling vinegar poured boiling hot over it; cover the jar with a cloth for a night, tie it up, it is then fit for use.

SMALL CUCUMBERS AND KIDNEY-BEANS.

Pick the ends off the cucumbers and kidney-beans, sprinkle salt over them, and let them lie for two or three days; lay green kail blades in the bottom of the pan, and the cucumbers and beans above; then kail blades; cover them with pickling vinegar, set them on the fire till they are nearly boiling, but don't let them boil; sprinkle over them a very little pounded alum; then take them off, and let them stand till cold; then set them on again several times, the same way, always

letting them cool between : they will take a day to do ; then take them out and put them in a stone jar ; boil another bottle of pickling vinegar, pour it over them in the jar ; cover them with a cloth till cool, then tie them up, and they are fit for use.

PICKLED WALNUTS.

Take walnuts before the shell begins to harden, and put a brine of salt and water boiled, and strong enough to bear an egg, on them, being first quite cold. It must be skimmed while boiling. Let them soak nine days ; then drain, and pour over them in the jar a bottle of the best pickling vinegar, with a piece of ginger, two or three spoonfuls of mustard-seed, and two ounces of black pepper, all boiled together, but poured over them when cold. The pickle will serve for good catsup when the walnuts are done.

PICKLED ONIONS AND CUCUMBERS.

Cut them in slices, and sprinkle salt over them ; next day drain them for five or six hours ; then put them into a jar, pour boiling vinegar over them, and keep them in a warm place. The slices should be thick. Repeat the boiling vinegar, and stop them up again instantly ; and so on till green.

CAULIFLOWERS

Make a very pretty pickle, either with red cabbage, or any green pickle cut in small pieces, and done along with them.

INDIAN CRESS SEED

Does very well to use in imitation of capers; pulled when very young and green; salted for a night or two; then pour pickling vinegar over them, cover them and use like other pickles.

PICKLED BEET-ROOT.

Scrape the beet-root, to let out as little of the juice as possible; cut them in thin slices, and put in jars; pour pickling vinegar over them when boiling, let them stand to cool, then cover. This is a very useful pickle for colouring jelly when nothing else is to be found, and does well for garnishing mince collops, or any thing of the kind.

 CAKES.

GINGERBREAD CAKE.

Take two pounds and a-half of flour, two

ounces of ginger, a few cloves beat and sifted, carraway seeds, cinnamon, half a pound of brown sugar, half a pound of orange peel cut; after mixing the whole, melt two pints of treacle, mix in five beat eggs, and wet the flour with it; add half a gill of yeast, pour it amongst them, cast the whole together; then butter a frame, pour in the ingredients, and bake it; if it blisters in the oven, dab it with a fork. Plain gingerbread is seasoned with carraway seeds and ginger only. These cakes must be fired in a moderate oven.

A RICH HALF-PECK BUN.

To a half-peck of flour take a pound of melted butter, a gill and a-half of good yeast, mixed with as much hot water as will make a soft dough; knead it till quite smooth, then divide into three; put two parts together, and mix with the fruit, of which take two pounds and a-half of stoned raisins, and one pound and a-half of currants, one half pound of orange peel, and one of blanched almonds, an ounce of ground cinnamon, half an ounce of ground cloves, and two ounces of ground ginger; mix and work all well together with the dough, which will take a long time to do; then divide the remaining dough into two, and roll it thin, rub it

all over with cold water; after putting the bun into a neat shape, lay it on, and turn up the edge all round; then do the top the same way, roll it a proper thickness, and prick it with a dabber, to prevent it cracking, and give it a cut round the middle of the edge, but not much deeper than the cover; bind it round with a double paper, and lay it upon cartridge paper to bake; it will take fully two hours to ready, but try it before you take it out of the oven, with a small sharp knife stuck through the middle; if it come out clean, it is enough, if not, fire it a little longer. It will take a pretty hot oven.

RICH SHORTBREAD.

To half a peck of flour, take two pounds and two ounces of melted butter, one pound of pounded loaf sugar, and one quarter of a pound of orange peel, and one of blanched almonds; mix all together, but knead it as little as possible, divide into four, roll it out upon paper, pinch it neatly round the edge, sprinkle with confected carraways, which you get to stand the baking from the confectioners, and prick it well with a dabber, and fire in an oven that is not very hot.

PLAINER SHORTBREAD.

To half a peck of flour, take one and a-half pounds of butter, a few carraway seeds, with or without a pound of sugar,—if there is no sugar, it tastes richer; roll out as above.

PETTICOAT TAILS.

To half a peck of flour, take half a pound of raw or sifted sugar, one pound and a quarter of butter melted, divide into four, and roll out in a round shape; cut with a small tin cover or tea-cup a round out of the middle, then divide the sides in equal portions, and bake in the oven; but be sure it is well picked with the dabber, to prevent blistering.

RICH SEEDCAKE.

Take a dozen of eggs, and whisk them till quite thick; then add a pound of sifted loaf sugar, and a pound of fresh butter beaten to a cream, a pound of fine dry flour, half a pound of orange peel cut small, and half a pound of blanched almonds, cut small; mix all with a wooden spoon, and put immediately into the oven, as it will spoil if it stand a few minutes; turn it into a round shape or hoop, with buttered paper within; sprinkle large carra-

ways on the top, and glaze just before you take it out of the oven, with a feather dipped into the whites of two eggs, well beaten with lump sugar pounded and sifted; try with a small knife, if ready, in three quarters of an hour.

A PLUMB CAKE.

Take twelve eggs and whisk them very light; then add a pound of sifted sugar, a pound of dried flour, a pound of nicely cleaned currants, and an ounce of ginger; stir well with a wooden spoon, and put it quickly into your shape, which must be ready lined with buttered paper; it will take about half an hour to ready, but try it with a knife.

DIET LOAF.

To nine eggs whisked till thick, add a pound of sifted sugar, then a pound of flour; stir with a wooden spoon; fill your shape half full, which must be lined with a buttered paper; rub two pieces of sugar over for glazing; half an hour will bake.

SPONGE CAKES.

The same as diet loaf, but put into small buttered shapes; take them out as soon as ready.

SUGAR BISCUIT.

The same ; but dropped upon paper, and glazed as above.

A RICE CAKE.

To a dozen of eggs well whisked, add a pound of sifted sugar, and a pound and a-half of ground rice, and the grate of a lemon ; stir with a wooden spoon, and fill a neat shape buttered, for turning out.

A SELKIRK SCONE.

Get a loaf from the baker before it goes to the oven ; add a piece of butter, half a pound of raw sugar, carraway seeds, and a little ginger ; put it into a neat form, and send to the oven. A few currants may be added.

SWEET BISCUITS OR NIPPERS.

Take of left puff-paste, or make one of flour and butter, add a great deal more flour, and a little water and raw sugar ; work it very smooth, and keep it as dry as possible ; divide into small pieces about the size of a walnut ; roll it out as

thin as a wafer, and prick it well with a dabber; fire in rather a cool oven.

RATIFIA BISCUIT.

The same as sponge biscuit, only add bitter almonds, about an ounce pounded, to a dozen of eggs, flour, &c., and drop on paper.

ALMOND BISCUIT.

The same as above, only two ounce sweet almonds to the same quantity of eggs, &c.

QUEEN CAKES

Are done the same way as the plumb cake, only all the fruit, except the currants, are kept out, and they are baked in small patty-pans.

A COMMON CAKE.

Mix a pound of flour with half a pound of butter, four ounces of sugar, four eggs, and half an ounce of carraways, and a little ginger; beat it all well, and fire in a quick oven. Raw sugar will do.

VERY GOOD CURRANT SCONES.

Get a loaf from the baker before it goes to the oven, mix half a pound of raw sugar, an ounce of carraway seeds, half a pound of butter, and a pound and a-half of currants; mix all well together, roll it out, and cut it into neat little scones with a pan lid, then ready in a slow oven. They will ready almost equally well upon a girdle or frying-pan.

MILK SCONES.

Take to a peck of good flour a table-spoonful of salt, an ounce of the carbonate of soda dissolved in a little water, mix with as much butter-milk as will make a good thick dough, let it lie some hours or all night in rather a warm place, then work it up with more flour, roll it out in small pieces like biscuit, and let it lie for an hour or two more; then fire them on the girdle, a few minutes will do them, or roll out in a large piece, and cut with a small tin cover.

WINES, &c.

CURRANT WINE.

Take currants according to the quantity of wine you wish to make: to a twenty-pint barrel there should be seven pints of juice, fourteen of water, and thirty-two pounds of good coarse raw sugar; lay your currants in a tub, which should be kept for such kind of work, and beat them completely to a mash, measure part of the water, and add; washing the currants well in it, and run through a search, and so on till all are done; then wring the stalks hard, and wash with a little more of the water; turn it again into the tub with the water, and be sure you count the water used in washing the currants; add the sugar; that is, to every pint of juice, two pints of water, and to every pint of the liquor, a pound and a-half of sugar; let it stand in rather a warm place, and skim it well twice a-day for two days; lay the skimmings on a search, and return what runs through into the tub, then barrel; and it will require to be kept without the bung till it has quite done working and hissing (which it will do for a month or six

weeks); lay a cloth over it, then bung close. It will be fit for use in six months, but the longer it stands, it will be the better. The larger the cask is, the wine is the better; and it should always be filled up every time it is skimmed.

ORANGE WINE.

To six gallons water, add fifteen pounds of good brown sugar, and the whites of six eggs well beaten; boil three quarters of an hour, skimming it well, and pour it into the working vessel. Take eighteen Seville oranges, pare them, and squeeze the juice; boil to a syrup the juice of six good lemons, with two pounds of lump sugar, and when the first liquor is almost cool, add this to it, with six spoonfuls of good yeast, and the juice and peel of the oranges.

Let the whole work two days and nights, and then turn it into the cask in which it is to work, two or three days more. Before closing the cask, add two or three bottles of brandy, and a few pieces of ginger.

It will be fit for use in three months.

PARSNIP WINE.

Clean your parsnips well, and weigh twenty-

two pounds, boil them till quite soft, add as much water as will make up the twenty pints, and to every pint of liquid put one pound and a-half of sugar; then put it into a large vat, with a little yeast, and let it stand eight days, stirring it every morning; then put it into your cask, and fill it up every other day, for six weeks, and to a twenty-pint cask put one ounce and a-half of isinglass, and let it stand a year.

GINGER WINE.

Take three quarters of a pound of Jamaica ginger, bruise it, and boil it in three gallons of water for nearly two hours, let it stand till cold, then strain it, and pour it upon twelve pounds of lump sugar broke in pieces; take three dozen and a-half of lemons, and bitter oranges, an equal quantity, squeeze out the juice, and when the sugar is quite dissolved put in the juice, and ten pints of whisky, mix all well together, put it into the cask and fill it up with cold boiled water; let it stand for a month, and then bottle.

You may dissolve rather more than a quarter of an ounce of isinglass, put it among the liquor, and if you choose, the rinds of two lemons, but not more.

ANOTHER VERY RICH GINGER WINE.

Take a pound and a-half of ginger, boil it in fourteen pints of water till the strength is quite extracted; take six dozen of lemons, pare three dozen very thin, and grate the other half gently; steep the rind and gratings in as much spirits as will cover them, for twenty-four hours; clarify ten pounds fine raw sugar, put it altogether into the cask, and add three gallons of best malt whisky, including the spirits that the rind is steeped in, but not the rind itself; let the ginger water stand till quite cold, before it is put into the cask, and be sure to pour it clear off from the ginger, so that none of the sediment may be in it. Dissolve an ounce of isinglass, that will clear it; to give it colour, dissolve sixpence worth of saffron, and add it to the rest; close up the cask, and let it remain for six or eight weeks, then bottle it, but not till it is quite clear.

RAISIN WINE.

For a ten-pint cask, take twenty-four pounds of raisins, picked from the stalks, and well bruised in a marble or wooden mortar, put them in a tub, and pour the above quantity of cold water on them;

let them stand ten or twelve days, stirring them well twice-a-day; then squeeze them well and strain the liquor through a search; if you wish it sweet, add four pounds of raw sugar, and when it is well dissolved, put it in the cask; it will in a few days ferment with a hissing noise; when that gives over, bung it up, and in six or eight months it will be ready for bottling.

ELDER WINE.

Take the berries of the elder tree, and to every pint add two pints of water, to every pint of liquid half a pound of good coarse raw sugar; bruise the fruit well, wash it with the water, and run it through a sieve before you add the sugar; put it in a tub with a bit of toast, soaked in yeast, set in a hot place to stand for three days, skim it twice a-day and stir it; then barrel, but leave the barrel open as long as it hisses; lay a cloth over the mouth of it, and when done hissing bung it close; it will be ready for use in six months.

GOOSEBERRY WINE.

Take as many gooseberries as you wish, bruise them in a tub with a wooden pestle, squeeze the

gooseberries through a search, and then add to every pint of juice a pint and a-half of water, and to every pint of liquor half a pound of sugar; let it work for two days in a tub, then barrel, and when done hissing, bung like any other wine; but before doing so, put in half an ounce of isinglass.

IMITATION NOYAU.

To make eighteen pints of white noyau, take a pound and a-half of bitter almonds, blanch and pound them, boil them for half an hour in ten pints of water, with four lemons; strain it, and add nine pints of whisky when it is warm; boil it again, with five pounds of lump sugar, and the whites of twelve eggs, for five minutes, but it must be cold when put on the second time; strain it again; add eight nutmegs, a shillingworth of essence of anise, and set it by for a month in a cask or stone bottle.

FOR A SMALLER QUANTITY.

To three pints of whisky, take a pound and a quarter of sugar, a quarter of a pound of bitter almonds, blanched and pounded, and the rind of two lemons; put all into a large bottle, shake it

frequently, and after it has stood some days, filter it. The spirits are the better of having stood upon the leaves of the peach tree, but if difficult to find, will do without.

VINEGAR.

Put three pounds of coarse sugar into a barrel, pour eighteen pints of boiling water over it, and when it is milk warm, put a piece of toasted bread, dipped in yeast, into the barrel, and in a day or two bung it up, and put it near the heat of the fire.

ANOTHER.

The refuse of the stalks of currant wine makes very good vinegar with warm water poured over them, adding the scum off the barrel of wine, and about a pennyworth of yeast; put in a little milk-warm water occasionally to make it work, keep it in a warm place till it turns sour, and then bung it, and it will be fit for use in about a month.

TREACLE BEER.

Take a pound and a-half of treacle, and put it into five gallons of boiling water, let it boil ten

minutes, and then put in an ounce of hops, sewed in a muslin bag ; let it boil twenty minutes ; put the liquor into an earthen vessel till it is a proper coolness to receive yeast, then put in a gill of good yeast, and let it stand all night in a warm place ; take off the yeast, which will be a thick cake ; bottle it, and the following day it will be fit for drinking, if well managed.

POTATOE YEAST.

Pare the potatoes, and boil them well, as if for a potatoe pudding, break them well with a spoon, and when milk-warm, put in a little yeast, mix them well, put in a few tea-spoonfuls of raw sugar, set it down before the fire till it ferments, put it through a search with some warm water, put it again down before the fire, giving it a dust with flour, that it may ferment, then work it among the flour, and let it lie till fit to be put into loaves.

CHERRY BRANDY.

Stone eight pounds of black cherries, bruise the stones, and put the whole in three gallons of the best brandy, cover them up close, and let them stand a month or six weeks, then pour the liquor

off, and bottle it up. Morella cherries done in this manner make a fine rich cordial.

RASPBERRY VINEGAR.

Put two pints of ripe raspberries into a basin, pour over it half a bottle of good strong vinegar, bruise them well, and let them stand all night, and add a pound of sugar to every pint of juice; let it simmer for ten minutes, skim it, and when cold bottle. A table-spoonful or two in a tumbler of water makes an excellent drink for colds.

PEACH BRANDY.

The same as cherry brandy, only peaches instead of cherries; and apricots done also in the same way.

RUM SHRUB.

To every three pints of rum add a pound and a-half of lump sugar, pare the grate thin of nine lemons, squeeze the lemons through a lemon drainer, and the paring and juice of three bitter oranges, add all to the cask or stone bottle, stir it well till all the sugar is dissolved, bung it up, and

it will be fit for use in six weeks, but if not clear then, let it stand a little longer.

LEMONADE FOR PRESENT USE.

Pare a lemon thin, put it in a jug, having squeezed the juice through a drainer; sweeten it to your taste with lump sugar; and pour boiling water over it, as you like it; it does not do to stand.

ORANGE OR LEMON SYRUP.

Squeeze the juice of very good fruit, and boil when strained, a pint to the pound of sugar, over a very gentle fire; skim it well; when clear, pour it into a stone jar, and in twenty-four hours bottle it for use; it is very useful to keep in the house, to take with water in colds or fevers.

SUNDRY SMALL DISHES, &c.

FORCE MEAT BALLS.

For adding to Meat or Veal Olives.

Pound or mince very small cold veal or chickens,

and a little beef suet ; pick out the strings ; a very little grated ham, mixed spices, a little cayenne and salt, crumbs of bread, the yolks of two eggs, roll it into small balls, with a little flour nicely round it ; brown nicely with lard or drippings ; and add to whatever dish they are needed for.

RICE EDGING FOR A CURRIE OR FRICASSEE.

After soaking and picking fine rice, boil it in water and a little salt, till it is soft, but not too much so ; drain, and put it round the inner edge of the dish, to the height of two inches ; smooth it with the back of a spoon, and wash it over with the yolk of an egg ; and put it into the oven for three or four minutes ; and then serve the meat in the middle.

BROWNING TO COLOUR AND FLAVOUR MADE DISHES.

Beat to a powder four ounces of lump sugar, put it into a clear frying-pan, with an ounce of fine fresh butter ; mix it well over a clear fire ; when of a fine dark brown, pour in about a gill of port wine, by degrees, stirring it all the time ; put to the above half an ounce of Jamaica, and

the same of black pepper, six cloves, three spoonfuls of mushroom or walnut catsup, and some salt; boil gently for fifteen minutes; pour it into a basin till cold; take off the scum, and bottle for use.

SAGO.

Wash it well; let it stand some time in water, then drain it off, and wash again; then add more; and simmer gently till the berries look clear; put in, if wished, lemon peel and spice; add wine and sugar, and boil all together. Put it into shapes or tea-cups, to turn out, and eat with milk.

SAGO MILK.

Done like the last, but boiled with milk; it requires no flavouring except a stalk of cinnamon, which is an improvement.

TAPIOCA.

Pour cold water on it, to wash it two or three times; let it soak five or six hours, and simmer it till clear, with lemon peel boiled in it; then add a little lemon juice, wine, and sugar, and the grate of a nutmeg, to your taste.

CHICKEN BROTH.

Put a table-spoonful of rice, well washed, on with half a chicken, and a little water; when come a-boil, add a little nice picked parsley, and boil till ready; this will make about half a pint; and as it is better fresh made, half a chicken is enough for a sick person at a time.

BEEF TEA.

Cut about a pound of fleshy beef; carefully pick off all the fat; put it on with about a pint of water, skim carefully whenever it comes a-boil; some people like a little rice boiled in it, either whole or ground.

EGGS WITH TOAST.

Take six eggs, beat them well, turn them into a small sauce-pan, with a slice of butter, half a tea-cupful of milk, a little salt, pepper, and a tea-spoonful of vinegar; keep stirring them well, till they thicken; serve upon toasted bread; send to the table as hot as possible.

POACHED EGGS.

Break your eggs, and drop them into a sauce-

pan of boiling water, on the fire ; let them boil a minute, and lay them on a dish of mashed spinage ; three or four will be sufficient for a small dish.

FRIED EGGS.

Brown a little butter in the frying-pan ; when hot, drop in the eggs one by one, and turn them ; as soon as brown, they are done enough ; they are commonly done to lay on slices of fried ham.

WELSH RABBIT.

Toast a slice of bread, and butter it ; toast a slice of good rich cheese—Gloucester or Dunlop, or any good cheese will do—upon one side, lay that next the bread, and toast the other, either with a salamander, or in the Dutch oven ; having cast two eggs, pour them over the cheese before it is quite ready, and give them a brown ; some people prefer it spread over with mustard before the eggs are poured upon it.

WHOLE RICE.

Boil about a tea-cupful of whole rice in milk, boil it till it is quite dry ; lay it in little heaps

upon the dish; strew over them some coloured sugar; and lay some raspberry or damson jam round the rice on the dish; it is eaten with custard or cream.

GROUND RICE.

Boil a little ground rice with milk, till it is very thick; butter several small tea-cups, fill them with rice; when cold, turn them out; dust with sifted or coloured sugar, on a dish, and put a little warm sweet wine round them.

SALMAGUNDY.

Mince the white of cold veal or chicken, the yolk of two or three eggs hard boiled, some parsley, half a dozen anchovies, beet-root, pickled cabbage, a ham, or any thing well flavoured; put a sauce into your dish; then make rows round it, wide at the bottom, and growing smaller towards the top; choosing such of the ingredients for each row as will vary the colours most. At the top a little sprig of curled parsley may be stuck in.

ANOTHER AND PLAINER WAY.

Open two fine large pickled herrings at the

breast, and pick out the meat very carefully, keep the heads and tails together; mix the meat with the breast of a cold roasted chicken, three apples, and three onions; season with white pepper, and mix them; lay it very neatly on the dish, and garnish with ornamental pickles.

PANADO.

Put a large piece of stale bread in a sauce-pan, with half a pint of water, and a blade of mace, let it boil till the bread is quite soft; pour the water off; beat the bread very smooth; and add a little wine and sugar.

GROAT GRUEL.

Boil groats or grits till the gruel is quite thick; strain it through a search; add a little wine, the grate of a nutmeg, and sugar.

WATER GRUEL.

Put a handful of oatmeal in a jug, with a pint of cold water; break and stir it well; pour off the water into a sauce-pan, stir till it boil, and skim it; it is an improvement to add a little sweet milk to it.

CAUDLE.

Take a little groat gruel very thick ; add white wine, or brandy and sugar ; give them a boil together with a little nutmeg.

ANOTHER.

Boil half a pint of fine gruel, with a bit of butter the size of a nutmeg ; a large spoonful of brandy, the same of white wine, a bit lemon peel, and nutmeg.

CAUDLE OR SAUCE FOR PUDDING.

Take two eggs, cast them ; mix them with one table-spoonful of raw sugar, two glasses of sweet wine, and three of water ; mix them well ; and heat them before serving, but do not bring it a-boil, stirring it well all the time.

SCOTCH HOT PINT.

Put on to boil a tea-kettle with two bottles of small beer ; cast two eggs, mix them with a little cold beer, sugar, and half a bottle of whisky ; when the beer is boiling, pour out some into the

basin with the eggs, stir very quickly, return again into the kettle as fast as possible ; continue for some time pouring and returning into the kettle, till it is quite thoroughly mixed ; and if not strong enough, put in more whisky. It is seldom made except on the last night of the year.

TOAST AND WATER.

Toast a thin slice of bread very brown, but do not burn it, put it into a decanter with a spout, and pour boiling water upon it ; cover it up for a little.

APPLE WATER.

Cut two large Scotch baking apples in slices, put them in a tea-pot, and fill with boiling water.

TO ROAST APPLES.

Wipe the apples carefully, but do not pare them, and put them on a plate in the Dutch oven, to do slowly ; turn them that they may be ready all round ; the slower they do the better ; and whenever they are soft to the heart they are ready.

FIG WATER.

Put a few figs in a tea-pot, and then a few black currant leaves, then more figs, fill up the tea-pot with boiling water, and let it stand for half an hour. This is excellent for a sore mouth, and is very useful in all kinds of fever.

TO MULL WINE.

Boil a little rice, nutmeg, and sugar, in a little water, then add an equal quantity of port wine; boil together, and serve with toast.

ANOTHER WAY.

Boil a bit of cinnamon and some grated nutmeg a few minutes, in a tea-cupful of water, then pour into it half a pint of port wine, add lump sugar to your taste, and give it a boil; if approved, the yolk of an egg or two, very well beaten, may be added to it; but first mix them with a little of the cold wine before adding them to the hot; then pour it backwards and forwards several times, in and out of the sauce-pan. It may be made weaker if desired.

SACK WHEY.

Put two gills of sweet milk upon the fire, pour

as much good white wine as will turn it; let it boil up, skim, and set the sauce-pan aside till the curd fall to the bottom, but do not stir it; pour off the whey, add lump sugar and boiling water, according to the strength you wish it.

TO SALT MEAT.

BEEF HAM.

For a rump of beef about twenty pounds weight, take a quarter of a pound of saltpetre, and two pounds of salt, and a quarter of a pound of coarse raw sugar, half an ounce of cloves, an ounce of Jamaica and an ounce of black pepper, ground, mixing the spice all together, rub it all well over with it, stuffing it in at the bone as much as possible; let it lie for two or three days, then add about one pound more of salt, rub it well, and turn it every other day; it will be fit for use in about three weeks, then drain it from the brine, and hang it up; if you want it smoked, hang it over a barrel in which you burn peat or turf, the smoke will soon taste it, if you turn it well on every part; then hang it up to dry.

MUTTON HAM.

For a mutton ham it will take an ounce and a-half of saltpetre, and the same spices as in the above receipt, except the pepper; thrust your finger down the hole in the shank, fill it with the spice, salt and sugar, as mentioned, then tie it tight, and rub it well with salt, saltpetre, and sugar. Turn it every other day.

BACON HAM.

Take about two pounds of common salt, two ounces of saltpetre, a quarter of a pound of course sugar, and spices as in the former receipts; mix all well together; open the ham at the shank, and stuff it with the salt and spices, then tie it up hard round the shank-bone, to keep out the air; rub it well over with the mixture every other day, and strew a little salt above and below it; cover it up with a plate, and then with a cloth, but do not let it touch the brine; after it has lain two or three days rub more salt on it. Continue to do so for three weeks, taking care to keep it always covered up; then take it out, drain it from the brine, and hang it up; if it could be hung in a

house for some time where a peat or turf fire is used, it would greatly improve it.

TO CURE TONGUES.

Rub them with salt, and an ounce of pounded saltpetre to each tongue, and about two ounces of coarse sugar; mix with the salt an ounce of Jamaica pepper, an ounce of black, and half an ounce of cloves; rub it all well in them, let them lie three weeks; they are then ready for use.

A FEW DIRECTIONS FOR CARVING.

ROUND OF BEEF.

A round of beef should be sent to the table with the broadest end up. First cut a thick slice off the top, then cut slices as thin as possible, with a piece of fat to each; a round should always be tied round with a broad tape, to keep it in its proper shape, whether it be fresh or salt, but taken off before it comes to the table.

SIRLOIN OF BEEF.

Cut it deep down to the bone, along the thick

end of the sirloin, as close to the bone as possible ; then cut off an outside slice, beginning the point of the knife at the thick end, drawing it towards the thin ; cut it in thin slices, and serve fat with each from the under side. The under side when wanted is cut in slices across.

GIGOT OR LEG OF MUTTON.

Frontispiece, Fig. A.

This cut represents a leg or gigot of boiled mutton. It should be served up as it is here shown, lying upon its back ; and when roasted, the under side, as marked by the letter *d*, should be uppermost in the dish, as in ham. In this case, as it will be necessary occasionally to turn it so as to get readily at the under side, and cut it in the direction *a, b*, the shank, which is here broken and bent for the convenience of being put into a less pot or vessel to boil it, is not broken or bent in a roasted joint. When taken off the spit, it should be wound round with half a sheet of writing paper, and so sent up to table, that the person carving it may take hold of it, without greasing his hand. Accordingly, when he wishes to cut it on the under side, it being too heavy a joint to be easily

turned with a fork, the carver is to take hold of the shank with his left hand, and he will thus be able to turn it readily, so as to cut it where he pleases with his right.

A leg of wedder mutton, which is by far the best flavoured, may be readily known by the kernel, or little round lump of fat just above the letters *a, e*.

Turn the joint towards you, with the shank to the left hand; then cut deep on the fleshy part, in the hollow of the thigh, quite to the bone, in the direction of *a, b*. The most juicy portions of the leg are in the thick part of it, from the line *a, b*, upwards toward *e*, chiefly on the ridge *e, e*, and is to be cut in the direction *e, f*.

The cramp-bone is to be cut out by taking hold of the shank-bone with the left hand, cutting down to the thigh-bone at the point *d*, and then passing the knife under the cramp-bone, in the direction *d, c*, it may be easily cut out.

FORE-QUARTER OF LAMB.

Frontispiece, Fig. B.

Separate the shoulder from the breast, by passing the knife under in the direction *c, g, d, e*. The gristly part should next be separated from the

ribs, in the line *f, d*. It is now in readiness to be divided among the company. One or two ribs may be separated from the rest, in the line *a, b*; or, to those who prefer the gristly part, a piece or two, or more, may be cut off in the lines *h, i*, &c.

FOWL.

Frontispiece, Fig. C.

Stick your fork in the breast, so as to fasten it firm in the back-bone, then take off the wing *a, b*; then take off the leg from the same side, *b, f*. The other side the same. Then take off the merry-thought next the neck bones, then the two edge bones, keeping the fork firm in all the time, then pull or cut open the breast from the back; turn up the back; bend it up, and cut it across; turn the rump from you, and cut the side bones from each side of it.

TURKEY.

The same as a fowl, excepting begin by cutting slices from the breast on each side of the breast-bone; not so much white is required with the pinion of a turkey as of a fowl, the pinion being larger.

GOOSE OR DUCK.

Frontispiece, Fig. D.

Cut as many slices on each side of the breast-bone as possible, *a, b*, the breast being esteemed the nicest part. Take off the leg, by turning the goose up on one side, putting the fork through the small end of the leg-bone, pressing it close to the body, which, when the knife is entered at *d*, raises the joint from the body. The knife is then to be passed under the leg, in the direction *d, e*. When the leg is off, proceed to take off the wing, by passing the fork through the small end of the pinion, pressing it close to the body, and entering the knife at the notch *c c*, and passing it under the wing in the direction *c, d*.

Cut off the apron in the line *f, e, g*, and then take off the merry-thought in the line *i, h*. The neck-bones are next to be separated as in a fowl, and all the other parts divided as there directed; which see.

SHOULDER OF MUTTON.

Frontispiece, Fig. E.

Cut in the hollow part, in the direction *a, b*,

and pass the knife down to the bone. The gravy then runs fast into the dish, and the part cut opens wide enough to take many slices from it readily.

The best fat, that which is full of kernels, and best flavoured, lies on the outer edges, and is to be cut out in thin slices in the direction *e, f*. If many are at table, and the hollow part cut in the line *a, b*, is all eaten, some very good and delicate slices may be cut out on each side of the ridge of the blade-bone, in direction *c, d*. The line between the two dotted lines is that in the direction of which the edge or ridge of the blade-bone lies, and cannot be cut across.

WILD FOWL.

All wild fowl and game are cut in slices from the breast, as many as possible, it being esteemed the best part.

PIGEONS.

Cut them in half from top to bottom.

HARE OR RABBIT.

Cut off the fore-leg or shoulder in a circular line, and take off the hind legs; when both legs

are taken off, there is a nice slice on each side of the back; then cut the back into as many pieces as it will easily divide into; it is generally esteemed the best.

ROAST PIG.

Divide up the back, if not done before it comes to the table; separate the shoulder and legs, then cut the ribs in small pieces, which are esteemed the best.

FILLET OF VEAL

Should be cut thin; give some of the brown and stuffing to each.

BREAST OF BEEF OR VEAL.

Cut in thin slices along the ribs.

TONGUE

Is cut in thin slices across.

PIG'S FACE,

When pickled, or done as ham, is thought a nice dish. It is cut in a sloping direction from

the ear to the nose, and cut very close to the bone, as the slices are all very small.

It is impossible to give, without plates, a particular direction for cutting every piece of meat, but it should be all cut across the grain, in neat thin slices, helping every one to a part of all. There is great economy in good carving; the meat, in that case, going much farther, and looking better.

FISH.

In helping fish, the tail or middle parts are considered the best. In a cod's head and shoulders, give every one part of the thick and roe, and of the jelly part, which is esteemed the best. Some people cut salmon down all the length; but the best way is to cut it across, that each may get a part of both the thick and the thin.

VARIOUS SMALL RECEIPTS.

SOAP.

An excellent soap for washing coarse cloths, and scouring floors with.

Take any pieces of fat or skin of meat, either

raw or boiled, mince it small ; to two pounds, take one pound of black American ashes, put them on a slow fire to boil with a little water to melt the ashes, stir it occasionally, and let it boil till all is dissolved, and about the consistence of boiled soap ; then pour it into a flat dish to cool, and cut it into pieces for use.

TO MAKE SOFT POMATUM.

Mince lard, and put it in a stone jar at the side of the fire, and a little mutton suet to firm it ; after it is thoroughly melted, strain it in a search, and add bergamot before quite cold, and stir it well to prevent it separating, then pot. Any scent will do as well as bergamot.

TO PREVENT THE HANDS CHOPPING.

Wash with boiled bran, and occasionally rub with a mixture made of hog's lard, and a spoonful of honey.

TO MAKE MARROW OINTMENT.

The marrow should be minced down, and melted in a stone jar ; to about half a pound of marrow take an ounce of bee's wax, shave it down very

thin; after straining the marrow hot through a search, add the bee's wax, and keep stirring it till quite cold, then pot; it should be first bleached two nights in cold water.

TO TAKE INK OUT OF LINEN.

First take it out with salt of lemons, rubbed on the part over the steam of boiling water, then boil in a little butter-milk.

TO DYE BUFF.

Rub twopence worth of arnotta, boil in a gallon of water for half an hour, put into it two ounces of potash, stir it round, and instantly put in what you wish to be dyed, having previously damped it; let it boil for a few minutes, then drain from the water, and hang up without wringing; when half dry, starch it, but put no more than will just wet it; and before quite dry, mangle or glaze it.

ANOTHER.

Take fourpence worth of salt of tartar, dissolve in a gallon of boiling water, with threepence worth

of copperas, in a separate vessel, dissolved in as much water; dip the cloth first into the copperas, wring it and shake it, then dip it into the salt of tartar, doing the same, then again into the copperas; and so on till it is of a deep enough colour; then shake it out in the air to dry, when it will become of a beautiful colour.

PINK.

Boil the cloth in two gallons of soft water, with four ounces of alum; take it out and dry it in the air; in the meantime boil in the alum two handfuls of wheat bran, till quite slippery, then strain it; take two scruples of cochineal, two ounces of argall finely pounded, mix it with the liquor by a little at a time, strain it, then put the cloth into the liquor, and boil till it is almost wasted; take out the cloth, wash in chamberlye first, and next in cold water; then rinse it in water starch, strained; dry it quick, and mangle it very highly, or glaze it.

PURPLE.

Boil a quarter of a pound of logwood in two pints of water, with one and a-half ounces of alum;

let it boil a little; after it is cold, strain it, add the cloth, and give it a boil.

BLUE.

Mix a little liquid blue in as much water as will cover the cloth you wish done, put some starch in it, after being strained; dip a bit of rag to try the colour. This is a very pretty dye, but not very durable. Every thing dyed should be mangled or glazed.

GREEN.

A solution of copper and arsenic acid makes a fine green colour.

Every thing that is to be dyed must first be clean washed, the soap well rinsed from them, wrung, and then put into the dye.

TO CLEAN PLATE.

Take finest Spanish whiting, wet with turpentine, spirits, or water (but the two former are best for things not in daily use), mix the whiting, clean with soft flannel, but rub dry with a shamoy cloth, dust the leather with a sprinkle of cream of tartar; it gives a fine bluish tint to the silver. All tin

covers done in the same way. See they are particularly clean in the inside.

TO CLEAN MAHOGANY FURNITURE.

Wash first all the spots with vinegar or turpentine, then take a mixture of bee's wax and turpentine, and rub bright. Furniture ointment will do as well as bee's wax and turpentine. It is to be had at the druggists.

TO CLEAN PAPER HANGINGS.

First sweep down the walls, then break a two-penny half loaf into two, holding by the crust, and rub the walls lightly, beginning at the top of the paper; always rub it downwards, and don't take too long a stretch at a time; if rubbed hard the dirt will stick to the paper; if done lightly the crumbs and dirt will fall together. After finishing a row round the roof, go round the room again a little lower down, but do not let the marks of the strokes be at all visible. It will look as well as new, if properly done.

TO CLEAN GILDINGS.

Wipe off the light dust with a bunch of feathers,

then rub it with a bit of fine flannel, as linen takes off the gilding.

TO CLEAN LOOKING-GLASSES.

Wipe the stains off with a little whiting and blue, mixed with a little whisky, and rub it up with a soft, dry, flannel cloth.

TO CLEAN OIL PAINT.

To a pint of water, take a pound of whiting, and a gill of gall; with a soft flannel cloth wash the paint, take another water with less whiting, and rub it dry with plenty of soft dry towels, till it shine quite bright.

TO CLEAN STEEL.

Take, if it is rusty, smithy dust wet with sweet oil; rub hard; then brighten with it, very dry, and beat fine, or a little whiting.

ANOTHER.

Take a little boiled soap and crocus, rub till it is bright and dry.

TO PREVENT THE CREAKING OF A DOOR.

If the hinges are painted, rub a little soft soap; if iron, use sweet oil. All wooden pulleys or stiff windows, use black soap to rub with.

TO CLEAN CARPETS.

Take up the carpet and beat it well, then lay it down and brush on both sides; turn the right side uppermost, and scour it with cold soap and water, very clean, and rub it with linen cloths; then lay it down upon grass, or hang it up to dry.

TO DUST CARPETS AND FLOORS.

Sprinkle tea leaves on them, then sweep them carefully. Carpets should not be often brushed with a whisk brush, as it wears them very fast; but it should be done once a-week, and the other days with tea leaves and a hair brush.

TO CLEAN BRASS.

Rot stone, with a little sweet oil or whiting, wet with a little oxalic acid.

ARTICLES IN SEASON.

JANUARY.

Beef, mutton, veal, house lamb, and pork.

Turkeys, pullets, fowls, chickens, hares, wild fowl, tame rabbits, and pigeons.

Haddocks, cod, turbot, skate, whittings, flounders, lobsters, crabs, oysters, salmon, and herrings.

Apples, pears, nuts, almonds, raisins, grapes, oranges.

Cabbages, savoys, brocoli, spinage, parsnips, carrots, turnips, celery, onions, potatoes, beets, mushrooms, parsley, lettuce, cresses, Jerusalem artichokes, cucumbers, and asparagus.

FEBRUARY.

Beef, mutton, veal, house lamb, pork.

Turkeys, pullets, fowls, chickens, hares, tame and wild pigeons, tame rabbits, green geese, ducklings, and turkey poults.

Fish as in the preceding month.

Vegetables and fruit as before.

MARCH.

Meat as in February.

Fowls the same, except wild towi is out of season.

Fish as before.

Fruits and vegetables as in the former month.

APRIL.

Grass lamb, beef, mutton, veal.

Pullets, spring fowls, chickens, pigeons, young wild rabbits, leverets, young geese, ducklings, and turkey poults.

Fish as before.

Fruit and vegetables as before.

MAY.

Meat as before.

Poultry as before.

Turbot, mackerel, trout, carp, lobsters, oysters, mussels, and cockles.

Gooseberries, cucumbers.

Pease, beans, kidney beans, asparagus, cabbages, cauliflowers, artichokes, carrots, turnips, potatoes, radishes, onions, lettuces, and all kinds of salad.

JUNE.

Beef, mutton, veal, and grass lamb.

Poultry as before.

Fish as before.

Fruits as before, with strawberries, cherries, and currants.

Vegetables as in the former month.

JULY.

Meats as before.

Poultry same as in April, with the addition of young partridges, pheasants, and wild ducks.

Fish as before.

Cherries, strawberries, pears, raspberries, currants, gooseberries, melons.

Pease, beans, kidney beans, cabbages, cauliflower, cucumbers, mushrooms, carrots, turnips, potatoes, radishes, scorzonera, salsify, artichokes, celery, parsley, and all salads.

AUGUST.

Meats as in the former month.

Poultry as before.

Fish as before.

Fruits and vegetables as before.

SEPTEMBER.

Beef, mutton, lamb, veal, and pork.

All kinds of fowl, both wild and tame.

Salmon, trout, herrings, lobsters, oysters, and crabs.

Plums, peaches, pears, apples, grapes, figs, walnuts, filberts, hazel nuts, medlars, melons.

Pease, beans, kidney beans, cauliflowers, cabbages, carrots, turnips, parsnips, potatoes, artichokes, cucumbers, mushrooms, onions, leeks, scorzonera, salsify, celery, parsley, lettuce, and all sorts of salad.

OCTOBER.

Meats as in the former month.

Poultry as before.

Fish as before.

Fruit and vegetables as before.

NOVEMBER.

Meats as before, with house lamb.

Fowl as in the former month, with green geese.

Fish as before.

Pears, apples, chesnuts, hazel nuts, walnuts, medlars, and grapes.

Cabbages, savoys, brocoli, cauliflower, spinage, Jerusalem artichokes, carrots, turnips, parsnips,

potatoes, salsify, scorzonera, onions, leeks, beet
parsley, celery, cresses, lettuce, and all salads.

DECEMBER.

Beef, mutton, house lamb, veal, and pork.

Fowls as before.

Haddocks, cod, codlings, eels, oysters, cockles,
and mussels.

Fruits and vegetables as in the former month.

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