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THE

Frugal Housewife.

1829.

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*Katherine Golden Bittung*

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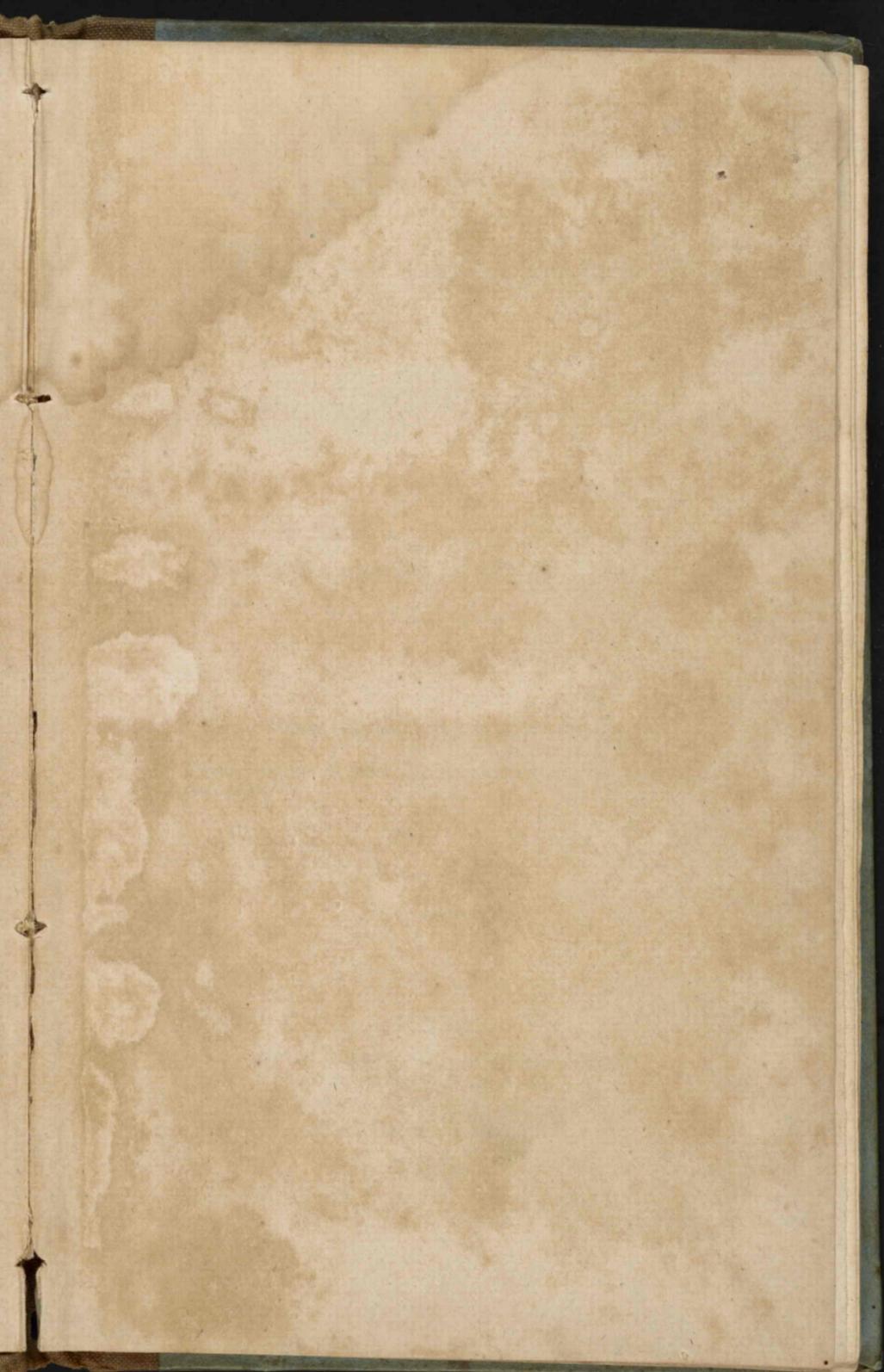
*"Give us this day our daily bread"*

*—the universal supplication of  
all people in all times and places.*

6

Glarrifou Schtucke

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1852

MUSICAL INSTRUMENTS

THE UNIVERSITY OF CHICAGO

BY THE BOARD OF

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CHICAGO, ILL.

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1852

THE  
**FRUGAL HOUSEWIFE.**

*Dedicated to those who are not ashamed of Economy.*

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BY THE AUTHOR OF HOBOMOK.

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“ A fat kitchen maketh a lean will”.....FRANKLIN.

“ Economy is a poor man's revenue ; extravagance a rich man's ruin.”

BOSTON :

MARSH & CAPEN, 362 WASHINGTON STREET,  
AND CARTER & HENDEE,  
Corner of Washington and School streets.

J. H. EASTBURN....PRINTER.

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1829.

DISTRICT OF MASSACHUSETTS, TO WIT.

*District Clerk's Office.*

BE IT REMEMBERED, That on the twelfth day of November, A. D. 1829, in the fifty third Year of the Independence of the United States of America, David L. Child, of the said District, has deposited in this office the title of a book, the right whereof he claims as proprietor, in the words following, to wit:

"The Frugal Housewife. Dedicated to those who are not ashamed of Economy  
By the Author of Hobomok. "A fat kitchen, maketh a lean will."—*Franklin.*  
"Economy is a poor man's revenue; extravagance a rich man's ruin."

In conformity to the Act of the Congress of the United States, entitled 'An Act for the encouragement of Learning, by securing the copies of Maps, Charts, and Books, to the authors and proprietors of such copies, during the times therein mentioned.' And also to an Act, entitled 'An Act, supplementary to an Act, entitled an Act for the encouragement of Learning, by securing the copies of Maps, Charts, and Books, to the authors and proprietors of such copies, during the times therein mentioned, and extending the benefits thereof to the arts of designing, engraving, and etching historical and other prints.'

JNO. W. DAVIS,  
Clerk of the District of Massachusetts.

## INTRODUCTORY CHAPTER.

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The true economy of housekeeping is simply the art of gathering up all the fragments, so that nothing be lost. I mean fragments, of *time*, as well as *materials*. Nothing should be thrown away so long as it is possible to make any use of it, however trifling that use may be ; and whatever be the size of a family, every member should be employed either in earning, or saving money.

If you would avoid waste in your family, attend to the following rules, and do not despise them because they appear so unimportant : “ many a little makes a mickle.”

Look frequently into the pails, to see that nothing is thrown to the pigs, which should be in the grease-pot.

Look to the grease-pot, and see nothing is there which might serve to nourish your own family, or a poorer one.

See that the beef and pork are always *under* brine ; and that the brine is sweet and clean.

Count towels, sheets, spoons, &c. occasionally ; that those who use them may not become careless.

Look to see if the vegetables are sprouting, or decaying ; if so remove them to a drier place, and spread them.

Examine preserves to see they are not contrac-

ting mould ; and your pickles, to see that they are not growing soft and tasteless.

As far as it is possible, have bits of bread eaten up before they become hard. Spread those that are not eaten, and let them dry to be pounded for puddings, or soaked for brewis. Brewis is made of crusts, and dry pieces of bread, soaked a good while in hot milk, mashed up, and salted and buttered like toast. Above all, do not let them accumulate in such quantities that they cannot be used. With proper care, there is no need of losing a particle of bread, even in the hottest weather.

Attend to all the mending in the house, once a week, if possible. Never put out sewing. If it be impossible to do it in your own family, hire some one into the house, and work with them.

Make your own bread and cake. Some people think it is just as cheap to buy of the baker and confectioner ; but it is not half as cheap. True, it is more convenient ; and therefore the rich are justifiable in employing them ; but those who are under the necessity of being economical, should make convenience a secondary object. In the first place, confectioners make their cake richer than people of moderate income can afford to make it ; in the next place, your domestic, or yourself, may just as well employ your own time, as to pay them for theirs—  
“ Time is money.”

For this reason, cheap as stockings are, it is good economy to knit them. Cotton and woollen yarn are both cheap ; hose that are knit wear twice as long as woven ones ; and they can be done at odd minutes of time, which would not be otherwise employed ! Where there are children, or aged people, it is sufficient to recommend knitting that it is an *employment*.

In this point of view, patchwork is good economy. It is indeed a foolish waste of time to tear cloth into bits for the sake of arranging it anew in fantastic

figures ; but a large family may be kept out of idleness, and a few shillings saved by thus using scraps of gowns, curtains, &c.

In the country, where grain is raised, it is a good plan to teach children to prepare and braid straw, for their own bonnets, and their brothers' hats.

Where turkeys and geese are kept, handsome feather fans may as well be made by the younger members of a family, as to be bought. The earlier children are taught to turn their faculties to some account, the better for them and for their parents.

In this country, we are too apt to let children romp away their existence, till they get to be thirteen, or fourteen. This is not well—It is not well for the purses and patience of parents ; and it has a still worse effect on the morals and habits of the children. *Begin early* is the great maxim for every thing in education. A child of six years old can be made useful ; and should be taught to consider every day lost in which some little thing has not been done to assist others.

Children can very early be taught to take all the care of their own clothes.

They can knit garters, suspenders, and stockings ; they can make patchwork and braid straw ; they can make mats for the table, and mats for the floor ; they can weed the garden, and pick cranberries from the meadow, to be carried to market.

Provided brothers and sisters go together, and are not allowed to go with bad children, it is a great deal better for the boys and girls on a farm to be picking blackberries at six cents a quart, than to be wearing out their clothes in useless play. They enjoy themselves just as well ; and they are earning something to buy clothes, at the same time they are tearing them.

It is wise to keep an exact account of all you expend—even of a paper of pins. This answers two

purposes ; it makes you more careful in spending money ; and it enables your husband to judge precisely whether his family live within his income. No false pride, or foolish ambition to appear as well as others, should ever induce a person to live one cent beyond the income of which he is certain. If you have two dollars a day, let nothing but sickness induce you to spend more than nine shillings ; if you have one dollar a day, do not spend but seventy five cents ; if you have half a dollar a day, be satisfied to spend forty cents.

To associate with influential and genteel people with an appearance of equality, unquestionably has its advantages ; particularly where there is a family of sons and daughters just coming upon the theatre of life ; but like all other external advantages, these have their proper price, and may be bought too dearly. They who never reserve a cent of their income, with which to meet any unforeseen calamity, " pay too dear for their whistle," whatever temporary benefits they may derive from society. Self-denial, in proportion to the narrowness of your income, will eventually be the happiest and most respectable course for you and yours. If you are prosperous, perseverance and industry will not fail to place you in such a situation as your ambition covets ; and if you are not prosperous, it will be well for your children that they have not been educated to higher hopes than they will ever realize.

If you are about to furnish a house, do not spend all your money, be it much, or little. Do not let the beauty of this thing, and the cheapness of that, tempt you to buy unnecessary articles. Doctor Franklin's maxim was a wise one, " nothing is cheap that we do not want." Buy merely enough to get along with, at first. It is only by experience that you can tell what will be the wants of your family. If you spend all your money, you will find you have

purchased many things you do not want, and have no means left to get many things, which you do want. If you have enough, and more than enough, to get every thing suitable to your situation, do not think you must spend it all, merely because you happen to have it. Begin humbly. As riches increase, it is easy and pleasant to increase in hospitality and splendour; but it is always painful and inconvenient to decrease.) After all, these things are viewed in their proper light by the truly judicious and respectable. Neatness, tastefulness, and good sense, may be shown in the management of a small household, and the arrangement of a little furniture, as well as upon a larger scale; and these qualities are always praised, and always treated with respect and attention. The consideration which many purchase by living beyond their income, and of course living upon others, is not worth the trouble it costs. The glare there is about this false and wicked parade is deceptive; it does not in fact procure a man valuable friends, or extensive influence. More than that, it is wrong—morally wrong, so far as the individual is concerned; and injurious beyond calculation to the interest of our country. To what are the increasing beggary, and discouraged exertions of the present period owing? A multitude of causes have no doubt tended to increase the evil; but the root of the whole matter is the extravagance of all classes of people! We never shall be prosperous till we make pride and vanity yield to the dictates of honesty and prudence! We never shall be free from embarrassment, until we cease to be ashamed of industry and economy! Let women do their share towards reformation—Let their fathers and husbands see them happy without finery; and if their husbands and fathers have (as is often the case) a foolish pride in seeing them decorated, let them gently and gradually check this feeling, by showing that they have

better and surer means of commanding respect—Let them prove by the exertion of ingenuity and economy, that neatness, good-taste, and gentility, are attainable without great expense.

The writer has no apology to offer for this cheap little book, of economical hints, except her deep conviction that such a book is needed. In this case, renown is out of the question ; and ridicule is a matter of indifference.

The information conveyed is of a common kind ; but it is such as the majority of young housekeepers do not possess, and such as they cannot obtain from cookery-books. Books of this kind have usually been written for the wealthy : I have written for the poor ! I have said nothing about *rich* cooking ; those who can afford to be epicures will find the best of information in the “Seventy Five Receipts.” I have attempted to teach how money can be *saved*, not how it can be *enjoyed*. If any persons think some of the maxims too rigidly economical,—let them inquire how the largest fortunes among us have been made. They will find thousands and millions have been accumulated, by a scrupulous attention to sums “infinitely more minute than sixty cents.”

In early childhood, you lay the foundation of poverty or riches, in the habits you give your children.—Teach them to save every thing,—not for their *own* use, for that would make them selfish—but for *some* use. Teach them to *share* every thing with their playmates ; but never allow them to *destroy* anything.

I once visited a family where the most exact economy was observed ; yet nothing was mean, or uncomfortable. It is the character of true economy to be as comfortable and genteel with a little, as others can be with much. In this family, when the father brought home a package, the older children would, of their own accord, put away the paper and twine neatly, instead of throwing them in the fire, or tearing them

to pieces. If the little ones wanted a piece of twine to play scratch-cradle, or spin a top, there it was in readiness; and when they threw it upon the floor, the older children had no need to be told to put it again in its place.

The other day, I heard a mechanic say, "I have a wife and two little children; we live in a very small house; but to save my life I cannot spend less than twelve hundred a year." Another replied, "You are not economical; I spend but eight hundred." I thought to myself—"Neither of you pick up your twine and paper." A third one, who was present, was silent; but after they were gone, he said, "I keep house, and comfortably too, with a wife and children, for six hundred a year; but I suppose they would have thought me mean, if I had told them so. I did not think him mean; it merely occurred to me that his wife and children were in the habit of picking up paper and twine.

Economy is generally despised as a low virtue, tending to make people ungenerous and selfish. This is true of avarice; but it is not so of economy. The man who is economical, is laying up for himself the permanent power of being useful and generous.—He who thoughtlessly gives away ten dollars, when he owes a hundred more than he can pay, deserves no praise,—he obeys a sudden impulse, more like instinct than reason: it would be real charity to check this feeling; because the good he does may be doubtful, while the injury he does his family and creditors is certain. True economy is a careful treasurer in the service of benevolence; and where they are united respectability, prosperity, and peace will follow,

## ODD SCRAPS FOR THE ECONOMICAL.

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When ivory-handled knives turn yellow, rub them with nice sand-paper, or emery; it will take off the spots and restore their whiteness.

When a carpet is faded, I have been told that it may be restored, in a great measure, (provided there be no grease in it) by being dipped into strong salt and water. I never tried this; but I know that silk pocket-handkerchiefs, and deep blue factory cotton, will not fade, if dipped in salt and water, while new.

An ox's gall will set any colour, silk, cotton, or woollen. I have seen the colours of calico, which faded at one washing, fixed by it. Where one lives near a slaughter-house, it is worth while to buy cheap fading goods and set them in this way. The gall can be bought for a few cents. Get out all the liquid and cork it up in a large phial. One large spoonful of this in a gallon of warm water is sufficient. This is likewise excellent for taking out spots from bombazine, bombazet, &c. After being washed in this, they look about as well as when new. It must be thoroughly stirred into the water, and not put upon the cloth.—It is used without soap. After being washed in this, cloth which you want to *clean* should be washed in warm suds, without using soap.

Tortoise shell and horn combs last much longer for having oil rubbed into them once in a while.

Indian meal and rye meal are in danger of fermenting in summer; particularly Indian. They should be kept in a cool place, and stirred open to the air, once in a while. A large stone put in the middle of a barrel of meal is a good thing to keep it cool,

The covering of oil-flasks sewed together with strong thread, and lined and bound neatly, makes useful table-mats.

A warming-pan, or shovel of coals held over varnished furniture will take out spots. The place should be rubbed with flannel, while warm, and care should be taken not to hold the coals near enough to scorch.\*

Sal-volatile, or hartshorn, will restore any colour taken out by acid. It may be dropped upon any garment without doing harm.

Spirits of turpentine is good to take grease spots out of woollen clothes; to take spots of paint &c. out from mahogany furniture; and to cleanse white kid gloves. Cockroaches, and all vermin have an aversion to spirits of turpentine.

An ounce of quicksilver beat up with the white of two eggs, and put on with a feather, is the cleanest and surest bed-bug poison. What is left should be thrown away: it is dangerous to have it about the house. If the vermin are in your walls, fill up the cracks with verdigris-green paint.

Your lamps will never have a disagreeable smell, if you dip your wick-yarn in strong hot vinegar, and dry it.

Those who make candles will find it a great improvement to steep the wicks in lime-water and saltpetre, and dry them. The flame is clearer, and the tallow will not "*run*."

Brittania ware should be first rubbed gently with a woollen cloth and sweet oil; then washed in warm suds, and rubbed with soft leather and whiting. Thus treated, it will retain its beauty to the last.

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\* I have heard it said that furniture may be usually cleaned by rubbing it brisk and hard with the same thing, which took out the colour. If brandy, rub with brandy; if lemon, use lemon, &c.

Eggs will keep almost any length of time in lime-water properly prepared. One pint of coarse salt and one pint of unslacked lime to a pail-full of water. If there be too much lime it will eat the shells from the eggs; and if there be a single egg cracked, it will spoil the whole. They should be covered with lime-water, and kept in a cold place. The yolk becomes slightly red; but I have seen eggs thus kept, perfectly sweet and fresh at the end of three years. The cheapest time to lay down eggs, is early in spring and the middle and last of September. It is bad economy to buy eggs by the dozen, as you want them.

New iron should be very gradually heated at first. After it has become inured to the heat it is not as likely to crack.

It is a good plan to put new earthen ware into cold water, and let it heat gradually, until it boils,—then cool again. Brown earthen ware in particular, may be toughened in this way. A handful of rye or wheat brand, thrown in while it is boiling, will preserve the glazing, so that it will not be destroyed by acid or salt.

Clean a brass kettle, before using it for cooking, with salt and vinegar.

Skim-milk and water with a bit of glue in it, heated scalding hot, is excellent to restore old, rusty, black Italian crape. If clapped and pulled dry, like nice muslin, it will look as well, or better, than when new.

If you find your pickles soft and insipid, it is owing to the weakness of the vinegar. Throw away the vinegar, (or keep it to clean your brass kettles,) then cover your pickles with strong scalding vinegar, into which a little all-spice, ginger, horse-radish and alum have been thrown. By no means omit a pretty large bit of alum. Pickles attended to in this way, will keep for years, and be better and better every year.

Buy your woollen yarn in quantities from some one in the country, whom you can trust. The thread-stores make profits, upon it, of course.

It is not well to clean brass andirons, handles, &c. with vinegar. It makes them very clean at first; but they soon spot and tarnish. Rotten-stone and oil are proper materials for brasses. If wiped every morning with flannel and N. England rum, they will not need to be cleaned half as often.

If you happen to live in a house which has marble fire-places, never wash them with suds; this destroys the polish, in time. They should be dusted; the spots taken off with a nice oiled cloth, and then rubbed dry with a soft rag.

Feathers should be very thoroughly dried before they are used. For this reason they should not be packed away in bags, when they are first plucked.— They should be laid lightly in a basket, or something of that kind, and stirred up often. The garret is the best place to dry them; because they will there be kept free from dirt and moisture; and will be in no danger of being blown away. It is well to put the parcels, which you may have from time to time, into the oven, after you have removed your bread, and let them stand a day.

If feather-beds smell badly, or become heavy, from want of proper preservation of the feathers, or from old age, empty them and wash the feathers thoroughly in a tub of suds; spread them in your garret to dry, and they will be as light and as good as new.

New England rum constantly used to wash the hair, keeps it very clean, and free from disease; and promotes its growth a great deal more than Macassar oil. Brandy is very strengthening to the roots of the hair; but it has a hot, drying tendency, which N. E. rum has not.

If you wish to preserve fine teeth, always clean

them thoroughly, after you have eaten your last meal at night.

Rags should never be thrown away because they are dirty. Mop-rags, lamp-rags, &c. should be washed, dried, and put in the rag-bag. There is no need of expending soap upon them : boil them out in dirty suds, after you have done washing.

Linen rags should be carefully saved ; for they are extremely useful in sickness. If they have become dirty and worn by cleaning silver, &c. wash them and scrape them into lint.

After old coats, pantaloons, &c. have been cut up for boys, and are no longer capable of being converted into garments, cut them into strips, and employ the leisure moments of children, or domestics, in sewing and braiding them for door-mats.

A bit of isinglass dissolved in gin, is said to make a nice and very strong cement for broken glass, china, and sea-shells.

When green peas have become old and yellow, they may be made tender and green, by sprinkling in a pinch or two of pearlash, while they are boiling. Pearlash has the same effect upon all summer vegetables, rendered tough by being too old. If your well-water is very hard, it is always an advantage to use a little pearlash in cooking.

If you are troubled to get soft water for washing, fill a tub or barrel, half full of ashes, and fill it up with water, so that you may have lye whenever you want it. A gallon of strong lye put into a great kettle of hard water will make it as soft as rain water. Some people use pearlash, or potash ; but this costs something, and is very apt to injure the texture of the cloth.

If you have a strip of land do not throw away suds. Both ashes and suds are good manure for bushes and young plants.

When a white Navarino bonnet becomes soiled,

rip it in pieces, and wash it with a sponge and soft water. While it is yet damp, wash it two or three times with a clear sponge dipped into a strong saffron tea, nicely strained. Repeat this till the bonnet is as dark a straw colour as you wish. Press it on the wrong side with a warm iron, and it will look like a new Leghorn.

It is said that a bit of unslacked lime about as big as a robbin's egg, thrown among old, watery potatoes, while they are boiling, will tend to make them mealy. I never saw the experiment tried.

About the last of May or the first of June, the little millers which lay moth-eggs begin to appear.—Therefore brush all your woollens, and pack them away in a dark place, covered with linen. Pepper, red-ceder chips, tobacco,—indeed, almost any strong spicy smell is good to keep moths out of your chests and drawers. But nothing is so good as camphor. Sprinkle your woollens with camphorated spirit, and scatter pieces of camphor-gum among them and you will never be troubled with moths. Some people buy camphor-wood trunks, for this purpose; but they are very expensive, and the gum answers just as well.

The first young leaves of the common current bush, gathered as soon as they put out, and dried on tin, can hardly be distinguished from green tea.

As substitutes for coffee, some use dry brown-bread crusts, and roast them; others soak rye-grain in rum, and roast it; others roast peas in the same way as coffee. None of these are very good; and peas so used are considered unhealthy. Where there is a large family of apprentices and workmen, and coffee is very dear, it may be worth while to use the substitutes, or to mix them half and half with coffee; but, after all, the best economy is to go without.

If you have not cream for coffee, it is a very great improvement to boil your milk, and use it while hot,

French coffee is so celebrated that it may be worth while to tell how it is made ; though no prudent housekeeper will make it, unless she has boarders, who are willing to pay for expensive cooking.

The coffee should be roasted more than is common with us ; it should not hang drying over the fire, but should be roasted quick ; it should be ground soon after roasting, and used as soon as it is ground.— Those who pride themselves on first rate coffee, burn it and grind it every morning. The powder should be placed in the coffee-pot in the proportions of an ounce to less than a pint of water. The water should be poured upon the coffee boiling hot. The coffee should be kept at the boiling point ; but should not boil.

A bit of fish-skin as big as a ninepence, thrown into coffee while it is boiling, tends to make it clear. If you use it just as it comes from the salt-fish it will be apt to give an unpleasant taste to the coffee : it should be washed clean as a bit of cloth, and hung up till perfectly dry. The white of eggs, and even egg shells are good to settle coffee.

Some people think coffee is richer and clearer for having a bit of sweet butter, or a whole egg dropped in and stirred, just before it is done roasting, and ground up, shell and all, with the coffee. But these things are not economical, except on a farm, where butter and eggs are plenty. A half a gill of cold water poured in after you take your coffee-pot off the fire, will *usually* settle the coffee.

Save vials and bottles. Apothecaries and grocers will give something for them. If the bottles are of good thick glass, they will always be useful for bottling cider, or beer ; but if they are thin French glass, like claret bottles, they will not answer.

Woollens should be washed in very hot suds, and not rinsed. Lukewarm water shrinks them.

On the contrary, silk, or anything that has silk in

it, should be washed in water almost cold. Hot water turns it yellow. It may be washed in suds made of nice white soap; but no soap should be put upon it. Likewise avoid the use of hot irons in smoothing silk. Either rub the articles dry with a soft cloth, or put them between two towels, and press them with an iron just warm.

Do not let knives be dropped into hot dish-water. It is a good plan to have a large tin pot to wash them in, just high enough to wash the blades, *without wetting* the handles. Keep your castors covered with blotting paper and green flannel. Keep your salt-spoons out of the salt, and clean them often.

If it be practicable get a friend in the country to procure you a quantity of lard, butter, and eggs, at the time they are cheapest, to be put down for winter use. You will be likely to get them cheaper and better than in the City market; but by all means put down your winter's stock. Lard requires no other care than to be kept in a dry, cool place. Butter is sweetest in September and June; because food is then plenty, and not rendered bitter by frost. Pack your butter in a clean, scalded firkin, cover it with strong brine, and spread a cloth all over the top, and it will keep good until the Jews get into Grand Isle. If you happen to have a bit of salt-petre dissolve it with the brine. Dairy-women say that butter comes more easily, and has a peculiar hardness and sweetness, if the cream is scalded and strained before it is used. The cream should stand down cellar over night, after being scalded, that it may get perfectly cold.

Salt fish should be kept alternately in the cellar and garret. When it gets dry, carry it down cellar; when it is too moist, carry it up stairs again. It is well to have it in the cellar, a day or two before you cook it. Some people think salt-fish improved by rubbing on a little molasses the night before you cook it.

Preserve the backs of old letters to write upon. If you have children who are learning to write, buy coarse white paper by the quantity, and keep it locked up, ready to be made into writing books. It does not cost half as much as it does to buy them at the Stationer's.

Do not let coffee and tea stand in tin. Scald your wooden ware often; and keep your tin ware dry.

When mattresses get hard and bunchy, rip them, take the hair out, pull it thoroughly by hand, let it lie a day or two, to air, wash the tick, lay it in as light and even as possible, and catch it down, as before. Thus prepared, they will be as good as new.

Barley straw is the best for beds; dry corn husks slit into shreds are far better than any straw.

It is poor economy to buy vinegar, by the gallon. Buy a barrel, or half barrel of really strong vinegar, when you begin house keeping. As you use it, fill the barrel with old cider, sour beer, or wine-settlings &c. left in pitchers, decanters, or tumblers, weak tea is likewise said to be good: nothing is hurtful, which has a tolerable portion of spirit, or acidity. Care must be taken not to add these things in too large quantities, or too often: if the vinegar once gets weak, it is difficult to restore it. If possible, it is well to keep such slops as I have mentioned in a different keg, and draw them off once in three or four weeks, in such a quantity as you think the vinegar will bear. If by any carelessness you do weaken it, a few white beans dropped in, or white paper dipped in molasses, is said to be useful.

Do not wrap knives and forks in woollens. Wrap them in good, strong paper. Steel is injured by lying in woollens.

In the city I believe it is better to exchange ashes and grease for soap; but in the country, I am certain it is good economy to make one's own soap. If you

burn wood, you can make your own lye; but the ashes of coal is not worth much. Bore small holes in the bottom of a barrel, and fill it up with ashes. Wet the ashes well but not enough to drop; let it soak thus three or four days; then pour a gallon of water in every hour or two, for a day or more, and let it drop into a pail or tub beneath. Keep it dripping till the colour of the lye shows the strength is exhausted. If your lye is not strong enough, you must fill your barrel with fresh ashes, and let the lye run through it. Some people take a barrel without any bottom, and lay sticks and straw across to prevent the ashes from falling through. Three pounds of grease should be put into a pail full of lye. The great difficulty in making soap "*come*" originates in want of judgment about the strength of the lye. One rule may be safely trusted—If your lye will bear up an egg, or a potatoe, so that you can see a piece of the surface as big as ninepence, it is just strong enough. If it sink below the top of the lye, it is too weak, and will never make soap; if it is buoyed up half way, the lye is too strong; and that is just as bad. A bit of quick lime thrown in while the lye and grease are boiling together is of service. When the soap becomes thick and ropy carry it down cellar in pails and empty it into a barrel.

Cold soap is less trouble, because it does not need to boil; the sun does the work of fire. The lye must be prepared and tried in the usual way. The grease must be tried out, and strained from the scraps. Two pounds of grease, (instead of three) must be used to a pail full, unless the weather is very sultry, the lye should be hot when put to the grease. It should stand in the sun, and be stirred every day. If it does not begin to look like soap, in the course of five or six days, add a little hot lye to it; if this does not help it try whether it be grease that it wants. Perhaps you will think cold soap wasteful because the grease must be

strained. Boil your scraps in a pail-full of strong lye, till they are almost eaten up—the grease will then all float upon the surface, and nothing be lost.

Brass andirons should be cleaned, done up in papers, and put in a dry place, during the summer season.

If you have a large family, it is well to keep white rags separate from coloured ones, and cotton separate from woollen; they bring a higher price. Paper brings a cent a pound, and if you have plenty of room, it is well to save it. “A penny saved is a penny got.”

Always have plenty of dish water, and have it hot. There is no need of asking the character of a domestic, if you have ever seen her wash dishes in a little greasy water.

When molasses is used in cooking, it is a prodigious improvement to boil and skim it, before you use it. It takes out the unpleasant raw taste, and makes it almost as nice as sugar. Where molasses is used much for cooking, it is well to prepare one or two gallons in this way at a time.

In winter, always set the handle of your pump as high as possible, before you go to bed. Except in very rigid weather; this keeps the handle from freezing. When there is reason to apprehend extreme cold, do not forget to throw a rug, or horse-blanket over your pump; a frozen pump is a comfortless preparation for a winter's breakfast.

Never allow ashes to be taken up in wood, or put into wood. Always have your tinder-box and lantern ready for use, in case of sudden alarm. Have important papers all together where you can lay your hand on them at once, in case of fire.

Keep an old blanket and sheet on purpose for ironing, and on no account suffer any other to be used. Have plenty of holders always made that your towels may not be burned out in such service.

Keep a coarse broom for the cellar stairs, wood-

shed, yard, &c. No good housekeeper allows her carpet-broom to be used for such things.

There should always be a heavy stone on the top of your pork, to keep it down. This stone is an excellent place to keep a bit of fresh meat in the summer, when you are afraid of its spoiling.

If you have poultry, which you are fearful you cannot keep well, put salt and pepper, and a skinned onion inside of them. Take out the gizzard and liver, parboil them and make them in a pie. If they are slightly injured, scald them before you cook them.

Have all the good bits of vegetables and meat collected after dinner, and minced before they are set away; that they may be in readiness to make a little savary mince meat for supper, or breakfast.

Vials, which have been used for medicine, should be put into cold ashes and water, boiled, and suffered to cool before they are rinsed.

If you live in the city, where it is always easy to procure provisions, be careful and not buy too much for your daily wants, while the weather is warm.

Never leave out your clothes line over night; and see that your clothes pins are all gathered into a basket.

Have plenty of crash towels in the kitchen; never let your white napkins be used there.

Soap your dirtiest clothes, and soak them in soft water over night.

Use hard soap to wash your clothes, and soft to wash your floors. Soft soap is so slippery, that it wastes a good deal in washing clothes.

If beer grows sour it may be used to advantage for pancakes and fritters. If very sour indeed, put a pint of molasses and water to it, and two or three days after put a half pint of vinegar; and in ten days it will all be first rate vinegar.

Instead of covering up your glasses and pictures with muslin, cover the frames only with cheap, yellow

cambric, neatly put on, and as near the colour of the gilt as you can procure it. This looks better; leaves the glasses open for use, and the pictures for ornament; and is an effectual barrier to dust as well as flies. It can easily be re-coloured with saffron tea, when it is faded.

Have a bottle full of brandy, with as large a mouth as any bottle you have, into which cut your lemon and orange peel, when they are fresh and sweet. This brandy gives a delicious flavour to all sorts of pies, puddings, and cakes. Lemon is the pleasantest spice of the two; therefore they should be kept in separate bottles. It is a good plan to preserve rose leaves in brandy. The flavour is pleasanter than rose-water; and there are few people who have the utensils for distilling. Peach leaves steeped in brandy make excellent spice for custards and puddings.

It is easy to have a supply of horse-radish all winter. Have a quantity grated, while the root is in perfection, put it in bottles, fill it with strong vinegar, and keep it corked tight.

Those who are fond of soda powders will do well to inquire at the apothecaries for the suitable acid and alkali, and buy them by the ounce, or the pound, according to the size of their families. Experience soon teaches the right proportions; and sweetened with a little sugar, or lemon syrup, it is quite as good as what one gives five times as much for, done up in papers. The case is the same with Rochelle powders.

If you have loaf cake slightly injured by time, or by being kept in the cellar, cut off all appearance of mould from the outside, wipe it with a clean cloth, and wet it well with strong brandy and water sweetened with sugar; then put it in your oven, and let the heat strike through it, for fifteen or twenty minutes. Unless very bad, this will restore the sweetness.

When you put preserves in jars, lay a white paper thoroughly wet with brandy, flat upon the surface of the preserves; and cover them carefully from the air. If they begin to mould, scald them by setting them in the oven till boiling hot.

It is thought to be a preventive to the unhealthy influence of cucumbers to cut the slices very thin, and drop each one into cold water as you cut it. A few minutes in the water takes out a large portion of the slimy matter, so injurious to health. They should be eaten with high seasoning.

Do not have your carpets swept any oftener than is absolutely necessary. After dinner, sweep the crumbs into a dusting pan with your hearth-brush; and if you have been sewing, pick up the shreds by hand. A carpet can be kept very neat in this way; and a broom wears it very much.

Where sweet oil is much used, it is more economical to buy it by the bottle than by the flask. A bottle holds more than twice as much as a flask, and it is never double the price.

If you wish to have free-stone hearths dark, wash them with soap, and wipe them with a wet cloth; some people rub in lamp-oil, once in a while, and wash the hearth faithfully afterwards. This does very well in a large, dirty family; for the hearth looks very clean, and is not liable to show grease-spots. But if you wish to preserve the beauty of a free-stone hearth, buy a quantity of free-stone powder of the stone cutter, and rub on a portion of it wet, after you have washed your hearth in hot water. When it is dry brush it off, and it will look like new stone. Bricks can be kept clean with redding stirred up in water, and put on with a brush. Pulverized clay mixed with redding, makes a pretty rose-colour. Some think it is less likely to come off, if mixed with skim milk instead of water. But black lead is far handsomer than anything else for this pur-

pose. It looks very well mixed with water, like redding; but it gives it a glossy appearance to boil the lead in soft soap, with a little water to keep it from burning. It should be put on with a brush, in the same manner as redding; it looks nice for a long time when done in this way.

Keep a bag for all odd pieces of tape and strings; they will come in use. Keep a bag or box, for old buttons, so that you may know where to go when you want one.

Suet and lard keep better in tin than in earthen.

Run the heels of stockings faithfully; and mend thin places, as well as holes; "a stitch in time saves nine."

If you wish to keep suet a great while, pick it free from veins and skin, melt it before a very moderate fire, turn it into cold water; when hard, wipe it dry, cover it with white paper, and put it away in linen bags.

Poke-root boiled in water and mixed with a good quantity of molasses, set about the kitchen, the pantry, &c. in large deep plates, will kill cock-roaches in great numbers, and finally rid the house of them. The Indians say that Poke-root boiled into a soft poultice is the cure for the bite of a snake. I have heard of a fine horse saved by it.

A little salt sprinkled in starch while it is boiling, tends to prevent it from sticking; it is likewise good to stir it with a clean spermaceti candle.

A few potatoes sliced and boiling water poured over them makes an excellent preparation for cleansing and stiffening old rusty black silk.

Lime pulverized sifted through coarse muslin, and stirred up tolerably thick in white of egg makes a very nice cement for glass and china. Plaister of Paris is still better; particularly for mending broken images of the same material. It should be stirred up by the spoonful as it is wanted.

The Lemon Syrup, usually sold at fifty cents a bottle, may be made much cheaper. Those who use a great quantity of it will find it worth their while to make it. Take about a pound of Havana sugar, boil it in water down to a quart; drop in the white of an egg to clarify it; strain it; add one quarter of an oz. of Tartaric acid, if you do not find it sour enough, after it has stood two or three days, and shaken freely, add more of the acid. A few drops of the Oil of Lemon improves it.

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### SIMPLE REMEDIES.

Cotton wool wet with sweet oil and paregoric, relieves the ear-aché very soon.

A good quantity of old cheese is the best thing to eat, when distressed by eating too much fruit, or oppressed with any kind of food. Physicians have given it in cases of extreme danger.

Honey and milk is very good for worms; so is strong salt water; likewise powdered sage and molasses, taken freely.

For a sudden attack of quincy, or croup, bathe the neck with bear's grease, and pour it down the throat. A linen rag soaked in sweet oil, butter, or lard, and sprinkled with yellow Scotch snuff, is said to have performed wonderful cures in cases of croup: it should be placed where the distress is greatest.

Cotton wool and oil, are the best things for a burn.

A poultice of wheat-brand, or rye brand, and vinegar, very soon takes down the inflammation occasioned by a sprain.

A rind of pork bound upon a wound occasioned

by a needle, pin, or nail, prevents the lock-jaw. It should be always applied.

If you happen to cut yourself slightly while cooking, bind on some fine salt : molasses is likewise good.

Black, or green tea steeped in boiling milk is excellent for the dysentery. Cork burnt to charcoal, about as big as a hazle nut, macerated, and put in a tea-spoonful of brandy, with a little loaf sugar and nutmeg, is very efficacious in cases of dysentery and cholera-morbus. If nutmeg be wanting, peppermint water may be used. Flannel wet with brandy, powdered with Cayenne pepper, and laid upon the bowels, affords great relief in cases of extreme distress.

Whortleberries commonly called huckleberries, dried, are a useful medicine for children. Made into tea and sweetened with molasses, they are very beneficial, when the system is in a restricted state, and the digestive powers out of order.

In case of any scratch, or wound, from which the lock-jaw is apprehended, bathe the injured part freely with lye, or pearl-ash and water.

Loaf sugar and brandy relieve a sore throat ; when very bad it is good to inhale the steam of scalding hot vinegar through the tube of a tunnel.

An ointment made from the common ground-worms, which boys dig to bait fishes, rubbed on with the hand is said to be excellent, when the sinews are drawn up by any disease, or accident.

A gentleman in Missouri advertises that he had an inveterate cancer upon his nose cured by a strong potash made of the lye of the ashes of red oak bark, boiled down to the consistence of molasses. The cancer was covered with this, and about an hour after covered with a plaster of tar. This must be removed in a few days, and if any protuberances remain in the wound, apply more potash to them, and the plaster again, until they entirely disap-

pear : after which heal the wound with any common, soothing salve. I never knew this to be tried.

If a wound bleeds very fast, and there is no physician at hand, cover it with the scrapings of sole-leather, scrapped like coarse lint. This stops blood very soon. Always have vinegar, camphor, hartshorn, or something of that kind in readiness, as the sudden stoppage of blood almost always makes a person faint.

Balm-of-Gilead buds bottled up in N. E. rum make the best cure in the world for fresh cuts and wounds. Every family should have a bottle of it. The buds should be gathered in a peculiar state ; just when they are well swelled, ready to burst into leaves, and well covered with gum. They last but two or three days in this state.

Plantain and house-leek boiled in cream, and strained before it is put away to cool, makes a very cooling, soothing ointment. Plantain leaves laid upon a wound are cooling and healing.

Wine-whey is a cooling and safe drink in fevers. Set a half a pint of sweet milk at the fire, pour in one glass of wine, and let it remain perfectly still, till it curdles ; when the curds settle, strain it, and let it cool. It should not get more than blood-warm. A spoonful of rennet-water hastens the operation. Made palatable with loaf sugar and nutmeg, if the patient can bear it.

Beef-tea for the sick is made by boiling a tender steak nicely, seasoning it with pepper and salt, cutting it up, and pouring water over it, not quite boiling. Put a little water at a time, and let it stand to soak the goodness out.

The following poultice for the throat-distemper, has been much approved in England. The pulp of a roasted apple mixed with an ounce of tobacco, the whole wet with spirits of wine, or any other high spirits ; spread on a linen rag, and bound upon the throat at any period of the disorder.

Elixir Proprietatis is a useful family medicine for all cases when the digestive powers are out of order. One ounce of saffron, one ounce of myrrh, and one ounce of aloes. Pulverize them; let the myrrh steep in half a pint of N. E. rum for four days; then add the saffron and aloes; let it stand in the sunshine, or in some warm place, for a fortnight; taking care to shake it well twice a day. At the end of the fortnight fill up the bottle (a common sized one) with N. E. rum and let it stand a month. It costs six times as much to buy it in small quantities, as it does to make it.

The constant use of malt beer, or malt in any way, is said to be a preservative against fevers.

Black cherry tree bark, barberry bark, mustard-seed, petty-morrell root, and horse-radish, well steeped in cider is excellent for the jaundice.

When children are burned it is difficult to make them endure the application of cotton wool. I have known the inflammation of a very bad burn extracted in one night by the constant application of brandy, vinegar, and water, mixed together. This feels cool and pleasant, and a few drops of paregoric will soon put the little sufferer to sleep. The bathing should be continued till the pain is gone.

A few drops of the oil of Cajput on cotton wool is said to be a great relief to the tooth ache. It occasions a smart pain for a few seconds, when laid upon the defective tooth. Any apothecary will furnish it ready dropped on cotton-wool, for a few cents.

A spoonful of ashes stirred in cider is good to prevent sickness at the stomach. Physicians frequently order it in cases of cholera-morbus.

When a blister occasioned by a burn breaks, it is said to be a good plan to put wheat flour upon the naked flesh.

Gruel is very easily made. Have a pint of water boiling in a skillet; stir up three or four large

spoonfuls of nicely sifted oat-meal, rye, or Indian in cold water, pour it into the skillet while the water boils. Let it boil eight or ten minutes. Throw in a large handful of raisins to boil, if the patient is well enough to bear them. When put in a bowl, add a little salt, white sugar, and nutmeg.

#### ARROW-ROOT JELLY.

Put rather more than a pint of water over the fire, with some white sugar, grated nutmeg, and two spoonfuls of brandy. Stir up a large spoonful of arrow-root powder in a cup of water, pour it in when the water boils, stir it well and let it boil three or four minutes. This is considered nice food in bowel complaints. Milk and loaf sugar boiled, and a spoonful of fine flour well mixed with a little cold water, poured in while the milk is boiling, is light food in cases of similar diseases.

#### TAPIOCA JELLY.

Wash it two or three times; soak it five or six hours, simmer it in the same water with bits of fresh lemon peel until it becomes quite clear; then put in lemon juice, wine, and loaf sugar.

#### SAGO JELLY.

Soaked in cold water an hour, and washed thoroughly; simmered with lemon-peel and a few cloves. Add wine and loaf sugar when nearly done; and let it all boil together a few minutes.

VEGETABLES.

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Parsnips should be kept down cellar covered up in sand, entirely excluded from the air. They are good only in the Spring.

Cabbages put into a hole in the ground will keep well during the winter, and be hard, fresh, and sweet, in the Spring. Many farmers keep potatoes in the same way.

Onions should be kept very dry; and never carried into the cellar except in severe weather, when there is danger of their freezing. By no means let them be in the cellar after March; they will sprout and spoil. Potatoes should likewise be carefully looked to in the Spring, and the sprouts broken off. The cellar is the best place for them, because they are injured by wilting; but sprout them carefully, if you want to keep them. They never sprout but three times; therefore, after you have sprouted them three times, they will trouble you no more.

Squashes should never be kept down cellar when it is possible to prevent it. Dampness injures them. If intense cold makes it necessary to put them there, bring them up as soon as possible, and keep them in some dry, warm place.

Cabbages need to be boiled an hour; beets an hour and a half. The lower part of a squash should be boiled half an hour; the neck pieces fifteen or twenty minutes longer. Parsnips should boil an hour, or an hour and a quarter, according to size. New potatoes should boil fifteen or twenty minutes; three

quarters of an hour, or an hour, it not too much for large, old potatoes; common sized ones half an hour. In the spring, it is a good plan to cut off a slice from the seed end of potatoes before you cook them. The seed end is opposite to that which grew upon the vine; the place where the vine was broken off may be easily distinguished. By a provision of nature the seed end becomes watery in the spring; and unless cut off it is apt to injure the potato. If you wish to have potatoes mealy, do not let them stop boiling for an instant; and when they are done turn the water off and let them steam for ten or twelve minutes over the fire. See they don't stay long enough to burn to the kettle. In Canada, they cut the skin all off and put them in pans, to be cooked over a stove, by steam. Those who have eaten them, say they are mealy and white,—looking like large snow-balls, when brought upon the table.

Asparagus should be boiled fifteen or twenty minutes; half an hour if old.

Green peas should be boiled from twenty minutes to sixty, according to their age; string-beans the same. Corn should be boiled from twenty minutes to forty, according to age. Dandelions half an hour, or three quarters, according to age. Dandelions are very much improved by cultivation. If cut off, without injuring the root, they will spring up again, fresh and tender, till late in the season. Beet-tops should be boiled twenty minutes; and spinnage three or four minutes. Put in no green vegetables till the water boils, if you would keep all their sweetness.

Tomatoes should be skinned by pouring boiling water over them. After they are skinned, they should be stewed half an hour, in tin, with a little salt, a small bit of butter, and a spoonful of water, to keep them from burning. This is a delicious vegetable. It is easily cultivated, and yields a most abundant crop. Some people pluck them green, and pickle them.

The best sort of catchup is made from tomatoes. The vegetables should be squeezed up in the hand, salt put to them, and set by for twenty four hours. After being passed through a sieve, cloves, all-spice, pepper, maize, garlic, and whole mustard seed should be added. It should be boiled down one third, and bottled after it is cool. No liquid is necessary; as the tomatoes are very juicy. A good deal of salt and spice is necessary to keep the catchup well. It is delicious with roast meat; and a cup full adds much to the richness of soup and chowder.

Celery should be kept in the cellar, the roots covered with tar, to keep them moist.

Green squashes that are turning yellow, and striped squashes, are more uniformly sweet and mealy than any other kind.

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## HERBS.

Herbs should be gathered while in blossom. If left till they have gone to seed, the strength goes into the seed. Those who have a little patch of ground, will do well to raise the most important herbs; and those who have not, will do well to get them in quantities from some friend in the country; for apothecaries make very great profit upon them.

Sage is very useful both as a medicine for the head-ache, when made into tea—and for all kinds of stuffing, when dried and rubbed into powder. It should be kept tight from the air.

Summer-savoury is excellent to season soup, broth, and sausages. As a medicine, it relieves the cholick;

penny-royal and tanzey are good for the same medicinal purpose.

Green wormwood bruised is excellent for a fresh wound of any kind. In winter, when wormwood is dry, it is necessary to soften it in warm vinegar, or spirit, before it is bruised, and applied to the wound.

Hysop tea is good for sudden colds, and disorders on the lungs. It is necessary to be very careful about exposure after taking it; it is peculiarly opening to the pores.

Tea made of colt's foot and flax-seed, sweetened with honey is a cure for inveterate coughs. Consumptions have been prevented by it. It should be drank when going to bed; though it does good to drink it at any time. Hoar-hound is useful in consumptive complaints.

Motherwort tea is very quieting to the nerves. Students, and people troubled with wakefulness, find it useful.

Thoroughwort is excellent for dyspepsy, and every disorder occasioned by indigestion. If the stomach be foul, it operates like a gentle emetic.

Sweet-balm tea is cooling when one is in a feverish state.

Catnip, particularly the blossoms, made into tea, is good to prevent a threatened fever. It produces a fine perspiration. It should be taken in bed, and the patient kept warm.

The common dark blue violet makes a slimy tea, which is excellent for the canker. Leaves and blossoms are both good. Those who have families should take some pains to dry these flowers.

When people have a sour mouth, from taking calomel, or any other cause, tea made of low-black-berry leaves is extremely beneficial.

Tea made of slippery elm is good for the piles, and for humours in the blood. To be drank plentifully. Winter evergreen is considered good for all humours,

particularity scrofula. Some call it rheumatism-weed; because a tea made from it is supposed to check that painful disorder.

A poultice made of common chickweed, that grows about one's door in the country, has given great relief to the tooth ache, when applied frequently to the cheek.

Housekeepers should always dry leaves of the burdock and horse-radish. Burdock's warmed in vinegar, with the hard stalky parts cut out, is very soothing applied to the feet; they produce a sweet and gentle perspiration. Horse-radish is more powerful. It is excellent in cases of the ague, placed on the part affected. Warmed in vinegar and clapped.

Succory is a very valuable herb. The tea sweetened with molasses is good for the piles. It is a gentle and healthy physic,—a preventive of dyspepsy, humours, inflammation, and all the evils resulting from a restricted state of the system.

Elder-blow tea has a similar effect. It is cool and soothing; and peculiarly efficacious either for babes, or grown people, when the digestive powers are out of order.

Lungwort, maiden-hair, hyssop, elecampane and hoar-hound steeped together is an almost certain cure for a cough. A wine-glass full to be taken, when going to bed.

Few people know how to keep the flavour of sweet-marjoram; the best of all herbs for broth, and stuffing. It should be gathered in bud, or blossom, and dried in a tin-kitchen at a moderate distance from the fire; when dry it should be immediately corked in a bottle, and kept carefully from the air.

An ointment of sweet lard, sulphur and cream-of-tartar, simmered together, is excellent for the piles.

## CHEAP DYE STUFFS.

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A few general rules are necessary to be observed in colouring. The materials should be perfectly clean; soap should be rinsed out in soft water; the article should be entirely wetted, or it will spot; light colours should be steeped in brass, tin, or earthen; and if set at all, should be set with alum. Dark colours should be boiled in iron, and set with copperas. Too much copperas rots the thread.

The apothecaries and hatters keep a compound of vitriol and indigo, commonly called "Blue Composition." An ounce vial full may be bought for ninepence. It colours a fine blue. It is an economical plan to use it for old silk linings, ribbons, &c. The original colour should be boiled out, and the material thoroughly rinsed in soft water, so that no soap may remain in it; for soap ruins the dye. Twelve or sixteen drops of the Blue Composition poured into a quart bowl full of warm soft water, stirred, (and strained, if any settlings are perceptible) will colour a great many articles. If you wish a deep blue, pour in more of the compound. Cotton must not be coloured; the vitriol destroys it; if the materials you wish to colour has cotton threads in it, it will be ruined. After the things are thoroughly dried, they should be washed in cool suds, and dried again; this prevents any bad effects from the vitriol: if shut up from the air without being washed, there is danger of the texture being destroyed. If you wish to colour green, have your cloth free as possible from

the old colour, clean, and rinsed, and, in the first place, colour it a deep yellow. Fustic boiled in soft water makes the stoniest and brightest yellow dye; but saffron, barberry bush, peach leaves, or onion skins will answer pretty well. Next take a bowl full of strong yellow dye and pour in a great spoonful or more, of the Blue Composition. Stir it up well with a clean stick, and dip the article you have already coloured yellow into it, and they will take a lively grass green. This is a good plan for old bombazet curtains, dessert cloths, old flannel for covering a desk, &c.; it is likewise a handsome colour for ribbons.

Balm blossoms, steeped in water, colour a pretty rose-colour. This answers very well for the linings of children's bonnets, for ribbons, &c. It fades in the course of one season; but it is very little trouble to re-colour with it. It merely requires to be steeped and strained. Perhaps a small piece of alum might serve to set the colour, in some degree. In earthen, or tin.

Saffron steeped in earthen and strained, colours a fine straw colour. It makes a delicate or deep shade according to the strength of the tea. The dry, outside skins of onions steeped in scalding water and strained, colours a yellow very much like "Bird of Paradise" colour. Peach leaves, or bark scraped from the barberry bush, colours a common bright yellow. In all these cases, a little piece of alum does no harm, and may help to fix the colour. Ribbons, gauze handkerchiefs, &c. are coloured well in this way, especially if they be stiffened by a bit of Gum-Arabic, dropped in while the stuff is steeping.

The purple paper, which comes on loaf sugar, boiled in cider or vinegar, with a small bit of alum, makes a fine purple-slate colour. Done in iron.

White maple bark makes a good light brown-slate colour. This should be boiled in water, set with alum. The colour is reckoned better when boiled in brass, instead of iron.

The purple slate, and the brown slate, are suitable colours for stockings; and it is an economical plan, after they have been mended and cut down, so that they will no longer look decent, to colour old stockings, and make them up for children.

A pailful of lye with a piece of copperas half as big as a hen's egg boiled in it, will colour a fine nankin colour, which will never wash out. This is very useful for the linings of bed-quilts, comforters, &c. Old faded gowns coloured in this way, may be made into good petticoats. Cheap cotton cloth may be coloured to advantage for petticoats, and pelises for little girls.

A very beautiful nankin colour may likewise be obtained from birch-bark, set with alum. The bark should be covered with water, and boiled thoroughly in brass, or tin. A bit of alum half as big as a hen's egg is sufficient. If copperas be used instead of alum, slate colour will be produced.

Tea-grounds boiled in iron, and set with copperas make a very good slate colour.

Log-wood and cider, in iron, set with copperas, makes a good black. Rusty nails, or any rusty iron, boiled in vinegar, with a small bit of copperas, makes a good black,—black ink-powder done in the same way answers the same purpose.

## CHEAP COMMON COOKING.

Neat's tongue should be boiled full three hours. If it has been in salt long, it is well to soak it over night in cold water. Put it in to boil when the water is cold. If you boil it in a small pot, it is well to change the water, when it has boiled an hour and a half; the fresh water should boil, before the half-cooked tongue is put in again. It is nicer, for being kept in a cool place a day or two after being boiled. Nearly the same rules apply to salt beef. A six pound piece of corned beef should boil full three hours; and salt beef should be boiled four hours. The salter meat is the longer it should be boiled. If very salt it is well to put it in soak over night; change the water while cooking; and observe the same rules as in boiling tongue. If it is intended to be eaten when cold, it is a good plan to put it between clean boards, and press it down with heavy weights for a day or two. A small leg of bacon should be boiled three hours; ten pounds four hours; twelve pounds five hours. All meat should boil moderately; furious boiling injures the flavour.

Fresh meat should never be put in to cook till the water boils; and it should be boiled in as little water as possible; otherwise the flavour is injured. Mutton enough for a family of five or six should boil an hour and a half. A leg of lamb should boil an hour, or little more than an hour, perhaps. Put a little thickening into boiling water; strain it nicely; and put sweet butter in it, for sauce. If your family like

broth, throw in some clear rice when you put in the meat. The rice should be in proportion to the quantity of broth you mean to make. A large table spoonful is enough for three pints of water. Seasoned with a very little pepper and salt. Summer-savoury, or sage, rubbed through a sieve thrown in.

Chickens should boil about an hour. If old they should boil longer. In as little water as will cook them. Chicken-broth made like mutton-broth.

Veal should boil about an hour, if a neck-piece; if the meat comes from a thicker, more solid part, it should boil longer. No directions about these things will supply the place of judgment and experience. Both mutton and veal are better for being boiled with a small piece of salt-pork. Veal broth is very good.

Beef-soup should be stewed four hours over a slow fire. Just water enough to keep the meat covered. If you have any bones left of roast meat, &c, it is a good plan to boil them with the meat, and take them out half an hour before the soup is done. A pint of flour and water, with salt, pepper, twelve or sixteen onions, should be put in twenty minutes before the soup is done. Be careful and not throw in salt and pepper too plentifully; it is easy to add to it; and not easy to diminish. A lemon cut up and put in half an hour before it is done, adds to the flavour. If you have tomatoes catchup in the house a cup full will make soup rich. Some people put in crackers; some thin slices of crust made nearly as short as common short cake; and some stir up two or three eggs with milk and flour, and drop it in with a spoon.

Veal soup should be slowly stewed for two hours. Seasoned the same as above. Some people like a little sifted summer-savoury.

An hour is enough for common-sized chickens to roast. A smart fire is better than a slow one; but they must be tended closely. Slices of bread but-

tered, salted and peppered, put into the stomach (not the crop) is excellent.

A quarter of an hour to each pound of beef is considered a good rule for roasting; but this is too much when the bone is large, and the meat thin. Six pounds of the rump should roast six quarters of an hour; but bony pieces less. It should be done before a quick fire. Six or seven pounds of mutton will roast in an hour and half. Lamb one hour. Mutton is apt to taste strong; this may be helped by soaking the meat in a little salt and water, for an hour before cooking. However, unless meat is very sweet, it is best to corn it, and boil it. Veal takes about the same time as mutton to roast.

A good-sized turkey should be roasted two hours and a half, or three hours; very slowly at first. If you wish to make plain stuffing, pound a cracker, or crumble some bread very fine, chop some raw salt pork very fine, sift some sage, (and summer-savoury, or sweet-majorem if you have them in the house, and fancy them) and mould them all together seasoned with a little pepper. An egg worked in makes the stuffing cut better; but it is not worth while, when eggs are dear.

Fish should not be put in to fry until the fat is boiling hot; it is very necessary to observe this. It should be dipped in Indian meal before it is put in; and the skinny side uppermost, when first put in, to prevent its breaking. It relishes better to be fried after salt-pork, than to be fried in lard alone. People are mistaken, who think fresh fish should be put into cold water, as soon as it is brought into the house; soaking it in water is injurious. If you want to keep it sweet, clean it, wash it, wipe it dry with a clean towel, sprinkle salt inside and out, put it in a covered dish, and keep it on the *cellar* floor, until you want to cook it. If you live remote from the sea-port, and cannot get fish while hard and fresh,

wet it with a beaten egg before you dip it in meal; this will prevent breaking.

Four pounds of fish are enough to make a chowder, for four or five people,—half dozen slices of salt pork in the bottom of the pot,—hang it high, so that the pork may not burn,—take it out when done very brown,—put in a layer of fish, cut in length-wise slices,—then a layer formed of crackers, small or sliced onions, and potatoes sliced as thin as a four-pence, mixed with pieces of pork you have fried; then a layer of fish again, and so on. Six crackers are enough. Strew a little salt and pepper over each layer; over the whole pour a bowl full of flour and water, enough to come up even with the surface of what you have in the pot. A sliced lemon adds to the flavour. A cup of Tomato catchup is very excellent. Some people put in a cup of beer. A few clams are a pleasant addition. It should be covered so as not to let a particle of steam escape, if possible. Do not open it, except when nearly done, to taste if it be well seasoned.

Salt fish should be put in a deep plate, with just water enough to cover it, the night before you intend to cook it. It should not be boiled an instant; boiling renders it hard. It should lie in scalding hot water two, or three, hours. The less water is used, and the more fish is cooked at once, the better. Water thickened with flour and water while boiling, with sweet butter put in to melt, is the common sauce. It is more economical to cut salt pork into small bits, and try it till the pork is brown and crispy. It should not be done too fast, lest the sweetness be scorched out.

Salted shad and mackerel should be put into a deep plate and covered with boiling water for about ten minutes after it is thoroughly broiled, before it is buttered. This makes it tender, takes off the coat of salt, and prevents the strong oily taste, so apt to

be unpleasant in preserved fish. The same rule applies to smoked salmon.

In broiling chickens it is difficult to do the inside of the thickest pieces without scorching the outside. It is a good plan to parboil them about ten minutes in a spider or skillet, covered close to keep the steam in; then put them upon the gridiron broil and butter. It is a good plan to cover them with a plate, while on the gridiron. They may be basted with a very little of the water in which they were broiled; and if you have company who like melted butter to pour upon the chicken, remainder of the liquor will be good to use for that purpose.

Fresh pork should be cooked more than any other meat. A thick shoulder piece should be roasted full two hours and a half; and other pieces less in proportion. The slight sickness occasioned by eating roasted pork may be prevented by soaking it in salt and water, the night before you cook it. If called to prepare it upon short notice, it will answer to baste it with weak brine while roasting,—and then turn the brine off, and throw it away.

The quicker beef-steak can be broiled the better. Seasoned after it is taken from the gridiron.

Baked beans are a very simple dish, yet few cook them well. They are apt to be either hard, or tasteless. They should soak in cold water, and be placed near the fire-place, the night before they are baked. In the morning they should be taken from that water, and put into a kettle, with just water enough to cover them. They should not boil; but should be kept scalding hot, an hour or more. Then put them into a bean pot with a piece of pork slashed across the rind, just covered with hot water, and let them bake three or four hours. A pound of pork is enough for a quart of beans; and that is a large dinner for a common family. Pieces of pork streaked with lean should be chosen. A little pep-

per sprinkled among the beans, before they are cooked, will render them less unhealthy.

Stewed beans are prepared in the same way. The only difference is they are not taken out of the scalding water, but are allowed to stew in more water, with a piece of pork and a little pepper, three hours, or more.

Dried peas need not be soaked overnight. They should be stewed slowly four or five hours in considerable water, with a piece of pork. The older beans and peas are the longer they should cook. Indeed this is the case with all vegetables.

There is great difference in preparing mince meat. Some make it a coarse, unsavoury dish; and others make it nice and palatable. No economical house-keeper will despise it; for broken bits of meat and vegetables cannot so well be disposed of in any other way. If you wish to have it nice, mash your vegetables fine, and chop your meat very fine. Warm it with what remains of sweet gravy, or roast-meat drippings, you may happen to have. Two or three apples, pared, cored, sliced, and fried, to mix with it is an improvement. Some like a little sifted sage sprinkled in.

It is generally considered nicer to chop your meat fine, warm it in gravy, season it, and lay it upon a large slice of toasted bread to be brought upon the table without being mixed with potatoes; but if you have cold vegetables, use them.

Salt fish mashed with potatoes with good butter or pork scraps, to moisten it is nicer the second day, than it was the first. The fish should be minced very fine, while it is warm. After it has got cold and dry it is difficult to do it nicely. Salt fish needs plenty of vegetables, such as onions, beets, carrots, &c.

A common sized goose should roast full three quarters of an hour. The oil that drips from it should be nearly all turned off: it makes the gravy

too greasy ; and it is nice for shortening. It should first be turned into cold water ; when hardened, it should be taken off and scalded in a skillet. This process leaves it as sweet as lard.

Ducks do not need to be roasted more than fifteen or twenty minutes. Butter melted in boiling flour and water is proper sauce for boiled lamb, mutton, veal, turkies, geese, chickens and fish. Some people cut up parsley fine, and throw in. Some people like capers put in. Others heat oysters through on the gridiron, and take them out of the shells, and throw them into the butter.

Some people prefer pickled nasturtion seed to capers. They should be kept several days after they are gathered, then covered with boiling vinegar, and bottled when cold. They are not fit to eat for some months.

Most people put half a pint of flour and water into their tin-kitchen when they set meat down to roast. This does very well ; but gravy is better flavoured and looks darker, to shake flour and salt upon the meat, let it brown thoroughly, put flour and salt on again, and then baste the meat with about half a pint of hot water (or more, according to the gravy you want.) When the meat is about done pour these drippings into a skillet, and let it boil. If it is not thick enough shake in a little flour ; but be sure to let it boil, and be well stirred, after the flour is in. If you fear it will be too greasy, take off a cupful of the fat before you boil. The fat of beef, pork, turkeys and geese is as nice for shortening as lard. Salt gravy to your taste. If you are very particular about dark gravies, keep your drudging-box full of scorched flour for that purpose.

Fish gravy is very much improved by taking out some of the fat, after the fish is fried, and putting in a little butter. The fat thus taken out will do to fry fish again ; but it will not do for any kind of shor-

tening. Shake in a little flour into the hot fat, and pour in a little boiling water ; stir it up well as it boils a minute, or so. Some people put in vinegar ; but this is easily added by those who like it

A nice way of serving up cold chicken, or pieces of cold fresh meat is to make them into a meat pie. The gizzards, livers, and necks of poultry parboiled, are good for the same purpose. But many people prefer parboiling the liver and gizzard, and cutting it up very fine to be put into the gravy while the fowls are cooking ; in this case, the water they are boiled in should be used to make the gravy. If you wish to bake your meat pie, line a deep earthen or tin pan with paste made of flour, cold water, and lard ; use but little lard, for the fat of the meat will shorten the crust. Lay in your bits of meat, or chicken, with two or three slices of salt pork ; place a few thin slices of your paste here and there ; drop in an egg, if you have plenty. Fill the pan with flour and water, seasoned with a little pepper and salt. If the meat be very lean, put in a piece of butter, or such sweet gravies as you may happen to have. Cover the top with crust, and put it in the oven, or bake-kettle, to cook twenty minutes or half an hour, or an hour, according to the size of the pie. Some people think this the nicest way of cooking whole chickens. When thus cooked they should be parboiled before they are put into the pan, and the water they are boiled in should be added. They need to be baked fifteen minutes longer than meat previously cooked.

If you wish to make a pot-pie instead of a baked pie you have only to line the bottom of a porridge-pot with paste, lay in your meat, season and moisten it in the same way, cover it with paste, and keep it slowly stewing about the same time that the other takes. In both cases it is well to lift the upper crust a little while before you take up the pie, and see whether the moisture has dried away ; if so pour in flour

and water well mixed. Potatoes should be boiled in a separate vessel.

Three tea-spoons of powdered sage, one and half of salt, and one of pepper to a pound of meat is good seasoning for sausages.

A common-sized cod-fish should be put in when the water is boiling hot, and boil about twenty minutes. Haddock is not as nice for boiling as cod ; it takes about the same time to boil.

A piece of Hallibot which weighs four pounds is a large dinner for a family of six or seven. It should boil forty minutes. No fish put in till the water boils.

Clams should boil about fifteen minutes in their own water ; no other need be added, except a spoonful to keep the bottom shells from burning : It is easy to tell when they are done, by the shells starting wide open. After they are done they should be taken from the shells, washed thoroughly in their own water, and put in a stewing pan. The water should then be strained through a cloth, so as to get out all the grit ; the clams should be simmered in it ten or fifteen minutes ; a little thickening of flour and water added ; half a dozen slices of toasted bread, or cracker ; and pepper, vinegar and butter to your taste. Salt is not needed.

Calf's head should be cleansed with very great care ; particularly the lights. The head, the heart, and the lights should boil full two hours ; the liver should be boiled only one hour. It is better to leave the wind-pipe on, for if it hangs out of the pot while the head is cooking, all the froth will escape through it. The brains, after being thoroughly washed should be put in a little bag, with one pounded cracker, or as much crumbled bread,—seasoned with a sifted sage, and tied up and boiled one hour. After the brains are boiled, they should be well broken up with a knife, and peppered, salted, and buttered. They should be put upon the table in a bowl by

themselves. Boiling water, thickened with flour-and-water, with butter melted in it is the proper sauce ; some people love vinegar and pepper mixed with the melted butter ; but all are not fond of it ; and it is easy for each one to add it for themselves.

Musk-melons should be picked for mangoes, when they are green and hard. They should be cut open after they have been in salt water ten days, the inside scraped out clean, and filled with mustard-seed, allspice, horse-radish, small onions, &c. and sewed up again. Scalding vinegar poured upon them.

When walnuts are so ripe that a pin will go into them easily, they are ready for pickling. They should be soaked twelve days in very strong cold salt and water, which has been boiled and skimmed. A quantity of vinegar, enough to cover them well, should be boiled with whole pepper, mustard-seed, small onions, or garlick, cloves, ginger and horse-radish ; this should not be poured upon them till it is cold. They should be pickled a few months, before they are eaten. To be kept close covered : for the air softens them. The liquor is an excellent catch-up to be eaten on fish.

Cucumbers should be in weak brine three or four days after they are picked ; then they should be put in a tin or wooden pail of clean water, and kept slightly warm in the kitchen corner for two or three days. Then take as much vinegar as you think your pickle jar will hold, scald it with pepper, allspice, mustard seed, flag-root, horse-radish, &c. if you happen to have them ; half of them will spice the pickles very well. Throw in a bit of alum as big as a walnut ; this serves to make pickles hard. Skim the vinegar clean, and pour it scalding hot upon the cucumbers. Brass vessels are not healthy for preparing any thing acid. Red cabbages need no other pickling than scalding spiced vinegar poured upon them, and suffered to remain eight or ten

days before you eat them. Some people think it improves them to keep them in salt and water twenty four hours before they are pickled.

A pound of sugar to a pound of fruit is the rule for all preserves. The sugar should be melted over a fire moderate enough not to scorch it. When melted, it should be skimmed clean, and the fruit dropped in to simmer till it is soft. Plumbs, and things of which the skin is liable to be broken, do better to be put in little jars, with their weight of sugar, and the jars set in a kettle of boiling water, till the fruit is done. See the water is not so high as to boil into the jars.

Economical people will seldom use preserves, except for sickness. They are unhealthy, expensive, and useless to those who are well. Barberries preserved in molasses are very good for common use. Boil the molasses, skim it, throw in the barberries, and simmer them till they are soft. If you wish to lay by a few for sickness, preserve them in sugar by the same rule as other preserves. Melt the sugar, skim it, throw in the barberries; when done soft, take them out and throw in others.

Currant jelly is a useful thing for sickness. If it be necessary to wash your currants, be sure they are thoroughly drained, or your jelly will be thin. Break them up with a pestle, and squeeze them through a cloth. Put a pint of clean sugar to a pint of juice and boil it slowly, till it becomes ropy. Great care must be taken not to do it too fast; it is spoiled by being scorched. It should be frequently skimmed while simmering.

Those who have more currants than they have money, will do well to use no wine but of their own manufacture. Break and squeeze the currants, put three pounds and a half of sugar to two quarts of juice, and two quarts of water. Put it in a keg or barrel. Do not close the bung tight, for three or four

days, that the air may escape while it is fermenting. After it is done fermenting close it up tight. Where raspberries are plenty, it is a great improvement to use half raspberry juice, and half currant juice. Brandy is unnecessary, when the above mentioned proportions are observed. It should not be used under a year or two. Age improves it.

Raspberry shrub mixed with water is a pure delicious drink for summer; and in a country where raspberries are abundant it is good economy to make it answer instead of Port and Catalonia wine. Put raspberries in a pan and scarcely cover them with strong vinegar. Add a pint of sugar to a pint of juice; (of this you can judge by first trying your pan to see how much it holds) scald it, skim it, and bottle it when cold.

Beer is a good family drink. A handful of hops, to a pailful of water, and a half-pint of molasses makes good hop beer. Spruce mixed with hops is pleasanter than hops alone. Boxberry, fever-bush, sweet-fern, and horse-radish make a good and healthy diet-drink. The winter evergreen, or rheumatism weed, thrown in is very beneficial to humours: Be careful and not mistake kill-lamb for winter-evergreen; they resemble each other. Malt mixed with a few hops makes a weak kind of beer; but it is cool and pleasant; it needs less molasses than hops alone. The rule is about the same for all beer. Boil the ingredients two or three hours, pour in a half pint of molasses to a pailful, while the beer is scalding hot. Strain the beer, and put a pint of lively yeast to a barrel. Leave the bung loose till the beer is done working; you can ascertain this by observing when the froth subsides. If your family be large, and the beer will be drank rapidly, it may as well remain in the barrel; but if your family be small fill what bottles you have with it; it keeps better bottled. A raw potato or two, cut up and thrown in

while the ingredients are boiling is said to make beer spirited.

Ginger beer is made in the following proportions. One cup of ginger, one pint of molasses, one pail and a half of water and a cup of lively yeast. Most people scald the ginger in half a pail of water, and then fill it up with a pailful of cold; but in very hot weather some people stir it all up cold. Yeast must not be put in till it is cold, or nearly cold. If not to be drank within twenty-four hours it must be bottled as soon as it works.

Those who make their own bread should make their emptings too. When bread is nearly out always think whether emptings are in readiness; for it takes a day and night to prepare them. One handful of hops with two or three handful of malt, and rye brand should be boiled fifteen or twenty minutes, in two quarts of water,—then strained, hung on to boil again, and thickened with half a pint of rye and water stirred up quite thick, and a little molasses; boil it a minute or two, and then take it off to cool. When just about luke-warm, put a cupful of good lively emptings; and set it in a cool place in summer, and a warm place in winter. If it is too warm when you put in the old yeast, all the spirit will be killed.

In summer emptings sour easily; therefore make but little at a time. Bottle it when it gets well a working; it keeps better, when the air is corked out. If you find it acid, but still spirited, put a little pearl-ash to it, as you use it; but by no means put it into your bread, unless it foams up, bright and lively as soon as the pearl-ash mixes with it. Never keep emptings in tin; it destroys their life.

Since writing the above, I have tried another method of making emptings, which is much easier, and I think quite as good. Stir rye and cold water, till you make a stiff thickening. Then pour in boiling

water, and stir it all the time, till you make it as thin as the emptings you buy; three or four table spoons heaping full are enough for a quart of water. When it gets about cold, put in half a pint of lively yeast. When it works well, bottle it; but if very lively, do not cork your bottle *very* tight, for fear it will burst. Always think to make new emptings, before the old is gone; so that you may have some to work with. Always wash and scald your bottle clean after it has contained sour yeast. Beware of freezing emptings.

Milk emptings are made quicker than any other. A pint of new milk with a tea-spoonful of salt, and a large spoon of flour stirred in, set by the fire to keep luke-warm will make emptings fit for use in an hour. Twice the quantity of common emptings is necessary, and unless used soon is good for nothing. Bread made of this emptings dries sooner. It is convenient in summer, when one wants to make biscuits suddenly.

A species of leaven may be made that will keep any length of time. Three ounces of hops in a pail of water, boiled down to a quart; strain it and stir in a quart of rye-meal while boiling hot. Cool it, and add half a pint of good yeast; after it has risen a few hours thicken it with Indian meal stiff enough to roll out upon a board; then put it in the sun and air a few days to dry. A piece of this cake, two inches square, dissolved in warm water, and thickened with a little flour will make a large loaf of bread.

It is more difficult to give rules for making bread than for any thing else; it depends so much on judgment and experience. In summer, bread should be mixed with cold water; during a chilly, damp spell, the water should be slightly warm; in severe cold weather, it should be mixed quite warm; and set in a warm place during the night. If your emptings is new and lively, a small quantity will make the bread

rise ; if it be old and heavy, it will take more. In these things I believe wisdom must be gained by a few mistakes.

Six quarts of meal will make two good sized loaves of brown bread. Some like to have it half Indian meal and half rye meal ; others prefer it one third Indian, and two thirds rye. Many mix their brown bread over night ; but there is no need of it ; and it is more likely to sour, particularly in summer. If you do mix it the night before you bake it, you must not put in more than half the emptings I am about to mention, unless the weather is intensely cold. The meal should be sifted separately. Put the Indian in your bread pan, sprinkle a little salt among it, and wet it thoroughly with scalding water. Stir it up while you are scalding it. Be sure and have hot water enough ; for Indian absorbs a great deal of water. When it is cool, pour in your rye ; add two gills of lively yeast, and mix it with water as stiff as you can knead it. Let it stand an hour and a half, in a cool place in summer, on the hearth in winter. It should be put into a very hot oven, and baked three or four hours. It is all the better for remaining in the oven over night.

Flour bread should have a sponge set the night before. The sponge should be soft enough to pour ; mixed with water, warm or cold, according to the temperature of the weather. One gill of lively emptings is enough to put into sponge for two loaves. I should judge about three pints of sponge would be right for two loaves. The warmth of the place in which the sponge is set, should be determined by the coldness of the weather. If your sponge looks frothy in the morning, it is a sign your bread will be good ; if it does not rise, stir in a little more emptings ; if it rises too much, taste of it, to see if it has any acid taste ; if so, put in a tea-spoonful of pearlsh, when you mould in your flour ; be sure the

pearlash is well dissolved in water ; if there are little lumps, your bread will be full of bitter spots. About an hour before your oven is ready, stir in flour into your sponge, till it is stiff enough to lay on a well-floured board, or table. Knead it up pretty stiff and put it into well greased pans, and let it stand in a cool, or warm place according to the weather. If the oven is ready, put them in fifteen or twenty minutes after the dough begins to rise up and crack ; if the oven is not ready, move the pans to a cooler spot, to prevent the dough from becoming sour by too much rising. Common-sized loaves will bake in three quarters of an hour. If they slip easily in the pans, it is a sign they are done. Some people do not set a soft sponge for flour bread ; they knead it up all ready to put in the pans, the night before, and leave it to rise. White bread and pies should not be set in the oven until the brown bread and beans have been in half an hour. If the oven be too hot, it will bind the crust so suddenly that the bread cannot rise ; if it be too cold, the bread will fall. Flour bread should not be too stiff.

Heating ovens must be regulated by experience and observation. There is difference in wood in giving out heat ; there is great difference in the construction of ovens ; and when an oven is extremely cold, either on account of the weather, or want of use, it must be heated more. Economical people heat ovens with pine wood, faggots, brush, and such light stuff. If you have none but hard wood, you must remember that it makes very hot coals, and therefore less of it will answer. A smart fire for an hour and a half is a general rule for common-sized family ovens ; provided brown bread and beans are to be baked. An hour is long enough to heat an oven for flour bread. Pies bear about as much heat as flour bread : pumpkin pies will bear more. If you are afraid your oven is too hot throw in

a little flour, and shut it up for a minute. If it scorches black immediately, the heat is too furious; if it merely browns, it is right. Some people wet an old broom two or three times, and turn it round near the top of the oven, till it dries; this prevents pies and cake from scorching on the top. When you go into a new house, heat your oven two or three times, to get it seasoned before you use it. After the wood is burned, rake the coals over the bottom of the oven and let them lie a few minutes.

Some people like one third of Indian in their flour. Others like one third rye; and some think the nicest of all bread is one third Indian, one third rye, and one third flour, made according to the directions for flour bread. When Indian is used, it should be salted and scalded, before the other meal is put in. A mixture of other grains is economical, when flour is high.

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## PUDDINGS.

Indian pudding is nice baked. Scald a quart of milk (skimmed milk will do) and stir in seven heaped table spoonfuls of sifted Indian meal, a tea-spoonful of salt, a tea-cupful of molasses and a great spoonful of ginger, or sifted cinnamon. Baked three or four hours. If you want whey, you must be sure and pour in a little cold milk, after it is all mixed.

A plain unexpensive apple pudding may be made by rolling out a bit of common pie-crust, and filling it full of quartered apples; tied up in a bag and boiled an hour and a half; if the apples are sweet, it will take two hours; for acid things cook easily. Some people like little dumplings, made by rolling up

one apple, pared and cored, in a piece of crust, and tying them up in spots all over the bag. These do not need to be boiled more than an hour; three quarters is enough, if the apples are tender.

Take a sweet, or pleasant-flavoured apple, pare them, and bore out the core, without cutting the apple in two. Fill up the holes with washed rice, boil them in a bag, tied very tight, an hour, or hour and a half. Each apple should be tied up separately, in different corners of the pudding bag.

Custard puddings sufficiently good for common use can be made with five eggs to a quart of milk, sweetened with brown sugar, and spiced with cinnamon, or nutmeg, and very little salt. It is well to boil your milk, and set it away till it gets cold. Boiling milk enriches it so much that boiled skim-milk is about as good as new milk. A little cinnamon, or lemon peel, or peach leaves, if you do not dislike the taste, boiled in the milk and afterwards strained from it, give a pleasant flavour. Bake fifteen or twenty minutes.

If you wish to make what is called "Bird's-nest puddings," prepare your custard,—take eight or ten pleasant apples, pare them and dig out the core, but leave them whole, set them in a pudding dish, pour your custard over them, and bake them about twenty or thirty minutes.

If you wish a common rice pudding to retain its flavour, do not soak it, or put it in to boil when the water is cold. Wash it, tie it in a bag, leave plenty of room for it to swell, throw it in when the water boils, and let it boil about an hour and a half. The same sauce answers for all these kinds of puddings. If you have rice left cold, break it up in a little warm milk, pour custard over it and bake it as long as you should custard. It makes very good puddings and pies.

If your husband brings home company when you are unprepared, rennet pudding may be made at five

minutes notice ; provided you keep a piece of calf's rennet, ready prepared soaking in a bottle of wine. One glass of this wine to a quart of milk will make a sort of cold custard. Sweetened with white sugar, and spiced with nutmeg, it is very good. It should be eaten immediately ; in a few hours it begins to curdle.

Common flour pudding, or batter pudding is easily made. Those who live in the country can beat up five or six eggs with a quart of milk, and a little salt, with flour enough to make it just thick enough to pour without difficulty. Those who live in the city, and are obliged to buy eggs, can do with three eggs to a quart, and more flour in proportion. Boil about three quarters of an hour.

When you wish nicer sauce than common, take a quarter of a pound of butter and the same of sugar, mould them well together with your hand, add a little wine, if you choose. Make it into a lump, set it away to cool, and grate nutmeg over it.

A nice pudding may be made of bits of bread. They should be crumbled and soaked in milk over night. In the morning beat up three eggs with it, add a little salt, tie it up in a bag, or in a pan that will exclude every drop of water, and boil it little more than an hour. No puddings should be put into the pot, till the water boils. Bread prepared in the same way makes good plum-puddings. Milk enough to make it quite soft ; four eggs ; a little cinnamon, a spoonful of rose-water, or lemon-brandy, if you have it ; a tea-cupful of molasses, or sugar, to your taste, if you prefer it, a few dry, clean raisins, sprinkled in, and stirred up thoroughly, is all that is necessary. It should bake about two hours.

One sauce answers for common use for all sorts of puddings. Flour-and-water stirred into boiling water sweetened to your taste with either molasses or sugar, according to your ideas of economy ; a great spoon-

ful of rose-water, if you have it, butter half as big as a hen's egg. If you want to make it very nice put in a glass of wine, and grate nutmeg on the top.

For cherry dumpling make a paste about as rich as you make short cake, roll it out, and put in a pint and a half, or a quart of cherries, according to the size of your family. Double the crust over the fruit; tie it up tight in a bag, and boil one hour and a half.

Indian pudding should be boiled four or five hours. Sifted Indian meal and warm milk should be stirred together pretty stiff. A little salt and two or three great spoonfuls of molasses, added; a spoonful of ginger, if you like that spice. Boil it in a tight covered pan, or a very thick cloth; if the water gets in it will ruin it. Leave plenty of room; for Indian swells very much. The milk with which you mix it should be merely warm; if it be scalding, the pudding will break to pieces. Some people chop sweet suet fine, and warm in the milk; others warm thin slices of sweet apple to be stirred into the pudding. Water will answer instead of milk.

Whortleberries are good both in flour and Indian puddings. A pint of milk, with a little salt a little molasses, stirred quite stiff with Indian meal, and a quart of berries stirred in gradually with a spoon, makes a good-sized pudding. Leave room for it to swell; and let it boil three hours.

When you put them into flour, make your pudding just like batter-puddings; but considerably thicker, or the berries will sink. Two hours is plenty long enough to boil. No pudding should be put in till the water boils. Leave room to swell.

If you wish to make a really nice, soft custard-like plum-pudding, pound six crackers fine, and soak them over night in milk enough to cover them, put them in about three pints of milk, beat up six eggs, put in a little lemon brandy, a whole nutmeg, and

about three quarters of a pound of raisins which have been rubbed in flour. Bake it two hours, or perhaps a little short of that. It is easy to judge from the appearance whether it is done.

A pint of cranberries stirred into a quart of batter, made like a batter pudding, but very little stiffer, is very nice, eaten with sweet sauce.

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### CHEAP CAKES.

Hard gingerbread is nice to have in the family ; it keeps so well. One pound of flour, half a pound of butter and sugar rubbed into it ; half a pound of sugar ; great spoonful of ginger, or more, according to the strength of the ginger ; a spoonful of rose-water, and a handful of caraway seed. Well beat up. Kneaded stiff enough to roll out and bake on flat pans. Bake twenty or thirty minutes.

Cup cake is about as good as pound cake, and is cheaper. One cup of butter, two cups of sugar, three cups of flour, and four eggs, well beat together, and baked in pans, or cups. Bake twenty minutes and no more.

There is a kind of tea-cake still cheaper. Three cups of sugar, three eggs, one cup of butter, one cup of milk, a spoonful of dissolved pearlsh, and four cups of flour, well beat up. If it is so stiff it will not stir easily, add a little more milk.

A handy way to make loaf cake is to take about as much of your white bread dough, or sponge, as you think your pan will hold, and put it into a pan in which you have already beat up three or four eggs,

six ounces of butter warmed, and half pound of sugar—spoonful of rose water, little sifted cinnamon or cloves. The materials should be well mixed and beat before the dough is put in ; and then it should be all kneaded well together about as stiff as white bread. Put in half a pound of currants, or raisins, with the butter, if you choose. It should stand in the pan two or three hours to rise ; and be baked about three quarters of an hour, if the pan is a common sized bread-pan.

Old fashioned election cake is made of four pounds of flour ; three quarters of a pound of butter ; four eggs ; one pound of sugar ; one pound of currants, or raisins, if you choose ; half a pint of good yeast ; wet it with milk as soft as it can be and be moulded on a board. Set to rise over night in winter ; in warm weather three hours is usually enough for it to rise. A loaf the size of common flour bread, should bake three quarters of an hour.

A cake of common gingerbread can be stirred up very quick in the following way. Rub in a bit of shortening as big as an egg rubbed into a pint of flour ; if you use lard, add a little salt ; two or three great spoonfuls of ginger ; one cup of molasses, one cup and a half of cider, and a great spoonful of dissolved pearlash, put together and poured into the shortened flour, while it is foaming ; to be put in the oven in a minute. It ought to be just thick enough to pour into the pans with difficulty ; if these proportions make it too thin, use less liquid the next time you try. Bake about twenty minutes.

If by carelessness you let a piece of short cake dough grow sour, put it in a little pearlash and water, warm a little butter, according to the size of the dough, knead in a cup or two of sugar, (two cups, unless it is a very small bit) two or three spoonfuls of ginger, and a little rose-water. Knead it up thoroughly, roll it out on a flat pan and bake it twenty

minutes. All things which have pearlash in them, should be put into a warm oven quick.

Pancakes should be made of half a pint of milk, three great spoonfuls of sugar, two or three eggs, a tea-spoonful of dissolved pearlash, spiced with cinnamon, or cloves, a little salt, rose-water, or lemon-brandy, just as you happen to have it. Flour should be stirred in, till the spoon moves round with difficulty. If they are thin, they are apt to soak fat. Have the fat in your skillet boiling hot, and drop them in with a spoon. Let them cook till thoroughly brown. The fat which is left is good to shorten other cakes. The more fat they are cooked in, the less they soak.

If you have no eggs, or wish to save them, use the above ingredients, and supply the place of eggs by two or three spoonfuls of lively emptings; but in this case they must be made five or six hours before they are cooked,—and in winter they should stand all night. A spoonful or more of N. E. rum makes pan-cakes light. Flip makes very nice pancakes. In this case, nothing is done but to sweeten your mug of beer with molasses; put in one glass of N. E. rum; heat it till it foams, by putting in a hot poker; and stir it up with flour as thick as other pancakes.

Flat-jack, or fritters, do not differ from pancakes, only in being mixed softer. The same ingredients are used in about the same quantities, only most people prefer to have no sweetening put in them, because they generally have butter, sugar, and nutmeg put on them, after they are done. Excepting for company, the nutmeg can be well dispensed with. They are not to be boiled in fat, like pancakes; the spider, or griddle should be well greased and the cakes poured on as large as you want them, when it is quite hot; when it gets brown on one side to be turned over upon the other. Fritters are better to be baked quite thin. Either flour, Indian, or rye, is good.

If you have sour milk, or buttermilk, it is well to

make it into short cakes, for tea. Rub in a very small bit of shortening, or three table spoonfuls of cream, with the flour; put in a tea-spoonful of strong dissolved pearlash, into your sour milk, and mix your cake pretty stiff to bake in the spider, on a few embers.

When people have to buy butter and lard, short cakes are not economical food. A half pint of flour will make a cake large enough to cover a common plate. Rub in thoroughly a bit of shortening as big as a hen's egg, put in a tea-spoonful of dissolved pearlash; wet it with cold water; knead it stiff enough to roll well, to bake on a plate, or in a spider. It should bake as quick as it can, and not burn. The first side should stand longer to the fire than the last.

Indian cake, or bannock, is sweet and cheap food. One quart of sifted meal, two great spoonfuls of molasses, two tea spoonfuls of salt, a bit of shortening half as big as a hen's egg, stirred together; make it pretty moist with scalding water, put it into a well-greased pan, smooth over the surface with a spoon, and bake it brown on both sides, before a quick fire. A little stewed pumpkin, scalded with the meal, improves the cake. Bannock split and dipped in butter makes very nice toast.

A richer Indian cake may be made by stirring one egg to a half pint of milk, sweetened with two great spoonfuls of molasses, a little ginger, or cinnamon. Indian stirred in till it is just about thick enough to pour. Spider or bake kettle well greased; cake poured in, covered up, baked half an hour, or three quarters, according to the thickness of the cake. If you have sour milk, or buttermilk, it is very nice for this kind of cake; the acidity corrected by a tea-spoonful of dissolved pearlash. It is a rule never to use pearlash for Indian, unless to correct the sourness of milk; it injures the flavour of the meal.

The nicest way to make Sponge-cake or Diet-bread, is the weight of six eggs in sugar, the weight of four eggs in flour, a little rose-water. The whites and yolks should be beaten thoroughly and separately. The eggs and sugar should be well beaten together; but after the flour is sprinkled it should not be stirred a moment longer than is necessary to mix it well; it should be poured into the pan, and got into the oven with all possible expedition. Twenty minutes is about long enough to bake. Not to be put in till some other articles have taken off the first few minutes of furious heat.

For dough-nuts take one pint of flour, half a pint of sugar, three eggs, a piece of butter as big as an egg, and a tea-spoonful of dissolved pearlsh. When you have no eggs, a gill of lively emptings will do; but in that case they must be made over night. Cinnamon, rose water, or lemon brandy if you have it. If you use part lard instead of butter, add a little salt. Not put in till the fat is very hot. The more fat they are fried in, the less they will soak fat.

Good common wedding cake may be made thus: Four pounds of flour, three pounds of butter, three pounds of sugar, four pounds of currants, or raisins, twenty-four eggs, half a pint of brandy, or lemon brandy, one ounce of mace, and three nutmegs. A little molasses makes it dark coloured, which is desirable. Half a pound of citron improves it; but it is not necessary. To be baked two hours and a half, or three hours. After the oven is cleared it is well to shut the door for eight or ten minutes to let the violence of the heat subside, before cake, or bread is put in.

To make icing for your wedding cake, beat the whites of eggs to an entire froth, and to each egg add five tea-spoonfuls of sifted loaf sugar, gradually; beat it a great while. Put it on when your cake is hot, or cold, as is most convenient. It will dry in a warm

room, a short distance from a gentle fire, or in a warm oven.

If you have any cold rice left, it is nice to break it up fine in warm milk, put in a little salt; after you have put milk enough for the cakes you wish to make (a half pint, or more) stir in flour till it is thick enough to pour for fritters. It does very well without an egg; but better with one. To be fried like other flat-jacks. Sugar and nutmeg are to be put on when they are buttered, if you like.

Cider cake is very good, to be baked in small loaves. One pound and a half of flour, half a pound of sugar, quarter of a pound of butter, half a pint of cider, one tea-spoonful of pearlash; spice to your taste. Bake till it turns easily in the pans. I should think about half an hour.

Very good loaf cake is made with two pounds of flour, half a pound of sugar, quarter of a pound of butter, two eggs, a gill of sweet emptings, half an ounce of cinnamon, or cloves, a large spoonful of lemon-brandy, or rose-water; if it is not about as thin as good white bread dough, add a little milk. A common sized loaf is made by these proportions. Bake about three quarters of an hour.

A very good way to make molasses gingerbread is to rub four pounds and a half of flour, with half a pound of lard and half a pound of butter; a pint of molasses, a gill of milk, teacup of ginger, a tea-spoonful of dissolved pearlash stirred together. All mixed, baked in shallow pans twenty or thirty minutes.

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### CHEAP CUSTARDS.

One quart of milk; boiled; when boiling add three table spoonfuls of ground rice, or rice that is boiled, mixed smooth and fine in cold milk, and one egg

beaten; give it one boil up, and sweeten to your taste. Peach leaves or any spice you please, boiled in the milk.

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## COMMON PIES.

### MINCE.

Boil a tender, nice piece of beef—any piece that is clear from sinews, and gristle; boil it till it is perfectly tender. When it is cold, chop it very fine, and be very careful to get out every particle of bone and gristle. The suet is sweeter and better to boil half an hour or more, in the liquor the beef has been boiled in; but few people do this. Pare, core, and chop the apples fine. If you use raisins, stone them. If you use currants, wash and dry them at the fire. Two pounds of beef, after it is chopped; three quarters of a pound of suet; one pound and a quarter of sugar three pounds of apple, two pounds of currants, or raisins. Put in a gill of brandy; lemon brandy is better, if you have any prepared. Make it quite moist with new cider. I should not think a quart would be too much; the more moist the better, if it does not spill out into the oven. A very little pepper. If you use corned meat, or tongue, for pies, it should be well soaked, and boiled very tender. If you use fresh beef, salt is necessary in the seasoning. One ounce of cinnamon, one ounce of cloves. Two nutmegs add to the pleasantness of the flavour; and a bit of sweet butter put upon the top of each pie, makes them rich; but these are not necessary. Bak-

ed three quarters of an hour. If your apples are rather sweet, grate in a whole lemon.

For common family pumpkin pies, three eggs do very well to a quart of milk. Stew your pumpkin, and strain it through a sieve, or cullender. Take out the seeds, and pare the pumpkin or squash, before you stew it; but do not scrape the inside; the part nearest the seed is the sweetest part of the squash. Stir in the stewed pumpkin, till it is as thick as you can stir it round rapidly and easily. If you want to make your pie richer, make it thinner, and add another egg. One egg to a quart of milk makes very decent pies. Sweeten it to your taste, with molasses, or sugar; some pumpkins require more sweetening than others. Two tea-spoonfuls of salt; two great spoonfuls of sifted cinnamon; one great spoon of ginger. Ginger will answer very well alone for spice, if you use enough of it. The outside of a lemon grated in is nice. The more eggs the nicer the pie; some put an egg to a gill of milk.

Carrot pies are made like squash pies. The carrots should be boiled very tender, skinned, and sifted. Both carrot pies and squash pies should be baked without an upper crust, in deep plates. To be baked an hour, in quite a warm oven.

When you make apple pies, stew your apples very little indeed; just strike them through, to make them tender. Some people do not stew them at all; but cut them up in very thin slices, and lay them in the crust. Pies made in this way may retain more of the spirit of the apple; but I do not think the seasoning mixes in as well. Put in sugar to your taste; it is impossible to make a precise rule; because apples vary so much in acidity. A very little salt, and a small piece of butter in each pie makes them richer. Cloves and cinnamon, are both suitable spice. Lemon-brandy and rose-water are both excellent. A wine glass full of each is sufficient for

three or four pies. If your apples lack spirit grate in a whole lemon.

It is a general rule to put eight eggs to a quart of milk, in making custard pies; but six eggs are a plenty for any common use. The milk should be boiled and cooled before it is used; and bits of stick-cinnamon and bits of lemon-peel boiled in it. Sweeten it to your taste with clean sugar; a very little sprinkling of salt makes them taste better. Grate in a nutmeg. Bake in a deep plate. About twenty minutes is usually enough. If you are doubtful, whether they are done, dip in the handle of a silver spoon, or the blade of a small knife, if it come out clean, the pie is done. Do not pour them into your plates till the minute you put them into the oven; it makes the crust wet and heavy. To be baked with an under crust only. Some people bake the under crust a little before the custard is poured in; this is to keep it from being clammy.

Cranberry pies need very little spice. A little nutmeg, or cinnamon improves them. They need a great deal of sweetening. It is well to stew the sweetening with them; at least a part of it. It is easy to add if you find them too sour for your taste. When cranberries are strained, and added to about their own weight in sugar, they make very delicious tarts. No upper crust.

Rhubarb stalks, or the Persian-apple, is the earliest ingredient for pies, which the spring offers. The skin should be carefully stripped, and the stalks cut into small bits, and stewed very tender. These are dear pies, for they take an enormous quantity of sugar. Seasoned like apple pies. Gooseberries, currants, &c. are stewed, sweetened, and seasoned like apple-pies, in proportions suited to the sweetness of the fruit; there is no way to judge but by your own taste. Always remember it is more easy to add seasoning than to diminish it.

Cherry pies should be baked in a deep plate. Take the cherries from the stalks, lay them in a plate, and sprinkle a little sugar, and cinnamon, according to the sweetness of the cherries. Baked with a top and bottom crust, three quarters of an hour.

Whortleberries make a very good common pie where there is a large family of children. Sprinkle a little sugar and sifted cloves into each pie. Baked in the same way, and as long as cherry pies.

To make pie crust for common use, a quarter of a pound of butter is enough for half a pound of flour. Take out about a quarter part of the flour you intend to use, and lay it aside. Into the remainder of the flour, rub butter thoroughly with your hands, until it is so short that a handful of it clasped tight will remain in a ball, without any tendency to fall in pieces. Then wet it with cold water, roll it out on a board, rub over the surface with flour, stick little lumps of butter all over it, sprinkle some flour over the butter, and roll the dough all up; flour the paste, and flour the rolling pin; roll it lightly and quickly; flour it again, stick in bits of butter, do it up; flour the rolling pin, and roll quickly and lightly; and so on, till you have used up your butter. Always roll from you. Pie crust should be made as cold as possible, and set in a cool place; but be careful it does not freeze. Do not use more flour than you can help in sprinkling and rolling. The paste should not be rolled out more than three times; if rolled too much, it will not be flaky.

The old fashioned way for curing hams is to rub them with salt very thoroughly, and let them lay twenty four hours. To each ham allow two ounces of salt-petre; one quart of common salt, and one quart of molasses. First baste them with molasses; next rub in the salt-petre; and, last of all the common salt. They must be carefully turned and rub-

bed every day for six weeks then hang them in a chimney, or smoke-house four weeks.

They should be well covered up in paper-bags, and put in a chest, or barrel, with layers of ashes, or charcoal, between. When you take out a ham to cut for use, be sure and put it away in a dark place, well covered up; especially in summer.

When you merely want to corn meat, you have nothing to do but to rub in salt plentifully, and let it set in the cellar a day, or two. If you have provided more meat than you can use while it is good, it is well to corn it in season to save it. In summer it will not keep well more than a day and a half; if you are compelled to keep it longer, be sure and rub in more salt, and keep it carefully covered from cellar-flies. In winter, there is no difficulty in keeping a piece of corned beef a fortnight or more. Some people corn meat by throwing it into their beef barrel for a few days; but this method does not make it so sweet. A little salt-petre rubbed in before you apply the common salt, makes the meat tender; but in summer it is not well to use it, because it prevents the other salt from impregnating; and the meat does not keep as well.

If you wish to salt fat pork, scald coarse salt in water and skim it, till the salt will no longer melt in the water. Pack your pork down in tight layers, salt every layer; when the brine is cool, cover the pork with it and keep a heavy stone on the top to keep the pork under brine. Look to it once in a while, for the first few weeks, and if the salt has all melted, throw in more. This brine scalded and skimmed every time it is used, will continue good twenty years.

It is good economy to salt your own beef as well as pork. Six pounds of coarse salt, eight ounces of brown sugar, a pint of molasses, and eight ounces of salt-petre are enough to boil in four gallons of water.

Skim it clean while boiling. Put it to the beef cold ; have enough to cover it, and be careful your beef never floats on the top. If it does not smell perfectly sweet, throw in more salt ; if a skum rises upon it, scald and skim it again, and pour it on the beef when cold.

If people wish to be economical they should take some pains to ascertain what are the cheapest pieces of meat to buy ; not merely those which are cheapest in price, but those which go farthest when cooked. That part of mutton called the rack, which consists of the neck, and a few of the rib-bones below, is cheap food. It is not more than four or five cents a pound ; and four pounds will make a dinner for six people. The neck cut into pieces and boiled slowly an hour and a quarter, in little more than water enough to cover it, makes very nice broth. A great spoonful of rice should be washed and thrown in with the meat. About twenty minutes before it is done, put in a little thickening, and season with salt, pepper, and sifted summer-savoury, or sage. The bones below the neck broiled make a nice mutton chop. If your family is small, a rack of mutton will make you two dinners,—broth once, and mutton chop with a few nice slices of salt-pork, for another, if your family consist of six or seven you can have two dishes for a dinner. If you boil the whole rack for broth, there will be some left for mince meat.

Liver is usually much despised ; but when well cooked, it is very palatable ; and it is the cheapest of all animal food. Veal liver is by some considered the nicest. Veal liver is usually two cents a pound ; beef liver is one cent. After you have fried a few slices of salt pork, put the liver in while the fat is very hot, and cook it through thoroughly. If you doubt whether it be done, cut into a slice and see whether it has turned entirely brown, without any

red stripe in the middle. Season it with pepper and salt, and butter if you live on a farm, and have butter in plenty. It should not be cooked on furiously hot coals, as it is very apt to scorch. Sprinkle in a little flour, stir it, and pour in boiling water to make gravy, just as you would for fried meat. Some think liver is nicer to be dipped in sifted Indian meal before it is fried. It is nice broiled and buttered like a steak. It should be cut into slices about as thick as are cut for steaks.

Cod has white stripes, and a haddock black stripes; they may be known apart by this. Haddock is the best for frying; and cod is the best for boiling, or for a chowder. A thin tail is a sign of a poor fish; always choose a short thick fish.

When you are buying mackerel pinch the belly to ascertain whether it is good. If it gives under your finger, like a bladder half filled with wind, the fish is poor; if it feels hard like butter, the fish is nice. It is cheaper to buy one large mackerel for ninepence, than two for fourpence half-penny.

The heart, liver, &c. of a pig is nice fried; so is that of a lamb. The latter is commonly called lamb-fry; and a dinner may be bought for six or eight cents. Be sure and ask for the sweet-bread; for butchers are extremely apt to reserve that nice morsel, for their own use; and therefore lamb-fry is almost always sold without it. Broil five or six slices of salt pork; after it is taken out, put in your lamb-fry while the fat is hot. Do it thoroughly; but be careful the fire is not too furious, as it is apt to scorch. Take a large handful of parsley, see that it is washed clean, cut it up pretty fine; then pour a little boiling water into the fat in which your dinner has been fried, and let the parsley cook in it a minute or two; then take it out in a spoon, and lay it over your slices of meat. Some people, who like thick gra-

vies, shake in a little flour into the spider, before pouring in the boiling water.

Potatoes make very good yeast. Mash three large potatoes fine; pour a pint of boiling water over them; when almost cold stir in two spoonfuls of flour, two of molasses, and a cup of good yeast. This emptings should be used while new.

Fried veal is nicer for being dipped in white of egg, and rolled in nicely pounded crumbs of bread, before it is cooked. One egg is enough for a common dinner.

There is no way of preparing salt fish for breakfast, so nice as to roll it up in little balls, after it is mixed with mashed potatoes, dip it into an egg, and fry it brown.

A female lobster is not considered so good as a male. In the female, the sides of the head, or what look like cheeks, are much larger, and jut out more than those of the male. The mouth of a lobster is surrounded with what children call "purses," edged with a little fringe. If you put your hand under these to raise it, and find it springs back hard and firm, it is a sign the lobster is fresh; if they move flabbily it is not a good omen.

It is necessary to be very careful of fresh meat in the summer season. The moment it is brought into the house it should be carefully covered from the flies, and put in the coldest place in the cellar. If it consist of pieces, they should be spread out separate from each other, on a large dish and covered. If you are not to cook it soon, it is well to sprinkle salt on it. The kidney, and fat, flabby parts should be raised up above the lean, by a skewer, or stick, and a little salt strewn in. If you have to keep it over night, it should be looked to the last thing when you go to bed; and if there is danger, it should be scalded.

To fry fish without breaking, wet it with an egg beaten, before you meal it.

Bones from which roasting pieces have been cut, may be bought in the market for ten or twelve cents, from which a very rich soup may be made, besides skimming off nice fat for shortening. If the bones left from the rump be bought, they will be found full of marrow, and will give more than a pint of nice shortening, without injuring the richness of the soup. The richest piece of beef for a soup is the leg and the shin of beef; the leg is on the hind-quarter, and the shin is on the fore-quarter. The leg rand, that is the thick part of the leg above the bony parts, is very nice for mince pies. Some people have an objection to these parts of beef, thinking they must be stringy, but if boiled *very tender* the sinews are not perceived, and add in fact to the richness of a soup.

The thick part of the thin flank is the most profitable part in the whole ox to buy. It is not so handsome in appearance as some other pieces, but it is thick meat, with very little bone, and is usually two cents less in the pound than more fashionable pieces. It is good for roasting and particularly for corning and salting. The navel end of the brisket is one of the best pieces for salting or corning, and is very good for roasting.

The rattle rand is the very best piece for corning, or salting.

A bullock's heart is very profitable to use as a steak. Broiled just like beef. There are usually five pounds in a heart, and it can be bought for twenty-five cents. Some people stuff and roast it.

The chuck between the neck and the shoulder, is a very good piece for roasting,—for steaks, or for salting. Indeed it is good for almost any thing; and it is cheap, being from four to five cents a pound.

The richest, tenderest and most delicate piece of beef for roasting, or for steak is the rump and the last cut of the sirloin. It is peculiarly appropriate for an invalid, as it is lighter food than any other beef.

But if economy be consulted instead of luxury, the round will be bought in preference to the rump. It is heartier food, and of course less can be eaten; and it is cheaper in price.

The shoulder of veal is the most economical for roasting, or boiling. It is always cheap, let veal bear what price it may. Two dinners may be made from it; the shoulder roasted, and the knuck cut off to be boiled with a bit of pork and greens, or to be made into soup.

The breast of veal is a favourite piece, and is sold high.

The hind quarter of veal and the line make two nice roasting pieces. The leg is usually stuffed. The line has the kidney upon it; the fore-quarter has the brisket on it. This is a sweet and delicate morsel; for this reason some people prefer the fore-quarter to any other part.

Always buy a shoulder of pork for economy, for roasting, or corning to boil. Cut off the leg to be boiled. Many people buy the upper part of the spare-rib of pork, thinking it the most genteel; but the lower part of the spare-rib toward the neck is much more sweet and juicy; and there is more meat in proportion to the bone.

The breast, or shoulder, of mutton are both nice, either for roasting, boiling, or broth. The breast is richer than the shoulder. It is more economical to buy a fore-quarter of mutton than a hind quarter; there is usually two cents difference per pound. The neck of nice mutton makes a good steak for broiling.

Lamb brings the same price, either fore-quarter, or hind-quarter; therefore it is more profitable to buy a hind quarter than a fore-quarter; especially as its own fat will cook it, and there is no need of pork or butter in addition. Either part is good for roasting or boiling. The line of lamb is suitable for roasting, and is the most profitable for a small family. The

leg is more suitable for boiling than for any thing else ; the shoulder and breast are peculiarly suitable for broth.

The part that in lamb is called the line in mutton is called the chop. Mutton chop is considered very nice for broiling.

This book being intended for the economical rather than the luxurious, it was at first intended to omit all rich dishes ; but as it is sometimes necessary to cook the following articles, even in economical families, it is deemed expedient to give the receipts.

#### ALAMODE BEEF.

Tie up a round of beef so as to keep it in shape, make a stuffing of grated bread, suet, sweet herbs, quarter of an ounce of nutmeg, a few cloves pounded, yolk of an egg. Cut holes in the beef and put in the stuffing, leaving about half the stuffing to be made into balls. Tie the beef up in a cloth, just cover it with water, let it boil an hour and a half ; then turn it, and let it boil an hour and a half more. Then turn out the liquor, and put some skewers across the bottom of the pot, and lay the beef upon it, to brown ; turn it that it may brown on both sides. Put a pint of claret and some allspice and cloves into the liquor, and boil some balls, made of the stuffing, in it.

Pigeons may be either roasted, potted, or stewed. Potting is the best, and the least trouble. After they are thoroughly picked and cleaned, put a small slice of salt pork and a little ball of stuffing into the body of every pigeon. The stuffing should be made of one egg to one cracker, an equal quantity of suet, or butter, seasoned with sweet marjoram, or sage, if marjoram cannot be procured. Flour the pigeons well, lay them close together in the bottom of the pot, just cover them with water, throw in a bit of butter,

and let them stew an hour and a quarter, if young ; an hour and three quarters, if old. Some people turn off the liquor just before they are done, and brown the pigeons on the bottom of the pot ; but this is very troublesome, as they are apt to break to pieces,

Stewed pigeons are cooked in nearly the same way, with the omission of the stuffing. Being dry meat they require a good deal of butter.

Pigeons should be stuffed and roasted about fifteen minutes before a smart fire. Those who like birds just warmed through, would perhaps think less time necessary. It makes them nicer to butter them well just before you take them off the spit, and sprinkle them with nicely pounded bread or cracker. All poultry should be basted, and floured a few minutes before it is taken up.

The age of pigeons can be judged by the colour of the legs. When young, they are of a pale delicate brown ; as they grow older the colour is deeper and redder.

Something may be judged concerning the age of a goose by the thickness of the web between the toes. When young, this is tender and transparent ; it grows coarser and harder with time. Poultry in general may be judged by the breast bone. If the bottom of the breast bone, which extends down between the legs, is soft, and gives easily, it is a sign of youth ; if stiff, the poultry is old.

#### ROAST PIG.

Strew fine salt over it an hour before it is put down. It should not be cut entirely open ; fill it up plump with thick slices of buttered bread, salt, sweet marjoram and sage. Spit it with the head next the point of the spit ; take off the joints of the leg and boil them with the liver with a little whole pepper, allspice and salt for gravy sauce. The upper part

of the legs must be braced down with skewers. Shake on flour. Put a little water in the dripping-pan, and stir it often. When the eyes drop out the pig is half done. When it is nearly done, baste it with butter. Cut off the head, split it open between the eyes. Take out the brains and chop them fine with the liver and some sweet-marjoram and sage; put this into melted butter, and when it has boiled a few minutes, add it to the gravy in the dripping pan. When your pig is cut open, lay it with the back to the edge of the dish; half a head to be placed at each end. A good sized pig needs to be roasted three hours.

For the sake of convenience to those families who have no scales, we take the liberty to copy the following table from the "Seventy-five Receipts."

Wheat flour, one pound is one quart.

Indian Meal, one pound two ounces is do.

Butter, when soft, one pound one ounce is do.

Loaf Sugar, broken, one pound is do.

White Sugar, powdered, one pound one ounce is do.

Best Brown Sugar, one pound two ounces is do.

Eggs. Ten eggs are a pound.

Sixteen large spoonfuls are half a pint.

Eight large spoonfuls are one gill.

Four large do. are half a gill.

A common sized tumbler holds half a pint.

A common sized wine-glass holds half a gill.

The following items have either been found, or have come to my recollection, since the preceding pages were printed. Some of them are from Mr. Fessenden's excellent Almanac for 1830.

Legs of mutton are very nice cured in the same way as ham. Six pounds of salt, eight ounces of

salt petre, and five pints of molasses, will make pickle enough for one hundred weight. Small legs should be kept in pickle twelve, or fifteen days; if large, four or five weeks are not too much. They should be hung up a day or two to dry, before they are smoked. Lay them in the oven, on crossed sticks, and make a fire at the entrance. Cobbs, walnut-bark, or walnut chips, are the best to use for smoking, on account of the sweet taste they give the meat. The smallest pieces should be smoked forty-eight hours, and large legs four or five days. Some people prefer the mutton boiled as soon as it is taken from the pickle, before it is smoked; others hang it up till it gets dry thoroughly, and eat it in thin slices, like hung beef. When legs of meat are put in pickle, the thickest part of the leg should be placed uppermost,—that is, standing upright, the same as the creature stood when living. The same rule should be observed when they are hung up to dry; it is essential in order to keep in the juices of the meat. Meat should be turned over once or twice during the process of smoking.

Some very experienced epicures and cooks think the old fashioned way of preparing bacon is troublesome and useless. They say that legs of pork placed upright in pickle, for four or five weeks, are just as nice as those rubbed with so much care. The pickle for pork and hung-beef should be stronger than for legs of mutton. Eight pounds of salt, ten ounces of salt-petre, and five pints of molasses is enough for one hundred weight of meat; water enough to cover the meat well—probably, four or five gallons. Any one can prepare bacon, or dried beef, very easily in a common oven, according to the above directions. The same pickle that answers for bacon is proper for neat's tongues. Pigs tongues are very nice prepared in the same way as neat's tongues; an abundance of them are sold for rein-deer's tongues, and, under that name, considered a wonderful luxury.

Pig's head is a profitable thing to buy. It is despised, because it is cheap; but when well cooked it is delicious. Well cleaned, the tip of the snout chopped off, and put in brine a week, it is very nice for boiling: the cheeks in particular, are very sweet; they are nicer than any other pieces of pork to bake with beans. The head is likewise very nice baked about an hour and a half. It tastes as nice as roast pork, and yields abundance of sweet fat, for shortening.

There are various ways of deciding about the age of poultry. If young, the tip end of the breast bone is tender and gristly; the legs are lighter, and the feet do not look so hard, stiff, and worn. There is more deception in geese than in any other kind of poultry. The above remarks are applied to them; but there are other signs more infallible. In a young goose the cavity under the wings is very tender; it is a bad sign if you cannot, with very little trouble push your finger directly into the flesh. There is another means by which you may decide whether a goose be tender, if it be frozen, or not. Pass the head of a pin along the breast, or sides, and if the goose be young, the skin will rip, like fine paper under a knife.

If you wish to clarify sugar and water you are about to boil, it is well to stir in the white of one egg, while cold; if put in after it boils, the egg is apt to get hardened before it can do any good.

Half a spoonful of *citric acid*, (which may always be bought of the apothecaries,) stirred in half a tumbler of water is excellent for the head-ache.

Boiled potatoes are said to cleanse the hands as well as common soap; they prevent *chops* in the winter season, and keep the skin soft and healthy.

Water-gruel with three or four onions simmered in it, prepared with a lump of butter, pepper, and salt, eaten just before one goes to bed, is said to be a cure

for a hoarse cold. A syrup made of horse-radish root and sugar is excellent for a cold.

Very strong salt-and-water, when frequently applied has been known to cure wens.

Dissolve as much table salt in keen vinegar, as will ferment and work clear. When the foam is discharged, cork it up in a bottle and put it away for use. A large spoonful of this in a gill of boiling water is very efficacious in cases of dysentery and cholera.

All herbs should be carefully kept from the air, and herb-tea to do any good should be made *very strong*.

Table beer should be drawn off into *stone* jugs with a lump of white sugar in each, securely corked. It is brisk and pleasant, and continues good several months.

Suet keeps good all the year round, if chopped and packed down in a stone-jar, covered with molasses.

Pulverized alum possesses the property of purifying water. A large spoonful stirred into a hogshead of water will so purify it that in a few hours the dirt will all sink to the bottom, and it will be as fresh and clear as spring-water. Four gallons may be purified by a tea-spoonful.

Nothing is so good to take down swellings, as a soft poultice of stewed white beans, put on in a thin muslin bag, and renewed every hour, or two.

The thin white skin which come from suet is excellent to bind upon the feet for chilblains.

Bottles that have been used for rose-water, should be used for nothing else; if scalded ever so much, they will kill the spirit of what is put in them.

The surest way of making a light rich plumb pudding, is to spread slices of sweet, light bread plentifully with butter; on each of the slices spread abundantly raisins, or currants, nicely prepared; when

they are all heaped up in a dish, cover them with milk, eggs, sugar and spice, well beat up, and prepared just as you do for custards. Let it bake about an hour.

THE END.

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ERRATA.

For *chops* read *chaps*—Page 78. For *catchup* read *catsup*—Pages 32, 39, 41. By mistake two chapters are mixed together; the chapter on “Common Pies,” should end near the bottom of Page 67.

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NOTE.

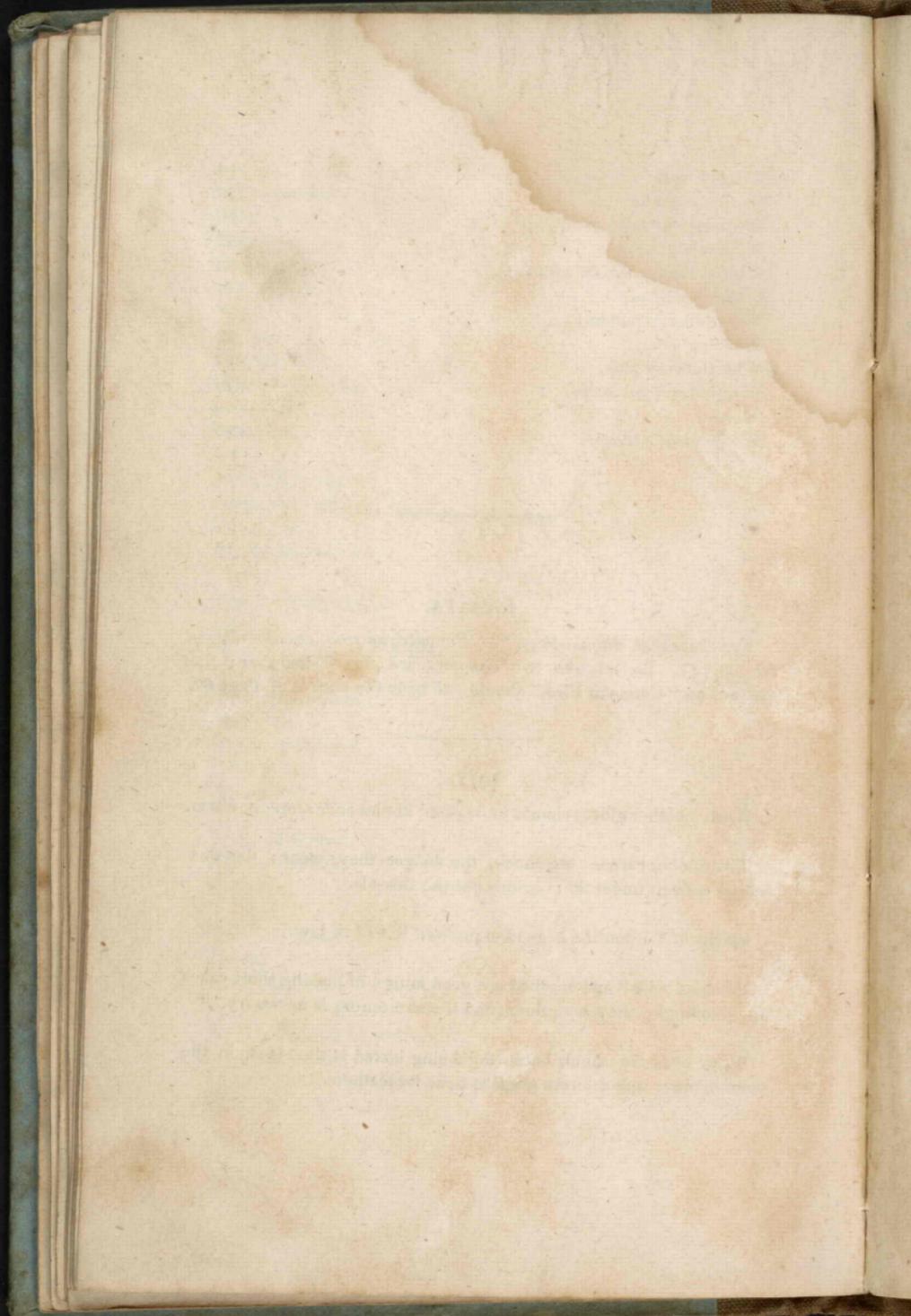
Wash Leather gloves should be washed in nice suds scarcely warm.

The oftener carpets are shook, the longer they wear; the dirt which collects under them grinds out the threads.

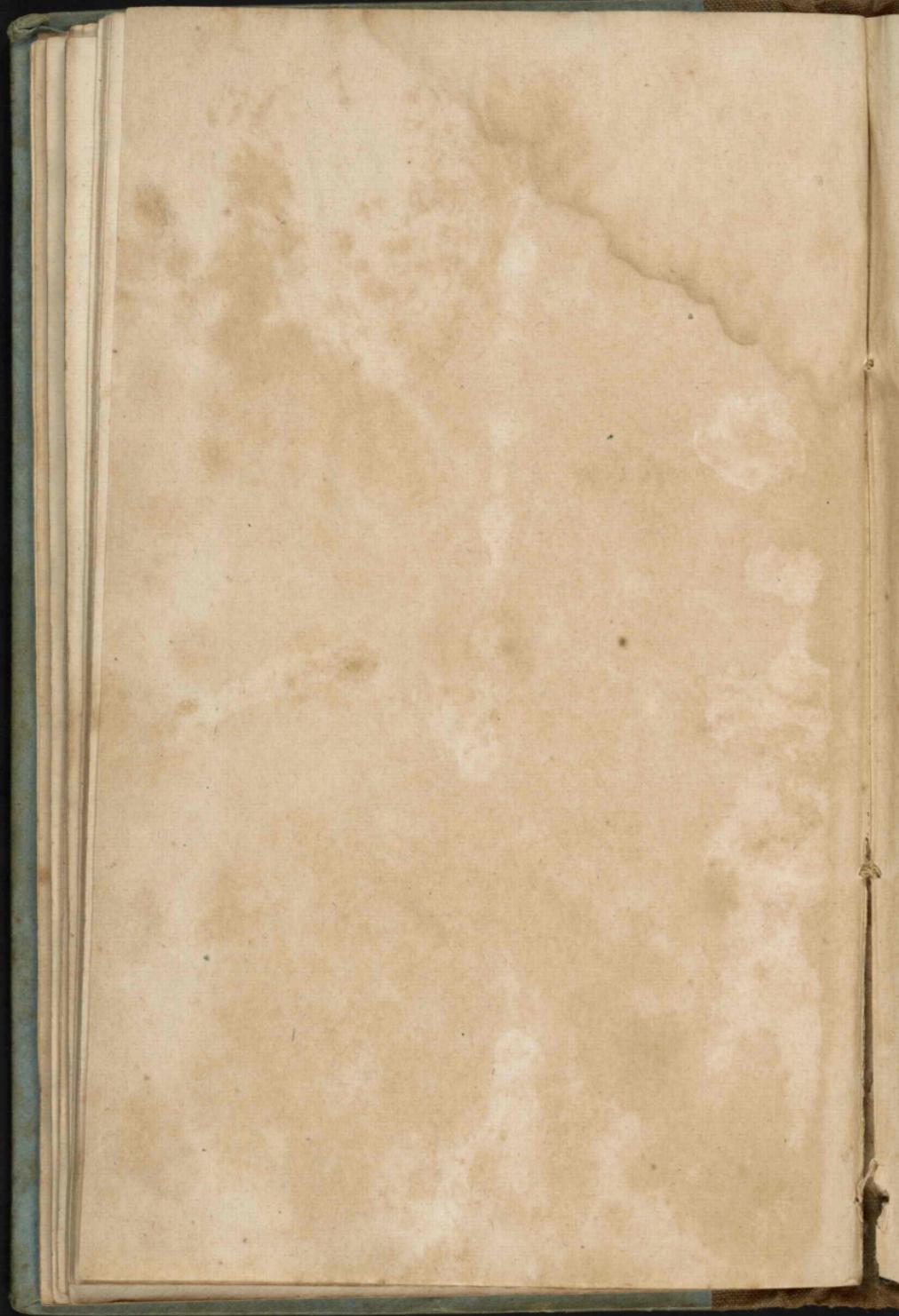
Spirits of Turpentine is good to prevent the Lock-jaw.

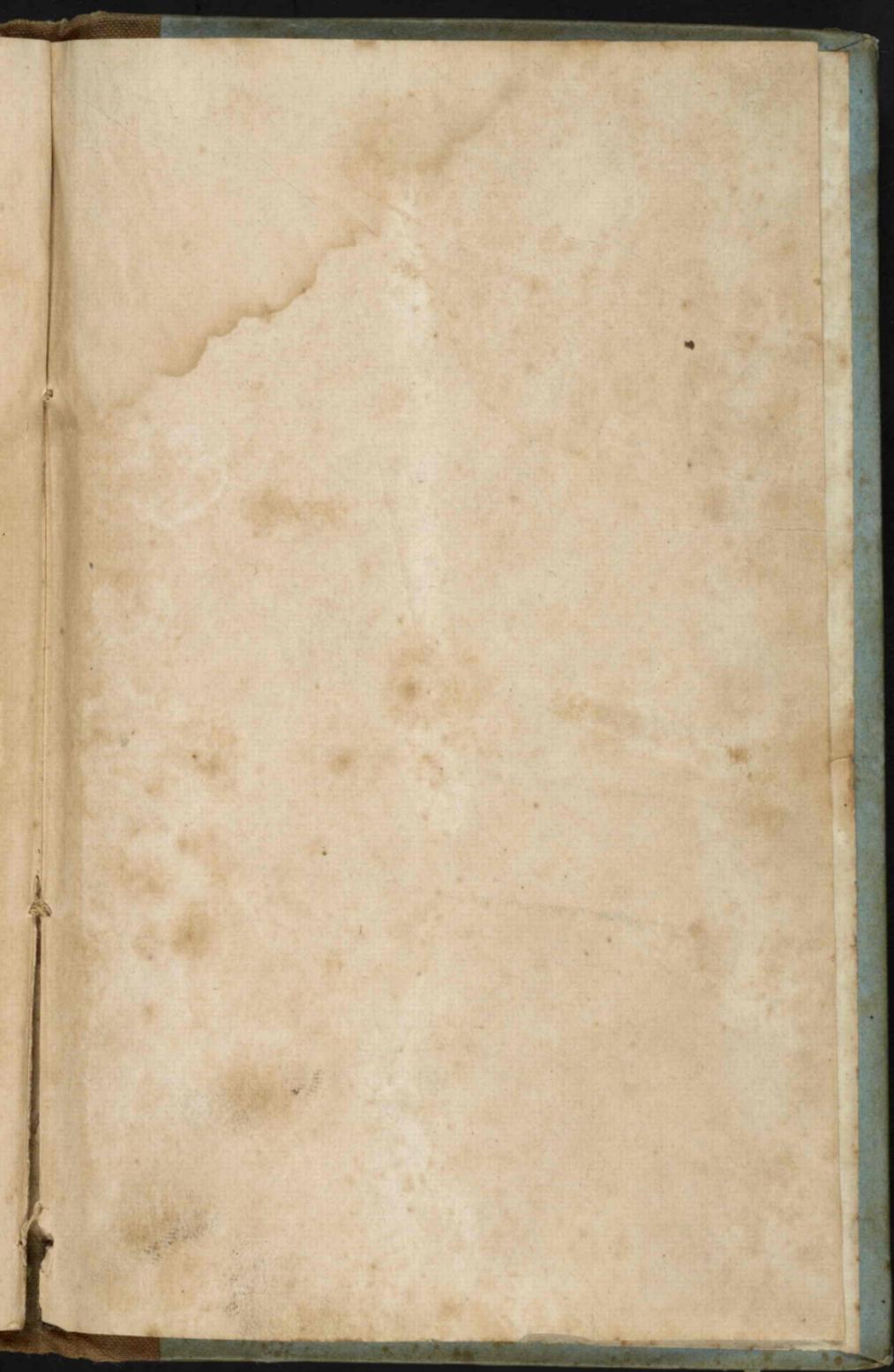
Potatoes boiled and mashed are good to use in making short cakes and puddings; they save flour, and less shortening is necessary.

Straw beds are much better for being boxed at the sides, in the same manner upholsterers prepare ticks for feathers.









Child, Lydia Maria  
" (Francis)

Ms. n. 1943-8-29

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