THE BOOK OF
· THE HOME ·

THE BOOK·OF·THE HOME

A Comprehensive·Guide·on·all matters·pertaining·to·the·Household

NEW·EDITION

Prepared under the Editorship of

Mrs. C·E·HUMPHRY

(*Madge*' of *Truth*)

With Contributions by Many Specialists

VOLUME III

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COOKERY.

It is hardly too much to say that the welfare not only of ourselves, but also of future generations, is largely dependent upon good cookery. If the subject were more intelligently studied and practised, the result would be a great improvement in the physical, and consequently in the mental, powers of the race. Most persons realize more or less vaguely the importance of proper food and of the proper manner of preparing it, but when they try to give effect to their ideas they often fail through sheer ignorance.

Even those who have some knowledge of cookery are too often inclined to follow the beaten round, forgetting that a dish, excellent in itself, may become distasteful if frequently repeated. The Frenchman who declared that "the English had a hundred different religions, but only one butter sauce", was a humorist in his way, yet his humour was not far removed from the truth. In spite of the many schools of cookery now established throughout the country, monotony is still the key-note of the ordinary English dinner.

The housewife who provides the roast or boiled, chops or steaks, and a good pudding, congratulates herself upon the wholesomeness and the economy of her dinner. In both respects she is mistaken: she wearies the appetite and lightens the household purse at the same time.

The cold joint undoubtedly has its uses. Many a dainty dish can be evolved from cold meats—from what the servants term "scraps", and waste accordingly. The trained lady cook wastes nothing. She knows too well the value of every ounce of good food. The scrap of ham or tongue will decorate a savoury; the anchovy or cold vegetable will transform a salad or help to make a tortilla; even the water in which vegetables, fish, and meat have been boiled will form the basis of an excellent soup. It is surprising that cooks who are in the daily habit of boiling vegetables to make the foundations of their soups, and cooking meat to form their entrées, have not found out for themselves that these things ready at hand save both time and money. In many kitchens the water in which meat and vegetables have been boiled is thrown down the drains, a proceeding which is exceedingly insanitary, to say nothing about the loss of good material. Dripping, bones, stale bread, and even fat from the stock-pot, all have their uses. The fat can be clarified, and used for pastry and cakes, and also for frying. The bones, with the addition of a few vegetables, will make excellent soups; and the bread when crushed is "chapelure".

This, then, is the first essential of all good cookery—economy: not the economy of parsimony, which buys cheap and imperfect food, for that is

merely bad management, but the economy which allows no waste and uses all material to the best advantage. The two other essentials are cleanliness and exactitude. Untrained cooks will not take the trouble to weigh and measure their materials, though "rule of thumb' never answers. Exactitude of proportion is a positive necessity in good cookery. It is impossible, however, to insist too strongly upon the necessity for perfect cleanliness. After many months of training, the average cook may see the necessity of keeping the insides of her sauce-pans clean, and realize that to allow flavours and grease to cool in them is to double her own labour and spoil her dishes. But the outsides and handles must be clean too. What can be more unpleasant than, when making cakes or pastry, to find the hands black from handling a dirty sauce-pan? Many a delicate dish is spoiled by an unwashed sauce-pan lid. Grease and vapours rise, congeal, and, unless removed, fall again as liquid, which carries with it many flavours that are undesirable perhaps the flavour of onion when one requires vanilla.

But a mistress cannot train a servant until she has first trained herself. And for this purpose she may perhaps find some useful hints in the following general directions, which, for easy reference, are arranged alphabetically.

VARIOUS METHODS AND PROCESSES OF COOKING.

Baking.—The first thing to be considered in baking is the oven. It must be well ventilated to allow the escape of steam and vapours. It must also be scrupulously clean and free from even a suspicion of grease, or the things cooked in it will be tainted and spoiled. After cooking, the shelves should always be rubbed well with brown paper while they are hot.

Baking is more economical than roasting, and requires less trouble, but unless it is properly carried out a satisfactory result is impossible. Never cook a large joint in a small oven. The side of the oven nearest the fire naturally gets very hot, and if there is not sufficient space between it and the joint the latter will be burned on one side and uncooked on the other. To turn the joint frequently does not improve matters, for every time the door is opened the warm air escapes. Never remove the round from the top of the stove during baking: for doing that also causes a loss of heat and delay in cooking.

As regards the time required, about twelve minutes for every pound is sufficient in a large oven, unless the joint is a very thick one, in which case fifteen minutes at a moderate temperature is necessary. Small thin joints need a greater heat and quicker cooking. For the first quarter of an hour the temperature must be at the highest. It must be sufficient to harden the outside of the joint and prevent the juices from escaping. If placed in a slow oven, meat becomes sodden, the albumen being gradually dissolved. On the other hand, if the temperature which is necessary at first were maintained, the outside would be burnt while the inside would remain raw.

The average time for each joint is given later. Shoulder of mutton, leg of pork, breast or fillet of veal, hare, goose, and sucking pig are all suitable for baking.

Lay the meat on a stand placed in a tin sufficiently large to catch all that drips from it (fig. 241), and put the tin in a larger one filled with water. If the meat is in the pan itself it will be sodden. Place it in the hottest part of the oven, and leave it for fifteen minutes. Have a bowl of very clean melted dripping on the stove, and baste the joint well when the door is opened for the purpose of moving it. Don't use the fat which drips into the pan. It often has a burnt flavour, and is always insufficient. moreover, the process is longer and has the effect of chilling the joint.

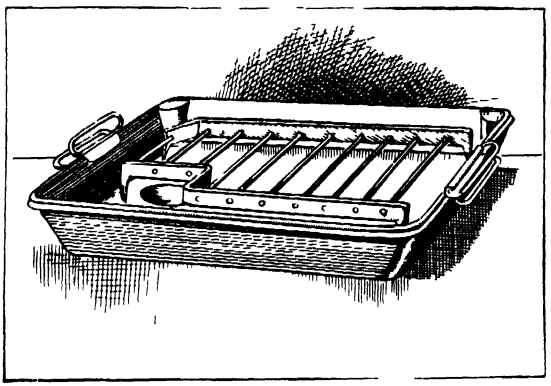


Fig. 241. Oven Pan, with Stand

Turn the joint upside down when less than half-cooked, leaving the better side uppermost during the latter part of the baking. When it is sufficiently cooked and nicely browned, lift it on to a good-sized hot dish, cover it with a warm dish-cover, and set it on a cool part of the stove. Meanwhile pour the dripping very carefully from the pan into a jar. Pour a small cupful of boiling water into the pan, scrape off all the brown gravy adhering to it, re-warming if necessary, but not allowing it to boil, and pour it round, not over, the meat, or serve it in a gravy-boat.

Baking Bread.—Bread, when properly made at home, is more economical, wholesome, and nutritious than baker's bread, and keeps fresh and sweet longer. Brick ovens are undoubtedly the best for the purpose. They should be about 24 inches high, and have a vaulted roof and small closely-fitting doors. Wood fires are kindled in them, and are swept out when the oven is sufficiently heated. They are, however, seldom found except in old-fashioned houses, and very good bread can be baked in the ovens of the ordinary kitchen-stoves. The shelves must be absolutely clean, the oven free from the slightest taint of grease, and the top of the oven and the flues clear of soot The necessary temperature is lower than that required for pastry, and higher than for cakes. It should be about 410°, or sufficient to colour in a few minutes any flour sprinkled on one of the shelves

In order to ensure a good steady heat, the oven should be tested several times, with intervals of ten minutes between each test. Place a piece of fairly thin white paper in the oven. If at the end of ten minutes it has turned rather a dark-yellow colour, the heat is sufficient for bread, large meat-pies, or small cakes. If the colour is a light brown, the oven is fit for

pastry, vol-au-vents, &c.: if a dark brown, for small pastry: and if only just tinged, for sponge-cakes, shortbread, and meringues.

Bread baked in a gas oven can safely be left for an hour from the time it is put in: but as the heat in an ordinary oven is not so steady, it should be inspected in half an hour. The baking takes from one hour to an hour and a half, according to the size of the loaves. If they are placed in the hottest part of the oven at first, the outsides will be hardened before the dough has had time to rise properly. They require shifting, and probably turning upside down, before they are removed from the oven. When they are sufficiently baked they should be covered with a clean cloth, but not put into the bread-pan till they are cold. The actual making of bread is described under "Confectionery".

Baking Cakes and Pastry.—More cakes are spoiled in the baking than in the making. A very general mistake is to put them into too hot a place at first. The heat must be just sufficient to steady them through before they rise fully. When they rise before they are firm throughout, the slightest loss of temperature or change of position is apt to cause them to fall in the centre, which spoils their appearance. A cake in which one pound of flour is used should rise at least two inches, and have a perfectly flat surface and no cracks.

The oven door should not be opened for half an hour after the cake has been put in. Should the position require altering, this must be done very carefully, the door being closed afterwards as gently as possible. When properly baked, a cake generally shrinks a little from the sides of the tin, but if there is any uncertainty, it is better to run a thin iron skewer down to the bottom. If the baking is sufficient, the skewer will come out clean and bright. The cake should then be turned out into a sieve and allowed to remain on its side till it is cold. A rich cake will often take from three to four hours to cook properly.

The same precautions should be observed when baking pastry as when baking cakes. The method of ascertaining whether the proper temperature has been reached has just been described, under "Baking Bread". A further practical test is to place the hand in the oven. If the heat can be borne, it is insufficient for pastry. For the making of cakes and pastry, see "Confectionery".

Boiling Meat.—The chief point to be observed both in boiling and baking meat is the same, namely, to retain the juices by coagulating a surface layer of albumen. Fresh meat should therefore be placed in boiling water. Spiced and salted meat, on the contrary, must be put into cold water, brought quickly to the boil, boiled for seven or eight minutes, then moved to a cooler part of the stove, and allowed to simmer till sufficiently cooked. Small joints, under 4 lbs., however, are best put into warm water and allowed to simmer for about fifteen minutes to the pound.

To boil fresh meat, fill a large sauce-pan with sufficient water to cover it. It is best, in view of its future use as stock for soup, to put but little salt in the water. Beef should have none at all, as salt hardens the fibres.

When the water actually boils, put the joint in it. The scum, which rises after seven or eight minutes, must be removed, or the colour and taste of both meat and stock will be spoiled. Then let the meat simmer from fifteen to twenty minutes to the pound. The flavour is greatly improved if a few root vegetables are boiled with it. When taking the joint from the sauce-pan never stick a fork into it.

Frozen meat should be thawed before it is cooked. When mutton is dark in colour and hard, it should be soaked in quite warm water for twenty minutes.

A ham of about 12 lbs. should be put into a large sauce-pan and covered with cold water. Set it on a cool part of a stove and do not let it boil for eight hours. Then boil it gently for twenty minutes, and leave it covered in the sauce-pan for twelve hours longer.

Before boiling a fowl or any other white-fleshed bird, rub a cut lemon over the breast. This will make it firm and of a good colour. Put the bird, if large, into warm water, and if small, into lukewarm. Increase the temperature and allow it to simmer till sufficiently cooked. Chickens require from twenty to thirty minutes, and fowls from half an hour to an hour. All scum must be removed as it rises, or the flesh will be neither white nor delicate. For this reason a bird should never be wrapped in a cloth, as this retains the scum.

When the object is to extract the juices, as in making soups or beef-tea, meat should be placed in cold water and allowed only to simmer. The gentlest ebullition is sufficient. If the cooking is done quickly, the albumen is hardened, and consequently the juices are not drawn into the water.

Boiling Fish.—Most fish, such as cod, ling, turbot, and other white fish, are put into cold salted water, which is then brought quickly to the boil. Ten minutes to the pound, from the time the sauce-pan is placed on the fire, is sufficient, unless the fish is thick. Smaller kinds, like soles and whiting, are generally cooked as soon as the water boils. Salmon is put into boiling salted water, and allowed from ten to twenty minutes to the pound, according to the thickness. In order to ascertain when fish is sufficiently cooked, lift it on a drainer, and with a sharp knife make a small incision in the thick part near the bone in the middle of the back. If the flesh is firm and leaves the bone easily it is done.

Boiling Vegetables.—Green vegetables, such as cabbages, cauliflowers, and broccoli, require plenty of boiling water and brisk cooking, with sufficient salt. If the water is hard, a small piece of soda (half the size of a pea) must be added to preserve the colour; but too much will turn them brown. When the water re-boils, tilt the lid, and let them cook for from twenty to thirty minutes. A small piece of burnt crust, thrown into the water and boiled with cabbage, will absorb the unpleasant smell.

Old potatoes, Jerusalem artichokes, dried peas and beans, should be put into cold water. Use plenty of salt to make the potatoes floury; they will take about half an hour. New potatoes require about twenty minutes.

They should be put into boiling water with a sprig of mint, and, when done, should be drained and placed in the vegetable dish with a small piece of butter.

Carrots, if old, take fully an hour to cook; if they are very young, half that time is sufficient. Turnips require rather less time than carrots, and must be thoroughly drained. Young peas will be done in fifteen or twenty minutes. A sprig of mint and a lump of sugar should be put into

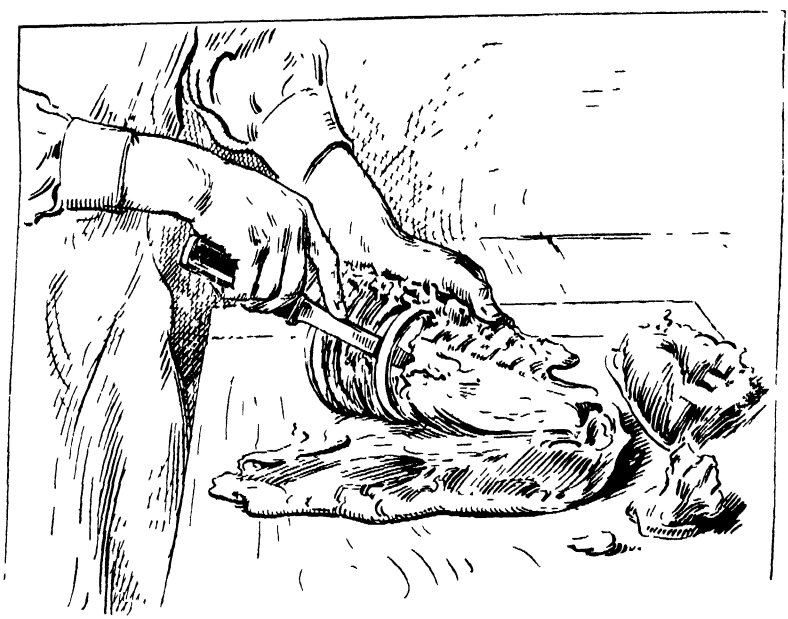


Fig. 242.—Boning. First Method (Loin of Mutton)

the water. Dried peas and beans are improved if a small piece of fat bacon, or a little dripping or butter, is boiled with them.

Boiling Puddings.—Puddings, if large and rich, require a very long time to boil, two hours to the pound being hardly too much. Smaller ones should have about one and a half hours to the pound, and rolled puddings and dumplings half an hour. Four hours' boiling is not too much for an ordinary steak-and-kidney pudding.

Boning. Boning is rather a difficult art, but is well worth acquiring. It transforms a plain joint or bird into a high-class dish fit for any occasion, and costs only time and patience. Moreover, the bones taken from joints, cutlets, or poultry make good nourishing soups, whereas, if not removed until they are distributed by the carver, they are valueless.

Lay a joint—say, a loin of mutton—on a clean chopping-board, and with a sharp, strong, unbendable knife detach the bones which go across at the thick end. Work the knife carefully into the irregularities of the bone to avoid waste and disfigurement of the meat. It is important to keep the edge of the knife always touching the bone. When the meat is free

at the top, follow the course of the long bones, cutting carefully between each, and freeing them at both sides (fig. 242). Turn the joint over, and work it free on that side also. The whole of the bone will then slip out. Should any pieces of meat be broken off, use them afterwards with the scrapings of the bones for forcemeat or mincemeat, or roll them up with the joint. Break the bones and put them with the gristle into the stock-pot. Cut off all superfluous fat, and either melt it down for dripping or

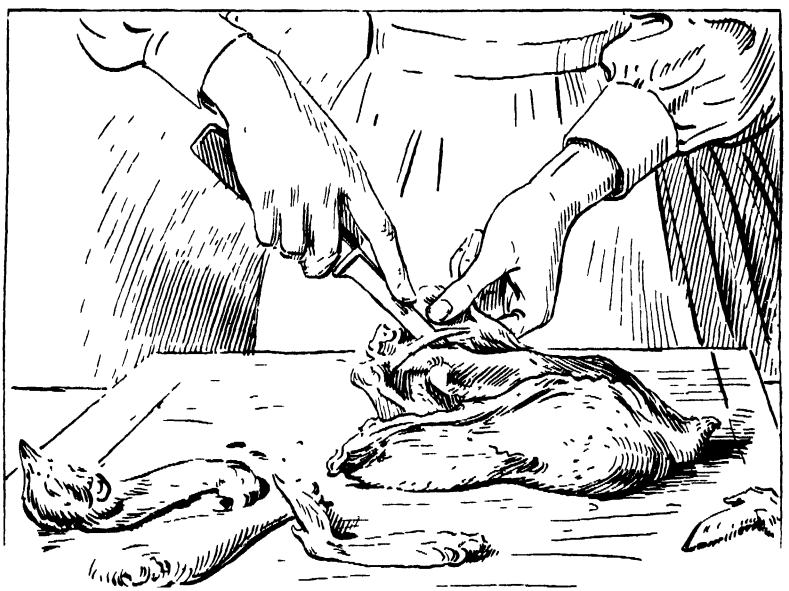


Fig. 243.—Boning. Second Method (Uncooked Fowl).

use it for kitchen puddings. To remove it in the first instance is far more economical than to have it left on the plates.

Ribs of beef are boned in the same way as loin of mutton.

When breast of mutton, rabbits, or poultry are to be made into pies, joint them first, and then either stew or fry them till the bones slip out readily.

Boning raw poultry is more difficult. Pluck, but do not draw, the birds. Cut off the neck, leaving a good piece of skin. Gradually work the skin from the bone till the merry-thought is reached. Detach this bone very carefully from the wing at the bottom of the bone and then at the top from the breast-bone. Keep the knife in contact with the bone, cutting away all the meat, and work up the breast on each side. It is best for a beginner to leave the piece of gristle along the top of the breast until afterwards, for the skin is very thin at that part, and should the knife run through it the bird would be spoiled. When the breast-bone is quite free from the flesh, the merry-thought can be easily broken away. Work round the ribs and back gradually and carefully till they also are free. Separate the breast with the gristle completely from the bone. The carcass of the bird being

now completely separated, roll the skin and flesh of the neck backwards. Work very patiently and gently with the knife round and round should there be any necessity. When at the junction of the legs and back, cut through the joint and proceed until the whole of the bird can be turned inside out, leaving the carcass free. At this stage take out the entrails, but be careful to avoid breaking the gall-bag. Remove the liver and gizzard, and clean the bird thoroughly. Work a thin firm knife round the thigh-bone, and cut through the joint half-way down the leg-bone. Saw off the remainder of the drumstick, detach the thigh-bones from the trunk of the bird, and work the flesh over and off the leg-bone from the bottom, turning it inside out. Cut off the first and second wing-bones, and remove the bone from the thick part in the same manner as for the legs. Now cut off the gristle left along the breast, and carefully turn the bird back to its original shape. Though the flesh and skin are very elastic, great care must be exercised neither to stretch nor to pull them.

A more simple method is to cut off the neck, legs, and wings, slit the skin down the middle of the back from end to end, and work a thin firm knife round and round the carcass until it can be easily removed (fig. 243). Then lay the bird flat on a board, the opened part uppermost, and when the legs and wings have been boned place them in it with whatever filling is to be used. Roll it, sew it up, and after placing it in a clean cloth, bind it in position with broad tape. Remove all stitches before serving. This method gives far less trouble, but the former one preserves the shape of the bird intact.

Braising.—Braising is considered by some people the best method of cooking poultry and certain joints, such as a round of beef.

The bottom of a deep stew-pan should be lined with slices of fat bacon, on which there is a bed of sliced root-vegetables. The meat, when placed on this, is covered with slices of bacon or buttered paper, and after the addition of half a pint of good stock the pan is closely covered with a well-fitting lid. It must be allowed to simmer gently for three or four hours, according to the size of the joint or bird. A favourite method of cooking birds on the Continent is to cover them thickly with lard and place them in an earthenware pan over a slow charcoal fire, basting them constantly with the lard until they are sufficiently cooked. The result is excellent

Broiling.—A very clear fire is needed for broiling. Salt thrown upon it will produce the desired effect. The top of the stove should be removed, and the bars of the gridiron rubbed with a little fat or suet. Put the meat on the gridiron, place it over the fire, and leave it a sufficient time, without turning, to allow the outside to harden, and thus prevent the escape of the juices. Turn the meat and let the other side harden in the same way, after which turn it frequently till it is sufficiently cooked, which will be when it feels fairly elastic under pressure of the blade of a knife. Use small tongs for turning, but do not stick a fork into the meat.

Broiling is often performed by means of a hanging gridiron in front of the fire; but this method is not so satisfactory, for it does not impart to the

meat the slightly-burnt flavour which is associated with the best broiling. Another way is to use a frying-pan, not as it is generally used, but almost red hot: the pan must, of course, be an iron one. In this case the meat must be turned with a pair of tongs about four times a minute. A piece of meat not less than three-quarters of an inch thick will take from eight to ten minutes.

Clarifying Dripping.—Cut the dripping into small pieces, put it into a large jar or basin, and pour over it a quantity of boiling water. When the water is cold take off the cake of fat and scrape away all impurities from the bottom. If the fat is required for making pastry or cakes, the process must be repeated three times. If for frying purposes, once is quite enough. The cake should then be placed in a basin and heated in the oven until the moisture evaporates. Unless this is done, this moisture will cause the dripping to sputter in the pan, and so will make the stove dirty and greasy. After using fat for frying, put a little salt into it before removing it from the pan. Then pour it through a fine sieve into a basin.

Egg-and-breadcrumb.—The horrible verb, "to egg-and-breadcrumb", seems to have found a place in cookery-books, and really there is no other short way of specifying the process. As this process often occurs in connection with frying, it had better be explained here once and for all. Grate some bread and sift it through a fine sieve. Beat an egg thoroughly in a saucer. Having prepared the article to be fried, roll it in flour or dissolved butter, and afterwards in the beaten egg, taking care to cover every part. Then lift it with a knife and fork and place it in the crumbs, roll it thoroughly in them, and pat it lightly to make them adhere. For many things this operation is best performed twice. In all cases it should be done some hours before frying.

Filleting Fish.—Place the fish on a board, and with a sharp knife detach the head, tail, fins, and any thin edges with small bones. Make a cut down the centre as far as, but not through, the bone. Slip the knife under the flesh and lift it cleanly from the bone along the entire length; then turn the fish and do the same on the other side. In the case of a wide flat-fish, such as a sole or a plaice, divide the fillets lengthwise, making eight in all. They can be cooked either rolled or flat.

Frying.—There are two kinds of frying—wet and dry. The dry process is only possible for things that contain fat in themselves, such as herrings, sausages, or for pancakes or omelettes. It is far the more extravagant method, as the fat is seldom fit for use again. Wet frying, or frying in a sufficiently large quantity of fat to cover completely the substance cooked, is more economical in every way. The fat, when properly clarified, can be used over and over again, and the result is far more satisfactory. Oil, being a liquid, contains a greater amount of heat than fat, and is excellent as a frying medium for fish, and also for potatoes. Only a few should be cooked at one time, for if the fat or oil is chilled, they are rendered sodden. When frying potatoes, it is a good plan to have a second frying-pan filled with boiling fat or oil, and to finish them in it. When

cooked in this way they are delightfully light and crisp. They must be wiped very dry before they are placed in the pan.

Lard, though excellent in some respects, is apt to leave an unpleasant flavour. Clean dripping answers very well indeed, and for some purposes cannot be improved upon. Butter is almost indispensable for delicate

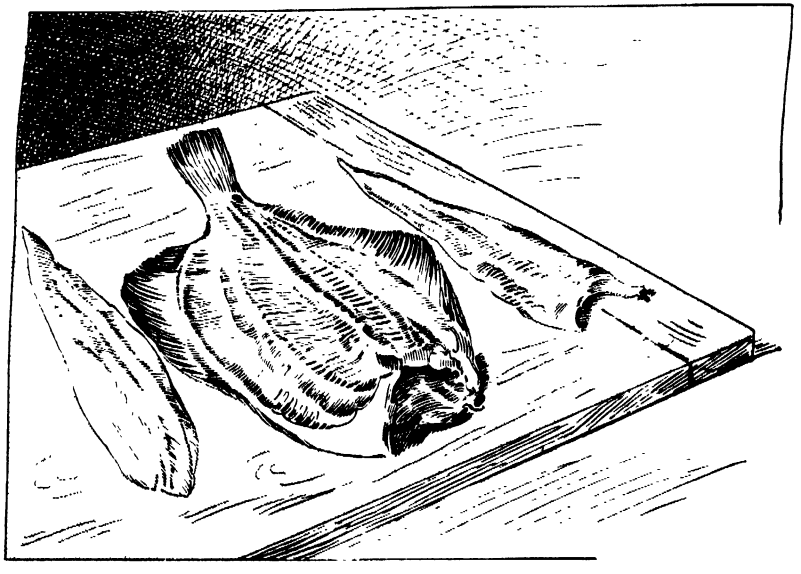


Fig. 244.—Plaice, partly filleted, with fillets alongside.

cookery: omelettes should always be fried in it, but it burns quickly and requires watching. Margarine is quite unsuitable.

The essentials for good frying are a clean deep sauté-pan (fig. 245), plenty of good clean fat free from moisture, a high temperature, and clean

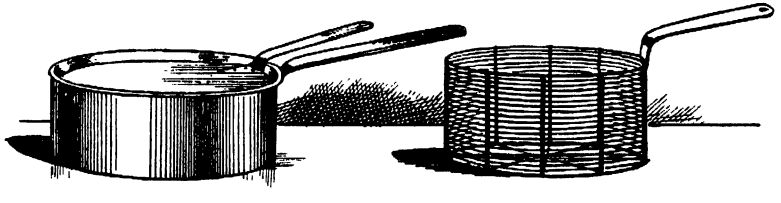


Fig. 245.—Sauté-pan (with cover), and Frying Basket

kitchen paper. The great thing to avoid is—trying to fry too many things at the same time in the same pan.

First warm the pan, and then cut the fat into small pieces and put it in. After heating it, test the temperature by means of a small piece of bread; if it browns in a few seconds the heat is right. Many cooks recommend dropping a little water into the boiling fat, but it is a dangerous experiment

and best avoided. If there is the slightest moisture the fat will be sputtery. Inexperienced cooks think that this is a sign of boiling, but fat does not really boil until all sputtering has subsided, and a thin blue smoke is observable.

Anything covered with egg and breadcrumbs should be left for several hours before it is fried, but if it is to be floured, this should not be done until the last moment. It is best to use a frying basket (fig. 245) which fits to the bottom of the sauté-pan, in order that all the contents may be covered and have the same amount of cooking. If a basket is not

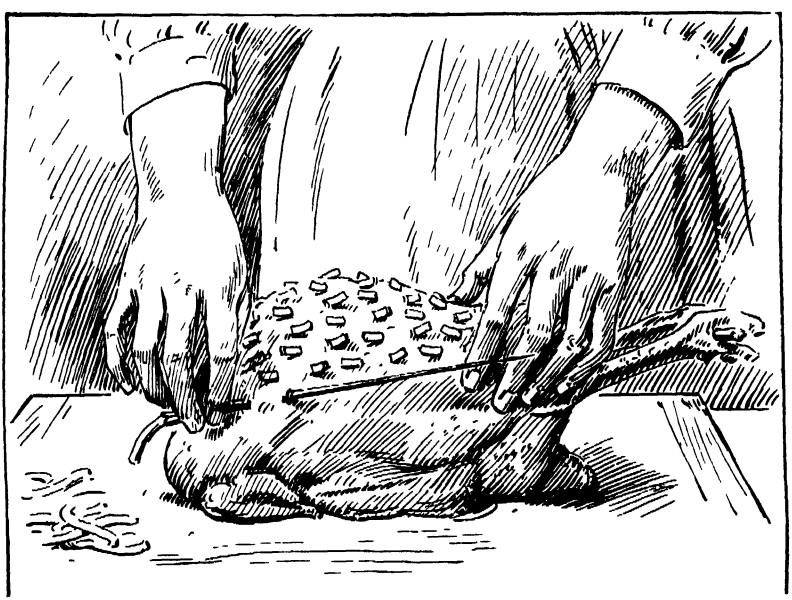


Fig. 246.—Larding.

available, immerse the articles in the boiling fat, and when they are a pale golden-brown, remove them with a pierced slice and drain them on folded kitchen paper placed on a hot part of the stove. In the case of small fish or anything made of cooked meat, a short minute is often sufficient. Two or three minutes or less are sufficient for cutlets, especially if they are covered with crumbs which form a casing, retaining the heat so that the cooking continues after they have been removed from the pan. Cutlets, when sufficiently cooked, should feel elastic under the pressure of the blade of the knife. When underdone, they are soft; when overdone, hard.

Glazing.—Brown glazing is done by covering cooked meats evenly with a brown glaze (see "Cookery Adjuncts") of such a consistency that it will adhere to the surface; sweet glazing, by powdering confectionery with fine sugar and placing it in the oven to melt. Or the sugar can be previously dissolved in an extremely small quantity of boiling water.

Larding.—Larding is generally practised only by accomplished cooks, but is in reality extremely simple. Exactitude and time are the chief requisites. Its object is to give succulence to meat which would otherwise be rather dry.

Take a slice of bacon fat about one-eighth of an inch thick. If for poultry, cut it into strips about 2 inches in length and ¼ inch wide. They should be very exact in size and the ends should be trimmed evenly. For joints or large pieces of meat, cut the strips, or lardoons (fig. 247) as they are called, 2 inches long and ⅛ inch square in section, and place them on about ¾ inch from each other. They must be laid in the direction the

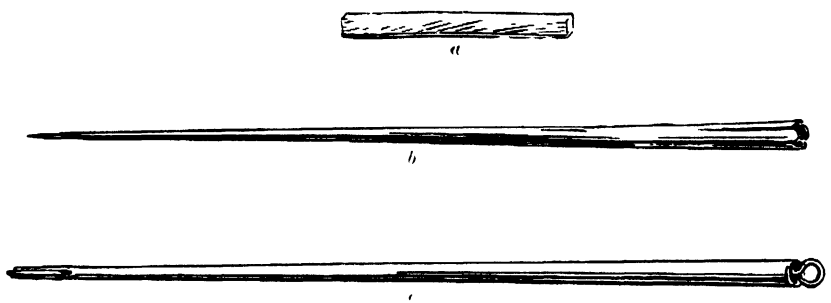


Fig 247.

a, Lardoon *b*, *c*, Larding needles In *b* the lardoon is thrust down the split head, this form of needle is shown in Fig 246 In *c* the lardoon is "threaded" through the ring

knife will take in carving. Push a lardoon about 1 inch down the split head of a larding needle (fig. 247), leaving 1 inch free; hold the head of the needle firmly together with the thumb and finger, and take a shallow stitch 1 inch long just under the surface at right angles to, or across the direction of, the line of rows. Draw the needle through until about ½ inch of the lardoon is left, showing at the point where it entered the meat. Release the head of the needle and draw it quite through, leaving ½ inch of the lardoon on each side of the stitch. When larding soft meats, such as poultry, the flesh, if dipped for a moment into boiling water, will be firmer and will hold the strip better.

Marinading.—Marinading is very useful for softening the fibres of inferior or hard meat and rendering it tender. Vinegar, oil, and pepper and salt are mixed together, and the meat is soaked in them for several hours. It should be previously rinsed clean, but on no account washed. A good marinade for the brisket or the end of a sirloin of beef is composed of vinegar, oil, pepper, salt, bay leaves, and a sliced onion. The meat should be packed in it and left for several days.

Poaching.—Fill a pan with boiling water, and place gently in it whatever is intended to be poached, whether eggs, quenelles, or godiveau. Keep them separate, and when they are cooked remove them with care. Five or six minutes are generally sufficient.

Reducing.—Liquids are reduced by evaporation over a quick fire. Neither sugar nor milk, however, must be allowed to boil too quickly during the process, otherwise the former will crystallize and the latter curdle.

Rendering Down Fat.—Cut the fat into small pieces, and after removing all discoloured parts, put it into a sauce-pan with a very little salt. Cover it with cold water and let it boil fast. Stir occasionally with an iron spoon and remove all froth as it rises. When the water has evaporated move the pan to the side of the fire and stir at intervals until the fat has melted.

Discoloured fat and the skimmings of the stock-pot can be treated in the same manner if a very small piece of soda is added to the water.

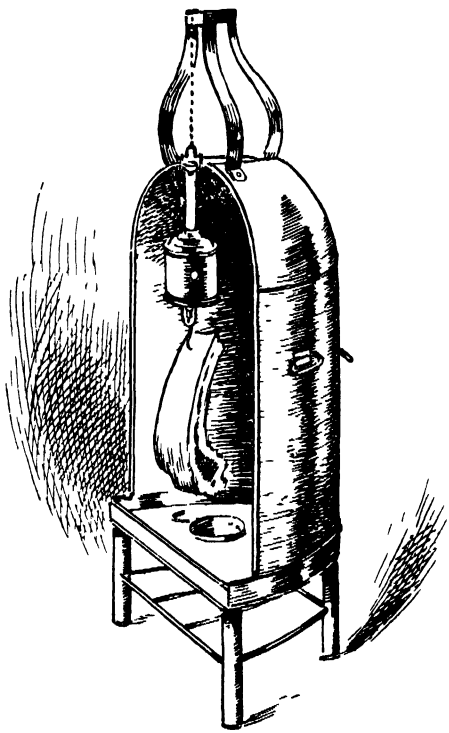


Fig. 248.—Roasting-jack and Screen.

Roasting.—Many cooks object to roasting before the ordinary kitchen stove, consequently this excellent way of cooking meat is becoming a thing of the past. Yet few people will say that a baked joint can compare with a roast. If the process in the latter case is rather more troublesome than in the former, the result is well worth the trouble.

The first consideration is the fire. Make it up half an hour before it is required, so that both coal and range may be thoroughly hot when the joint is placed in front. Stir the coal well down from the top, pack it as closely as possible, leaving no vacant places; and completely fill the grate. If this is properly done the fire should last for more than two hours. If, however, it is found necessary to add fuel, draw the living coal to the front and fill up the back. The dripping-pan must of course be pulled back in order that no cinders may fall into it. After sweeping all dust and cinders from the bars, screen the fire and hang the meat with the thick end downwards quite close to the fire. Leave it for fifteen minutes in order to harden the surface and keep in the juices. Basting should commence at once, and as there is no dripping from a joint for at

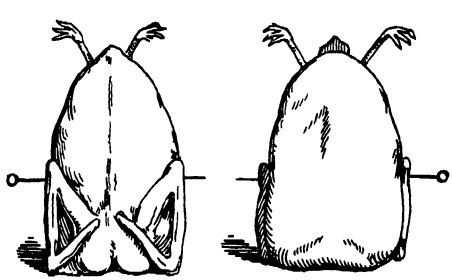


Fig. 249.—Chickens trussed for Roasting.

least half an hour after it has been put down, some fat of a similar nature previously melted and made quite hot should be supplied. After fifteen minutes draw the joint about 15 inches from the fire, baste frequently till twenty minutes before it is finished, then sprinkle it with flour, and let it get crisp and brown. When it is properly and sufficiently cooked, small jets of steam will be emitted from the side near the fire. It should then be removed from the hook and placed on a hot dish with a cover over it, and set in a hot part, or in front of the stove Pour all the

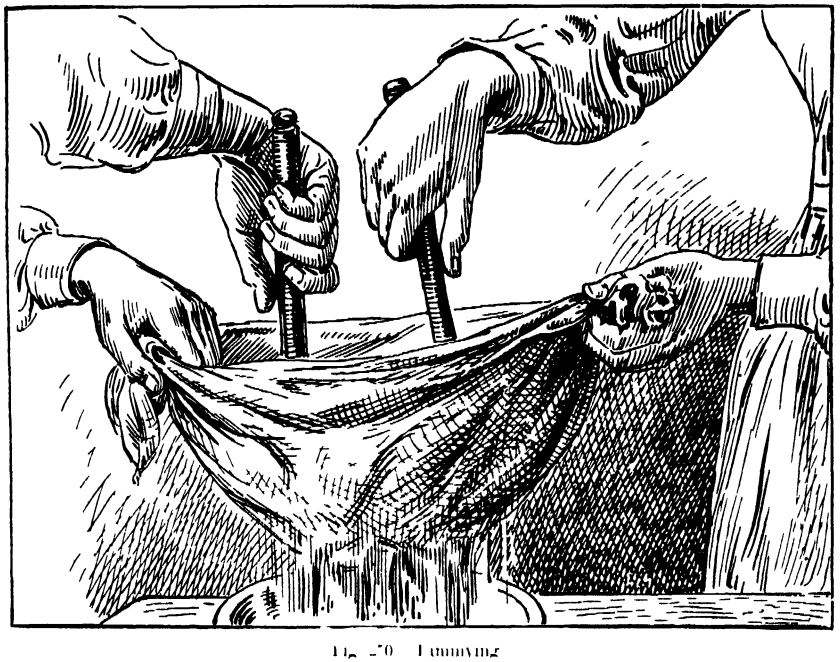


Fig. 70.—Lamming.

fat carefully from the dripping-pan into jars, and wash the pan with a cupful of boiling water and a little salt, scraping into it all the brown sediment. Re-heat the gravy without boiling it, and pour it round the meat

Steaming.—Steaming is preferable to boiling for most puddings. The basin containing the pudding mixture should be covered very closely with a saucer-lid or buttered paper, and placed in a sauce-pan of boiling water to reach only half-way up the basin The temperature must be kept steadily at boiling point. Puddings, when steamed in basins, require double the time necessary for boiling them in a cloth

It must be noted here that old potatoes are better steamed than boiled

Stewing.—Stewing is the most economical method of cooking, and is invaluable for coarse or old meat and poultry. The essential is slow and gentle cooking at a low steady temperature For this reason a gas or oil stove is well adapted to the purpose, as the heat can be so easily regulated. If vegetables are to form part of the stew, use an enamelled sauce pan or

brown stone jar. Place alternate layers of vegetables and meat in the receptacle, and season with salt and pepper. Add very little water: the meat and vegetables will yield almost sufficient. Cover the vessel closely, place it at the side of the fire, and let the contents stew very quietly for from four to six hours. Shake the pan frequently, but lift the lid as seldom as possible. Remove all scum as it rises, and should a roux or thickening be added to the gravy, remove every particle of fat beforehand.

Tammying.—Pour the sauce or purée into the centre of the tammy cloth. Let two persons each gather two corners of the cloth in their left hands, and with the right rub the substance with the aid of wooden spoons through the cloth into a basin placed beneath to receive it (fig. 250). Or the pairs of corners can be twisted tightly towards each other, and the substance wrung through the cloth. This process gives a richness and smoothness unattainable in any other way.

COOKERY ADJUNCTS.

Aspic (*Meat Jelly*). The ingredients are: 3 whites of eggs, Liebig's essence of meat, 1 pint of water, 1 bunch parsley, a few strips of lemon peel, 1 bay leaf, 1 oz. of leaf gelatine, whole pepper, cloves, 1 tea-spoonful of finely-chopped onion, lemon juice.

Put all the ingredients, except the eggs, into a clean sauté-pan and stir till the gelatine is dissolved. Whisk the whites and shells of the eggs in a very little cold water. Add them to the other ingredients, and whisk all together till they boil. Let the mixture simmer gently for a few minutes. Pour it through a jelly-bag, and when it is nearly cold it is fit for use.

An inexpensive, pretty mould can be made by dropping in the aspic some cooked peas, and some carrots and turnips, cut with a vegetable cutter into rounds about equal in size to the peas.

Or, mix 3 table-spoonfuls of mayonnaise sauce (see "Sauces") with ½ pint of barely liquid strong aspic, and stir both together till well blended and beginning to thicken. Toss some prepared vegetables with it, and pour all in a mould to set. Garnish with fillets of lobster, salmon, or other fish (fresh or tinned), or with cold chicken or tongue (fig. 251).

Baking Powder.—Rub well together 4 oz. of cream of tartar, 2 oz. of carbonate of soda, and 2 oz. of dried and sifted flour. This is an excellent baking powder. It should be placed in a tin and kept in a dry place.

Batter.—Batter should be made several hours before it is required for use. The ingredients must be worked perfectly smooth, and be of the same consistency, when finished, as a thick custard. The yolks and whites of the eggs must be beaten separately; and the whites, whipped to a very stiff froth, should be mixed in gently ten minutes before the batter is used.

Work 4 dessert-spoonfuls of flour and a little salt very smoothly into sufficient milk to make rather a thick paste. Add the beaten yolk of one egg, and beat it well into the mixture with sufficient additional milk to make the whole into a thick cream. Before using the batter beat the white of the egg and stir it in.

Another way of making batter is as follows —Shake ¼ lb. of flour into a pint of warm water Add a table-spoonful of oiled butter or of oil, and work the mixture smooth and free from lumps. Let it stand for some

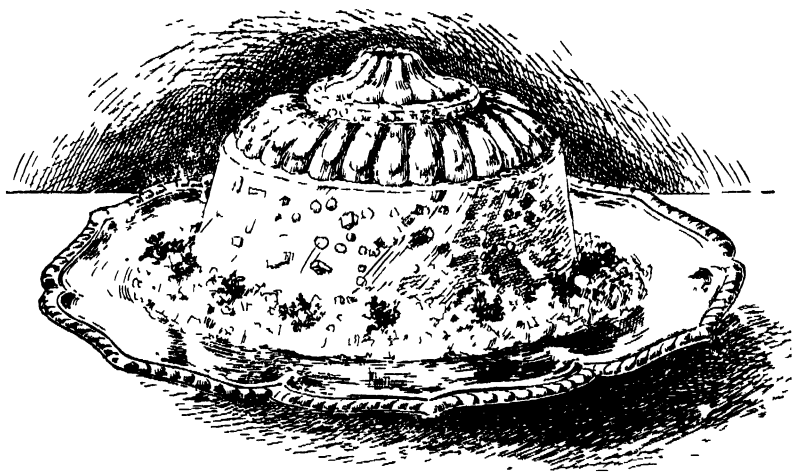


Fig 251 Aspic and Mayonnaise Sauce

hours. Ten minutes before it is required stir in the white of an egg well whipped.

Batter for kromeskies may be made thus —Place in a basin 4 oz of sifted flour, and a little salt and pepper. Mix it gradually to a stiff paste with 2 good table-spoonfuls of salad oil Whip the whites of 2 eggs to a stiff froth and beat them in lightly

A savoury batter can be made from any of the foregoing recipes by adding a few chopped sweet herbs and parsley

Bread, Stale.—Although stale bread is often wasted, there are many ways of using it. Unless very stale indeed, it is excellent sliced for bread-and-butter puddings. When crumbled, it makes far lighter boiled puddings than flour.

The crumb can also be pulled apart into small pieces, lightly browned in the oven, and used as rusks with cheese. If kept in a covered tin they remain fresh for some time

Panada, which is used in rissoles and other dishes, is as good when made from stale as from fresh bread. See "Panada".

When soaked in boiling water and squeezed dry, bread forms the foundation of sage-and-onion stuffing.

Chapelure, which is essential in frying, should be made from stale bread.

To prepare it, put the crusts and crumb separately into a moderate oven. When they are thoroughly dried, pound them separately in a mortar and pass them through a fine sieve. Bottle and keep them for use. Use the crumbs for covering cutlets, rissoles, roulades, and dishes *au gratin*, and the crust for sprinkling over fish, for garnishing hams and bacon, and for serving fried in butter for game.

Browning.—This useful preparation should always be at hand. When making it, great care and constant stirring are necessary to prevent it from burning. Butter the bottom and sides of an iron sauce-pan. Put in half a pound of brown sugar, and stir it with an iron spoon until it has boiled a sufficient time to turn it a dark-brown colour. Remove the sauce-pan from the fire, and stir the sugar till the boiling ceases. Let it cool slightly, and then stir into it ½ pint of cold water very slowly and carefully. Replace the pan on the fire, and again stir till the browning boils and is quite smooth. Strain through a fine sieve or piece of muslin and bottle it for use.

Burnt Onions.—Slice some onions very fine, put them, with equal quantities of butter and sugar, into a shallow iron pan, and heat over a slow fire. Stir carefully till the whole is a dark-brown colour, but not burnt. This is used to colour rich gravies, sauces, and soups.

Caramel.—Caramel is used to cover many sweet dishes and entremêts. Butter the sides and bottom of a sauce-pan, and put into it ½ lb. of castor sugar. Place it over a slow fire and let the sugar melt, stirring the whole time. Do not allow it to take much colour.

Chaudfroid Aspic (*Cold Meat in Aspic*).—The three things used in completing a good chaudfroid are the aspic to set the sauce with which the meat is covered, the sauce itself, and the glaze. This aspic may be more simple than the one already given, the ingredients being—2 whites of eggs, 1 tea-spoonful Lemco or Bovril, 1 tea-spoonful flavoured vinegar, 1 oz. gelatine, 1 quart of hot water. Dissolve the gelatine in the water for twenty minutes. Add the extract of meat, vinegar, pepper, and salt. Put them into a stew-pan and stir till it boils. Whip the whites of the eggs and crush the shells, and beat both into the boiling mixture. Strain through a thick flannel.

To make chaudfroid sauce—mix ½ pint of the aspic and ½ pint of good white sauce well together.

For chaudfroid glaze dissolve one tea-spoonful of Liebig's extract in a gill of hot water, and add a large tea-spoonful of aspic, or a tea-spoonful of dissolved gelatine.

The manner of using chaudfroid is as follows:—Cut a cooked fowl or white meat into neat cutlets. Mask them thickly with chaudfroid sauce while it is barely warm, using a hot knife to smooth the surface. When the sauce is set and cold, cover with the glaze while it is just liquid.

Glaze.—Place some good gravy or good brown stock made from meat and bones in a sauce-pan, and boil it quickly till it is reduced to the consistency of glue. It is useful for enriching soups and gravies, and for

glazing hams, tongues, cutlets, and collared meats. If bottled and well-corked, it will keep for months.

Panada.—Panada is used in rissoles, kromeskies, and croquettes, as well as in many preparations for invalids. It is made with either bread or flour, but the former is lighter. Soak the bread in stock, gravy, or milk, according to the purpose for which it is required, until all moisture is absorbed. Place it in a sauce-pan with about one-fourth the quantity of butter. Add salt and any desired seasoning, and stir the mixture over the fire until it will clear the sides of the pan.

Roux for keeping (*Browned Flour*).—This is an excellent and very useful preparation for thickening sauces and soups. Much time and trouble will be saved if it is prepared beforehand and kept until it is wanted. The ingredients are: 1 lb. of good fresh butter and 1 lb. of fine flour. Knead the butter and flour well together. Put the paste into a stew-pan, place it over a slow fire and stir till it becomes liquid. Keep the fire very low, and allow the paste to simmer very gently the whole day. It should be of a pale-buff colour. Stir it constantly; if in the least burnt it is useless. Add a very little salt if necessary. Pour it into pots, and when it is needed use one or two spoonfuls in the same manner as ordinary roux. If properly cooked, it will keep pure and sweet indefinitely.

CONFECTIONERY.

BREAD-MAKING.

The making of various kinds of bread will serve as an excellent introduction to the making of cakes and pastry. Instructions have already been given as to baking and the management of the oven; equal care is necessary in the actual making. The water, when brewer's yeast is used, should be tepid or at a temperature of 76° F. With German or French yeast it must be rather higher, about 88° F. The proportion of water to each pound of flour is a short half-pint, rather more if the flour is very fine. Of yeast there should be half an ounce of German or French, or one large spoonful of brewer's, and of salt a quarter of an ounce.

Always knead the dough thoroughly and lightly. Gather the sponge with the fingers from the sides towards the middle and knead with the knuckles of the closed hand. In winter the pan, the flour, and even the hands must be warmed, and nothing must be allowed at any time during the process to chill the dough or check its rising. The dough, covered with a thick cloth, must be set to rise in a warm, not hot, place—the front of the fire is best—and left from two to three hours. A good general rule is that it should double its original size. The surface should always be covered with cracks.

Dough made with brewer's yeast is set a second time to rise. With

German or French yeast once is sufficient, unless very light spongy bread is required, or unless other ingredients are mixed with it after the first rising. If milk instead of water is used the bread is greatly improved. Some cooks add an egg.

Hovis bread is put into tins directly it is kneaded, and baked at once. Bakers usually make their bread overnight and allow it to rise in a fairly warm place till the morning.

Abroad, and in some country places where fresh yeast is difficult to procure, leaven is substituted for it. It is made by reserving a portion of dough until the next baking, two pounds being sufficient for every bushel of flour. Sprinkle the dough with flour and leave it until the night before next week's baking, when it will have turned sour. Work 2 pounds of this dough into 1 peck of the flour, cover it with a thick cloth, and leave it in a warm place till the following day. It should then have risen well and be fit to knead with sufficient warm water into the remainder of the flour. Set it to rise for two hours. Shape it into loaves and bake.

Bread should never be allowed to get stale. To obviate this, the pan in which it is kept should be placed on rests so that a current of air can pass under it, and the lid must fit very closely. Stale bread can be freshened by dipping it quickly into hot water or milk and baking it until the outside has crisped.

Bread without Yeast. - 2 lbs. flour, 2 tea-spoonfuls baking-powder, 1 salt-spoonful salt, ½ pint water (or milk).

Rub the baking-powder and salt into the flour, and stir in a pint of water or milk. Divide the dough into loaves, and put them at once on a baking-tin in a good oven. Bake for about one and a half hours.

Breakfast Rolls.—Dough as large as an ordinary roll, 2 oz. butter, 2 small tea-spoonfuls white sugar, 1 egg.

Cream the butter with the sugar by beating them with a wooden spoon in a warm but not hot place. Add the yolk of the egg. Work the mixture with the hand into the dough until it is smoothly blended. Set it to rise. Shape into loaves, let them rise again, and bake in a good oven.

Butter-milk Bread.—Flour, 1 pint butter-milk, 2 table-spoonfuls yeast, 1 tea-spoonful bicarbonate soda, 1 tea-spoonful salt, 2 oz. butter.

Stir into the hot butter-milk sufficient flour to make a thick batter, and after mixing in the yeast set it to rise for two or three hours. Stir in the bicarbonate of soda, salt, and dissolved butter, and work in sufficient flour to make an elastic dough. Knead it well, and make it into loaves. Set them to rise, and then bake.

Country Bread.—8 lbs. flour, 2 large table-spoonfuls salt, 2 oz. best German yeast, 2 quarts water (short measure).

Put the flour mixed with the salt in a mixing-bowl, make a hole in the centre almost to the bottom of the pan, and nearly fill it with lukewarm water. Crumble the yeast into the water, gradually stir the flour into the centre, and mix well with the hands until a stiff dough is formed: then cover it with a thick cloth and set it in a warm place for two or three

hours. When it has thoroughly risen and has cracks on the surface, turn it on to a slightly-floured board and knead it well for a few minutes Divide it into about five loaves and bake them in a moderate oven for about one and a half hours.

Crumpets.—2 lbs. flour, ½ oz. German yeast, 3 eggs, 1 pint milk, butter.

Crumble the yeast into ½ pint lukewarm milk, and when it has risen beat it with a little salt into the flour, adding sufficient lukewarm milk to make a thin batter, and beat well. Cover the pan and set it in a warm place for three hours. Then whip the eggs, beat them well into the mixture, and return it to the same position as before. An hour later make up the batter lightly, put it into rings, brush over with butter, and bake in a hot oven till tinged with colour.

Crumpets (Inexpensive).—1¾ lbs. flour, ½ oz. German yeast, ¾ pint boiling water, 1 pint cold water, ½ oz. salt.

Put the salt into the cold water and, after beating it to a froth with a whisk, add the boiling water and beat again. Crumble the yeast and beat it in. Add the flour by degrees, beat all to a strong froth, and set it in a pan near the stove till the morning. Then beat it down with a wooden spoon. Bake very lightly on both sides in greased rings on a hot griddle or shelf rubbed with salt.

French Bread.—½ peck flour, ½ pint brewer's yeast, 1½ pints milk, ½ pint water, ¼ lb. butter, 1 tea-spoonful sugar.

Put the flour in a pan and make a hole in the middle. Into this put the yeast and ½ pint of slightly-warmed milk, and work into a batter as in the recipe for household bread made with brewer's yeast. After it has risen mix in the remainder of the milk, together with the water, butter, a tea-spoonful of sugar, and a little salt. Knead all thoroughly, and set again to rise. Knead again, and shape into loaves. Put them on tin plates to rise for twenty minutes, and bake in a quick oven.

Household Bread.—1½ oz. German yeast, 4½ lbs. flour, 1 quart water, 1 oz. salt, and 1 tea-spoonful sugar.

Put a small tea-spoonful of sugar into a basin, crumble the yeast over it, and add ½ pint of tepid water. Set it in a warm place and leave it till the yeast rises in a cake to the top of the water. Mix the flour and salt in a large basin or pan, rub them well together, and free from lumps. Make a hole in the centre. Pour the yeast, with the ½ pint of water and the remaining 1½ pints of water, into it, stir all together with the hand or with a knife, and knead till quite elastic and soft. Cover the pan with a thick cloth, set it in a warm but not hot place, and let the dough rise for two hours. Cut it into four or five portions, gather each between the fingers, and roll them lightly on a floured board. Repeat this a few times. Put the loaves on a well-floured oven shelf, or into well-floured tins, and bake them for from forty-five minutes to an hour.

Household Bread with Brewer's Yeast.—1 bushel flour, 1 pint yeast, 6 oz. salt.

Put the flour into a deep pan and make a hole in the centre. Stir the

yeast into a pint of tepid water and pour it into the hollow. Gradually work into the liquid sufficient flour to form a thin batter in the centre. Stir for a few minutes without disturbing the remainder at the sides. Sprinkle a little flour over the batter, cover with a thick flannel or blanket, and set it to rise in a warm place for two or three hours. The heat should fall upon the pan, and should be uniform. When the dough is well risen, strew over it the salt, and work in gradually all the flour, adding tepid water or milk as required until the whole forms a soft spongy mass. The proportion of water or milk should be rather less than ½ pint to each pound of flour. Form the loaves, set them to rise again for twenty minutes or half an hour, and bake.

Little Mannheim Breads.—½ lb. flour, 3 oz. castor sugar, 2 oz. butter, ½ oz. German yeast, 2 table-spoonfuls cream, 3 eggs.

Rub the flour, sugar, butter, and a little salt well together. Add the warm cream, previously mixed with the yeast. Mix all these ingredients with the eggs well beaten with a fork, work into a stiff paste, and set the mixture in a warm place for about one hour to rise; then roll it out with a rolling-pin to about ¼ inch in thickness, prick it well, and cut it into 2-inch squares. Place them on a greased baking-tin, and bake in a quick oven till they are a nice golden colour. Serve hot or cold for breakfast or tea.

Muffins.—2 lbs. flour, 2 whites eggs, 1 pint milk, ½ oz. German yeast, ½ handful salt, 1½ pint tepid water.

Rub the salt into the flour, and whip the whites of the eggs to a stiff froth. Crumble the yeast into a small basin, cover it with the milk, slightly warmed, and when it rises work it with the milk into the flour, adding about ½ pint of tepid water. It should be the consistency of a stiff batter. Beat it well for half an hour. Add the whipped whites of eggs by degrees and beat again for five minutes. Cover the pan and set it in a warm place for two or three hours. Make up the muffins lightly, place them in rings, if possible, and bake them a pale colour in a moderate oven.

Potato Bread.—1 lb. steamed potatoes, 2 lbs. flour, ½ oz. German (or French) yeast.

Mix the hot potatoes with the flour, and proceed as for household bread.

Rolls.—A piece of dough as large as an ordinary roll, 2 oz. butter, 2 small tea-spoonfuls white sugar.

Put the dough in a basin, and after working in the butter and sugar, cover it, and put it to rise in a warm place for two or three hours at least. When it is much lighter than bread push it down with the hand till it is about its original size. Set it to rise, and again push it down, but not so much as before. Repeat this three times. Cover the hands with flour and shape the dough into very small rolls. Place them in a row on a tin and set them to rise for half an hour to an hour. When very much swelled and smooth they are ready for baking. They take about fifteen minutes in a good oven.

For richer rolls use a little more sugar and two eggs, and proceed as before.

Russian Bread.—½ oz. German yeast, 1 quart milk, 1½ lb. fine flour, 2 oz. butter, 1 tea-spoonful white sugar, 1 tea-spoonful aniseed.

Dissolve the yeast in the milk, slightly warmed. Mix well into it the flour, sifted and warmed. Cut up the butter and add it with the sugar and aniseed. Beat long and hard, and put the mixture in a tall tin. Place it to rise for three or four hours. When it has risen well, bake it in a hot oven for half an hour.

Sally Lunns.—1 lb. flour, ½ oz. German yeast (or 1½ tea-spoonful good thick brewer's yeast), 1½ gill milk, 1½ oz. butter, 1 oz. sugar, 4 yolks eggs.

Warm 1 gill milk and, after crumbling the yeast into a basin, pour it over the yeast. Set the basin in a warm place and leave it till the yeast rises. Place the flour in a pan, pour in the milk and yeast, and knead lightly into a dough Cover the pan, set it in a warm place, and leave it from two to three hours to rise. Heat the butter and sugar and the remainder of the milk in a sauce-pan over a slow fire till the ingredients are melted. Put the yolks of the eggs and a little salt into the dough. Add the butter and milk, which should be lukewarm, and mix all into rather a soft dough. Butter four or five deep muffin hoops, half-fill, and set them in a warm place to rise. When the dough is quite light bake the cakes a pale colour in a good oven.

Scotch Baps.—The same ingredients as for household bread.

Make the dough as for household bread. When it has well risen, work it a little. Put small pieces into rings on a hot baking sheet Set them to rise in a warm place until they are more than double their original size, and then bake them in a good oven till they are a very pale brown colour.

Tea Cakes.—3 oz. butter, 1 lb. Vienna (or fine) flour, 1 egg, ½ pint milk, ½ oz. German yeast.

Rub the butter into the flour with a little salt. Dissolve the yeast in the milk, add the egg previously well beaten, beat together, and mix into the flour. Knead into a dough, put it in a bowl in a warm place, cover it with a cloth, and leave it to rise for two hours. When the surface is cracked, roll it lightly and cut into rounds the size of a saucer. Place them before a fire for a few minutes, and bake them, without turning them, for twenty minutes in a quick oven.

Vienna Bread.—1 lb. Vienna flour, 1 lb. biscuit flour, 2 oz. butter, 1 oz. German yeast, 1 tea-spoonful castor sugar, 2 eggs, 1 pint lukewarm milk.

Mix in a bowl the Vienna and biscuit flours, with a pinch of salt, and rub in the butter. Mix the yeast with the castor sugar, and after beating the eggs into the milk stir them gradually into the yeast. Mix this into the flour, and knead the dough until it is smooth and elastic. Gash the surface with a knife, cover the bowl with a clean cloth, and set the dough to rise for two hours in a warm but not hot place, perfectly free from draughts. In allowing time for bread to rise, however, its condition must be taken into consideration rather than any definite period. As a rule, dough, when it

has properly risen, should be double its first bulk, but when made into rolls it should rise still more. This is effected by setting them to rise again after they have been formed into shape. They are also brushed with warmed milk or water before they are baked.

Whole-meal Bread.—3 lbs. flour, 3 lbs. whole-meal, ½ oz. salt, 3 table-spoonfuls thick brewer's yeast (or 2 oz. German yeast), 1 tea-spoonful of sugar, ½ pint tepid water.

Mix the flour and whole-meal together with the salt. Place the yeast with the sugar in a basin, and add ½ pint of tepid water. Then proceed as for household bread.

CAKES.

Almond Cakes.—5 oz. sweet almonds, 1 oz. butter, 4 eggs, ¼ lb. castor sugar, 1 oz. flour

Blanch and boil the almonds for a few minutes. When they are cold pound them in a mortar, mixing with them sufficient white of egg to absorb the oil. Mix two of the yolks with 2 oz. of sugar, beat them into the remaining whites of eggs, and mix all well together. Sprinkle in the flour and the remaining sugar. Fill small paper cases and bake in a moderate oven for half an hour. Brown with a salamander

Almond-layer Cake.—1 lb. flour (well dried), ½ pint milk, ½ lb. butter, ¾ lb. castor sugar, ¼ lb. icing sugar, ¼ lb. ground almonds, 5 eggs, 4 oz. candied peel, 1 tea-spoonful baking powder, dried cherries, angelica.

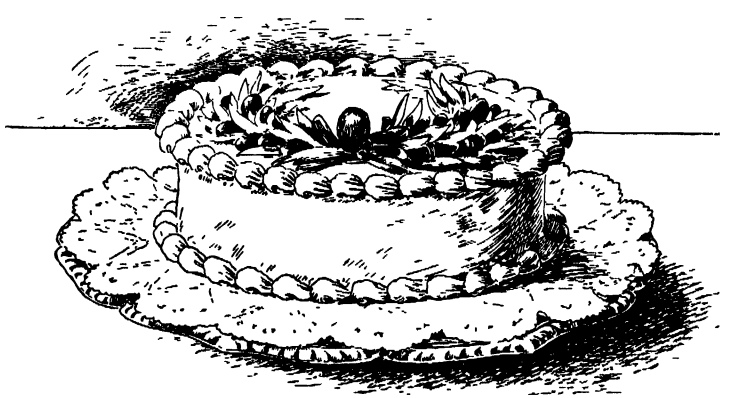


Fig 252.—Almond-layer Cake

Line a cake-tin with buttered paper. Beat the butter and ½ lb. of sugar to a cream. Beat four yolks of eggs well, and stir them into the cream. Pass the flour through a fine sieve and mix it with the baking powder and a little salt. Beat it very carefully, adding the milk by degrees. Slice and add the peel; whip the whites of four eggs and stir them very lightly into the mixture, which should be of such consistency that it will pour very thickly into the mould. Bake it a pale-brown colour in a moderate oven

from one and a half to two hours. Put, if necessary, a thin piece of buttered paper over, but not in contact with, it. This should be done half an hour after the cake has been put in, when moving it to a warmer place.

When the cake is nearly cold, mix the ground almonds, the rest of the sugar, and the yolk of the remaining egg well together. Cut the cake horizontally into halves and spread the mixture between them. Pound the icing sugar until it is free from lumps, and beat it with the remaining white of egg until it forms a stiff white creamy paste. Level the cake at the top if necessary. Bind a piece of paper round it to keep the sides clean, and place the cake in the oven to set, but do not allow it to take colour. Cover the top with the icing, for which purpose use a broad-bladed knife. Ornament with dried cherries and angelica (fig. 252).

Brioches (*French Buns*).—½ lb. flour, 6 eggs, castor sugar, 1 oz. French yeast.

Mix the flour, sugar, and eggs together. Dissolve the yeast in a little warm water, and stir it gradually into the mixture. Cover it with a cloth and leave it for fourteen hours. Form it into little balls, and bake them in a quick oven for half an hour.

Butter-kuchen (*Butter-cakes*).—1 lb. of flour, ½ lb. butter, ½ oz. German yeast, ½ lb. castor sugar, 1 tea-cupful of milk.

Dissolve the yeast in the milk. Place the flour in a basin, make a hole in the centre, pour in the dissolved yeast, and mix lightly with the flour. Put the dough by the fire for one hour. Knead in the sugar and two-thirds of the butter, and leave it for another hour. Spread it 1 inch thick on a buttered tin, and bake in a quick oven until it has risen well and is fairly firm. Melt the remainder of the butter and pour it over. Strew over it a few lumps of sugar roughly crushed, and finish baking. Cut it while hot into fingers.

Chocolate Éclairs (*Chocolate Cakes*).—4 eggs, 2 whites of eggs, ¼ lb. castor sugar, ¼ lb. flour, 1 salt-spoonful baking powder, 3 squares of chocolate.

Beat the yolks of the eggs and ½ lb. of sugar well together. Beat the whites of 4 eggs to a stiff froth. Mix in the baking powder and add gradually, and alternately with the flour, to the creamed sugar. Have ready some buttered shallow tins, about 3 inches long and 1 inch wide, and place a spoonful of the mixture in each. Instead of tins, little cases made of stiff writing-paper, firmly stitched at the corners, may be used. Bake in a steady oven for about half an hour. When the cakes are nearly cold, cover them with a mixture made as follows:—Break the chocolate into a large cup and place it in boiling water till it is dissolved. Beat the whites of 2 eggs to a stiff froth, add 8 table-spoonfuls of castor sugar, and beat all together. Ornament with a red preserved cherry in the centre of each.

German Cakes.—½ lb. butter, 2 eggs, ½ lb. castor sugar, 4 oz. almonds, ½ oz. ground cinnamon, ¼ oz. ground cloves, ¼ oz. ground nutmeg, 1 lemon, 1 lb. flour, 2 table-spoonfuls of brandy.

Beat the butter to a cream. Beat the eggs and chop the almonds. Mix these ingredients together and add the sugar, spices, grated peel of the lemon,

and flour, and moisten with the brandy. Work all the ingredients well together on a board, roll about ½ inch thick, and cut into shapes. Bake them in a slow oven till they are a light brown.

Luncheon Cake.—1 lb. flour, ½ pint milk, ¼ lb. butter (or ½ lb. dripping), ½ lb. sugar, 3 oz. sultanas, 2 oz. currants, 2 oz. sliced candied peel, 3 large (or 4 small) eggs, 1 tea-spoonful baking powder.

Line a cake-tin with buttered paper. Dry and sift the flour and mix the baking powder with it. Work the butter and sugar to a cream. Whip the whites of eggs to a stiff froth. Beat the yolks and add them to the creamed sugar. Add the flour very gradually and alternately with the milk, beating well with a knife all the while. Mix in the fruit and stir the whites in gently. Pour the mixture into the cake-tin, place it in the oven, but not in the hottest part, and bake for half an hour. Then move it carefully to a warmer place. Cover it with thin buttered paper and bake in a moderate oven from three to four hours. It should be of a light-brown colour and thoroughly cooked through to the centre.

Marble Cake.—¼ lb. butter, ½ lb. castor sugar, ¾ lb. flour, 4 eggs, 4 oz. chocolate, 1 tea-cupful milk, ½ tea-spoonful carbonate of soda, 1 tea-spoonful cream of tartar.

Beat the butter and sugar together, whisk the eggs and stir them in. Add the flour, soda, and cream of tartar, and beat all well together. Moisten with the milk, and fill a mould with part of the mixture about 1 inch thick. Powder the chocolate, and add to it a small spoonful of water to form a paste. Drop spoonfuls of this at intervals on the mixture, and give a slight stir with a skewer to spread them in circles. Fill the mould in this manner with the remaining mixture and chocolate paste, and bake in a moderate oven for one hour and a half.

Marzipan (*Marchpane*).—1 lb. almonds, ¼ lb. bitter almonds, 1 lb. sugar.

Blanch, peel, and dry the almonds, and pound them in a mortar. Put the sugar in a clean sauce-pan over a moderate fire and stir till it clarifies, removing all scum as it rises. Remove the sugar from the fire and stir the almonds into it. Warm both together, taking care not to let the mixture burn. Stir it well, and when it will no longer adhere to the fingers, after they have been dipped in cold water, spread it on a board sprinkled with sugar. As soon as it is cold, cut it into shapes and ornament them, if desired, with beaten cream, preserved fruit, or jelly.

Nut Cake.—¾ lb. flour, ¼ lb. butter, ½ lb. sugar, 1½ gill milk, 3 eggs, 1 tea-spoonful baking powder, ½ lb. kernels of any kind of nuts.

Butter a tin about 2½ inches deep. Beat the sugar and butter to a cream. Beat the yolks of the eggs and mix them in. Mix the baking powder with the flour and a little salt, and add gradually, with the milk, to the cream. Beat in the chopped kernels and add the whites of eggs previously beaten to a stiff froth. Pour the mixture about 1½ inches thick into the mould and bake for three quarters of an hour in a good oven.

Scotch Shortbread.—6 oz. flour, 2 oz. ground rice, ¼ lb. butter, 2 oz. castor sugar.

Rub the ingredients well together in a basin, and then work them on a board with the hands until the paste is soft. Roll it about an inch thick, cut it into oval cakes, and pinch them round the edges. Bake them in a slow oven for about one hour.

Thrapston Sponge-cake.—¾ lb. castor sugar, 8 eggs, ½ lb. flour, 1 lemon.

Boil the sugar in ¼ pint of water. Beat the yolks of all the eggs and the whites of three, and pour the boiling water over them; add the grated peel of the lemon, stirring the whole time. Beat for half an hour. Stir the flour in gently, and bake in a moderate oven for one hour and a quarter.

PASTRY MAKING.

Really good pastry making is not a speciality of the average cook, though the average English lady, if domestically inclined, can generally accomplish it with credit The lady starts with the advantage of cool hands, and a deft, light touch

Everything connected with pastry must be clean, exact in proportion, and well prepared. For ordinary pastry the usual proportions for every pound of flour are ½ pound of butter or fat, ½ pint of water, and a good pinch of salt. For very rich pastry the proportion of butter to flour varies from one-half to equal quantities. Equal parts of butter and lard make excellent light pastry, and good beef dripping is better than bad butter. Good butter makes not only the richest, but also the lightest, pastry. If it is salt, it must be washed in pure water and wrung through a clean cloth. Before butter is used, all water must be expelled from it. Other fats must be thoroughly clarified, and, before being rolled into the paste, should be worked to the same consistency as the paste. Flour must be dry and of good quality, and should be passed through a fine sieve. Several of the self-raising flours are excellent for puff pastry, but baking powders are to be avoided. Their tendency is to make pastry dry and chippy, or spongy and full of holes, according to their composition. If, however, they are used, the pastry must be baked directly it is made.

Use a heavy rolling-pin and a clean, smooth, dry board. Pastry should be rolled one way only—from the worker. It should form a strip three times as long as its width. To fold it, either the two ends are brought towards the centre or it is folded into three equal parts. By another method the paste is rolled into a circle about the size of a large plate, and the butter, worked into a ball—with the aid of a little flour if necessary—is placed in the centre and flattened out to about half the size of the circle. The paste, folded well over it, is then put aside in a cool place for one hour. Three intervals of twenty minutes should be allowed during the process of making puff pastry. Water should always be mixed in with a knife, and the paste should form an elastic mass, which does not adhere to the sides of the basin and leaves neither flour nor moisture.

Crisp Pastry. ½ lb. flour, ½ oz. sugar, 1½ oz. butter, ½ pint boiling cream (or milk), 1 yolk egg.

Mix the flour and sugar, add the boiling cream and butter, and work all well together. Beat and add the yolk of the egg. Place the dough on a floured board in a warm place and roll it once.

Flaky Pastry.—1 lb. flour, ¾ lb. butter.

Rub one-third of the butter into the flour, and add enough water to make a softish paste. Turn it on to a slightly-floured board, roll it once, and leave it for twenty minutes. Place one-sixth of the remaining butter in small pieces over the paste. Fold and roll it. Repeat this till all the butter is used, allowing two more intervals of twenty minutes during the process.

Flaky Pastry, Very Light.—10 oz. flour, 6 oz. butter, 2 whites of eggs.

Beat the whites of the eggs with a pinch of salt in a plate to a stiff froth. Place the flour in a bowl. Pour on it the froth, with a little cold water, and mix to rather a soft paste. Turn the mixture on to a board and knead it lightly till it is smooth. Work the butter to the same consistency as the dough, divide it into seven portions, and proceed as in "Very Light Puff Pastry".

Puff Pastry, Very Light.—1 lb. flour, 1 lb. butter, 1 lemon, 1 yolk of egg.

Dry and sift the flour. Place it in a basin with a good pinch of salt. Beat the juice of the lemon and the yolk of the egg into ¼ pint of water, add this to the flour, and mix with a knife to an elastic dough. Work the butter to the same consistency, and divide it into seven portions. Roll the dough into a strip about ½ inch thick, and spread it with one portion of the butter. Fold the ends over the butter so that they meet in the middle. Turn it and roll again. Leave it in a cold place for twenty minutes. The operation of rolling, spreading on the butter, and folding must be repeated until all the butter is used—six more times, therefore, divided by an interval of twenty minutes, and followed by a similar interval.

Raised Pastry.—2 oz. of butter (or lard), 3 lbs. flour, 1 pint boiling water.

Rub the butter and flour well together, pour in the boiling water, and mix to a stiff paste. Put it into a stew-pan and place it near the fire for half an hour. Then remove and knead it well in a warm place. It must be moulded before it is cold.

Short Pastry.—6 oz. butter, 1 lb. flour, 1 lemon, 2 oz. sugar 1 yolk egg.

Rub the butter into the flour. Beat the sugar and yolk of egg together and pour them into a hole in the centre of the flour. Mix the juice of the lemon in a short half tea-cupful of water. Add this to the other ingredients and mix all well together into a paste with a knife. Roll only once.

Short Pastry, Economical.—1 lb. flour, ½ lb. butter (or dripping).

Rub the flour with a pinch of salt till it is quite free from lumps. Cut the butter into small pieces and rub it with the tips of the fingers into the flour till it is as fine as bread crumbs. Add the little water necessary, and stir quickly with a knife till a stiff dough is formed. Knead it lightly and roll it on the floured board. Fold and roll it a second time.

For meat-pies the crust should be thick and ornamented. Make a hole in the middle to allow the vapours of the meat to escape, and brush the crust over with yolk of egg or milk.

Short Pastry for Fruit Pies.—1 lb. flour, 2 oz. castor sugar, ½ lb. butter (or dripping).

Rub the flour, sugar, and butter together, and mix them into rather a dry paste with ½ pint of water. The crust should be thin and unornamented.

Suet Pastry.—½ lb. suet, ½ lb. flour.

Chop the suet very fine, rub it into the flour with a little salt, and add sufficient cold water to work the ingredients into rather a soft ball of dough. Turn it on to a floured board and roll. Then fold and roll again.

SOUPS.

The Stock-pot.—Every economical kitchen should have a stock-pot (fig. 253) in daily use. Properly managed, the bones and scraps, and even the water in which fish, meat, or vegetables have been boiled, should provide the foundation for sauces and soups throughout the week. Keep all bones and scraps, clean them twice a week, and look them over carefully. Break the bones very small, and remove the marrow, which, if left in, would make the stock cloudy. Put them into cold salted water. Bring the water to the boil, skim it thoroughly, draw it to the side of the fire and let it simmer very gently for eight or ten hours. Keep it covered closely. On no account allow it to boil, for this not only hardens the albumen and prevents it from being drawn into the water, but also extracts the coarse parts of the bones, making the stock thick and giving it an unpleasant flavour. An even temperature must be maintained. To allow the stock to get cold or even cool in the sauce-pan is to spoil it. Never leave it in the sauce-pan all night. If at the end of the day the whole of the nutriment has not been extracted, pour the stock (bones and all) into a large basin, and next morning put it again into a clean sauce-pan and finish the cooking. When it is sufficiently cooked, strain it carefully into a basin, and after it is quite cold remove the cake of fat from the top.

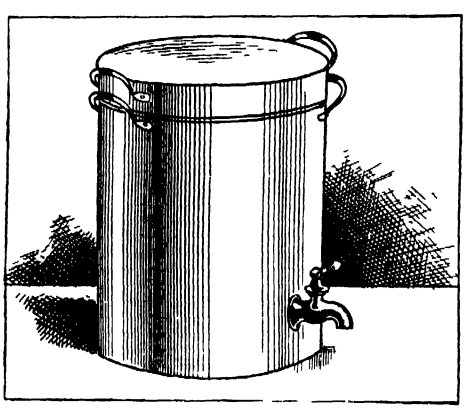


Fig. 253.—Stock pot.

In hot weather stock should be boiled briskly and skimmed every day

in order to keep it fresh. As vegetables are apt to turn sour, they should be cooked separately in a little water and added as required. The water in which peas, beans, celery, artichokes, carrots, and turnips have been boiled will generally keep for one day, but that in which cabbages have been boiled should be used at once. In either case salt should be added. The water in which fish has been boiled is often, when cold, a clear jelly. With the addition of vegetables and the bones of the fish it makes an excellent and nutritious soup.

Brown Soups.—*All vegetables intended for use in brown soups, sauces, and gravies which are to be thickened with roux, should be sliced and fried a good brown colour, but not burnt. A soup is converted into a purée by rubbing through a fine sieve the vegetables cooked in it and adding them to it while it is nearly boiling. After they have been added to the soup, it should be allowed to simmer for two or three hours, but never to boil.*

The whites and shells of eggs well beaten in a little cold water will clear stock or soup when cloudy. Pour them into it while it is hot, but not boiling, and continue stirring until it boils. Let it boil gently for fifteen minutes, and then pour it into a warmed jelly-bag placed over a basin. It may have to be strained several times, but this should be avoided if possible, as it causes a certain loss of flavour.

A far better way of clearing soup is to chop ½ lb. of raw lean meat very finely. Put it into the hot soup, allow this to boil up at once, and then strain it through a fine sieve or tammy. This method is not really extravagant, as the meat can be afterwards used in many ways.

White Soups.—The vegetables for white soups must also be sliced and fried. They must be thoroughly cooked without being browned—"fried white", as it is termed by the French. White soups are thickened with cream, beaten yolk of egg, roux, or a purée of the vegetables which form their foundation. When milk is added, the quantity is usually equal to that of the foundation stock.

Fish soups are very inexpensive and easily prepared. The water in which turbot, brill, or any other white fish has been boiled is sufficient for their foundation. The bones and trimmings are equally suitable. Mackerel, herrings, and salmon, however, should not be used for the purpose. While the stock is boiling it must be carefully skimmed, in order to remove the impurities carried to the surface by the albumen contained in the fish. Half a pound of fish bones and trimmings is sufficient for one quart of water.

Bisque d'Ecrevisses (*Lobster Soup*).—1 large lobster (a tin of lobster can be substituted), 1 oz. butter, ½ blade of mace, 1 bunch sweet herbs, ½ carrot, ½ pint chablis, 1 pint cream, ½ pint clear veal stock, ¼ lemon, 20 picked prawns, lobster coral butter.

Take the meat from the lobster and chop it into small pieces, reserving the coral. Put the butter in a sauce-pan, and when it has melted add the lobster meat, the mace, the carrot finely chopped, the herbs, a little pepper, salt, nutmeg, and celery salt, and fry all together for six minutes. Add

the chablis, and boil briskly for eighteen minutes. Drain through a hair sieve into a basin, and reserve the liquor. Pound the solid mixture in a mortar, place it in a clean sauce-pan, and add the liquor, the coral, and also the cream (previously salted and flavoured) and the stock. Rub through a fine hair sieve, add a little lobster coral butter, juice of the lemon, and a little cayenne. Ten minutes before serving make the bisque hot, taking great care that it does not boil, or it will curdle. Have ready the prawns, place them in a tureen, and pour the bisque over them. Serve immediately. *This quantity will make about a quart of soup.*

The lobster coral butter is made by pounding well together the coral of the lobster, 1 or 2 oz. of butter, according to the quantity of coral, and the hard-boiled yolk of an egg.

Brown Fish Soup.—1 lb. fish bones (or fish), 1 quart water, lemon juice, 2 onions, carrots, turnips, 2 small potatoes, 1 bunch each of parsley and herbs, 2 oz. butter, 1 table-spoonful flour. (A few shrimp heads and lobster shells are an improvement.)

Slice and fry the vegetables in half the butter, add the bones and trimmings, and brown all together. Put them, with the lemon juice, herbs, parsley, and water, into a sauce-pan, season with pepper, and, if necessary, salt, and let the mixture simmer for four or five hours. Remove all scum and fat as it rises. Strain the stock into a basin, put it again into a sauce-pan, and thicken with a little brown roux made with the flour and the remainder of the butter. Serve very hot.

Cabbage Soup.—1 large cabbage, 1 large onion, 2 table-spoonfuls of tapioca, 3 quarts stock (or water).

Shred the cabbage, throw it into boiling salted water, and let it boil for ten minutes. Drain, and put it into fresh boiling water (or stock) with the onion sliced very thin, pepper and salt. Put the tapioca into ½ pint of this stock and boil it till it is tender. When the cabbage is sufficiently cooked, strain it, reserving a few shreds for the soup. The remainder can be used as a vegetable. After adding the hot tapioca, pour the soup into a tureen in which some fried croûtons have been placed. The croûtons must be fried immediately before serving.

Consommé à l'Allemande (*Clear Hare Soup*).—The remains of a hare, 1 carrot, 1 turnip, 1 blade celery, 1 onion stuck with two cloves, 1 bay leaf, 1 bunch parsley and thyme.

Pick off the meat from the remains of a hare left over from dinner. Break the bones in convenient pieces, and lay them in a stew-pan with the carrot, turnip, blade of celery, onion, two peppercorns, bay leaf, thyme, and parsley. Cover with stock, let it boil gently for several hours and then strain. Pound the meat previously saved, together with any scraps that may have left the bones while boiling, moistening it with some of the soup. Rub it through a sieve into the soup, give it a boil up, and thicken it with a little butter rolled in flour. Serve with fried croûtons.

Rabbit, grouse, or any game can be used in the same way.

Consommé aux Legumes (*Vegetable Clear Soup*).—2 carrots, 2 turnips,

1 leek, 1 small onion, 1 blade of celery, 2 oz. butter, 2 whites and shells of eggs, vermicelli.

Prepare and slice the vegetables; and after melting the butter in a stew-pan, fry them in it a light brown. Do not allow them to acquire a dark colour, or the appearance of the soup will be spoiled. Add a quart of water, and let the liquid simmer gently for a couple of hours, taking care that the vegetables do not break, or the stock will thicken. Strain it, season to taste, and clarify with the whites and shells of the eggs in the usual manner. It is improved by a glass of sherry. Add a garnish of vermicelli ten minutes before serving.

Consommé du Barri (*Clear Ox-tail Soup*).—3 lbs. shin of beef, 1 ox tail, 5 pints water, 1 small carrot, ½ turnip, 1 small onion, 1 small bunch each of thyme, parsley, and sage, 1 white of egg, 1 glass of sherry.

Stew the beef gently for twelve hours in the water, with the vegetables, herbs, pepper, and salt. When it is nearly cooked, beat in the well-whipped white of the egg. Strain the stock and set it aside till next day. Then remove all fat and sediment. Cut up the ox tail and put it with the stock to stew gently for from three to four hours. Add the sherry. Serve the best pieces of tail in the soup.

Consommé Richelieu (*Clear Game Soup*).—4 lbs. of game (or poultry) bones, 2 onions, 1 large leek, 1 carrot, 1 blade of celery, 1 bunch sweet herbs, 2 strips lemon peel, a few mushrooms if possible, 1 bay leaf, 1 bunch parsley, 2 oz. dripping, 3 pints stock, 6 oz. raw meat (or game).

Cut the onion into dice, and slice the other vegetables. Melt the dripping in a sauce-pan, and fry in it the bones, vegetables, herbs, bay leaf, parsley, and lemon peel for thirty minutes, taking care that the mixture does not burn. Cover it with the stock, bring it to the boil, skim, and let it simmer for three hours. When it is cold, strain and remove the fat. Heat the stock again in a stew-pan, chop the meat, and when the stock is boiling, beat the meat into it for about ten minutes. Strain through a fine flannel. The soup should now be quite clear, but if it is not, it can be clarified by beating in it the white and shell of an egg while it is boiling. This is, however, better avoided if possible, as it impoverishes the soup.

Crème à la Princesse (*Rich Lentil Soup*).—1 pint soaked lentils, 2 quarts stock, 3 oz. butter, 1 bunch of fresh herbs, 3 table-spoonfuls of cooked peas, 1 pinch mint, ¼ pint cream.

Drain the lentils and put them into a stew-pan with the butter and herbs. Fry them a little, moisten with the stock, and cook till they are tender. Rub them through a hair sieve, return the mixture to the stew-pan, add the mint, and season to taste. Put in the cream and make the soup very hot without boiling. Add the peas and a few freshly-made croûtons.

Crème d'Amandes (*Almond Soup*).—2 lbs. lean beef (or veal), 2 oz. vermicelli, 2 small blades of mace, 3 cloves, ¼ lb. sweet almonds, 3 yolks of eggs, ½ gill thick cream.

Cut the meat into small pieces, place it in a stew-pan with pepper and

salt, cover it with a quart water, and let it stew gently for five hours. Strain the liquor, and place it in a sauce-pan, with the spices and vermicelli. Boil it for twenty minutes or until the stock is well flavoured with the spices, which should then be removed. Pound the almonds with one table-spoonful of stock. Boil the yolks hard and pound them to a paste with the almonds. When the soup has cooled a little, stir this paste smoothly into it, and strain. Warm it again in a sauce-pan, stir until it almost boils, and stir in the cream. Serve very hot.

Crème de Céleri (*Celery Soup*).—6 heads of celery, 4 onions, 2 oz. lean ham (or bacon), 2 oz. butter, 1 quart milk (or white stock), 1 gill cream (or 1 yolk of egg), flour.

Slice the heads of celery, the onions, and lean raw ham or bacon, put them into a sauce-pan, with half the butter, a little nutmeg, pepper, and salt, and about a pint of water. Let the mixture simmer gently till the celery is thoroughly cooked. Add the milk (or white stock), thicken with a little flour and the rest of the butter, and stir over the fire till the soup is of the consistency of thin cream. Rub it through a sieve, return it to the sauce-pan for ten minutes, and add the cream (or yolk of egg). Serve as hot as possible.

Crème de Palestine (*Artichoke Soup*).—1 quart white stock (the water in which rabbits or fowls have been boiled will do), 6 Jerusalem artichokes, 1 oz. butter (bacon rind, if at hand), 2 bay leaves, ¼ pint cream (or ½ pint hot milk with the yolk of an egg), a few peppercorns.

Slice the vegetables and fry them white in the butter. Place them in a clean stew-pan and add the stock, scraped bacon rind, bay leaves, peppercorns, and salt. Stew till the artichokes can be pulped through a sieve, using just enough of them to thicken the soup. Add the cream or the yolk of the egg beaten in the hot milk. Re-warm without allowing it to boil.

Crème Royale (*White Soup*).—3 pints strong, well-flavoured white stock, 2 oz. cooked macaroni, 2 yolks of eggs, ¼ pint cream, 1 table-spoonful Parmesan cheese, 1 tea-spoonful chopped parsley.

Cut the macaroni into small pieces, let it simmer in the stock for five minutes, and season with salt, pepper, and a pinch of cayenne. Beat the yolks of the eggs into the cream. Remove the soup from the fire and beat the cream into it. Sprinkle in the parsley and the Parmesan cheese. Re-warm the soup without allowing it to boil.

Gourkha Soup.—1 large onion, 2 oz. salt butter, 1 carrot, ½ turnip, 2 blades celery, 2 cloves of garlic, 24 cloves, 24 peppercorns, 1 tea-spoonful curry powder, 2 quarts strong stock, 1 lb. tomato conserve (or 1 lb. tomatoes), 3 bay leaves.

Cut the onion into thin rings, chop the cloves of garlic very fine, and fry both a golden brown in the butter with the cloves and peppercorns. Add the curry powder and the stock, and then the tomatoes sliced or the conserve, the bay leaves, and salt to taste, stirring well the whole time. Let the mixture simmer gently for at least two hours: then strain it through a wire

sieve, allowing as much of the pulp as possible to pass through into the liquor. Serve with fried bread cut into dice.

Oyster Bisque (*Oyster Soup*).—1 pint oysters, ½ pint white stock, 1 pint cream, ½ pint stale crumbs, 1 table-spoonful butter, ½ table-spoonful flour, ½ stick celery, 1 small slice of onion, 2 yolks of eggs, a small piece of mace, salt, pepper, and cayenne.

Chop the oysters fine, and put them into a stew-pan with their liquor, half of the stock, the vegetables, and the seasoning. Cover and place it on a cool part of the range, and let the contents cook slowly for half an hour. Put the bread and the remaining stock in a second stew-pan. Cover closely and put it also in a cool place, and let it cook for half an hour. Then strain the contents of the first stew-pan into the second, pressing all the liquor from the oysters, and cook for ten minutes longer. Reserve a quarter of a cupful of the cream, and put the rest on to heat in a double boiler. Rub the butter and flour together until smooth and creamy. When the contents of the stew-pan have been cooked for ten minutes, rub them through a fine sieve. Replace them in the pan, and after adding the creamed butter and flour, place the pan on the fire. Stir the mixture till it boils: then add the hot cream, and draw the pan back to a cooler place. Beat the yolks of the eggs well, and add the reserved cream to them Mix this into the bisque and stir for one minute over the fire.

Potato Soup.—6 large potatoes, 2 onions, 1 pint of water, 1 pint of milk, 1 oz. butter.

Pare the potatoes, peel the onions, slice both very thin, and add pepper, salt, and the butter. Let them simmer in the water for about twenty minutes or until the vegetables are quite tender. Strain and pulp them through a hair sieve. Warm the milk separately, add it, and re-warm all together.

Purée à la Moulin Rouge (*Pigeon Soup, Thick*).—3 pigeons (previously cooked—old birds will do), 2 quarts good stock, 1 small onion, 1 bunch parsley, 1 sprig thyme, 1 bay leaf, 1 oz. butter, 1 table-spoonful flour, 2 table-spoonfuls red-currant jelly, 1 glass red wine, 1 yolk egg, lemon juice.

Reserve the meat from the breasts of the pigeons Strain the stock into a stew-pan, add to it the remainder of the birds, with the parsley, thyme, onion, and bay leaf, and let it stew for one hour. Mince the reserve meat in a mincing-machine, and after mixing it with a little of the soup, pound it to a paste in a mortar. Skim the soup quite free from grease. Melt the butter in a stew-pan and stir in the flour. When it becomes a pale brown, add a little of the soup, and stir till it thickens. Pour in the remainder and the pounded meat, and let it boil, stirring all the while. Flavour with the jelly, wine, and a little lemon juice, and season with salt, pepper, and a little cayenne. Beat the yolk of the egg, remove the boiling soup from the fire, and stir the egg into it. Serve very hot.

Purée à la Princesse (*Game Soup, Thick*).—Remains of game, 2½ pints chestnuts, 2 quarts game (or strong beef) stock, 5 oz. butter, 3 yolks of eggs, (½ gill cream if possible).

Cut off the best pieces of the game. Break up the bones and stew them gently in the stock for eight hours. Season with pepper, salt, and a little sugar. Strain and skim. Split the chestnuts, plunge them into a stew-pan of boiling water, let them boil for two minutes, drain them well and dry them with a clean cloth. Melt 1 oz. of butter; put the chestnuts in it, and fry them over a quick fire for five minutes. Remove and cover them with a cloth, take off the shells while they are hot, place them with the stock in a large stew-pan, and cook them very gently till they are tender. Rub them through a fine sieve. Return the whole to the stew-pan, adding a little water if there has been much evaporation, and stir it till it boils. *Add the rest of the butter by degrees. Whip the yolks of the eggs and stir them in with the cream.* Warm the soup thoroughly, stirring it all the while, but do not allow it to boil. Serve with the pieces of game and croûtons of fried bread.

Purée aux Petits Pois (*Green-pea Soup, Thick*).—3 pints good peas, 1 oz. butter, 1 table-spoonful cream, 1½ pint white stock, 2 spring onions, 1 small bunch of parsley, a few sprigs of mint, 4 yolks of eggs, 1 gill milk.

Boil the peas in a stew-pan, with a quart of water, the parsley, onion, mint and some salt, till they are tender, and then rub through a hair sieve. Return the mixture to the stew-pan, add the stock and butter, and let it simmer for fifteen minutes. Season to taste, add the cream, and set it aside. Beat the yolks of 3 eggs and the milk together, strain into a well-buttered mould, cover tightly, and steam in a little water in a sauce-pan. When the custard is set, turn it out and cut it into cubes. Re-warm the soup and thicken it with the remaining yolk of egg well beaten, or with half a gill of cream. Let it nearly boil, add a pinch of sugar and the custard cubes. Serve.

Purée de Céleri (*Celery Soup, Thick*).—4 or 5 heads of celery, 1 small onion, 2 yolks of eggs, 1 gill cream.

Put the onion and celery into a stew-pan of boiling water. When they are tender, drain them, and pass them through a sieve. Dilute them with some of the water in which they were boiled, and season to taste. Beat up the yolks of the eggs with the cream, stir them into the soup over the fire till it is hot, but not boiling.

Purée of Oysters (*Oyster Soup, Thick*).—1 quart water in which white fish has been boiled, 4 large onions, 1 bunch sweet herbs, 6 oysters and their liquor, 1 blade of mace, 18 peppercorns, 4 oz. pearl barley (cooked), 1 oz. butter.

Place the fish stock in a stew-pan. Add the onions, herbs, the mace, the peppercorns, and the liquor from the oysters. Let this simmer gently till the onions are cooked and tender; remove the herbs, peppercorns, &c., add the barley, and boil for ten minutes. Then pass the mixture through a hair sieve, return the purée to a clean sauce-pan, and add 1 oz. of butter, more if preferred, and the 6 oysters cut into tiny pieces. Let it simmer till the oysters are cooked, stirring continuously to avoid burning. Add salt to taste, and serve immediately.

A gill of cream is a great improvement to the above purée.

Soup à la Crème (*Fish Soup*).—2 lbs. of cheap fish (not mackerel), ½ lb. of shell or white fish (with skin or bone), 1 stick of celery, parsley, bay leaf, 1 large onion, 1 quart water, 1 cup cream, 2 eggs, 3 oz. butter, 1 shallot, 3 oz. grated bread, 2 oz. bacon (or pork), ginger.

Wash the 2 lbs. of fish well, place it in a pan with enough cold water to cover it, add the celery, onion, a few sprigs of parsley, a bay leaf, and a small spray of ginger, and set it on the fire. Cover it closely, and when it has simmered for an hour, add the rest of the water. As soon as it boils strain it, and add the cream (except 2 or 3 table-spoonfuls), and salt and pepper to taste. Serve garnished with fish balls made thus:—Melt the butter, and fry a finely-minced shallot in it to a pale-yellow colour. Add the grated bread, the rest of the cream, and the eggs. Stir this mixture over the fire for a few minutes, and then turn it out to cool. Mince the ½ lb. of shell or white fish with the pork or bacon: season with salt, pepper, parsley, and a grate of nutmeg, and mix well with the former ingredients. Form into very small balls on a floured board, and boil them for ten minutes.

Soup in Haste.—2 turnips, 2 carrots, ¼ head celery (or pinch of celery seed), 2 onions, 1 dessert-spoonful Lemco or Bovril.

Slice the vegetables, reserving a small piece of carrot, and brown them in the butter. Put them in a sauce-pan with the unsliced carrot, pepper, and salt for from two to four hours. Strain well, skim off all fat, and stir in the essence of meat. Cut the unsliced carrot into very thin shreds of an equal size. Re-warm the soup and add the carrot as a garnish. If the soup needs clearing, beat into it, while boiling, the shell and white of an egg before the essence is added. Any garnish desired can be used.

Tomato Soup (White Soup).—¾ pint stock, ¾ pint milk, the juice of ½ tin of tomatoes, 1 oz. butter, 1 table-spoonful flour, 1 yolk of egg, 1 blade mace.

Stew the stock and tomato juice with the mace, a good quantity of salt, and a little pepper, for two hours. Thicken it with a white roux made of the butter and flour. Add the milk, and heat the soup thoroughly without allowing it to boil. Beat the yolk of egg and add it to the soup when taken off the fire. Serve in a very hot tureen. The egg may be omitted if desired.

Tomato Soup without Meat.—½ tin of tomatoes, ½ Spanish onion, ½ small carrot, ¼ turnip, 2 oz. rice, ½ pint milk, 1½ pint water, ½ table-spoonful chopped parsley, 1 oz. butter, ½ oz. flour, a pinch of celery seed.

Skin, scald, and chop the onion very fine, scrape and grate the carrot, cut the turnip into very thin slices, wash the rice. Put these ingredients, together with the tomatoes, into a large sauce-pan of water and let them boil for half an hour. Press as much of the pulp as possible through a colander, keeping back the hard pieces of vegetable. Work the butter well into the flour, and add it, with the milk, to the soup, and stir well over the fire till it boils. Then add the parsley and a small lump of sugar.

Pour the soup while it is very hot into the tureen. Serve with or without fried croûtons of bread.

Turnip Soup.—6 yellow turnips, 2 large onions, 1 carrot, 1 stick of celery, ¼ lb. butter, 3 yolks of egg, 3 pints boiling stock.

Slice the turnips, onions, and carrots, and stew them well, without browning them, in the butter. Add half the stock, and stew the vegetables again till they are sufficiently tender to run through a fine sieve. Return the mixture to the stew-pan season with pepper and salt, add the rest of the stock, and let it boil Beat the yolks of the eggs to a cream and stir them into the soup, when it is removed from the fire. Serve with small croûtons of bread.

White Fish Soup. —1 lb bones of white fish, 1 quart water, lemon juice, 2 onions, 1 bunch of parsley 1 bunch sweet herbs, 1 pint milk, 1 oz. butter, 1 table-spoonful rice (or other) flour, 1 dessert-spoonful chopped parsley.

Stew the bones, with a little salt and a few peppercorns, very gently in the water for four hours Remove all scum as it rises Add a dessert-spoonful of lemon juice, the herbs, parsley, and the onion cut into thin slices Let the mixture simmer for two hours Strain it carefully through a sieve, and remove all fat, scum, and sediment. Place the stock in a clean sauce-pan over the fire, and when it is warm add a roux made of the butter and flour, and stir till it boils. Boil the milk in a separate sauce-pan, and add it, with the chopped parsley, to the soup Do not allow it to boil after the milk is added.

If a richer soup is desired, add 1 gill of cream or the beaten yolk of an egg, while it is hot, but not boiling It will be still stronger if 1 stick of celery, 2 small potatoes, and 1 slice each of carrot and turnip are added to the vegetables named

One quart of the water in which fish has been boiled if it is not too salt, can be used instead of the bones, or 1 lb. of fish will answer the same purpose, in which case small balls should be made from part of the fish and used as a garnish Thin flakes of fish can also be served with the soup.

SAUCES.

Sauces play an important part in modern cookery. The method used in their preparation is practically the same in all cases, namely, to place some "roux" (see "Cookery Adjuncts"), white or brown, in a stew-pan, to pour heated stock, milk or water, over it, and to stir until it has thickened.

White Sauces.—Thus, white sauce consists of 1 table-spoonful of white roux, ½ pint milk, and a little salt.

ANCHOVY SAUCE.—To white sauce add a tea-spoonful of anchovy sauce.

BÉCHAMEL SAUCE.—Proceed as in the last recipe, but use a larger quantity of cream, and flavour with mushrooms, green onions, and a little nutmeg or mace

CAPER SAUCE.—Drop a few chopped, and some whole, capers into white sauce, and let it boil for a few minutes. Remove it from the fire, and add a tea-spoonful of vinegar.

EGG SAUCE.—To white sauce add chopped hard-boiled eggs.

PARSLEY OR FENNEL SAUCE.—Boil finely-chopped fennel or parsley in white sauce for one minute.

SAUCE BLANCHE.—Beat the yolk of an egg into a tea-spoonful of lemon juice and stir into boiling white sauce immediately it is taken off the fire.

SAUCE VELOUTÉ.—For the milk used in making white sauce, substitute equal quantities of milk and of very strong, well-flavoured white stock, together with a table-spoonful of cream. As its name implies, it must be soft and velvety. This is attained by rubbing the sauce through a tammy or very fine sieve.

SHRIMP SAUCE.—Boil in white sauce a gill of picked shrimps and 1 tea-spoonful of anchovy sauce.

Brown Sauces.—Brown sauces are even more numerous than white. Sauce Espagnole may be termed the foundation sauce. Brown roux, stock, browned vegetables, and ham are its chief ingredients. As a rule, for a given quantity of onions, the relative proportions of other vegetables are half that quantity of carrots, one-fourth of turnips, and rather less of celery. A good working recipe for Sauce Espagnole is as follows:—1 table-spoonful of brown roux, ½ pint good stock (or gravy), 1 onion, ½ carrot, ¼ turnip, and a blade of celery sliced and browned, and 1 oz. of ham chopped and browned.

Melt the roux in a stew-pan, pour over it the stock (or gravy), and stir till it thickens. Add the browned vegetables and ham, and let the mixture simmer for two hours. Season with salt and pepper. Spices may be added to taste. The sauce must be strained.

ITALIAN SAUCE.—To Sauce Espagnole add chopped mushrooms and shallots, brown wine, and spices.

POIVRADE (*Brown Sauce with Peppercorns*).—To Sauce Espagnole add lemon juice and a good quantity of peppercorns.

SAUCE MADÈRE (*Brown Sauce with Madeira Wine*).—To Sauce Espagnole add Madeira or brown sherry previously reduced to half its original quantity by rapid boiling, and a pinch of sugar and cayenne.

Bernaise Sauce.—12 shallots, ½ pint good gravy, 1 bunch sweet herbs, 5 yolks of eggs, 2 lemons, saffron, nutmeg.

Pound the shallots well in a mortar and wring them through a clean piece of muslin to extract their juice. Put the juice in a sauce-pan, with the gravy, herbs, yolks of eggs, salt and pepper, and the juice of the lemons. Stir the mixture over a gentle fire till it thickens, without boiling. Take the sauce-pan from the fire, stirring the whole time, and add a few grates of nutmeg and a piece of saffron.

Bread Sauce.—1 slice of onion, ½ pint milk, bread-crumbs, ½ oz. butter.

Stew the milk with the butter, onion, and pepper. When it has acquired the desired flavour, strain it, while boiling, over a small tea-cupful

of bread-crumbs. Cover with a saucer and leave it in the oven till the crumbs have absorbed the milk. Add more hot milk if necessary. The consistency should be that of a very thick custard.

Brown Caper Sauce.—1 oz. butter, 1 oz. flour, nutmeg, 1 gill strong stock, essence of anchovy (1 table-spoonful each of Harvey and Worcester sauces if possible), 1½ table-spoonful finely-chopped capers.

Put the butter in a stew-pan with the flour, a little salt, pepper, and nutmeg. Work these well together with a wooden spoon, and then add the stock, a few drops of the anchovy, the Worcester and Harvey sauces, and the capers. Stir the mixture carefully over the fire for ten minutes. When it is quite boiling, serve with cayenne pepper, handed separately

Chestnut Sauce (brown).—6 chestnuts, 1 clove of garlic, 1 egg, ½ pint stock

Pound the chestnuts with the yolk of the egg and as much garlic as desired. If the mortar is well rubbed with a cut clove of garlic, this is generally sufficient. Season with salt and pepper. Put the paste with the stock into a stew-pan and stir till the sauce thickens. It must not boil.

Chestnut Sauce (white).—½ pint cream ½ lb. chestnuts 2 oz sugar

Boil the chestnuts till they are tender, remove their shells and skins, and pound them smooth in a mortar. Add the sugar, put the mixture in a stew-pan, and stir it over the fire till it is smooth. Then add the cream, stir the sauce well, and make it very hot, without allowing it to boil.

Cream Sauce (cold). 1 gill cream, 1 egg, 2 oz castor sugar.

Whip the white of the egg to a very stiff froth Beat the yoke, add it with the sugar to the froth, and mix well. Whip the cream and stir it in

Cream Sauce (hot).—1 gill cream, 1 gill milk, 1 oz butter, 2 small dessert-spoonfuls flour, 1 egg.

Warm the milk and season it with salt and a little pepper. Work the flour and butter into a soft ball, and stir it into the milk until it thickens. Beat the white and the yolk of the egg separately. Stir the cream into the sauce when it is nearly boiling. Remove it from the fire and stir in the beaten yolk of egg Just before serving, stir in the whipped white gently.

Dutch, or Hollandaise, Sauce.—2 yolks of eggs, 1 oz. horse-radish, 1 table-spoonful mustard, 1 small minced shallot, ½ tea-spoonful celery seed, 1 wine-glassful oil, 1 wine-glassful well-flavoured vinegar

Boil the yolks hard and pound them with the horse-radish, grated finely, the shallot, celery seed, mustard, and salt. Add the vinegar, and finally the oil, very gradually indeed. Heat the mixture in a stew-pan over a very gentle fire, and stir with a wooden spoon till it is a thick cream.

Green Sauce.—To cream sauce add green colouring, or the juice of spinach or parsley.

Horse-radish Sauce.—2 good table-spoonfuls thick cream, 1 table-spoonful vinegar, 1 dessert-spoonful sugar, 1 salt-spoonful salt, 1 salt-spoonful dry mustard, ¼ salt-spoonful white pepper, 1 good table-spoonful finely-grated horse-radish.

Mix the horse-radish and cream well together. Add the other dry

ingredients separately, and stir till they are melted and well mixed. Add the vinegar according to taste. The sauce should be of the consistency of thin apple sauce.

Indian Sauce.—2 oz. butter, 1 pinch saffron, 1 chilli, 1 table-spoonful flour, 1 pint stock.

Make a roux of the flour and butter. Pound the chilli and boil all the ingredients together till they are reduced to ½ pint. Season with pepper and salt.

Maître d'Hôtel Butter (*Butter Sauce with Lemon and Parsley*).—½ lb. butter, ¼ salt-spoonful salt, 1 salt-spoonful pepper, 2 table-spoonfuls chopped parsley, juice of 1 lemon (or vinegar), a pinch of cayenne.

Work all together till the sauce is very smooth.

Mayonnaise Sauce.—1 yolk of egg, 1 small tea-spoonful sugar, 1 salt-spoonful salt, 1 good salt-spoonful each of dry mustard and pepper, 1 good table-spoonful vinegar (plain or flavoured), 2 or 3 full table-spoonfuls oil.

Boil the yolk of the egg quite hard and rub it very smooth: work in, separately and thoroughly, the mustard, the sugar, the pepper and salt, and stir in the vinegar. Add the oil drop by drop, beating the whole time with a wooden spoon till the sauce is of the consistency of a custard. If the mayonnaise sauce is intended for decorating, the white of the egg should be whipped to a very stiff froth and stirred in gently at the last moment.

Orange Sauce.—1 gill salad oil, 2 oz. coarse brown sugar, ½ gill vinegar, the juice and the rind of an orange minced very fine, 1 large table-spoonful mustard.

Beat the oil and mustard to a thick cream. Add the other ingredients separately, beating well.

Oyster Sauce (cheap). 1 tin of oysters, 1 tea-spoonful anchovy sauce, a squeeze of lemon, ½ pint milk, 1 oz. butter, flour.

Make a roux in a stew-pan, with the butter and 1 dessert-spoonful of flour. Add part of the milk and stir till the mixture is smooth and fairly thick. Open a tin of oysters, and turn its contents into the stew-pan with the remainder of the milk. Let it boil up, and rub it through a wire sieve. Pour it back into the stew-pan. Add the anchovy sauce, season with pepper, and squeeze in a little lemon juice at the last moment. Add fresh oysters if desired.

Parmesan Sauce.—½ pint milk, 1 yolk of egg, 1 oz. butter, 1 oz. flour, 2 table-spoonfuls Parmesan cheese.

Melt the butter in a sauté-pan. Add the flour, and pour the milk over it, stirring all the time till the mixture is smooth. Take it off the fire. Add the Parmesan cheese, beaten yolk, pepper and salt, and beat over the fire till the sauce nearly boils. It must not on any account be allowed to boil.

Piquante, or Tartare, Sauce.—½ pint white (or brown) sauce, piccalilli.

Make a white or brown foundation sauce. Chop half a table-spoonful of pickle and stir it with one table-spoonful of vinegar from the pickle. Add it to the sauce.

Sauce à la Crème (*Egg Sauce*).—6 yolks of eggs, 1 oz. butter, 2 table-spoonfuls vinegar, 4 table-spoonfuls water, 1 blade of mace, flour.

Beat the yolks with a little flour and a piece of butter of the size of a walnut: add the mace, pepper, salt, vinegar, and water, and warm in a stew-pan. When the sauce begins to boil take it off the fire and add the remainder of the butter, stirring only in one direction.

It must not be put on the fire after the butter has been added

Sauce à la Poulette (*Cream Sauce for Boiled Fowl*).—*1 gill white sauce, 2 table-spoonfuls cream, 2 yolks of eggs, 1 tea-spoonful chopped parsley, 1 tea-spoonful chopped mushroom, spice.*

Put the sauce into a clean sauce-pan, add the cream and a very little spice, the yolks of the eggs well beaten, the chopped parsley, and pepper and salt to taste. Stir carefully over the fire for ten minutes, but do not allow the sauce to boil. When it is very hot, without actually boiling, add the finely-chopped mushrooms, and cook them till they are tender.

Sauce Soubise (*Onion Sauce*)—8 large onions, 2 oz. butter, a little nutmeg (or mace), 2 oz. flour, 2 large cooked potatoes, 1 pint milk.

Peel and slice the onions and put them into a stew-pan, with the butter, a little nutmeg or mace, and pepper and salt. Let them simmer gently till they are quite tender, shaking the pan frequently to prevent their burning, as they must not colour. When they are thoroughly cooked, pulp them through a fine sieve. Add the flour, potatoes, and milk; warm the sauce again for fifteen minutes, stirring carefully. Strain it through a hair sieve, return it to sauce-pan, and boil it for five minutes.

Tomato Sauce.—3 ripe tomatoes, 1 sprig thyme, ½ medium-sized onion, ½ oz. butter, ½ gill brown sauce.

Cut the tomatoes in halves, and when a little of the watery juice has drained off, cut them small. Chop the onion. Melt the butter in a stew-pan. Put into it the tomato, onion, and herbs, and let all simmer till the vegetables are tender. Rub them through a sieve into the stew-pan, add the brown sauce, and boil for ten minutes. A little vinegar or lemon juice can be added if desired.

FISH.

Brill, with Polish Sauce.—1 brill, lemon, 1 tea-spoonful minced parsley, 1 stick of young horse-radish, 1 gill cream, ½ oz. butter.

Steep the fish in salt and water for an hour before cooking it, trim and rub it over with lemon-juice, and put it in a fish-kettle with plenty of salted water, laying a buttered paper over it. Bring it gently to the boil, and let it cook at the side of the stove for fifteen or twenty minutes, according to size. Dish on a napkin, garnished with lemon and parsley. Rub a tiny piece of butter over the fish, and sprinkle it with finely-minced parsley.

For the sauce, well wash and grate the horse-radish, and beat it quickly

into the stiffly-whipped cream, flavouring to taste with cayenne and lemon-juice, or with chilli vinegar.

Cod (*Morue à l'Espagnole*).—2 lbs. cod, 1 salt-spoonful chopped shallot, 1 wine-glassful sherry, ½ pint milk, 1 oz. butter, 1 dessert-spoonful flour, mushroom trimmings (or mushroom ketchup), lemon-peel.

Cut the cod into neat slices, sprinkle these with pepper and a little finely-minced shallot, and place them so that they overlap in the centre of a well-buttered fireproof china dish. Moisten with the sherry, strew with mushroom trimmings, bake in the oven, and baste frequently.

With the milk and flour make a plain white sauce, and as soon as the cod is cooked, drain the liquor from it, with the mushrooms, into the sauce, without allowing the fish to become disarranged. Add to the sauce some grated lemon-peel, stir well, make very hot, and strain over the fish.

Potatoes neatly shaped, plainly boiled, then sautéed in a little butter and sprinkled with powdered parsley, may be served with the dish.

Cod (*Morue d'Ostende*).—1½ lb. cod, 8 or 10 oysters, 1 egg, flour, milk, butter, fat (or oil).

Make a batter with the flour, egg, and milk, as directed in "Batters", and let it stand for several hours. Cut the fish into two rather thick slices,

Fig. 254.—Cod (Morue d'Ostende).

divide these into little fillets about two inches across, dip them into the batter, and fry in boiling fat or oil till they are a pale golden brown. Fry the oysters lightly in a little butter, without allowing them to harden. Dress the fillets on a folded serviette, and place an oyster on each. Decorate with parsley or water-cress (fig. 254).

Cod, Spiced.—4 lbs. middle of cod, ¾ pint vinegar, ¼ oz. allspice, ¼ oz. whole pepper, 6 cloves, 2 bay leaves, 1 oz. butter, mayonnaise sauce, 2 lettuces.

Boil the cod and set it aside. Pour into a stew-pan a pint of the water in which it was boiled, add the vinegar, spices, and bay leaves, with half a dessert-spoonful of salt, and let the liquid simmer for an hour. Skim it,

add the butter, and boil. Place the fish in a narrow dish, deep enough to allow of its being submerged in the liquor, which must now be poured over it. Leave it till the next day. Serve with lettuce hearts and a good mayonnaise sauce.

Fish Pudding.—6 oz. cooked fish, 3 oz. bread-crumbs, 2 oz. butter, 1 lemon, 1 oz. flour, 1 pint milk, 3 eggs.

Shred the fish, and let it soak for ten minutes in 1 gill of milk, with the bread-crumbs, lemon-juice, 1 oz. butter, cayenne, salt, and pepper. Beat the eggs, and mix them well in. Pour the mixture into a greased mould, and steam it for twenty minutes. Make a sauce with the flour and the remainder of the milk and butter.

Fish and Macaroni.—½ lb. cold boiled white fish, 2 oz. butter, ½ lb. cooked macaroni, 4 oz. Parmesan cheese (or 2 oz. ordinary cheese).

Flake the fish. Cut the macaroni into small pieces. Mix the two lightly together, with part of the cheese, pepper and salt. Fill a mould or pie-dish, and cover with a layer of cheese and the butter in little bits. Brown lightly in a moderate oven.

Haddock (*Haddock au Fromage*).—1 good haddock, ½ pint tomato pulp, 1 chopped shallot (or half that quantity of onion), 1 wine-glassful sherry, 2 oz. grated cheese, 2 oz. butter.

Place the tomato pulp, shallot, butter, plenty of pepper, and a little salt in a stew-pan, put the fish into it, and let it simmer gently for three-quarters of an hour. Remove the fish to a hot dish in the oven. Add the sherry to the liquor, boil it up and serve as sauce with grated cheese in a separate dish. The wine may be omitted.

Mackerel, with Green Gooseberry Sauce.—2 mackerel, 1 pint green gooseberries, 1 oz. butter, 1 gill milk (or white stock), 2 oz. sugar, nutmeg.

Place the fish in cold water, and after boiling it until the eyes begin to start, put it on a hot dish, and garnish with fennel.

Boil the gooseberries till they are tender. Drain them and mash them through a sieve. Beat them into the milk, butter, sugar, a pinch of nutmeg, pepper, and salt, and stir the mixture over the fire till it is very hot. Serve in a boat.

Mackerel (*Filets de Maquereaux Sautés*).—2 mackerel, 1 dessert-spoonful chopped parsley, 1 tea-spoonful chopped shallot, 2 oz. butter, 3 yolks of eggs, the juice of 2 small lemons, 1 pinch of chopped tarragon (or 1 salt-spoonful tarragon vinegar), 1 gill milk, flour.

Cut the fillets the whole length of the fish, take off the skin, trim them and lay them in a buttered sauté-pan, with salt, pepper, parsley, and minced shallot. Pour a little hot butter (1 oz.) over them. Set them on the fire, and keep stirring to prevent their sticking to the pan Turn them very carefully, so that they may be equally cooked on both sides.

For the sauce, melt the rest of the butter in a sauté-pan and stir a small dessert-spoonful of flour smoothly into it. Add the milk, and stir till it boils.

Mullet (*Rougets à la Génoise*).—4 small red mullet, 2 oz. butter, 1

gill milk, 8 mushrooms (fresh or preserved), 1 glass white wine, ½ lemon, 1 tea-spoonful chopped parsley, bread-crumbs, flour.

Cut the mullet into fillets, trim them neatly, and lay them in a buttered china fireproof dish. Season with salt and pepper, sprinkle with lemon-juice, and add the wine and mushroom liquor, if there is any. Place the dish in a moderate oven for ten minutes.

Melt ½ oz butter in a sauté-pan and make a roux with a tea-spoonful of flour. Add the milk, and stir until it boils. Pour the liquor from the fish, add it to the sauce, and boil. Cut the mushrooms into slices and lay them along the fillets, covering with the sauce and sprinkling with *bread-crumbs*.

Fig. 255.—Mullet (Rougets à la Génoise)

Place the remainder of the butter in small pieces over the fish, and bake for another ten minutes. Serve in the same dish placed upon another one covered with a folded napkin (*fig.* 255).

Mullet (*Rougets aux Fines Herbes*).—2 red mullet, 1 oz. butter, 1 table-spoonful Harvey's sauce, 1 table-spoonful anchovy essence, 1 glass white wine, 1 tea-spoonful chopped parsley, 1 table-spoonful chopped mushrooms, 1 tea-spoonful chopped shallots, 1 table-spoonful lemon-juice, 1 lump of sugar, 1 grate of nutmeg.

Put the mullet into a stew-pan with the butter, sauce, essence and wine and stew it over a slack fire till it is tender. Place it on a hot dish in the oven.

Add to the liquor in which the fish was cooked the parsley, mushrooms, shallots, lemon-juice, sugar, and nutmeg. Stir the sauce over the fire for ten minutes. Pour it over the fish, and serve very hot.

Oysters (*Cornettes aux Huîtres*).—1 dozen oysters, white of 1 egg, 1 oz. butter, ½ oz. flour, 2 table-spoonfuls cream, ½ tea-spoonful lemon-juice, 1 gill cold water, cayenne, salt, ½ lb. puff pastry (or any good trimmings of pastry).

Roll out the pastry thinly, cut it into strips 1½ inch in width, roll each

round some greased cornet moulds, commencing at the point and making the edge of each layer touch the previous one. Touch the edges with white of egg so that they may adhere. Finish off neatly at the top, brush over with beaten egg and bake in a quick oven for about ten minutes. When they are done, carefully remove the moulds and fill the cornets with a mixture made thus:—

Beard the oysters, put beards and liquor in a sauce-pan with the water, stew gently for ten minutes, and then strain. Melt the butter in the same sauce-pan, stir in the flour, pour in the oyster liquor and let the mixture boil for two or three minutes. Stir it until it leaves the side of the sauce-pan clean. Add the oysters (each cut into four pieces), the lemon-juice, cream, a very little salt and cayenne, and heat through, but do not allow the mixture to boil. When it is cool, fill the cornets.

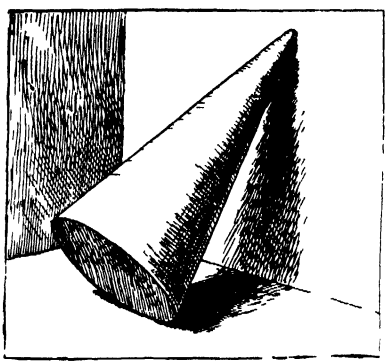


Fig. 256. Cornet Mould.

Cornet moulds, small conical pieces of wood (fig. 256), can be purchased at the ironmonger's for a trifling sum. They may be used for pastry intended to be filled with many different things which are served cold—for instance, whipped cream custard, lobster, chicken or game mixture.

Salmon Cutlets à la Juive.—2 lbs. of salmon, oil, savoury batter, flour.

Cut the salmon into small cutlets, roll them in flour and dip them in batter. Fry them in plenty of absolutely boiling oil till they are a good golden brown on both sides, and quite frothy in appearance. They do not require any sauce, and should be served cold.

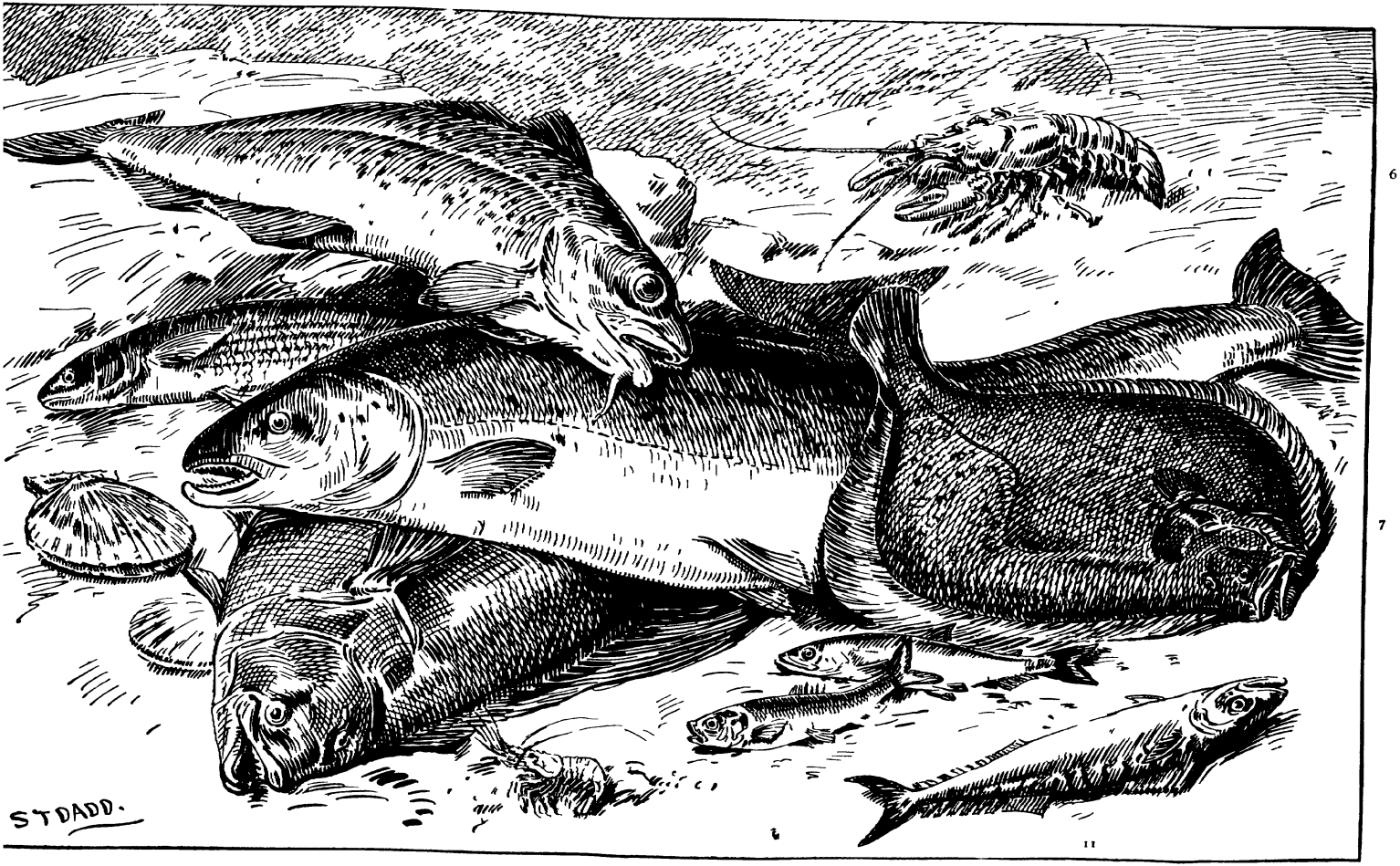
Salmon: Sauce Gorgona.—1 salmon, 6 gorgona anchovies, 1 shallot, 2 French gherkins, 1 yolk of egg, 1 table-spoonful salad oil, 1 tea-spoonful chopped parsley (or fennel), 1 dessert-spoonful tarragon vinegar, 2 tomatoes.

Boil the salmon, and serve with the following sauce:—

Wash and bone the anchovies, and pound them smoothly with the shallot, gherkins, and a pinch of coralline pepper. Mix well with the yolk of egg, salad oil, parsley (or fennel), tarragon vinegar, and the pulp of the tomatoes. Keep the sauce in a cool place till it is wanted.

Salmon (*Saumon aux Petits Pois*).—2 lbs. salmon, 1 small spring onion, 2 sprays of parsley, 2 sprigs of mint, 1 bay leaf, 1 pint young green peas, 1 cupful of white wine, the juice of 1 lemon, 1 dessert-spoonful moist sugar, 1 table-spoonful vinegar, 1 small cucumber.

Cut the salmon into three thick steaks, divide each steak into four pieces, lay them in an enamelled sauce-pan, with the onion, parsley, mint, bay leaf, and green peas, and place over them the cucumber cut into thin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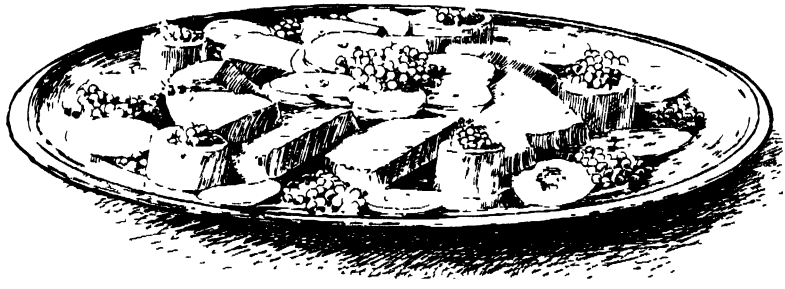
slices. Season with a little cayenne and salt, and add a short ½ pint of water, the wine, lemon-juice, vinegar, and sugar. Stew gently for three-quarters of an hour. Remove the onion, herbs, and bay leaf. Dress the fish on a dish, garnish with the peas and cucumber, and pour the sauce over. Serve very hot with new potatoes (fig. 257).

Salmon (*Saumon en Mayonnaise*).—1 salmon, 1 cucumber, 2 cos lettuces, lobster coral, mayonnaise.

Boil the salmon, and when it is cold, dress it on a dish: decorate it along its length with some slices of cucumber and some lobster coral. Break the heart of the lettuce into pieces, add the remainder of the slices of



aux Petits Pois

cucumber, and pour in a thick mayonnaise sauce Dress the salad round the salmon.

Sole (*Filets de Sole en Aspic*).—2 large soles, ½ pint cooked green peas, 1 pint aspic.

Cut 8 fillets from each sole, roll and tie them tightly, and boil in salted water till they are cooked. Make 1 pint of aspic, using the stock in which the fish was boiled instead of water. Coat plain dariole moulds with the aspic when it is nearly cold and will only just run. Remove the cotton from the rolls when they are cold and place one roll in the centre of each mould. Fill the moulds with aspic, drop a few peas in each, and let them set for at least twelve hours. Turn them out by dipping each mould for a moment in hot water (fig. 258).

Sole (*Sole à la Blanchaille*).—1 large sole, frying fat, lemon, cayenne, brown bread.

Skin and fillet the sole, and cut it into strips about the size of white-bait. Dry them in a clean cloth, sprinkle them lightly with flour, shake them well, and put them, a few at a time, into a frying-basket. Boil some fat in a sauté-pan, and place the basket in it. When the fish are fried a pale-golden colour, which will be in a few seconds, shake the basket and put its contents on kitchen paper to drain, close to the fire. Sprinkle with salt and a little cayenne. Be very careful to fry a few only of the fillets at a time in order to make them crisp. Keep them very hot,

and garnish with fried parsley. Serve with slices of thin brown bread and butter, lemon and cayenne.

Sole (*Petites Bouchées de Sole*).—1 pair of soles, ½ pint shrimps, ½ pint rich brown sauce, lemon-juice, 1 oz. butter, flour, potatoes.

Cut some raw potatoes into cork-like shapes. Fillet the soles, roll them round the potato and tie them with cotton. Put the sauce in a clean stew-pan, place in it the roulades of fish and stew them gently till they are tender. Stand them in a "round" on a hot dish, take off the cotton, and remove the potatoes very gently. Warm the shrimps thoroughly in the butter and

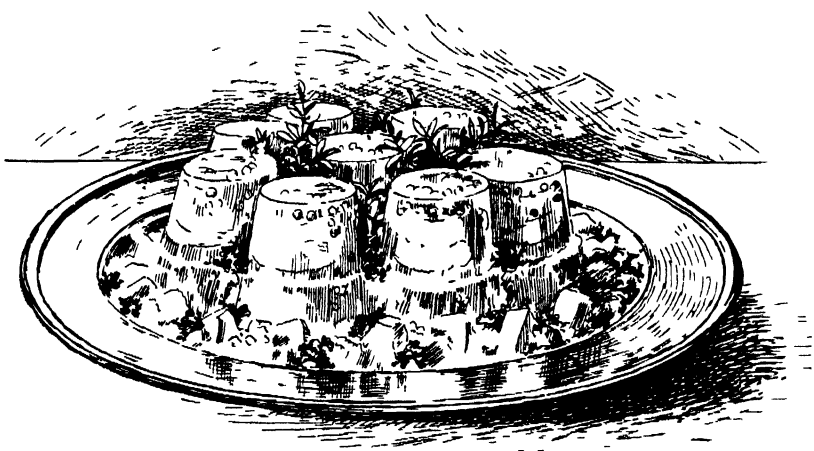


Fig. 2 S Filets de Sole en Aspic

a tea-spoonful of flour, and fill the roulades Squeeze a little lemon-juice into the gravy and, should it be too thin, add a little dark-brown roux. Pour it round the soles and serve very hot. Or the roulades, instead of being stewed, can be covered with egg and bread-crumbs and fried in boiling fat and treated in the same way

Sole Colbert.—1 pair of soles 1 egg, bread-crumbs, frying fat, 2 oz. butter, 1 lemon, 3 table-spoonfuls finely-chopped parsley, pepper salt, flour.

Wash the soles, wipe them very dry, and dust them over with flour. Beat up the egg on a plate. Cover the soles with it, and roll them well in the bread-crumbs Heat the fat in a deep frying-pan, and when it boils fry the soles a golden brown in it. Sprinkle them with fine salt, and drain them on paper before the fire

Work the butter with a spoon in a basin till it is soft, and mix it with the parsley (which should be squeezed quite dry in a cloth), plenty of pepper, salt and a tea-spoonful of lemon-juice Make an incision down the back of each sole, lift up the flesh on each side with the handle of a spoon, and insert the mixture. Fold over the flesh, and squeeze a little more lemon-juice over Garnish the dish with cut lemon and sprigs of parsley.

Sole (*Soles Moulées*).—1 pair of soles, 1 cocoa-nut, ½ pint milk, 1½ gill cream, green ginger (or chillies), flour, batter.

Fillet the soles and fry them in batter. When they are a nice golden colour, arrange them neatly on a dish, and pour over them the following sauce, which should have been previously prepared:—

Free the cocoa-nut from its brown skin, scrape it on a grater, pour a large cupful of boiling water over it, and let it stand all night. Next morning strain the water off, and mix the cocoa-nut with a *table-spoonful* of flour to the consistency of thick cream. Pour the milk into a sauce-pan, and just as it comes to the boil add the cocoa-nut and flour mixture, and stir till it thickens. Add the cream, stir again, and pour this over the soles. Garnish with red chillies.

Sprats in Batter.—2 dozen fine sprats, 1 lemon, 1 egg, ¼ pint milk, frying fat.

Make a batter, and let it stand for some time. Split the sprats down the back, without dividing them. Take the head of each between the thumb and finger and remove the bones and inside. Fold into shape. Have a pan filled with boiling fat. Dip the fish into the batter and fry them, a few at a time, in the fat till they are very crisp. Serve very hot with cut lemon, cayenne, and brown bread and butter.

ENTRÉES.

It will greatly simplify the making of quenelles, kromeskies, croquettes, fritadelles, and crépinettes, to remember that their composition is fundamentally the same. The difference consists in the manner in which they are finished. Recipes may be given in abundance, but if a few simple rules are observed, the amateur can very well adapt them to her special purpose. Notwithstanding the general idea to the contrary, these dishes can be made almost as well with cooked meats as with raw. In the former case, however, they must be moistened with strong meat juice or gravy of the same class. The required consistency is often a stumbling-block, but there need be no difficulty if panada, properly made, is used in the right proportion, as it supplies the exact amount of moisture wanted. The right proportion is one-fourth of panada to three-fourths of meat. White meats generally require a second flavouring meat, such as tongue, ham, or bacon, the proportion being one-fourth of the latter to three-fourths of the former. The number of eggs must vary with the required richness. Sweet herbs, parsley, lemon-peel, mace, nutmeg, oysters, and mushrooms are the usual flavourings for white meats, while onions, mushrooms, herbs, parsley, spice, and curry powder are more often used to flavour brown meats. It is of the utmost importance to remove all skin and gristle from the meat, and to pound and amalgamate all the ingredients thoroughly. After the farce has been prepared it should be shaped on a floured board into small balls, flat cakes, cutlets, or corks. They can then be finished in any of the following ways:—

CRÉPINETTES.—Lay the farce on small squares of the thin tissuey fat of pork, veal, or lamb, and fold them in it. They may then be either baked in a moderate oven till they are sufficiently cooked, or rolled in egg and bread-crumbs and fried in boiling fat.

KROMESKIES.—Dip the shapes into a well-made batter and fry them in boiling fat.

QUENELLES.—Shape the quenelles with two spoons dipped in boiling water. Butter a sauté-pan and lay them in it, keeping them well apart. Cover with a well-greased paper. Fill the pan with boiling salted water, and poach for ten or fifteen minutes over a slow fire. Afterwards the quenelles are sometimes covered with egg and bread-crumbs and fried in the usual manner.

RISSOLES—Dip the shapes into an egg, cover them thoroughly with fine sifted bread-crumbs, and fry them in boiling fat.

Beignets de Veau aux Champignons (*Veal Fritters with Mushrooms*).—¾ lb. mushrooms, 1 oz. butter, the juice of ½ lemon, ½ French roll, a little strong clear stock (or milk), 1 gill cream, 1 lb. galantine of chicken (or veal), 1 egg, 1 table-spoonful oil.

Cut the galantine into slices, but not too thin or they will break Have ready a light frying batter, dip each slice into it, plunge the slices into boiling fat, and fry them a light golden colour. Take them out quickly and drain. Place a tea-spoonful of mushroom purée on each, and dress them down a silver dish. Do not fry too many at a time, or they will lose the crispness which is their chief charm.

To make the purée, clean the mushrooms and mince them finely. Place the butter in a clean enamelled iron sauce-pan, and as soon as it boils add the mushrooms with the lemon-juice, a good dust of white pepper, and salt to taste. Stir briskly over a slow fire for five or six minutes. Add the crumb of the French roll, previously soaked in the strong clear stock (or milk). Stir again for two or three minutes and add the cream. Make the mixture very hot, stirring all the time in order to avoid burning. Pass it through a hair sieve into a clean sauce-pan, re-warm, and use as already directed.

Bouchées d'Homard à la Reine (*Lobster Patties*).—1 lb. rich puff pastry, 1 lobster, 2 yolks of eggs, ¼ pint milk, ¼ pint cream, 1 oz. butter, 1 table-spoonful potato flour.

Roll the pastry about ¾ inch thick, and stamp out some rounds with a cutter dipped in hot water. With a rather smaller cutter stamp these rounds nearly to the bottom of the pastry. Bake them a light brown in a quick oven. After removing the stamped centres, scrape out the soft pastry and fill the moulds with a mixture made thus:—Melt the butter in a sauté-pan, and stir in the flour till smooth. Add the milk, and stir till it boils. Take the pan off the fire, beat the yolks and stir them in. Re-warm, adding the cream, a little cayenne pepper, and salt, and stir till the contents of the pan are hot but not boiling. Flake the lobster into small pieces and stir it in the mixture. Add some of the coral and fill the cases. Cover with the stamped-out centres of pastry (fig. 259).

Chaudfroid de Poulet (*Chaudfroid of Chicken*).—Remains of cold fowl, 2 table-spoonfuls cream, 2 table-spoonfuls white sauce, macedoine of vegetables, ½ pint aspic, water-cress, tomatoes.

Cut the fowl into very neat pieces. Boil the cream, white sauce, and aspic jelly (see "Cookery Adjuncts") till the liquid is sufficiently reduced. Wring it through a tammy, and when it cools a little, coat the joints thickly with it, using a knife dipped into hot water. When it is quite cool and set, coat the joints with a thin glaze of aspic which is just liquid. Dish the joints in a pile, on a border of rice or aspic. Slice some tomatoes; sprinkle them, and also the macedoine of vegetables and the water-cress,

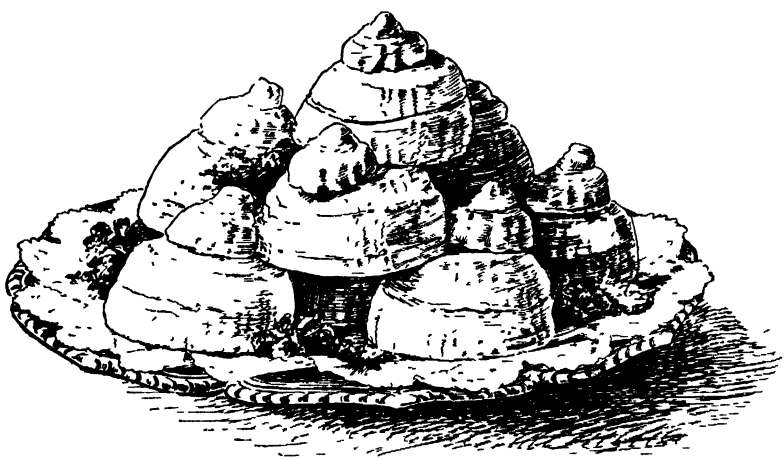


Fig. 259.—Bouchees d Homard a la Reine.

with oil and vinegar. Pile the macedoine in the centre and garnish with water-cress, sliced tomatoes, and, if desired, a few olives (fig. 260).

Chicken Cutlets.—½ lb. cold chicken, ¼ lb. ham (or tongue), 1 dessert-spoonful chopped parsley, 1 tea-spoonful chopped shallot, 2 eggs, bread-crumbs, 2 oz. panada, frying fat.

Pound the chicken and ham (or tongue) very smooth in a mortar, add the panada, parsley, shallot, 1 egg, pepper, and salt, and pound all together. Leave the mixture till it is quite cold, and then shape it into very small cutlets. Beat the remaining egg, dip the cutlets in it, and cover them well with the bread-crumbs. Fry them a pretty golden brown in plenty of boiling fat. When they are cold, dress them on a doyley, with plenty of parsley sprigs as a garnish.

Crépinettes de Foie de Porc (*Crépinettes of Pork Liver*).—¾ lb. pork liver, ½ lb. fat pork, pig's caul, 1 clove of garlic, 1 egg, 1 dessert-spoonful chopped parsley, sauce.

Cut the meats into fine strips about 1½ inch long, and put them on a plate. Chop the garlic very fine, and mix it with the parsley, salt, pepper a grate of nutmeg, and a little spice, into the meat. Plunge the caul

into boiling water for a few minutes, spread it on a board, and cut into convenient squares. Place a large table-spoonful of meat on each. Wet the edges with white of egg, fold them over and shape neatly into squares. Place the crépinettes, with the folded sides downwards, on a baking-tin, and bake them in a fairly hot oven for half an hour. Garnish with fried parsley. Serve with tomato sauce, or any other mildly-flavoured white or brown sauce.

Crépinettes de Gibier: Sauce Tomate (*Crépinettes of Game*).—4 oz.

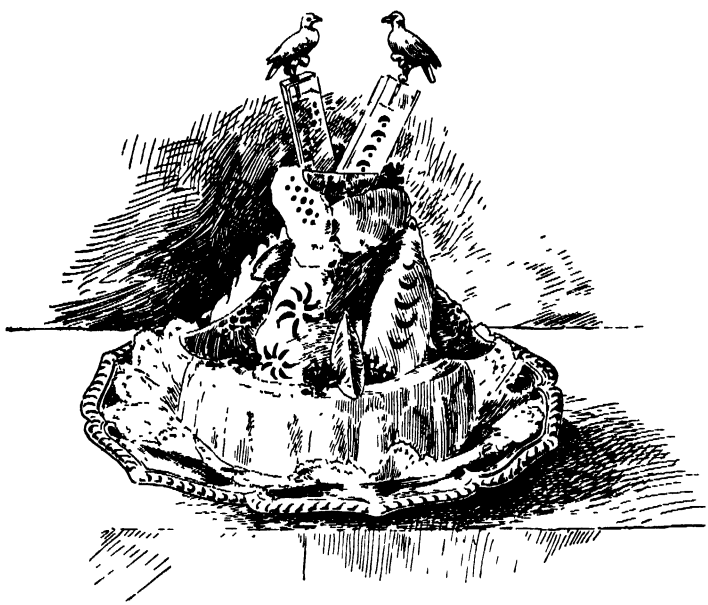


Fig 260.—Chaudfroid de Poulet

cooked game, 1 oz. cooked ham or tongue, 2 mushrooms (or truffles), 2 eggs, 1 oz. butter, 1 dessert-spoonful flour, 1 gill milk, 1 tea-spoonful strong gravy, pig's caul (or veal udder), ½ pint tomato sauce, frying fat.

Free the meat from skin and gristle, chop it very finely and also the mushrooms, and put them into a sauce-pan. Add the butter and flour worked into a smooth ball, the milk, gravy, and a seasoning of salt, pepper, and a pinch of grated nutmeg. Cook for ten minutes, stirring the whole time, add the beaten yolk of 1 egg, and spread the mixture on a dish to cool. Shape it into 6 or 8 flat ovals, and wrap each in a piece of the caul. Dip them into beaten egg and cover with sifted bread-crumbs. When they are set, egg-and-breadcrumb them a second time, and fry them a golden brown in boiling fat. Drain them on kitchen paper, and dress in a pile on a hot dish. Garnish with fried parsley, and pour the tomato sauce round just before serving.

Dry Curry with Sambol.—½ lb. of lean leg of mutton (or rump steak), 2 oz. butter, 1 table-spoonful fine bread-crumbs, 1 lb. lean bacon (or ham),

¼ lb. rice, 1 onion, 1 chilli, 3 hard-boiled eggs, 1 table-spoonful curry powder, ¼ pint cocoa-nut milk. And for the sambol:—1 table-spoonful grated cocoa-nut, 3 drops lemon-juice, 1 chilli chopped fine (or a little cayenne).

Cut the meat and bacon (or ham) into very small pieces. Chop the onion, chilli, and eggs separately. Melt the butter in a stew-pan and cook the onion in it. Add the meat, bacon (or ham), chilli, curry powder, and cocoa-nut milk. Stir them well together, and cook them till they are dry. Add the eggs and the bread-crumbs, and serve, with the rice on a separate dish.

Mix well together the ingredients composing the sambol, and serve in a small glass dish.

Fritadelles de Faisan (*Pheasant Fritters*).—½ lb. pheasant, 1 tea-spoonful parsley, ½ salt-spoonful lemon-thyme, ½ salt-spoonful lemon-peel, 1 oz. butter, ½ lb. bread-crumbs, 2 poultry livers, 2 eggs, 1 gill milk, (2 mushrooms if possible), nutmeg, frying fat.

Mince very fine the cold pheasant, liver, parsley, thyme, lemon-peel: mix them together with the finely-grated bread-crumbs, and season with salt, pepper, and a grate of nutmeg. Make a batter as for kromeskies (see "Cookery Adjuncts"). Melt the butter in an omelette-pan, pour in part of the batter, about ⅛ inch thick, and sauté a pale golden-brown colour. Place the pancake on a dish and spread it with the farce. Make a second pancake, cover the farce with it, and cut the whole into pretty shapes. Grate and sift some bread-crumbs. Beat 1 egg in a saucer: dip the shapes into it, cover them with crumbs, and fry them a pale golden-brown in plenty of boiling fat.

Kabobs Écossais.—4 sheep's kidneys, 2 large sweet-breads, 24 button mushrooms, 3 oz. butter, 3 oz. thick sour cream, 1 table-spoonful Liebig, 1 table-spoonful chopped parsley.

Skin and core the kidneys, and split each in two pieces. Blanch and cut each sweet-bread into 4 thick slices of the same size as the kidneys. Prepare the mushrooms, being careful not to break them. Place kidneys and mushrooms alternately on silver skewers, and fasten the skewers on a spit before a clear fire. Warm the butter, cream, Liebig, and parsley together, season with salt, cayenne, and pepper, let the mixture boil for one minute, and then baste the kabobs with it till they are browned. Have ready eight slices of freshly-made dry toast, and lay the kabobs with their skewers on them. Remove all grease from the sauce, and pour over just before serving.

Lobster Ramakins.—Cold lobster, cream, anchovy sauce.

Pound some cold lobster with sufficient cream to make it into a smooth paste. Add to it a little anchovy sauce and a pinch of cayenne, pass it through a sieve, and beat it up with a little more cream (clotted if possible). Fill some little paper cases with the mixture. Sprinkle over them a little coral, or, if tinned lobster has been used, a little chopped hard-boiled egg. Serve on a clean folded serviette.

Mousse de Foie-Gras (*Mould of Pâté de Foie-Gras*).—1 terrine of

foie-gras, 1 jar potted ham, 2 oz. cold white meat (or poultry), lemon-juice, 1½ gill strong white stock, 3 eggs, 1 oz. butter, 1 tin macedoine (or green peas), 1 table-spoonful cream.

Pound the meat to a paste with part of the butter. Add the foie-gras (freed from its fat) and the potted ham, and pound vigorously for two or three minutes. Sprinkle in a little cayenne pepper and a squeeze of lemon-juice: add the stock, and then, one by one, the well-beaten yolks of the eggs, and finally the whites, whisked to a stiff froth. Fill small buttered moulds with the mixture and steam for half an hour. Turn the contents out very carefully and place in a larder till cold. Serve garnished with a macedoine of vegetables drained and tossed in a little cream, or with cold green peas also mixed with a table-spoonful of cream. The mousse can be iced if desired.

Petites Caisses aux Truffes (*Little Truffles Soufflés*).—6 oz. uncooked chicken (or rabbit), 2 eggs, 2 yolks, 1 truffle, 1 gill cream, 2 mushrooms (tinned will do), ½ oz. butter.

Pound the meat, which should be the white part of the chicken or rabbit, till it is very smooth. Add gradually the four yolks and the cream, season with salt and pepper and a pinch of powdered mace, and rub through a fine sieve. Chop the mushrooms and truffles, and add them to the mixture. Whisk the white of the eggs to a stiff froth and stir it in gently. Fill some china or paper cases three parts full. Place them on a baking-sheet, and bake in a rather hot oven for about twenty minutes. Arrange the cases on a dish with a folded napkin. Serve at once.

Petites Caisses Froides (*Chicken in Little Cases*).—3 oz. cold fowl, 3 oz. ham (or tongue), 1 gill cream, (3 mushrooms if possible), 1 gill strong stock, ½ oz. butter, aspic, flour.

Cut the meat of the fowl and the ham or tongue into pieces the size of a shilling. Chop the mushrooms and add the stock, cream, butter, 1 tea-spoonful of flour, a little cayenne, and some pepper. Put the mixture into a stew-pan and stir it over the fire till it is thoroughly amalgamated and hot, but not boiling. When it is cold, pile it into paper cases, garnish with some chopped aspic (see "Cookery Adjuncts") and a little coralline pepper.

Pigeon Farci (*Stuffed Pigeons*).—3 pigeons, 2 eggs, 1½ lb. panada, ½ pint rich brown gravy, ½ lb. lean veal, 2 oz. butter, frying fat.

Split the pigeons, and after removing the breast-bones, flatten each half with a cutlet-bat. Broil them for ten minutes in a sauté-pan with the butter, season them with salt and pepper, and place them under a weighted board. Pound the veal, add the panada, a tea-spoonful of the butter in which the pigeons were fried, and one egg, and pound again, mixing smoothly. Season with salt and pepper and a pinch of nutmeg, and then rub the mixture through a sieve. Spread the outsides of the pigeons with part of the farce, and form the remainder into little balls of the size of marbles. Shape the pigeons neatly, and as nearly as possible like cutlets, egg-and-breadcrumb them, and fry them in plenty of boiling fat a pale golden-brown. Egg-and-breadcrumb and fry the balls. Dress the cutlets

round any nice vegetable, pile the balls on the top and pour the gravy round the base (fig. 261).

Poulet aux Petits Pois (*Stewed Chicken, with Green Peas*).—Cold chicken, 1 pint green peas, 1 oz. butter, 3 small green onions, 1 bunch of parsley, ¼ pint strong stock and gravy mixed, flour.

Cut the chicken into small pieces, put them into a stew-pan with the peas, onions, butter, and parsley, and fry for seven minutes. Sprinkle in a small tea-spoonful of flour Add the stock and gravy, and let the mixture simmer for one hour. Dress *en couronne* with peas in the centre, pour the gravy round, and serve

Quenelles Blanches (*Quenelles of White Meat*).—½ lb. cold rabbit (or

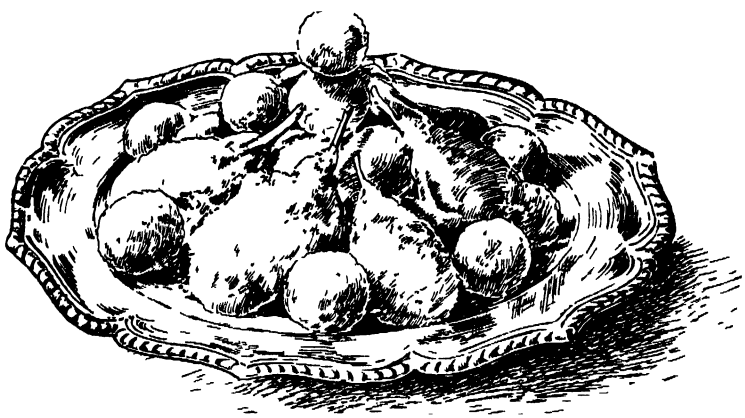


Fig. 261. Pigeon Pie.

any other white meat), 2 oz fat bacon, 2 oz panada, peel of ¼ lemon, 1 table-spoonful parsley, ½ pint rich gravy (or milk), ¼ oz. butter, 2 onions, vegetables

Chop and pound the meats together thoroughly Season with the parsley, chopped lemon-peel, salt, and pepper. Add the panada, work the mixture to a paste, form into egg-shaped balls, and finish as directed for quenelles. Dress them over a mould of cooked vegetables, and pour over them the gravy or an onion sauce made with the butter, onions, and milk. The same mixture will make excellent kromeskies

Quenelles de Veau (*Quenelles of Veal*)—¼ lb lean veal, 3 gills milk. 6 oz bread-crumbs, 3 eggs, 2 yolks, 3 oz lean bacon, ½ lemon, 4 oz. butter, 4 oz rice, 3 ripe tomatoes, 1 pint rich stock parsley, fried croûtons, flour.

Chop the veal freed from skin and sinews. Soak the bread in 2 gills of milk. Pound the veal in a mortar, and add gradually the yolks and two of the eggs Mix in 1 dessert-spoonful of flour, 1 table-spoonful of milk, and 1 oz of butter, and the soaked bread, season with salt, pepper, and a grate of nutmeg, and rub through a wire sieve. Mould the farce of veal into the shape of eggs, by means of 2 spoons dipped into hot water.

Put them carefully into a buttered sauce-pan, and add boiling water. Draw the pan to the side of the fire and poach these quenelles gently from fifteen to twenty minutes. When they are cold, egg-and-breadcrumb them and fry a pale golden colour in boiling fat. Wash the rice in several waters, put it into a sauce-pan, and cover it with cold salted water. Heat it, and when it comes to the boil, drain and throw it into cold water. Melt 2 oz. butter in a stew-pan. Cut the bacon into dice, fry them lightly in the butter, and drain. Add the rice, and stir over a brisk fire for some minutes without allowing it to colour. Add sufficient stock to cover the rice well, and cook gently till the latter is tender, shaking the pan occasionally, and if neces-

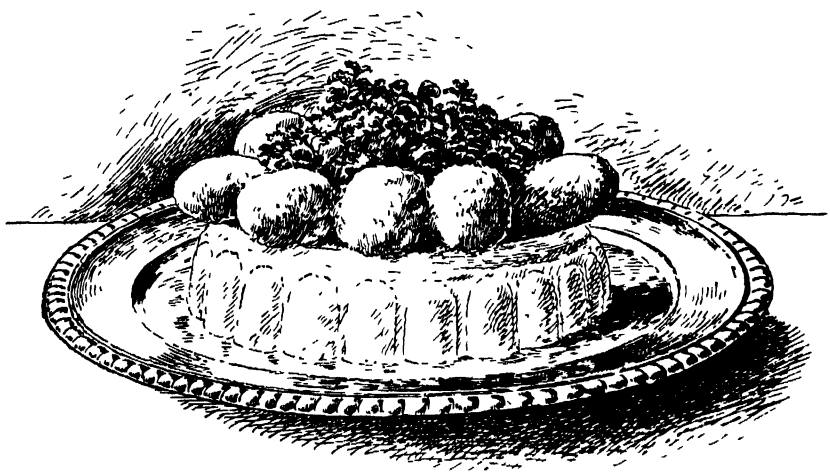


Fig. 262.—Quenelles de Veau.

sary stirring carefully with a fork. Slice the tomatoes into a sauce-pan, toss them in the remainder of the butter over a quick fire for ten minutes, and then pulp them through a sieve. Add half of this sauce to the rice, and let it evaporate till it is firm enough to mould. Press the rice into a buttered mould, turn it out quickly on a hot dish. Dress the quenelles in a circle on the rice, and pour the sauce round the base. Serve with fried parsley and croûtons as a garnish (*fig.* 262).

Rissolettes, with Italian Paste.—1 lb. beef, ½ lb. fat bacon, 1 table-spoonful parsley, 3 yolks and 2 whites of eggs, 2 table-spoonfuls Parmesan cheese, 1 salt-spoonful chopped onion, peel of ¼ lemon, 2 oz. butter, 11 oz. flour (7 oz. baked), 1 gill stock (or milk), ½ pint good gravy.

Rub the butter into the baked 7 oz. of flour. Beat the yolk of one egg into one wine-glass of water, mix with the flour, knead into a smooth paste, and roll it out ⅛ inch in thickness. Roll it over and over like a roly-poly pudding, cut it into thin slices, and leave it for a few hours in a cool place. Chop the beef and bacon very finely and pound them together; add the parsley, onion, and chopped lemon-peel, and season with salt and pepper. Make a panada with the remaining flour and the stock (or milk), add it

with 1 egg to the chopped meat, and, after beating well, proceed as directed for rissoles. Dry the strips of paste in a quick oven for five minutes, and place them, with the gravy, in a stew-pan. Add the cheese, salt, and a little mustard. Let the mixture just boil up and then simmer for half an hour. Drain the paste. Dress it round a hot dish, pile the rissolettes in the centre, and pour the gravy over.

Vinaigrette of Chicken (*Chicken Salad*).—A cold chicken, cold boiled new potatoes, 4 oz. cold boiled tongue, 1 small beetroot, 3 hard-boiled eggs, 1 tea-spoonful chopped parsley, 1 tea-spoonful chopped shallot, 3 table-spoonfuls salad oil, 2 table-spoonfuls plain (or flavoured) vinegar.

Cut the chicken into small neat pieces, removing all skin, bone, and gristle. Cut the potatoes into quarters and the tongue into strippets. Place these three ingredients in a salad-bowl or deep dish, and toss them with the oil, vinegar, salt, pepper, parsley, and shallot. *Mix thoroughly, decorate with* the eggs and beetroot, and cut into thin slices.

Vinaigrette of Cold Beef (*Cold Beef Salad*).—½ lb. beef, 1 lb. new potatoes, 1 pint cooked haricot beans, 1 table-spoonful chopped parsley, 1 salt-spoonful chopped onion, oil, vinegar, flavoured or plain. If the vinegar is unflavoured, add a few chopped herbs, such as tarragon, chives, or chervil.

Cut the beef into neat dice. Boil the potatoes, and slice them. Add the parsley, onion, and haricot beans, and mix them thoroughly. Season with salt, pepper, and, if required, a salt-spoonful of the herbs. Pour over the mixture 2 table-spoonfuls of vinegar and 4 of oil, and mix all well together. Pile on a dish, and garnish with parsley, mustard, and cress.

Vol-au-Vent.—1 lb. rich puff pastry, 1 lb. cold chicken, 2 cooked calf's (or ox's) sweet-breads, 1 tea-spoonful parsley, 1 oz. butter, 1 oz. potato flour, 2 yolks of eggs, 1 gill cream, (a few cooked mushrooms or oysters if possible), ½ pint milk.

Do not roll out the pastry for the last time till an hour before the vol-au-vent is needed for the table; then roll it carefully to the thickness of 2 inches. Make it round in shape, and with the aid of a large plain cutter, or saucer, mark out another round inside the first one, taking care that the cutter does not go deeper than a third of the thickness. Decorate the top, brush it over with yolk of egg and water, lay it on a greased baking sheet, and place it in the oven. At the end of forty minutes it will have risen to at least twice its original size. After taking it out of the oven, slip a knife round the incision, carefully separate the circular top, and, with a silver fork, remove the soft paste left in the middle of the mould. Fill with the following mixture, cover with the circular top, and serve while thoroughly hot.

For the filling cut the white part of the chicken and the sweet-breads into dice. Season with the parsley, salt, pepper (and mushrooms or oysters if they are used). Melt the butter in a stew-pan and stir the flour smoothly in. Add the hot milk and stir it till it thickens. Add the yolks of the eggs well beaten and the cream. Stir till it is very hot without boiling. Mix in the meat, remove from the fire, and stir the mixture till the whole is amalgamated.

MEAT, POULTRY, AND GAME.

Bœuf à la Mode (*Stewed Beef*).—4 lbs. rump of beef without bone, 4 slices fat bacon, juice of 1 lemon, 1 sprig thyme, 1 bay leaf, ½ onion, 1 oz. butter, 1 oz. flour, 1 quart stock, 2 carrots, 10 button onions, 1 bunch of sweet herbs, 1 glass of claret.

Trim and shape the beef, lard it evenly, and place it in a basin with pepper, salt, lemon-juice, bay leaf, thyme, the onion sliced, and the wine. After some hours, take it out, drain, and fry it in a stew-pan with the butter till it is a good brown colour. Slightly brown the button onions. Stir the flour in the butter and heat till it browns, add the marinade (the mixture in which the beef was soaked), stock, and bunch of herbs, let the mixture come to the boil, and skim it well. Slice the carrots. Place the meat in the stew-pan, add to it the carrot and onions, and let it simmer gently for two hours. Dress it on a hot dish. Skim the gravy and pour it over, and arrange the carrot and onions in little heaps round. Serve very hot.

Bœuf Napolitain (*Neapolitan Stewed Steak*).—3 lbs. shin (or thin end of sirloin) of beef, 2 table-spoonfuls vinegar, 1 table-spoonful oil, 2 oz. butter (or dripping), 2 shallots, 1 onion, 1 carrot, 1 blade of celery (or a pinch of celery seed), ¼ lb. macaroni, 1 clove of garlic, flour.

Cut away all the superfluous gristle, and after rubbing the meat with the clove of garlic place it in a marinade of vinegar, oil, pepper, and salt, and leave it for at least an hour. At the end of that time take out the meat, wipe it thoroughly dry, and cut it into neat pieces about 2½ inches long and 1½ inch wide. Warm 1½ oz. of clarified dripping or butter in an enamelled iron stew-pan. As soon as it melts add the meat, and fry it for ten or twelve minutes. Add the shallots finely minced, the onion peeled and sliced, the carrot scraped and cut into thin strips, the celery chopped, and salt and pepper to taste. Moisten with ½ pint of water (or weak stock). Place the lid on the stew-pan and let its contents simmer over a slow fire until the meat is thoroughly cooked and all the vegetables are tender. Pile the meat up neatly on a hot dish. Pass all the vegetables through a hair or very fine wire sieve, return them to the sauce-pan, and thicken with 1 dessert-spoonful of flour rubbed into a ball with the rest of the butter. Have ready a soup-plateful of freshly-boiled hot macaroni and garnish the beef with it. Make the sauce very hot, and pour it over and around the beef. Serve immediately.

Filet de Bœuf (*Fillets of Cold Roast Beef*).—1 lb. cooked beef (if possible, undercut of sirloin), 3 large onions, 1 egg, ½ oz. butter, 3 gills milk, mace, flour, bread-crumbs, frying fat.

Cut the beef into neat fillets about ¼ inch thick. Slice the onions, parboil them in salted water till they are soft; drain, and chop them very fine. Mix one table-spoonful of flour smoothly into the butter, and stir into a short ¼ pint milk. Add the onion, season with salt,

pepper, a little sugar, and a small piece of mace, and stir the mixture till it boils. Let it simmer till it is quite soft, and then pulp it through a sieve. It should be of the consistency of a thick purée. Spread each fillet thickly with it and press them together in couples. Beat the egg, grate and sift some bread-crumbs; dip each pair of fillets into the egg, and cover them well with the bread-crumbs. Fill a stew-pan with fat, and when it boils fry them in it a pale brown. Add one gill of milk to the remainder of the purée, stir, and let it boil once; dress the fillets *en couronne*, and pour the sauce over them. Serve with fried croûtons or fried parsley (fig. 263).

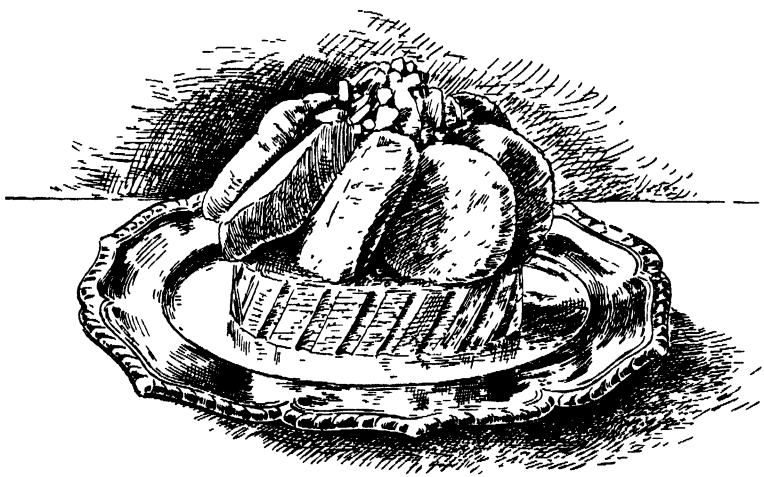


Fig. 263 Filet de Bœuf

Minced Beef.—1 lb. beef, 2 onions, 1 carrot, 2 cloves, 1 small bunch sweet herbs, 1 oz. butter, 1 salt-spoonful chopped lemon-peel, 1 table-spoonful Worcester sauce, 1 table-spoonful Harvey sauce, 3 eggs, mashed potatoes, 1 oz. flour.

Cut the beef from the bone, and run it through the mincing-machine, or chop it as finely as possible. Break the bone into small pieces and put them into a stew-pan with the onions (each stuck with a clove), the carrot, and mixed herbs. Add a quart of water and a tea-spoonful of pepper, and let the mixture simmer gently until it is reduced to less than a pint. Thicken it with the flour and butter kneaded together. Put the beef into a stew-pan with the lemon-peel, a dust of nutmeg, the Worcester and Harvey sauces, and a pinch of salt. Add the sauce, and stir over the fire till it boils. Serve with poached eggs, and garnish with a border of mashed potatoes.

Polish Beef.—2 lbs. leg of beef, 2 oz. butter, 1 bunch of sweet herbs, 1 bunch of parsley, ½ lb. suet, 1 egg, 12 peppercorns, ½ blade of mace, bread-crumbs, 1 onion stuck with 12 cloves.

Cut the meat into pieces and fry them in the butter. Chop the suet, parsley, and onion, and make into forcemeat balls with the bread-crumbs,

egg, herbs, salt, and pepper. Fry them a pale-brown. Season the meat with salt and pepper. Let them simmer in a little water in a tightly-covered jar in the oven for six hours and add the force-balls an hour before serving.

Galantine de Veau (*Galantine of Veal*).—½ breast of veal, 3 hard-boiled eggs, 1½ lb. sausage meat, glaze, 1 oz. each of ham, tongue, and, if possible, mushrooms.

Bone the veal carefully. Cut through the thick part horizontally from the outside in such a manner that the upper piece may be folded towards and over the thin flap, so as to make the whole of a uniform thickness. Flatten it and trim the edges straight. Place a layer of sausage meat over it. Chop the ham, tongue, mushrooms, and eggs into dice, and place them over the sausage meat. Roll the veal tightly, beginning at the thick end, then roll it in a clean, wet pudding-cloth, sew the edges to keep it firm, and tie the ends. Place it in a deep, large stew-pan, half-full of weak stock or water, at the side of the fire, and let it simmer gently for about 40 minutes to the pound. When it is done, press it between two dishes with heavy weights on the top. When it is quite cold, remove the cloth and trim the edges neatly. Brush it over with glaze—which the bones and sinews removed from the veal will help to make—and decorate it prettily.

Gigot d'Agneau (*Leg of Lamb*).—Leg of lamb, ½ peck young green peas, a few slices of bacon (or fat pork), flour.

Wipe the lamb with a damp cloth, dry, and dust it with flour. Place the bacon or fat pork in a stew-pan and fry it until the fat is melted; then take away the remainder and leave the clear grease. Place the joint in a stew-pan and brown it all over. Add enough water nearly to cover it, and let it simmer gently for an hour and a half. Add the peas and cook till they are tender—about half an hour. Remove the joint to a hot dish, place the peas round, and dust a little flour over them. Take away all the fat from the pan, add a little hot stock and scrape away all the brown from the pan into it, and pour it round the meat. Serve very hot.

Roulade d'Agneau (*Rolled Saddle of Lamb*).—Saddle of lamb, 3 eggs, sweet herbs, 1 head of celery, ½ lb. suet, ¼ pint stock, ½ lemon, bread-crumbs, ½ lb. bacon, 1 table-spoonful flour.

Bone the lamb. Chop the suet and lemon-peel and make into a force-meat with bread-crumbs, a few sweet herbs, pepper and salt, and an egg. Stuff the lamb, roll and bind it closely, and cover it with slices of the bacon. Braise very gently, with the celery and some herbs, in half of the stock for three hours. Let it get cold in the liquor. Remove and cover it with egg and bread-crumbs, and brown slightly in the oven. Thicken the remainder of the stock with the flour, squeeze in the lemon-juice, and pour round the meat.

Epigrammes of Breast of Mutton (*Cutlets of Stuffed Mutton*).—Breast of mutton, 4 onions, 1 oz. butter, 1 oz. flour, 1 cooked potato, ½ pint milk, lemon-peel, 1 egg, herbs, bread-crumbs.

Trim all superfluous fat off the meat and boil it till the bones will slip

out. Chop ½ lb. of suet taken from the joint, grate an equal quantity of bread-crumbs, and mix, adding a tea-spoonful of chopped herbs and a strip of chopped lemon-peel. Make this into forcemeat with the beaten egg, salt and pepper, and spread it over the meat Fold the latter over, put it between two dishes, and press with weights. When it is perfectly cold, cut it into neat pieces. Peel and slice the onions, put them into a stew-pan with the butter, a little nutmeg, pepper and salt, and let them simmer gently till they are nearly dissolved. Cook them thoroughly, but do not allow them to take colour. Add the flour, potato, and milk. Replace the sauce-pan over the fire and stir for twenty minutes. Pulp the sauce through a hair sieve. Put it in the sauce-pan, adding a little milk, if necessary, and stew the cutlets in it for one hour. Dress them down a dish and pour the sauce over.

Gigot à la Soudan (*Leg of Mutton with Forcemeat Balls*)—Small leg of mutton, 1 tea-cupful cream, 1 tea-cupful Chablis, juice of 2 lemons, 12 oysters, 1 egg, 2 oz. suet, 2 oz. bread-crumbs, 1 tea-spoonful chopped herbs, 1 dessert-spoonful chopped parsley, 1 salt-spoonful chopped lemon-peel, flour, frying fat.

Make a forcemeat of the chopped suet, parsley, herbs, lemon-peel, and the yolk of the egg, shape it into little balls and fry them a pale golden-brown in hot fat. Wipe the mutton with a clean cloth, dust it with flour, pepper and salt, and roast it before a clear fire, basting with the cream, Chablis, lemon-juice, and liquor from the oysters. Half an hour before it is done put the forcemeat balls in the dripping-pan. Place the joint on a very hot dish, and dress the oysters and forcemeat balls round it. Strain away all the fat from the gravy, add ½ tea-cupful of boiling water, put it in a clean sauce-pan and stir till it nearly boils. Serve part of it in a sauce-boat.

Gigot à l'Impératrice (*Leg of Mutton with Anchovies*).—Leg of mutton, 3 anchovies, garlic, 1 glass of port.

Rub the wine into the mutton; make small incisions, put a tiny clove of garlic in each, and hang the joint for ten days. Roast it, and, ten minutes before removing it from the spit, pound the anchovies, pour off the fat from the gravy, and baste with the gravy remaining in the pan and the pounded anchovy. Add, if necessary, ½ tea-cupful of stock and pour it round the meat.

Mutton Cutlets à la Royale (*Mutton Cutlets with Onion Sauce*).—3 lbs. of the middle of the neck of mutton, 8 large onions, potatoes, 1 table-spoonful cream, bread-crumbs, butter, dripping.

Divide the mutton into cutlets. Cut off all the little flat bones; place them in a stew-pan with cold water and use as mutton broth with some extra onion and root vegetables. Trim and scrape the end bone till it is quite clean. Save the bits of fat for dripping or kitchen puddings. Dust the cutlets lightly with white pepper, and reserve them on a plate till they are needed. Peel the onions and place them in ½ pint of the mutton broth, let them simmer gently till done, and then pass through a sieve. Mix this

pulp with treble the quantity of hot, freshly-boiled mealy potatoes, add to it a small grate of nutmeg, a dust of white pepper, and a little salt, a piece of butter of the size of a walnut, and the cream, and beat lightly with a fork. In the meantime, fry the cutlets in the usual manner. Melt a little clarified dripping in a saucer in the oven. Dip each cutlet into it (or, if

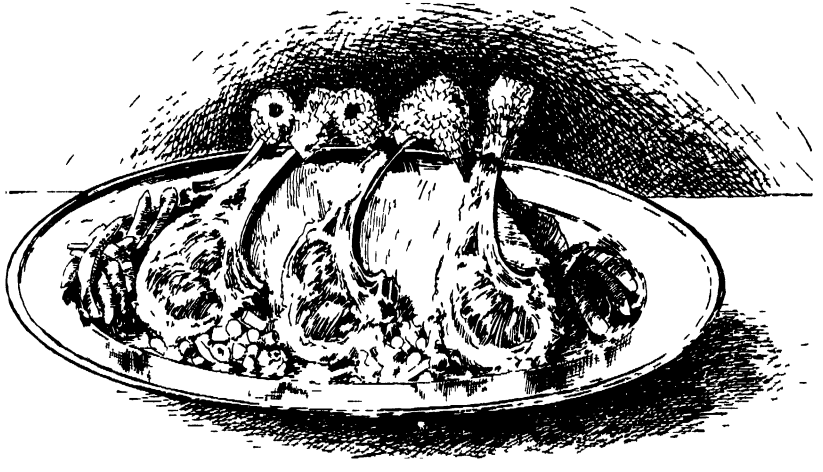


Fig. 264.—Mutton Cutlets à la Royale.

preferred, into egg) and then into fine bread-crumbs, and fry them. Make the potato mixture hot in a small sauce-pan, adding, if necessary, a little more broth, pile it lightly and neatly in an entrée dish, arrange the cutlets around it, and serve immediately (fig. 264).

Mouton à la Duchesse (*Shoulder of Mutton Stuffed and Baked*).—Shoulder of mutton, 2 doz. oysters, 4 oz bread-crumbs, 2 oz. butter, 1 lemon, 1 bunch parsley, 2 eggs.

Bone the shoulder and fill the cavity with a forcemeat made as follows:—Chop the parsley, mix it with the butter, bread-crumbs, grated rind and juice of the lemon, the oysters, eggs, pepper and salt, and insert. Sew the opening up. Bake the meat on a stand in a tin dish for one hour and a half, basting it well and turning once. Serve with the gravy left in the pan after the fat is poured off.

Carré d'Agneau à la Bohème (*Leg of Lamb in Aspic*)—Leg of lamb, 1 small cupful sliced root vegetables, ¼ oz. gelatine, ½ pint tomato sauce, 1 pint shelled peas, 1 truffle, 2 plover eggs (or olives), 1 table-spoonful red-currant jelly, stock.

Remove the thin skin from the fat, shorten the ribs, and saw off any pieces of bone from the thick end of the joint. Pare and trim it nicely, put it in a sauté-pan with the vegetables, a few spoonfuls of stock, pepper and salt, and braise in the oven for one hour or more according to the size of the joint. Remove it to a cool place. Add a little more stock to the vegetables in the sauté-pan, reduce it to half, skim off all the fat, and strain

through a sieve. Add sufficient gelatine to make it set as an aspic. When it is nearly set put a thin glaze over the meat, and make with the remainder 6 aspic timballes, with the addition of the peas. Place a shallow, oval, well-moulded layer of cooked rice on a dish, lay the meat on it, and after mixing the jelly with the tomato sauce, pour it over. Chop the remainder of the aspic and place it in little heaps, alternately with the timpales of peas, round the dish. Decorate two silver attelettes with olives or any other decoration and stick them into each side of the joint at the top of the neck. Serve cold (fig. 265).

Fillets of Pork, with Soubise (or Celery) Sauce.—2 lbs. of the loin of

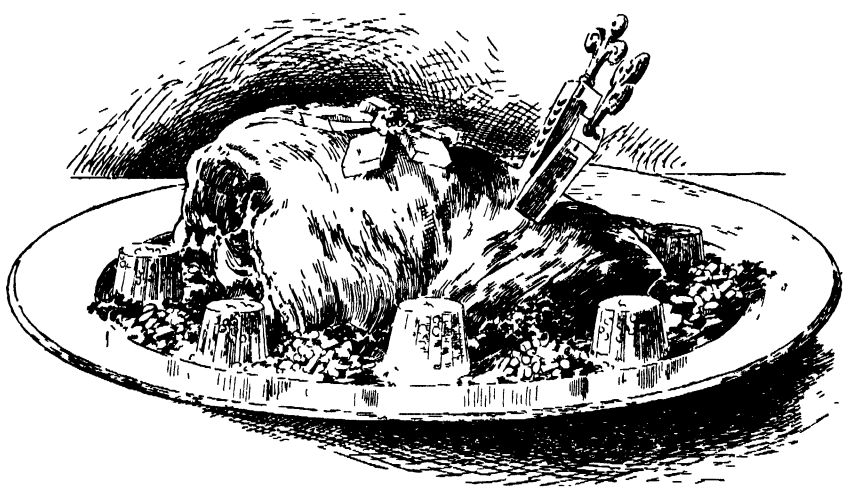


Fig. 26.—Carré d'Agneau à la Bohème.

pork, ½ pint soubise sauce (or three heads of celery), 1 oz. butter, 1 dessert-spoonful flour, 2 table-spoonfuls cream (or 1 yolk of egg), lemon-juice.

Cut the fillets from a loin of pork, and put them in a sauté-pan with the butter, pepper, salt, and some lemon-juice, turning them over till they are sufficiently cooked and of a good colour. Serve on a bed of soubise sauce, or on a purée of celery made as follows:—Boil the celery in salt and water; when it is done, drain it and pulp it through a hair sieve. Melt a piece of butter in a sauté-pan, mix smoothly with it a little flour, and then the celery pulp, and stir the mixture well over the fire. Add pepper and salt and a little cream.

Fillets of Pork à la Beurre Noire (*Fillets of Pork with Parsley Sauce*).—2 lbs. pork, cooked or raw, ½ pint vinegar, 2 shallots, 1 sprig thyme, 1 bay leaf, 1 sprig parsley, 4 cloves, 10 whole peppers, 1 oz. flour, ½ pint stock, 2 oz. butter, bread-crumbs.

Dip the fillets in half the butter melted. Cover them with bread-crumbs, pepper and salt, and grill them at a fierce fire. Serve in a boat or on the dish itself with a sauce made as follows:—Put the vinegar into a

sauce-pan with the shallot finely minced, a sprig of thyme, bay leaf, parsley, cloves, and whole peppers. Let this boil till it is reduced one-half, then add ½ pint of stock. Melt in a sauce-pan a piece of butter, mix a little flour with it, and then add the reduced liquor, strained. Stir the sauce till it boils, adding the parsley finely minced, and salt if required.

Gras-Double au Fromage (*Tripe*).—1 lb. tripe, a clove of garlic, 1 bunch parsley, thyme, 1 bay leaf, 4 large onions, ¼ lb. Parmesan cheese, ½ pint good gravy (or tomato sauce).

Wash the tripe thoroughly several times, scrape it with a knife, cut it into strips 2 inches broad, and boil it for six hours with the parsley, thyme, bay leaf, garlic, onions, pepper and salt. Take the tripe out and strain it. Lay it in a fire-proof dish with alternate thick layers of Parmesan cheese, and pour over it some good meat gravy mixed with tomato sauce and plenty of seasoning. Bake in a hot oven and serve.

Tripe Boiled.—1 lb. tripe, 1 quart milk, 4 good onions, ½ oz. butter, flour, 1 lump sugar.

Prepare and clean the tripe well, and boil it gently for at least six hours in 1 pint of milk with a little salt. (This milk can afterwards be used in making a soup.) Boil the onions till they are tender, chop them finely, and stir them, with 1 dessert-spoonful of flour, into a pint of milk till it boils. Add a little salt, the butter, pepper, and a good lump of sugar, let the mixture boil gently for one hour, and beat it very smooth. Take out the tripe when it is sufficiently cooked and drain it well, keeping it very hot. Serve with the onion sauce poured over it.

Bécassines sur Canapés (*Snipe on Toast*).—A brace of snipe, 1 oz. fresh pork, 1 dessert-spoonful chopped parsley, a few savoury herbs, and chives chopped and mixed.

Remove the intestines, chop them finely with the fresh pork, make into a farce with the herbs, parsley, pepper, and salt, and stuff the birds. Roast and serve them on croûtons of bread. Garnish with water-cress and fried bread-crumbs. Serve with clear gravy in a sauce-boat.

Capon à la Casserole (*Larded Capon*).—1 large capon, 3 slices of fat bacon (minced), 3 hard-boiled eggs, ½ terrine of paté-de-foie-gras, 2 oz. minced bacon, 1 yolk of egg, tarragon, parsley, white sauce.

Lard the breast of the capon. Chop the foie-gras and eggs, and make into a forcemeat with the minced bacon, a tea-spoonful of parsley, a pinch of tarragon, the yolk of egg, pepper and salt. Stuff the bird and stew it in a closely-covered sauce-pan. Serve with a rich white sauce, flavoured with oysters, mushrooms, or Parmesan cheese.

Capon Farci (*Stuffed Capon*).—1 large fowl, 2 doz. oysters, 2 eggs, ½ pint cream (or milk), 2 oz. bread-crumbs, 2 oz. butter, 1 dessert-spoonful parsley, ½ lemon.

Grate the rind of the lemon, chop the parsley, and make them into a forcemeat with the bread-crumbs, butter, and 1½ doz. oysters, pepper and salt. Stuff the fowl and boil it for two hours in a jar of water placed in a sauce-pan of boiling water. Beat the yolks of the eggs into the cream,

add the remaining oysters, and warm without boiling. Pour over the fowl, and serve.

Dinde en Chipolata (*Roast Turkey Garnished*).—A small turkey, 1 cupful each of carrots, turnips, chestnuts, mushrooms, and pieces of bacon, 8 small sausages, 1 pint good brown sauce.

Roast the turkey. Cut the vegetables into neat dice, or shape them with a vegetable cutter into small balls a little larger than peas, and boil them, with the bacon cut into small dice, until they are tender. Boil and skin the chestnuts. Place the turkey on a hot dish and dress alternately little heaps of the vegetables and chestnuts, with a sausage laid between each, round the dish. Pour the sauce round and serve.

Faisans Farcis (*Roast Pheasant Stuffed*).—A brace of pheasants, 1 oz. butter, 1 dessert-spoonful thick cream, 1 large terrine of paté-de-foie-gras.

Dip a cloth in boiling water, wring it dry and wipe the insides of the pheasants perfectly clean. Pound the livers in a mortar with the butter, a liberal dust of spiced pepper, and a little salt. When the mixture is of the consistency of paste add the cream and the paté-de-foie-gras, taking care that it is entirely free from the covering of fat. Mix thoroughly well together and stuff the birds. Roast them in the usual manner, and when they are done, dish them on large croûtons of bread. Serve with clear gravy handed separately.

Gibier à l'Allemagne (*Roast Grouse*).—A brace of grouse, 4 slices of fat bacon, 2 slices of lightly-buttered toast, butter.

Cover the breasts of the birds with the bacon, wrap them in thin buttered paper, and roast them in front of a brisk fire for thirty minutes, but after the first twenty minutes remove the paper and bacon. Baste well with butter the whole of the time. Just before the last ten minutes of roasting, pour away the grease from the pan, and place in it the slices of toast, so that the drippings may fall upon them. Serve the birds on the toast upon a hot dish. Pheasants, partridges, and other birds which are not too full flavoured, can be cooked in the same way.

Hussar Pie.—A cooked fowl, 2 or 3 oz. Naples macaroni, 2 oz. Parmesan cheese, short pastry, cream (or milk).

Break the macaroni into small lengths, and boil it in salted water till it is cooked. Grease a pie-dish, put into it some of the macaroni and then thin slices of the cooked fowl, over which scatter grated Parmesan cheese, mixed with cayenne and salt. Continue these layers till the dish is full. Pour in sufficient cream to moisten the whole, cover with short paste, and bake for an hour and a half.

Indian Ducklings.—A couple of ducklings, 1 lb. rump steak, 1 onion, 2 cloves of garlic, 3 oz. salt butter, 1 table-spoonful curry-powder, 12 cloves.

Stuff the ducklings with a mixture made as follows:—Mince the steak. Cut up the onions and garlic very small, and fry them a nice brown in the butter. Add the curry-powder and cloves bruised small in a mortar, fry for a minute, and then add the meat. Fry with this mixture for fifteen minutes, taking care it does not burn. After filling the birds with it put

them into the oven, sprinkle them lightly with curry-powder, and baste them well. They will require three-quarters of an hour to cook. Dish neatly, strain the gravy round them, and put slices of lemon along the breast of each. Garnish with water-cress.

Pheasant à la Marengo.—Cut the pheasant up into neat small joints. Put 1 gill of salad oil in a pan on the fire, and when it is hot put in the pieces of pheasant and fry them for about eight minutes until they are lightly browned. Drain off all the oil and pour into the pan ½ pint of

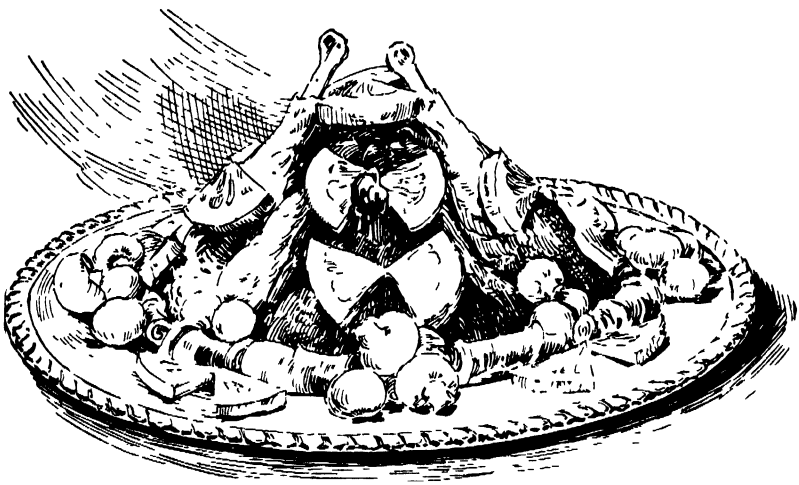


Fig. 266.—Pheasant à la Marengo.

brown sauce, adding two shallots and two tomatoes sliced, and a few button mushrooms. Cover the pan and let the contents simmer gently for an hour and a half. Arrange the pieces of pheasant on a hot dish strain the sauce over them, and garnish with alternate little heaps of mushrooms and slices of lemon. The sauce may need a little Lemco or Bovril, and is sometimes served separately in a gravy-boat. Rashers of bacon rolled and grilled are a good accompaniment to this dish, as the flesh of the pheasant is always a little dry even when the bird is young.

This fact is not lost sight of by good cooks. When roasting pheasants they always take care to baste them well with butter, dripping, margarine, or lard, and it is an excellent plan to lay a couple of rashers of fat bacon on the breast of each bird pinning them down with small, well-pointed skewers. This should be done when the breasts begin to brown, and the bacon should be removed in time to let the browning process finish satisfactorily.

Roast Partridges.—A brace of partridges, 2 slices of fat bacon, water-cress, oil, vinegar, pepper, fried bread-crumbs, gravy, bread sauce.

Pluck and truss the birds, barding each over the breast with the slices of fat bacon, and roast for twelve or fifteen minutes, being very careful to

keep the birds well basted during the cooking. If this is omitted and the birds are allowed to dry, no subsequent trouble can remedy the neglect. Serve garnished with water-cress, well washed, picked, and seasoned with oil, vinegar, pepper and salt. Serve fried bread-crumbs on a plate, with gravy and bread sauce in tureens, but never put any gravy or sauce on the dish with the birds.

VEGETABLES.

Artichauts à l'Impératrice (*Stuffed Artichokes*).—6 or 8 artichoke bottoms, 1 bunch sweet herbs, peppercorns, 1 oz. beef suet, 4 oz. cooked white meat (or game), 2 eggs, 1 small onion, parsley, 2 slices cooked ham (or tongue), 1 mushroom (or truffle), lemon, milk, flour, frying fat.

Trim and wash the artichokes: place them in a stew-pan with sufficient water to cover them, and add the sliced onion, herbs, 3 slices of lemon, the suet chopped, salt, herbs, a few peppercorns. Cook the artichokes till they are tender, drain and put them on a sieve to cool. Mince the meat finely with the mushroom or truffle, and put it, with a tea-spoonful of flour and enough milk to moisten the mixture, pepper and salt, in a stew-pan, and stir it over the fire till thoroughly hot. Add to it the yolks of the eggs, and continue stirring till it thickens, but do not allow it to boil. Fill the artichoke bottoms with the mixture, shape them neatly, and when they are quite cold, egg-and-breadcrumb them twice, and fry them a golden-brown in hot fat. Dress them on a dish garnished with fried parsley.

Asparagus à la Campagne (*Stewed Asparagus*).—12 asparagus heads, 12 button mushrooms, 4 oz. butter, 1 oz. flour, 1 tea-cupful cream (or 2 tea-cupfuls rich milk), 1 tea-spoonful Lemco, 1 dessert-spoonful Worcester sauce, toast.

Melt the butter in a stew-pan till it begins to colour; then mix in gently the cream, Lemco, four table-spoonfuls of boiling water, and the Worcester sauce. Add the mushrooms and the asparagus heads; cover closely and let them simmer very gently for about half an hour. Serve very hot, garnished with sippets of thin dry toast.

Scrambled Eggs with Asparagus.—5 eggs, 2 oz. butter, ½ pint asparagus heads, 1 table-spoonful cream, 2 oz. butter.

Boil the asparagus heads in salted water till they are tender. Drain and put them in a stew-pan with half the butter, and sauté them over the fire for five minutes. Break the eggs in a basin, season with a little salt, pepper, and a grate of nutmeg, and beat them well together with the cream. Warm them in a separate stew-pan, with the remaining ounce of butter, and after stirring a little while over the fire, add the asparagus and stir again till the eggs begin to thicken. Dish up at once, and serve garnished with parsley. Cooked peas or sliced cucumber can be used instead of asparagus.

Vol au Vent of Asparagus.—15 asparagus heads, ¼ pint cream, ½ table-spoonful chopped ham, 6 small light pastry vol au vent cases, 1 yolk of egg.

Boil the asparagus very carefully in salted water; drain and cut the tender part into small pieces. Make a custard with the cream and the yolk of the egg. Add the asparagus, sprinkle with salt and pepper, and stir the mixture in a sauce-pan over the fire till it is thoroughly hot, but without allowing it to boil. Keep the cases hot in the oven and fill them with the cream mixture. Garnish with parsley and serve at once.

French Beans Seasoned.—1½ lb. beans, 1 small onion, 2 oz. butter, 1 lemon

Boil the beans till they are tender, and drain them. Slice the onion, and fry it brown in the butter. Add the beans, season with pepper and salt, and squeeze over the lemon-juice. Warm the whole through.

Betterave à la Petite Maison (*Beet-root Custard*).—2 beet-roots, 2 large onions, 2 oz. butter, 2 table-spoonfuls vinegar, ½ pint milk, ½ lb potatoes, sugar, flour.

Boil the beet-roots and cut them into thin slices. Slice the onions and fry them white in the butter. Stir a table-spoonful of flour into the milk, and add two table-spoonfuls of sugar, with salt, pepper, and the vinegar.

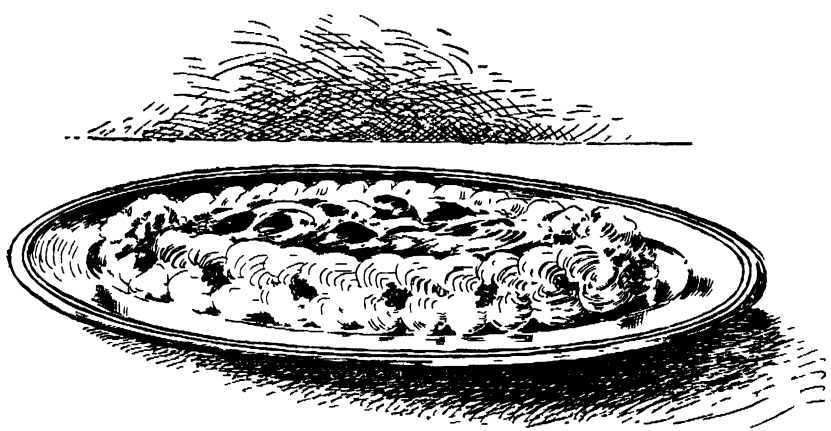


Fig. 267. Betterave à la Petite Maison

Boil for five minutes, stirring all the while. Add the slices of beet-root, and stew for half an hour. Serve with a border of mashed potatoes stuck round with little pieces of parsley (fig. 267).

Petites Crèmes de Betterave (*Beet-root Creams*).—1 or 2 cooked beet-roots, 1 gill milk, 1½ oz. butter, 1 table-spoonful cream, 2 oz. flour, 2 eggs, 1 table-spoonful grated cheese, parsley.

Cut the beet-root into slices an inch thick, shape them equally with a cutter, and with a slightly smaller cutter stamp out the inside of each, leaving a case ⅛ inch thick, which place on a round of fried bread. Melt the butter in a stew-pan and stir in the flour till it forms a smooth paste. Add the milk, and stir over the fire for five minutes after it boils. Take it from the fire, and when it has cooled slightly add the yolks of the eggs, cream, grated cheese, salt, and pepper. Chop a large table-spoonful of

the beet-root, stir it in, and add the whites of the eggs whisked to a stiff froth. Fill the cases, place them with croûtons of bread on a baking-sheet, and bake in a brisk oven for ten or twelve minutes. Dress them in a folded serviette and garnish with a few sprigs of parsley.

Bhugias (*Curried Vegetables*).—1 carrot, 1 turnip, 1 cupful peas, 1 small onion, 1 tea-spoonful curry paste, Nepaul pepper, a pinch of cayenne pepper, 1½ table-spoonful fine flour, frying oil (or dripping), 2 eggs, 1 dessert-spoonful garlic, vinegar.

Cut the turnip and carrot into small dice, and mince the onion very fine. Beat the eggs in a basin, and stir the curry paste smoothly into them. Add the onion, cut vegetables, peas, a tea-spoonful of Nepaul pepper, cayenne, garlic, vinegar, flour, and salt. Mix this batter well till it is fairly thick. Have a sauté-pan filled with boiling fat. Drop the batter by spoonfuls into it, and fry it slowly a pale golden-brown.

Cabbage à la Crème (*Cabbage in White Sauce*).—1 Savoy cabbage, 2 table-spoonfuls milk (or cream), 1 oz. butter, flour, sugar, nutmeg.

Cook the white heart of the cabbage till it is tender, drain it thoroughly, and put it back into the sauce-pan with the milk, butter, a tea-spoonful of flour, a salt-spoonful of sugar, salt, pepper, and three grates of nutmeg. Set it to stew at the side of the fire till all the ingredients are thoroughly amalgamated. Serve hot.

Carottes à la Portugaise (*Carrots with Tomato Sauce*).—1 lb. young French carrots, 3 table-spoonfuls salad oil, 1 clove of garlic, ½ pint brown vegetable sauce, 4 large tomatoes, savoury croûtons.

Scrape the carrots. Warm the oil in a stew-pan, notch and place the garlic in it with a little salt, and when it boils add the carrots. Fry them for about ten or fifteen minutes, shaking the pan gently every now and then to prevent their burning. Drain off the oil. Make a brown sauce (see "Sauces"), using water instead of stock, and add the pulp of the tomatoes. Strain it, and add it to the carrots. Draw the pan to the side of the fire, cover tightly, and let its contents simmer till they are quite cooked. Then dish. Allow the sauce to boil up sharply in order that it may be reduced to the proper consistency, pour it over and around the carrots, and serve with savoury croûtons fried in oil.

Carottes à la Campagne (*Stewed Carrots*).—Carrots, 1 table-spoonful chopped parsley, 1 oz. butter, 2 table-spoonfuls cream (or milk), flour, sugar.

Boil the carrots till they are nearly tender: drain, and cut them into slices, and put them in a stew-pan with the butter, cream, a sprinkle of flour, and a lump of sugar, salt and pepper. Set them to stew at the side of the fire till they are quite tender. Sprinkle in the parsley ten minutes before serving, and dress high in a hot dish.

Beignets de Céleri (*Fried Celery*).—4 heads of celery, grated Parmesan cheese (or Gruyère or Cheshire), batter, frying fat.

Cut the sticks of celery into lengths of about an inch and a half, and let them simmer gently in salted water till they are tender. Take them out and drain till they are quite dry. Dip each piece into some light frying

batter, and fry a light-brown in fat which completely covers them. Take them out quickly, drain carefully, powder thickly with grated cheese, and serve piled high on a doyley or dessert-paper.

Céleri à la Milanaise (*Fried Celery and Parmesan Cheese*).—6 good heads of celery, 1 pint well-flavoured stock, ½ pint milk, 2 oz. butter, 1 table-spoonful flour, ½ blade of mace, 1 egg, bread-crumbs, 2 oz Parmesan cheese, parsley, lard.

Wash the celery very thoroughly, trim it neatly, and cut all the heads of the same length. Boil them in water for ten or twelve minutes, drain and wipe them thoroughly, and braise them in the stock till they are tender. When they are sufficiently cooked, remove them from the sauce-pan and drain them on a hair sieve. Place them on a plate and split each head into two pieces. Make a white sauce with 1 oz. butter, the flour, mace, and milk, and let it reduce till it is very thick. Season with salt and pepper. Mask the celery with this sauce and set it aside till it is quite cold. Then egg-and-breadcrumb it in the usual manner, finally pouring over each half a little clarified butter. Fry in boiling lard, drain carefully, dust thickly with the Parmesan cheese, and dish up on a neatly folded napkin. Garnish with parsley, and serve immediately.

Cornettes aux Legumes (*Vegetable Cornets*).—12 large mushrooms, 6 eggs, 1 gill tomato sauce, pastry.

Mince the mushrooms finely, and cook them in good, rich tomato sauce till they are tender and the sauce is pretty thick. Add 4 whites and 6 yolks of eggs (or more in proportion), and stir the mixture carefully over the fire till set. Do not over-cook it or the eggs will curdle. Roll out thinly some good puff or short pastry, and cut it into rounds or strips. Wrap them round some cornet moulds, binding them with white of egg, and bake. Slip them off the moulds, and fill them at once with the purée.

Kari Ste. Claire (*Vegetable Curry*).—3 potatoes, 1 small vegetable marrow, 1 carrot, 1 turnip, ½ pint peas, ½ pint French beans, 1 pint stock, 2 table-spoonfuls curry-powder, 1 table-spoonful flour, 1½ table-spoonful vinegar, ½ tea-spoonful sugar, rice.

Prepare the vegetables and cut them into dice. Melt the butter and stir them into it, but do not let them brown. Mix the flour and curry-powder in the stock, and stir the mixture over the fire till it thickens. Add the vegetables, with sugar, vinegar, and salt, and let them simmer in the gravy till tender. Serve with a wall of boiled rice.

Mushrooms en Papillotte (*Mushrooms in Cases*).—1 lb. mushrooms, 1 oz. butter, ½ tea-spoonful chopped onion, 1 tea-spoonful chopped parsley.

Cut the mushrooms in pieces and mix with salt. Place them in little squares of folded paper, turn over the edges, and fold them double. Broil over a slow fire, and serve in the paper squares.

Peas à l'Indienne (*Devilled Peas*).—1½ pint peas, 1 table-spoonful cream, 4 chillies, Nepaul pepper, ½ banana.

Boil the peas till they are tender. Skin and chop the banana and mix it into the cream, with a pinch of sugar and a very little salt and pepper.

Chop the chillies and toss them with the peas. Place them on a hot dish, and stir in the cream. Sprinkle liberally with Nepaul pepper.

Curried Potatoes.—1 lb. potatoes, 2 large onions, 1 small apple, 1 small carrot, 1 oz. bacon, 1 table-spoonful curry-powder, 2 oz. butter, lemon-juice, rice, 1 dessert-spoonful flour, ¾ pint milk.

Cut the potatoes into pieces about ½ inch thick. Chop finely the onions, carrot, bacon, and apple. Melt the butter in a stew-pan, and fry all these ingredients till they are tender. Add by degrees the curry-powder and the flour, and after stirring well together for five minutes, the milk (gradually), some salt, sugar, and lastly a tea-spoonful of lemon-juice. Stir the mixture till it is smooth and thick, add the potatoes, and let them simmer very gently for a good hour. Take them out and dress them on a dish. Strain the gravy and pour it over.

Wash the rice thoroughly in several waters, throw it into boiling salted water, and boil it gently till it is tender. Drain it well and shake till it is dry. Serve separately on a hot dish.

Pommes à la Crême (*Potatoes in Cream*).—1 lb. potatoes, 2 oz. butter, 1 gill cream, 1 table-spoonful chopped parsley.

Boil and slice the potatoes. Stir the butter and flour together over the fire till they form a paste. Add the parsley, cream, pepper, salt, and finally the potatoes. Warm the mixture without boiling.

Pommes à la Julienne (*Potato Chips*).—Potatoes, frying fat.

Peel some potatoes, slice and cut them into thin shreds. Have ready plenty of boiling fat. Put a small quantity of the potatoes in a frying-basket, and fry them, a few at a time, till they are crisp. While cooking, they should be shaken in the basket to keep them separate. Dress them on a folded serviette, and serve at once.

Pommes d'Espagne (*Fried Potatoes*).—Potatoes, 4 oz. fresh butter, 1 tea-spoonful chopped parsley.

Cut the potatoes into slices. Throw them into cold salted water and let them come to the boil. Take them out, drain and dry thoroughly on a cloth. Let the butter (all but a small piece) boil in a stew-pan, and then fry the potatoes in it a pale-brown. Let them drain a moment and dress them on a hot dish. Sprinkle with a little salt and the parsley, and add the small piece of fresh butter.

Pommes Hollandaises (*Potato-and-ham Shape*).—2 lbs. new potatoes, ½ lb. ham, tomatoes, tomato sauce, 2 oz. butter.

Boil the potatoes, drain and let them cool. After removing the skins, cut them into thin slices. Heat the butter and sauté them in it. Cut the ham into dice and broil over a quick fire. Butter a charlotte mould, line it with a couple of layers of potatoes, add a layer of the ham and one of the tomatoes sliced, and season with pepper and salt. Fill the mould in this way, finishing with a layer of potatoes. Bake in a fair oven for about half an hour, and turn the mould out on a hot dish. Serve with the tomato sauce.

Pommes Ste. Valérie (*Potato Balls*).—12 large floury potatoes, 2 oz. butter, 4 eggs, 1 dessert-spoonful chopped parsley, 1 table-spoonful cream, frying fat.

Bake or boil the potatoes press them through a potato-masher, and mix them with the butter and eggs, a little salt and parsley. Shape with well-floured hands into little balls lightly, and toss them into plenty of hot fat in a frying-pan. Serve very hot. Sugar can be substituted for the salt, but the parsley must then be omitted. In this case flavour with a little lemon-peel (or vanilla), and mix with a few spoonfuls of cream. This makes a pretty sweet. If the dish is prepared as savoury, sprinkle with coralline pepper: if as a sweet, with vanilla or lemon sugar. In either case serve very hot.

Pommes Soufflés à la Suisse (*Fried Potatoes*).—8 good-sized mealy potatoes, ½ pint milk, 1 dessert-spoonful chopped parsley, frying fat.

Pour the milk into a stone jar, cover it well, set it in a cool place, and leave it for two or three days. It should then be thick and slightly sour, with the cream on top. Stir it well and season with salt and pepper. Cut the potatoes into slices ¼ inch thick, put them into plenty of fat not quite at boiling point. Lift them out and let them cool a little. Let the fat boil. Plunge them in and move the basket about in the fat till they are cooked. The potatoes should be puffed and light. Put them in a very hot dish. Heat the thick milk, pour it over and sprinkle with the parsley.

Potatoes à la Virginie (*Potatoes in Cream Sauce*).—1 lb. potatoes, 1 cupful cream (or milk), 1 oz. butter, 1 table-spoonful chopped parsley, 1 dessert-spoonful flour.

Peel the potatoes, slice them thinly, and soak them in cold water for half an hour. Put them into a stew-pan, cover with hot salted water, and let them stew till they are tender. Drain away the water, add the cream, and boil for five minutes, stirring continually. Add the butter rolled to a ball, with the flour, a little salt, pepper, and the parsley. Let the mixture boil up, stirring gently. Dress the potatoes on a hot dish.

Rissolettes de Pommes (*Potato Rissoles*).—Potatoes, 1 egg, 1 oz. butter, frying fat.

Mash some freshly-boiled potatoes with the white of the egg, butter, pepper, and salt till the mixture is quite light. When it is cold shape it on a flour-board into little balls. Roll them in bread-crumbs and the yolk of the egg well beaten, and fry in a large quantity of boiling fat till they are a good golden-brown. Serve immediately on a hot dish.

Sweet-potatoes.—2 lbs. sweet-potatoes, 1 oz. butter, ½ pint milk, 1 egg, (cream if at hand), bread-crumbs.

Slice the potatoes and lay them in a dish with the butter cut small. Sprinkle with salt and pepper, and pour sufficient milk over to cover them —rather less than ½ pint. Moisten a cupful of bread-crumbs in the rest of the milk: beat the egg, mix it with them, and pour the mixture over the potatoes. Bake them in a moderate oven till they are thoroughly cooked.

Spinach à la Crème (*Spinach with Cream*).—Spinach, 1 oz. butter, 2 oz. cream, nutmeg, sugar.

Pick the spinach carefully, wash it in half a dozen waters, and drain upon a sieve. Boil it in a little salted water, and cook till it is tender. Pass

it through a hair sieve, and put it into a sauce-pan with the butter, a little pepper, salt, and nutmeg, and a spoonful of sugar. Stir it carefully till it is quite hot, add the cream, and make it again very hot. Pile it up in the centre of a dish, garnished with fried croûtons.

Tomatoes à la Diable (*Devilled Tomatoes*).—4 ripe firm tomatoes, ½ small tea-spoonful chopped parsley, 1 table-spoonful salad oil, 1 egg, 1 lemon, flour, frying fat.

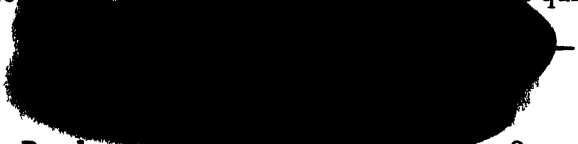
Cut each tomato across into three slices. Place them into a deep dish with the oil, part of the parsley, pepper, and salt, and the juice of the lemon, and let them steep for an hour. Prepare a batter by mixing the flour very smoothly in a little tepid water. Beat into it the oil, a pinch of salt, and the yolk of the egg well beaten. Let the batter stand from 1 to 12 hours. Whip the white of the egg to a stiff froth, and mix it lightly into the batter. Have ready plenty of boiling fat. Lay the slices of tomato in the batter, take them out with a skewer or fork, drop them into the boiling fat, and fry a pale-golden colour. Dress on a serviette, and sprinkle with the rest of the parsley and some cayenne.

Tomato Fritters.—6 tomatoes, ½ tea-spoonful soda, frying fat, flour.

Scald and peel the tomatoes and chop them fine. Put them into a bowl with salt, pepper, ½ tea-spoonful soda, and enough flour to make them into a rather thin batter. Fry them in boiling fat and serve at once.

Navettes au Gratin (*Turnip and Grated Cheese*).—12 young turnips, 1 large onion, 1 gill salad oil, 2 cloves of garlic, bread-crumbs, 1 large table-spoonful grated cheese.

Peel the turnips, and with a vegetable cutter shape them either into the form of small new kidney potatoes or of large olives. Boil them in a little salted water with the onion stuck with a clove, and a little salt and pepper. As soon as they are cooked, take them out, drain them well, and sauté them in the salad oil with a little salt, pepper, and the garlic finely minced. Arrange them [illegible] -proof dish, spread thickly with stale bread-crumbs [illegible] place them in a quick oven until they are [illegible] as quickly as possible.



Bombe à la [illegible] *Root*).—3 oz. stale sponge-cake, 3 oz. macaroons, 3 oz. plain biscuit (or biscuit powder), 3 oz. chocolate, 4 oz. castor sugar, ½ oz. ground cinnamon, 1 oz. grated orange and lemon-peel mixed, raspberry jam, 3 eggs, milk, wine sauce.

Mix the dry ingredients together and stir the eggs into them. Add sufficient boiling milk to make the mixture to a paste that can be rolled on a board, and spread it with the jam. Roll it up and fold it in a large buttered paper, excluding the air as much as possible. Place it on a flat dish in the oven on a raised stand, and bake it for two hours. Remove the paper very carefully, and serve with a wine sauce.

Bread-and-butter Soufflé.—2 slices of bread-and-butter (each about ½ inch thick and 6 inches square after the crust has been removed), 4 good-sized apples, juice of 1 lemon, ½ pint milk, 6 table-spoonfuls castor sugar, 1 egg, and the whites of 2 eggs.

Peel, core, and quarter the apples. Stew them with four table-spoonfuls of the sugar, the lemon-juice, and four table-spoonfuls of water till they are tender, and then beat them to a pulp. Arrange one slice of the bread-and-butter at the bottom of a pie-dish, spread the pulp evenly over it, and cover it with the other slice. Separate the yolk from the white of the egg, and beat it up with the milk. Whisk the three whites to a firm froth with the remaining sugar, stir quickly into the milk, and pour over the contents of the dish. Place it at once in a good oven and bake for half an hour. Serve as soon as it is taken from the oven.

Brown Pudding.—¼ lb. bread, ½ lb. currants (or sultanas), ½ lb. suet, ¼ lb. moist sugar, 2 eggs, 1 gill milk, 2 table-spoonfuls ale, sweet sauce (or sifted sugar).

Chop the suet and grate the bread. Mix both with the sugar, currants, and a pinch of salt, and add the eggs well beaten, the ale, and rather less than a gill of milk. Butter a basin or mould, pour in the mixture, cover it closely with buttered paper and a saucer and let it steam in boiling water for nearly four hours. Serve with sifted sugar or sweet sauce.

Cassava Pudding.—2 fresh cassavas (or 3 oz. tapioca), 1 cocoa-nut, 1 lb. Demerara sugar, 3 oz. butter, 2 oz. fresh lard, ½ lb currants, 1 tea-spoonful black pepper, 1 pinch powdered spice, ½ pint milk, (2 table-spoonfuls cooking sherry if desired), 1 table-spoonful flour, 1 oz. castor sugar.

Grate the cassavas, or pound the tapioca, in the latter case moisten with a little milk to a soft mass. Remove the cocoa-nut from the shell and skin, grate, and add it to the cassavas. Add the Demerara sugar, 2 oz of butter, lard, currants, pepper, and spice, and mix well together. Put the mixture in a greased tin and bake in a moderately hot oven for three-quarters of an hour. Prepare a sauce with the remaining butter, the castor sugar, the milk, flour, and sherry. Turn the pudding on a silver dish, pour the sauce over, and serve. Whipped cream can be used instead of the sauce.

Cold Lemon Pudding.—2 lemons, 2 oranges, 2 oz. sugar, 4 sponge-cakes, 2 oz. almonds, custard (or cream).

Squeeze out the juice of the lemons and the oranges, and add to it half a pint of cold water, sweetened with the sugar. Soak the sponge-cakes in the liquor. When they are moist all through stick them with blanched almonds and cut them in quarters. Cover with thick custard or whipped cream.

Eve's Pudding.—1 small bowl of bread-crumbs, 1 lemon, 1 cupful of chopped apples, 3 eggs, 1 small tea-spoonful cinnamon, 1 tea-spoonful soda, ½ grated nutmeg, ½ cupful butter, 1 cupful sugar.

Chop the peel of half the lemon and mix the juice, bread-crumbs, apples, beaten eggs, and cinnamon well together with half a tea-cupful of water. Mix the soda in a little water and add it last of all. Place the mixture in a buttered mould covered with paper, and steam it in boiling water for three

with a little milk, strain, and add a pint of milk and the remainder of the sugar. Mix in the brown caramel, add the whites of the eggs whipped to a stiff froth, and pour it into a well-buttered mould. Put the mould in a bain-marie with hot water, and steam it over a gentle fire for half an hour, taking care that the water does not boil. Turn it out and serve.

Pouding à la Nesselrode (*Sponge-cake Pudding*).—6 sponge-cakes, 2 oz. ratafias, 2 oz. sultanas, 1 wine-glass sherry (or rum), 2 oz. sweet almonds, 2 eggs, ½ pint milk, 3 oz. sugar.

Make a custard of the eggs, milk, and sugar, and let it get cold. Break the cakes and ratafias. Stick a buttered mould with the sultanas, place the broken cakes in it, and pour the wine over them. Pound the almonds, sprinkle them over, and fill up with part of the custard. Plunge the mould into boiling water, and steam for an hour. Serve with the remaining custard warmed.

Pouding Breton (*Bread-and-butter Pudding*).—1¼ pint new milk, 1 dessert-spoonful powdered sugar, sultanas, grated lemon-peel, 2 eggs, 1 oz. butter.

Heat one pint of milk without letting it boil. Cut some slices of bread-and-butter, fill a dish with them, strewing a few sultanas between, and pour the milk over. Cover and let it cool. Beat the eggs with the sugar and the rest of the milk, and stir it into the slices of bread. Bake in a cool oven for about two hours.

Pouding de Noël (*Plum-pudding*).—½ lb. suet, ½ lb. currants, ¾ lb. raisins, 4 table-spoonfuls bread-crumbs, 3 table-spoonfuls flour, 5 oz. moist sugar, 3 eggs, 3 oz. finely-shred candied citron, ½ nutmeg grated, 1 table-spoonful brandy, and as little milk as will mix it nicely.

Mix the dry ingredients well together. Add the beaten eggs, brandy, and milk, beat for two minutes, and put into covered pudding tins. Boil steadily for eight hours, and serve with a good sauce.

Pouding de Bananes (*Banana Pudding*).—½ lb. bananas, 6 oz. fine bread-crumbs, 4 oz. castor sugar, 4 oz. finely-chopped beef suet, 2 eggs, ½ pint milk, sweet sauce (or cream).

Cut the dried bananas into small pieces, mix them with the bread-crumbs, suet, eggs, sugar, and milk, and beat with a wooden spoon for ten minutes. Boil in a mould or basin for four hours, and serve with the sweet sauce, or with cream whipped to a stiff froth.

Priscilla Pudding.—6 apples cored and peeled, 2 oz. sugar, lemon-peel, 2 eggs, bread-crumbs, cream (or white pudding sauce).

Stew the apples with a piece of lemon-peel, a little water and sugar, till reduced to a pulp. Mix with it a piece of butter, and let it stand till cold. Beat the eggs and mix them with the apple pulp and an equal quantity of grated bread. Sprinkle a buttered mould very thickly with bread-crumbs, fill with the apple mixture, and add a layer of crumbs. Bake in a slow oven and turn out carefully. Serve with cream sauce or white sauce.

Summer Pudding.—Slices of crumb of bread (no crust), stewed fruit, sugar, ½ pint custard (or cream).

Butter a plain charlotte mould, line it with neat slices of bread, and fill it up with any kind of stewed fruit, such as currants, raspberries, plums, plums and apples, or apples and blackberries. Lay a piece of crumb of bread on the top, cutting it to fit exactly, and leave the mould in a cool place till the next day. Then turn it out, and serve with custard or cream poured over it. Choose juicy, well-coloured fruit.

SWEETS.

Almond Tartlets.—½ lb flour, 4½ ozs. butter, 1 egg, 2 yolks of eggs, ¼ lb. ground almonds, 4½ ozs. sugar, ½ oz. corn-flour, 2 table-spoonfuls jam.

Prepare a short crust with the flour, ¼ lb. of butter, 1 yolk of egg and a tea-spoonful of castor sugar, using a few drops of water or milk with the yolk of one egg to mix the paste. Roll it out about ¼ inch thick. Line about eight tartlet tins with the paste, which should be pricked with a fork to prevent blistering in baking. Mix the corn-flour with the egg and the remaining yolk, add the remaining sugar, and work it in with the ground almonds, nutmeg, and remaining butter. Spread each mould of pastry with about ½ tea-spoonful of strawberry or raspberry jam. Fill them with the mixture and bake a golden-brown in a moderate oven.

Ben Jean (*Curds and Whey*).—1 quart of milk, rennet.

Heat the milk to the same temperature as when drawn from the cow (98 F.), and put it into the dish in which it is to be served. Stir in about a dessert-spoonful of prepared rennet. The dish must not be moved until it is placed on the table, and then very carefully, otherwise the curd will break. A table-spoonful of brandy can be added, and a little sugar and nutmeg powdered over the top, but not until a few minutes before it is served.

Berlin Cream.—2 lbs. chestnuts, cream, powdered chocolate.

Boil and roast the chestnuts and remove all the skin and pith. Grate a pound of them very finely and beat them up with sufficient cream to make the mixture stiff and rocky. Sprinkle plentifully with powdered chocolate.

Beurré de Fée (*Macaroons and Cream*).—¼ lb. butter, ¼ lb. castor sugar, 2 ozs. chopped almonds, 4 yolks of eggs hard boiled, 1 table-spoonful each of brandy and white wine, macaroons, dried cherries.

Soak the macaroons in half of the wine and brandy. Beat all the dry ingredients separately till they are quite smooth, mix them with the remainder of the brandy and wine, beat to a cream. Pile it on the macaroons and decorate with the dried cherries.

Cocoa-nut Pie.—3 eggs, 5 table-spoonfuls sugar, 1 tea-cupful grated cocoa-nut, ½ lb. puff paste, 2 tea-cupfuls milk, flour.

Beat thoroughly together the yolks of the eggs, 2 table-spoonfuls of sugar, and 1 table-spoonful of flour, add the milk and half the grated cocoa-

nut, and pour into a flat, square tin lined with pie-crust. Bake in a moderate oven. Beat the whites of the eggs to a stiff froth, add rest of sugar and of cocoa-nut. When the pie is done, spread this over it. Return to oven till of a delicate-brown. Turn it out of tin and serve cold.

Cornettes d'Andalousie (*Cream Cornets*).—¼ lb. rich puff-paste, ½ pint cream, white of 1 egg, sugar, vanilla.

Cut the paste into strips about 1 inch wide and wind them round cornet moulds, moistening the parts that overlap with white of egg to make them adhere. Bake them in a quick oven. Slip them off the moulds and fill with stiffly-whipped cream, sweetened, and flavoured with vanilla.

Cornettes Boulevards à la Crème (*Cream Jumbles*).—6 triangular jumbles, ½ pint cream, 1 small packet of red jelly.

Prepare the jelly as directed on the packet, and leave it to set. Whip the cream stiffly. Fill each jumble half with jelly and then half with cream.

Crème d'Abricots (*Apricot Cream*) -1 tin of preserved apricots, 2 ozs. sugar, 7 sheets of French gelatine, 1 pint cream.

Turn the contents of the tin of apricots into a sauce-pan, add 2 ozs. of sugar, let them boil for ¼ hour, and pass them through a tammy. Dissolve the gelatine in a little milk. Whip the cream to a froth. Mix the dissolved gelatine with the apricot pulp work it quickly into the cream, pour the mixture into a mould, and put in a cold place to set. When it is wanted, dip the mould into hot water for a moment, and turn it out.

Crème de Melon (*Melon Cream*).— 1 moderate-sized melon, ½ lb. castor sugar, ¾ oz. leaf gelatine, ½ pint whipped cream, crystallized fruit.

Slice the melon, removing rind and seeds. Reduce it and the castor sugar to a marmalade, and rub it through a sieve. Add the gelatine and stir till it is dissolved. Remove it from the fire, and when cool mix the cream in lightly and let it set. Garnish with crystallized fruit.

Crème de Bananes (*Banana Cream*).—8 bananas, 3 table-spoonfuls castor sugar, vanilla (or other essence), 2 yolks of eggs, ½ pint cream, ½ pint milk.

Pare the bananas and cut them into half-inch circles, place them in a glass dish, and strew 1 table-spoonful of sugar over them. Make a thick custard with the milk and yolks of eggs, sweeten it with the rest of sugar, and flavour with the essence. When it is barely warm, pour it over the bananas. Whip the cream to a stiff froth, and pile in irregular heaps over the custard.

Crème Renversée (*Chestnut Shape*).—10 lumps of sugar, yolks of 8 eggs, 2 whites of eggs. ½ lb. chestnuts, ½ pint cream, 1 pint milk.

Boil the sugar with ¼ pint of water until the syrup becomes a deep-brown colour. Warm a small basin, pour the syrup into it, and keep turning the basin until the inside is completely coated. Mix the yolks of the eggs gradually with the milk; whip the whites and stir them in gently. Pour the mixture into the coated basin, lay a piece of paper on the top, and set it in a sauce-pan partly filled with cold water. Put on the cover, and boil gently by the side of the fire for 1 hour. Remove the sauce-pan, and when the water is quite cold take out the mould and turn out the pudding carefully. Serve with chestnut sauce. See "Sauces".

Croquettes de Riz à la Vanille (*Croquettes of Rice with Vanilla*).—3 ozs. butter, 3 ozs. rice, 1½ pint milk, 3 ozs. powdered sugar, 5 yolks of eggs, bread-crumbs, raspberry jam (or cream).

Wash the rice thoroughly and boil it in the milk till it is tender. Mix in well the butter and sugar and the beaten yolks of 4 eggs, and set the mixture on the fire to thicken without allowing it to boil. Flavour with vanilla and let it get cold. Shape it into little balls of the form and size of turkeys' eggs. Roll them in egg, cover them with bread-crumbs, and fry them in plenty of boiling fat till they are a pale-brown. Split them on one side, open them a little, and fill the opening with jam or stiffly-whipped cream. Pile them in a dish and serve either hot or cold.

Dames d'Honneur (*Maids of Honour*).—1 pint curd, 4 eggs, 3 spoonfuls of cream (or a little butter), ¼ nutmeg, ¼ lb. currants, a little lemon-peel, ¼ lb. sugar, essence of lemon (or essence of ratafia, or brandy). For the curd 1 quart water, 2 eggs, 1 quart new milk, 2 spoonfuls of lemon-juice or good vinegar, or, better, a piece of rennet the size of half-a-crown.

Boil the water in a stew-pan. Beat the eggs with the milk, add them to the water with lemon-juice or rennet, and when the curd rises lay it on a sieve to drain. Beat 1 pint of curd with 4 eggs, the cream, nutmeg grated, currants, sugar, and flavouring. Mix well together, and bake in patty-pans lined with good puff-paste 15 to 20 minutes.

Eclairs de Crème (*Cream-cakes*).—2 ozs. sugar, 2 ozs. butter, 4 ozs. flour, 3 eggs, vanilla essence, 1 gill thick cream, milk, angelica (or cochineal).

Place ¼ pint of water in a stew-pan, with the sugar and butter. Bring it gently to the boil, and then mix in very gradually the flour, previously dried and sifted. Let it cook very slowly, stirring the whole time, for 10 minutes, or until the paste is of such firmness that it can be made into soft balls. Remove the stew-pan from the fire and add one by one the three eggs (keeping back a little), mixing each very thoroughly before adding the next. Add a few drops of vanilla essence. Place the balls in a moderate oven, first brushing them over with a little beaten egg and milk, and bake them a very light fawn colour. The éclairs should rise rapidly, and when cooked should be quite hollow inside. Make a small hole in the centre of each and fill it with sweetened cream poured in through a funnel. Decorate them with powdered cochineal or little strips of angelica.

Gâteau des Fruits (*Fruit-cakes*).—1 lb. strawberries (or other fruit), ½ lb. sugar, 4 sponge-cakes, 1 egg, ½ pint milk, lemon, wine (or rum).

Stew the strawberries with the sugar till they are quite soft. (When other fruit is used, remove the skins, and if there are any stones, crack a few and add the kernels to the fruit.) Have ready a plain mould and three-quarters fill it with alternate layers of fruit and slices of sponge-cake. Pour any remaining juice of the fruit on the top, sprinkle well with sherry or rum, cover with a plate, and leave it to soak for half an hour. Then fill the mould with a custard made with the yolk of the egg and the milk, flavoured with the rind of half the lemon. Place it in a very moderate oven for 15 to 20 minutes. Garnish the top with the white of the egg

whisked to a firm froth. Set it in the oven to brown a little. Dress it with a frill and stand it on a dish. Serve either hot or cold.

Gelée d'Afrique (*Orange Jelly*).—1 lb. Tangerine oranges, 1 glass of red liqueur, ½ lb. sugar, lemon juice, ¾ oz. gelatine, ¼ pint cream.

Peel the oranges, carefully removing all the white part, and stew with the sugar, 1 pint water, and 2 table-spoonfuls of lemon-juice, for about 8 minutes. Dissolve the gelatine and add the liqueur. Strain the purée, and pour into a mould with the gelatine. When set, dip the mould in warm water before turning out the shape. Garnish with whipped cream.

Petites Crèmes d'Ananas (*Pine-apple Creams*).—1 small tin of pine-apple, 1 oz. leaf gelatine, 3 eggs, ½ pint milk, 1 oz. sugar, a 6*d*. sponge-cake.

Heat the pine-apple in its own syrup till it is soft enough to be rubbed through a sieve. Make a custard with the eggs, sugar, and milk. Strain it, and dissolve the gelatine in it, stirring till it is nearly cold. Mix it into the purée of pine-apple, and pour it into well-oiled little moulds, and put them in a cool place to set. Meanwhile cut rounds of sponge-cake and turn out a little of the pine-apple cream on each.

Salade des Fruits (Espagnole) (*Fruit Salad*).—12 oranges, ½ cocoa-nut, ¼ bottle orange jelly, 1 liqueur-glass brandy (or liqueur), 1 pint strawberry syrup, castor sugar.

Peel the oranges and free them from pith, skin, and pips. Arrange them in a glass dish, grate the cocoa-nut over them, sprinkle with castor sugar, and decorate them with square blocks of the orange jelly. Pour over the whole the strawberry syrup and the brandy or liqueur.

Savarin au Rhum (*Rum Trifle*).—6 ozs. castor sugar, 3 eggs, 1 table-spoonful cream, 1 large dessert-spoonful baking-powder, ¼ lb. fresh butter, ¼ lb. flour, 1 liqueur-glassful of rum, chopped almonds, lemon-peel, milk, crystallized fruit.

Mix the baking-powder with the cream, and put it in a bowl with the yolks of the eggs, 2 ozs. castor sugar, the fresh butter, flour, and a tiny pinch of soda. Mix it into a smooth paste with some good new milk. Butter a savarin mould, dust it with some of the chopped almonds and finely-grated lemon-peel, and pour into it the cake mixture. It should be about three-quarters full. Put the mixture in a warm place to rise. When it is very light, bake it for 20 minutes in rather a quick oven. Make a syrup with the rest of the sugar and ½ pint of water, boil till it is reduced to one-half, add the rum, and pour it over the cake. Sprinkle the latter with chopped almonds, and garnish with crystallized fruit.

Savarin d'Abricots (*Apricot Trifle*).—A 6*d*. sponge-cake, 1 tin apricots, 1 gill of cream, preserved cherries, angelica.

Cut out the centre of a wide sponge-cake about 2 or 3 inches high, leaving a wall about 1 inch thick. Peel the apricots and stew in their syrup, with a few lumps of sugar, till they are tender. Then pile them in the cake. Reduce the syrup till thick, and pour it over them. Whip the cream and pile over the fruit. Decorate cake with cherries and angelica.

ICES.

There is nothing novel in the idea of home-made ices, as there are so many inexpensive freezing machines now on the market. Nor does ice-making present any special difficulty. The ice is broken by means of a

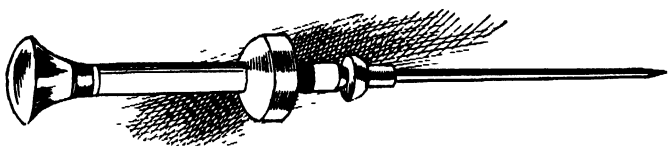


Fig. 269.—American Ice "Needle".

"needle" (fig. 269) into small pieces. Mix it with half its weight of bay-salt, and put sufficient into the freezer to fill the outer part. The custard or cream is carefully placed in the inner compartment, on which the lid must fit very closely. Directions are issued with the freezers. It is well to take off the lid occasionally and scrape from the sides into the general mass any cream already frozen, otherwise it will be rough. Continue to do

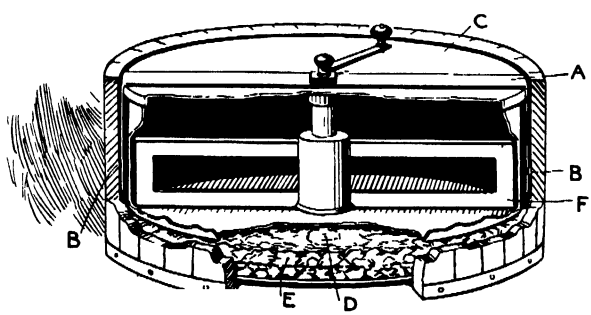


Fig. 270.—Marshall's Freezer.

A, Crossbar holding scrapers, F B, Stops holding crossbar rigid. C, Pan revolved round scrapers. D, Pivot on which pan is placed. E, Ice and freezing mixture

this until it is thick all through. Stir all the mixture together, close the lid, and leave it in the ice till it is needed.

Glace à la Dauphine (*Iced Cream*).—Cream, vanilla.

Bring some thick fresh cream to the boil, and add sugar to taste, and vanilla or other flavouring. Allow it to get quite cold, and then whip it up thoroughly; let it drain slowly; place it in a mould in a large vessel filled with ice and salt. Pick it from the sides to avoid lumps. When it is set, turn it out and serve. Care must be taken to serve it before it begins to melt and yet not too hard frozen. Only experience can teach the exact time that should be allowed to elapse between taking ices from the cave and serving them. Much, of course, depends upon the temperature of the room in which the operation is conducted.

Glace à la Vanille (*Vanilla Ice*).—½ pint cream, ¼ lb. castor sugar, an inch of vanilla, 6 yolks of eggs, 1 oz. isinglass.

Beat the cream in an earthen pot over the fire, adding the sugar and vanilla. Take it off, cover it, and set it in a cool place. When it is quite cold, stir in the yolks of the eggs with a wooden spoon, strain, and rewarm until it thickens without boiling. After it is cool, add the isinglass dissolved in a little warm water, pour into a mould, and freeze.

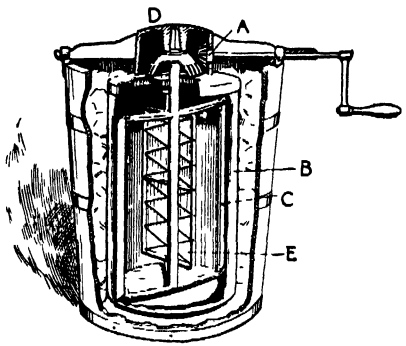


Fig. 271.—Kent's "White Mountain" Ice-cream Freezer.
A, Cogged wheel revolving Pan, B, C, Scrapers. D, Wheel working in cogged circle under lid revolving beater E.

Glace à la Francaise (*French Ice*).—6 ozs. chocolate, 1 pint cream, 3 yolks of new-laid eggs, ½ lb. sugar.

Dissolve the chocolate in a little water on a slow fire, mix it with the cream, the yolks of the eggs, and the sugar, and freeze as directed.

Bouding à la Café Glacé (*Coffee Ice Pudding*).—2 ozs. freshly-roasted coffee, 1 pint milk, 6 yolks of eggs, 1½ gill cream, 6 ozs. loaf-sugar.

Pound the coffee roughly in a mortar. Boil it with the milk and sugar, and leave it to get cold. Strain the liquid into the well-beaten yolks of the eggs in a double sauce-pan, and stir it on the fire till it thickens. When it is quite cold, work into it the cream whipped into a froth. Freeze the mixture, fill a plain mould with it, and lay it in ice till the time of serving.

Strawberry, or Raspberry, Ice.—1 lb. fruit 6 ozs. sugar, ½ pint cream. Rub the fruit through a sieve and mix it with the sugar. Whip the cream, stir it well into the fruit, and freeze it in a can. Should fresh strawberries be unattainable, use ½ pint of jam rubbed through a sieve and coloured with cochineal. Custard, allowed to cool, can be used instead of cream for ices.

SWEETS FOR A CHILDREN'S PARTY.

Apple Cream.—2 large apples, 2 ozs. fine castor sugar, 2 whites of new-laid eggs, powdered cochineal, sponge-cake.

Bake the apples. When they are quite cold add the sugar and the whites of the eggs, and beat until they are a very stiff froth; this will take about 1 hour. Pile the froth high on a dish, and strew with powdered cochineal, or colour half of the mixture with cochineal essence. Mould it into oval shapes with large spoons, and place them in alternate colours round a sponge or any other cake.

Celestial Jelly.—1 tablet of red jelly (or one bottle of jelly), ½ small cupful of fresh (or preserved) fruit, 2 leaves of pure gold-leaf.

Dissolve the jelly, pour a very little into a jelly-mould, and, when it is a

little set, stick the bottom with the fruit. When the remainder is only just liquid pour it by degrees into the mould, dropping in the rest of the fruit and the gold-leaf in flakes. When taking it out dip it for a few seconds in hot water, dry the mould and turn the jelly out.

Chocolate Cake.—½ lb. butter, 2 ozs. powdered vanilla chocolate, 4 ozs. castor sugar, 4 eggs, 4 ozs. sifted flour, 1 small jar clotted cream, 1 small jar plain cream, 1 pot apricot jam, crystallized fruits.

Butter and paper a plain round mould and sprinkle it well inside with equal parts of sugar and flour. Beat the rest of the butter to a cream. Work in the chocolate and the castor sugar, and continue working for 10 minutes. Mix in alternately eggs and flour very gradually, and beat for 12 to 15 minutes. Pour the mixture into the tin and bake for ½ hour. When it is perfectly cold slice it horizontally, spread all but the top slice with equal parts of sieved apricot jam and very thick or clotted cream, and fit the slices together. Serve garnished with whipped cream and crystallized apricots.

Compote de Fruit Glacé (*Compote of Iced Fruit*).—½ lb. black grapes, ½ lb. white grapes, 1 sweet orange, 4 bananas, 2 apples, 2 pears, ½ tin apricots, ½ pint cream, liqueur (or vanilla essence and brandy), dried fruits.

Skin the grapes and remove the seeds. Peel and slice the orange, and after removing all pith and pips, add the apples, pears, and bananas thinly sliced, and the halves of the apricots carefully peeled. Whip the cream flavoured with the liqueurs (or with a few drops of vanilla essence and a little brandy), and pile it over the fruits. Set the dish on ice in a cold place till it is required. Dried cherries, strips of angelica, and grated almond should be strewn over the cream.

Crème à la Célestine (*Banana Cream*).—8 peeled bananas, ¼ pint cream, leaf gelatine, ½ bottle lemon jelly, 2 ozs. sugar.

Dissolve the jelly and coat a plain mould thickly with it while it is barely liquid. Cut 2 bananas in slices and line the mould. Mash the other bananas with the sugar and a little lemon-juice and the cream. Add leaf gelatine in the proportion of ¾ oz. to a pint of the purée and stir in a stew-pan over the fire till it is melted. When the cream is quite cold fill the mould with it.

Crème Montée (*Macaroons and Piled-up Cream*).—4 ozs. macaroons (or 2 ozs. ratafias and 2 ozs. of macaroons), ½ pint cream, castor sugar, 1 table-spoonful apple (or red currant) jelly.

Whip the cream to a very stiff froth, and sweeten it with sugar when it commences to get firm. Crumble the biscuits and toss them with the jelly. Mix them very lightly into the cream and pile it high on a silver or glass dish. The cream can be flavoured, if desired, with almond or vanilla essence.

Crème Verte (*Green Cream*).—¾ pint double cream, 1 tea-spoonful spinach greening, castor sugar, vanilla essence, oranges, bananas, ½ pint lightly frozen ice-cream.

Quarter the oranges, free them from pith and pips, and make a layer of

them in a deep compôte dish. Peel and slice the bananas and lay them over the oranges. Cover the fruit with the ice-cream. Whip the cream with a pinch of salt till it is firm and rocky. When it is beginning to thicken, colour it with the spinach juices or some green colouring, sweeten it to taste, and complete the whisking. Pile it over the ice-cream.

Jellied Oranges.—6 oranges, 1 bottle pink jelly.

Partly divide each orange and carefully remove all the contents. Throw the skins into cold water for 1 hour to harden; then fill them with barely-liquid jelly, stand them with the open end uppermost, and leave till the jelly has quite set—about 12 hours. Cut them into quarters with a sharp

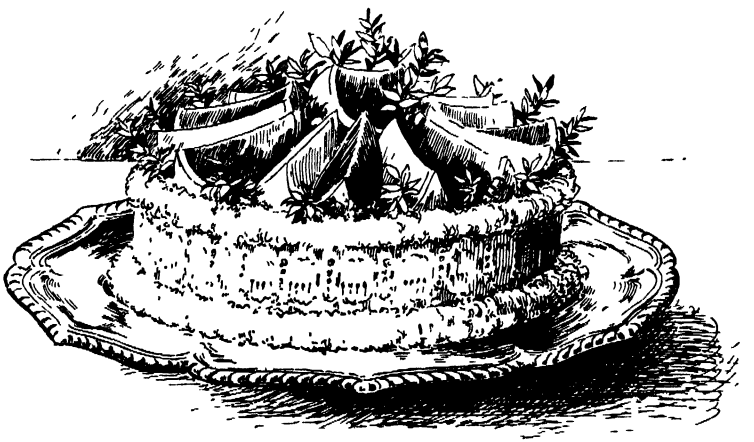


Fig. 272.—Jellied Oranges

knife and dress them on a dish with a sprig of myrtle between each. Or they can be filled with half white and half red jelly or blanc-mange (fig. 272).

Mousse de Pommes (*Apple Cream, Iced*).—6 good apples, ¼ lb. castor sugar, vanilla, 1½ pint good cream, sponge-cake, orange wine, 1 white of egg.

Bake the apples in an earthenware dish and press them through a sieve. Put ½ pint of this purée, with ½ pound of sugar, in a basin, and flavour with a few drops of vanilla. Whisk these ingredients over ice till they become fairly thick. Sweeten the cream with the remainder of the sugar, whip it to a firm froth, and stir it into the apple mixture. Steep the cake in the wine, and fill a plain mould with alternate layers of it and of the whipped cream. Freeze it for 40 minutes, and serve with whipped white of the egg on the top.

Œufs Pochés (*Apricot Eggs*).—1 sponge-cake, ¼ pint cream, apricot jam, bottled apricots.

Cut the cake into slices about ½ inch thick and stamp it out into rounds. Spread them lightly with apricot jam. Sweeten the cream and whip it to a stiff froth. Put a good layer on each round, and place half of an apricot with the rounded side uppermost in the centre. Pile them in a dish. Reduce some of the syrup and pour it round.

Orange Cream Soufflé.—6 sweet oranges, 2 ozs. castor sugar, 1 gill cream, 1 white of a new-laid egg.

Peel the oranges, remove all pith, quarter them, and remove the pips and strew the sugar over them. Place them in a deep dish. Whisk the cream and white of egg to a froth and pile it high over them.

Raspberry Cream.—½ pot of raspberry jam, 2 whites of new-laid eggs.

Beat these ingredients together until they form a stiff rocky froth and pile it in jelly or custard glasses.

Soufflé de Pommes (*Apple Soufflé*).—1 lb. apples, 2 ozs. sugar, 3 eggs, 2 ozs. chopped almond, 3 chopped bitter almonds.

Stew the apples in a very little water till they are reduced to a pulp, pass it through a hair sieve, and mix with one beaten egg. Beat the yolks

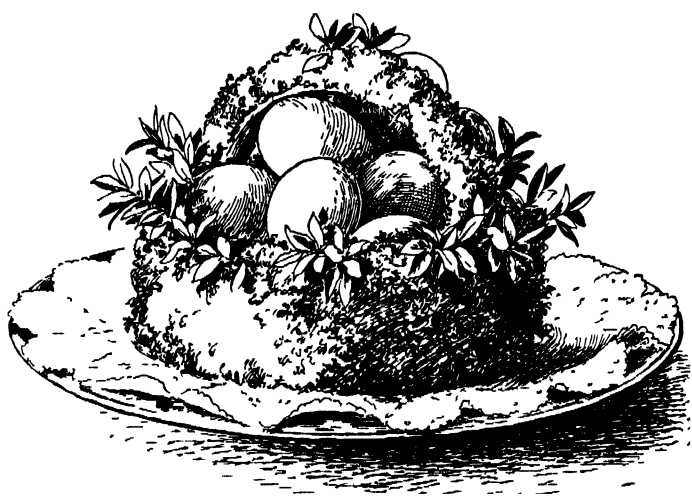


Fig 273.—Surprise Eggs

of the remaining eggs with the sugar for 10 minutes, and add to the purée. Then add the almonds, and lastly mix in the whites of the remaining eggs whisked to a stiff froth. Pour the mixture into a pie-dish or soufflé mould, and bake in a moderate oven for 20 or 30 minutes.

Surprise Eggs.—½ pint cream, 6 eggs, 4 ozs. sifted sugar, vanilla or other essence.

Make a hole in the end of each egg, break the yolks with a long needle, and empty the shells. Warm the cream till it rises. Beat into it the contents of 3 of the eggs, the sugar, and a little essence. Fill the shells by means of a forcing-pipe, place them in egg-cups, and stand them in boiling water for 10 minutes to set. Liquid jelly can be used instead of cream. The eggs should be piled high in pretty baskets filled with moss. Gilded or silvered punnets answer admirably (fig. 273).

SAVOURIES.

Canapés d'Huîtres au Caviar (*Oyster Toasts*).—Caviare, lemon-juice, oysters, bread, butter, parsley, lobster, coral (or coralline pepper).

Make some thin slices of toast. Spread them with butter and then rather thickly with caviare, seasoned with a few drops of lemon-juice, and lay over them some oysters that have been carefully bearded. Cut them into rounds rather larger than each oyster. Sprinkle again with a very little lemon-juice (or vinegar), dust some pepper over them, and pile them on a dish. Serve cold, garnished with little sprigs of parsley and lobster coral or coralline pepper.

Cheese Rissoles.—2 ozs. Parmesan cheese, 1 oz. English cheese, 3 eggs, frying fat.

Grate the cheese, beat the whites of the eggs to a stiff froth, and season with salt and pepper and mustard. Mix these ingredients well together, form the mixture into small balls, and fry them in plenty of boiling fat for 3 minutes.

Croûtes aux Huîtres (*Oysters on Toast*).—2 doz. oysters, 2 doz. small slices of fat bacon, parsley, bread-crumbs, buttered toast.

Fry the bacon and let it get cold. Rub the bread-crumbs through a sieve, season with salt and pepper; chop the parsley very fine, mix with

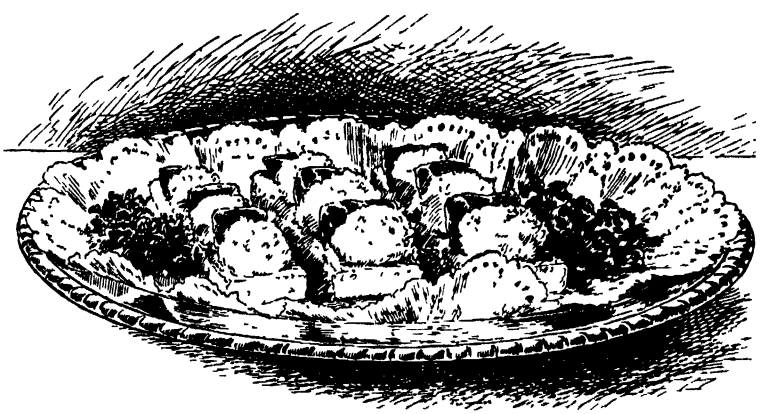


Fig 274 Croûtes aux Huitres

the crumbs, and sprinkle over the oysters. Run them alternately with the bacon on fine skewers. Warm through in a Dutch oven, and serve on hot buttered toast (fig. 274).

Croûtons à la Sandringham (*Anchovy Toasts*).—1 hard-boiled egg, 2 anchovies, 1 smoked sardine, 1 table-spoonful hot chutney—mango if possible—½ oz. Parmesan cheese, ½ oz. butter, lemon-juice, 1 table-spoonful cream, fried croûtons.

Fry some neat squares of bread a pale-golden colour and pile them with

the following mixture:—Pound together the yolk of the egg, the anchovies, sardine, chutney, butter, and Parmesan cheese. Put the cream into a very small sauce-pan, run it round to prevent the sauce-pan from burning, and heap the mixture in it. Dust with cayenne pepper, and add a small squeeze of lemon-juice. Serve on the croûtons.

Darioles de Crevettes (*Shrimp Moulds*).—½ pint picked shrimps, 1 gill cream, 1 gill brown vegetable stock, 2 eggs, 1 dessert-spoonful chutney, 3 stoned Spanish olives, cayenne, bread-crumbs.

Pound the shrimps, chutney, and olives very finely and smoothly, and rub them through a fine sieve. Whip the cream to a stiff froth, add it to the mixture, and season with a little cayenne and salt. Butter eight small dariole moulds, dust them with bread-crumbs, and fill with the purée. Cover them tightly with buttered papers, and steam them for 20 minutes in a wide sauté-pan of boiling water to reach half-way up the moulds. Turn them on a hot dish and serve with Russian sauce, *i.e.* white sauce, with chopped water-cress mixed in it.

Devilled Shrimps.—1 pint shrimps, ¼ lemon, Nepaul pepper, Indian bummaloes, flour, frying fat, fried croûtons, parsley.

Put the picked shrimps on a paper, and dust them well over with flour. Fry them in a basket in boiling fat; they will take 2 or 3 minutes. Turn them out on a sieve before the fire, sprinkle with Nepaul pepper, the grated peel of the lemon, a grate of nutmeg, and a sprinkling of lemon-juice. Lay them rather thickly on nice cut pieces of fried bread, sprinkle over the top a salt-spoonful of finely-crushed bummaloes, and surround with a border of chopped green parsley. Serve on a dish decorated with parsley.

Fonds d'Artichauts aux Crevettes (*Artichoke Bottoms and Shrimps*).—1 tin artichokes, 2 spoonfuls salad oil, 1 spoonful vinegar, ¼ pint shrimps (or prawns), 2 anchovies, 1 gill cream, 8 olives farcies, 1 gill mayonnaise sauce, parsley (chopped aspic if at hand).

Drain the artichokes, and sprinkle them with salad oil, vinegar, pepper and salt. Chop the prawns (or shrimps) and anchovies lightly together, and mix them with some good mayonnaise sauce, a dust of cayenne, and the cream whipped stiff. Pile this mixture on the artichokes, and crown each with a stoned olive stuffed with a fillet of anchovy washed and boned. Serve garnished with parsley (or chopped aspic). This is equally good when made of lobster or oysters.

Fromage à la Diable (*Devilled Cheese*).—2 ozs. Parmesan cheese, 1 tea-spoonful pickle, 1 small tea-spoonful curry-powder, bread, butter.

Grate the cheese, chop the pickle, and mix both with the curry-powder, a little salt, pepper, and cayenne, and plenty of mustard. Butter some toast on both sides, and cover both sides with the paste. Bake in a buttered tin for 4 or 5 minutes.

Herring Roes en Papilote (*Herring Roes in Paper Cases*).—6 large herring roes, 1 tea-spoonful parsley, 1 tea-spoonful onion, 1 tea-spoonful mushroom, 2 ozs. butter.

Blanch the roes in warm water, and drain them. Chop the parsley,

onion, and mushroom, season with salt and pepper, and sauté in the butter, but do not brown. Add the roes, and sauté over a slow fire. Put into small paper cases, and brown in a Dutch oven.

Huîtres à Parmesan (*Oysters with Parmesan Cheese*).—12 oysters, 12 mushrooms, 1 table-spoonful milk, 1 tea-spoonful flour, 1 large table-spoonful good thick cream, butter, Parmesan cheese.

Scald the oysters, trim them, cut them into dice, and mix them with the mushrooms cut in the same way. Put them over the fire in a pipkin, season with pepper and salt and a pinch of cayenne, and thicken with the

Fig 275.—Huîtres a Parmesan

flour. Add the milk, a tiny piece of butter, and the cream, and sprinkle with Parmesan cheese. Serve in any small fancy dishes or shells (fig. 275)

Jambon au Vin de Champagne (*Ham boiled in Champagne*).—A York ham, ½ carrot, ¼ turnip, 1 bunch sweet herbs, 1 quart strained stock, ½ bottle of cheap cooking champagne.—For the sauce, 2 ozs. castor sugar, 1 tea-spoonful Lemco or Bovril, ½ oz. leaf gelatine, 4 oranges, 1 lemon, 1 table-spoonful brandy, 2 table-spoonfuls strong brown sauce well flavoured with vegetables.

Soak the ham for 12 hours, wash it well, and after trimming off part of the knuckle, place it in a sauce-pan with enough cold water to cover it. Bring it very slowly to the boil, draw it to the side of the stove, and let it simmer very gently without boiling for 3 hours. Skin it, and after removing any superfluous fat, put it into a deep stew-pan with a few slices of carrot, turnip, and a bunch of herbs. Add the stock, 1 dessert-spoonful of sugar, and the champagne, and cook it in the oven till tender. Baste it now and again in its own liquor, and when it is cooked, strain and reduce this liquor and use it for glazing the ham.

To make the sauce, boil together for a few minutes the castor sugar, ½ pint of water, and the Lemco or Bovril. Stir in the gelatine, and, when this is quite dissolved, the pulp (freed from all skin and pips) of the

oranges and lemon. Rub through a sieve, add the blanched and finely-shredded peel (only the yellow part) of oranges, and also the brandy, and stir all well together. Freeze in a nice mould; when the sauce is wanted, turn it out and use part for garnishing the ham, and serve the remainder sliced and cut into fingers.

Macaroni à la Provençale (*Macaroni with Capers*).—¼ lb. macaroni, 1 finely-chopped clove of garlic, 1 gill salad oil, 1 dessert-spoonful chopped capers.

Boil the macaroni in salted water for ½ hour, and afterwards in milk for ½ hour. Place the oil in an enamelled iron sauce-pan. As soon as it reaches boiling-point, by which time it will be perfectly still, add the clove of garlic. Boil for 2 or 3 minutes, add the macaroni, and gently shake the sauce-pan till all the oil is absorbed. Turn out upon a very hot dish, and serve as quickly as possible. Sprinkle with the capers and a little pepper.

Mushrooms au Gratin (*Mushrooms with Parmesan Cheese*).—½ lb. large mushrooms, 1 oz. butter, ½ pint thick brown sauce, Parmesan cheese, buttered toast.

Trim the mushrooms and fry them in the butter. Drain them on a piece of kitchen paper, and place them on two large squares of buttered toast laid on a shallow fireproof china dish. Pour the brown sauce over the mushrooms, sprinkle over them equal parts of bread-crumbs and Parmesan cheese, and bake in a quick oven for 15 minutes. Dust with red pepper and serve very hot.

Oyster Fritters.—2 doz. oysters, 3 eggs, 1 table-spoonful flour, ½ pint milk, parsley.

Beat the eggs well, and make a batter of them, the flour, and the milk. Beard the oysters, and fry each separately with a spoonful of the batter in boiling oil. Serve with fried parsley.

Pâtés Savouroux (*Savoury Patties*).—12 water biscuits, butter, cheese, coralline pepper.

Butter the biscuits thickly and put a good layer of grated cheese over the butter. Dust them lightly with coralline pepper and place them in the oven till the cheese melts. Serve them very hot.

Petites Caisses à la Windsor (*Herrings in Cases*).—3 herrings in fillets, 1 small lobster, a little tarragon and chervil, ¼ pint cream, oil, and carmine (or cochineal) colouring, vinegar, mayonaisse sauce.

Lay the fillets in a marinade of oil, vinegar, pepper and salt, and after 1 hour chop them finely, and mix them with a good spoonful of mayonnaise sauce (see "Sauces"), a pinch of cayenne, 2 good tea-spoonfuls of shredded lobster, a little finely-chopped chervil and tarragon. If tarragon is not at hand, a little tarragon vinegar can be substituted, and deducted in proportion from the mayonnaise. Add a few drops of the colouring, and stir in the cream stiffly whipped. Fill some paper cases with the mixture, pile it up well and, if necessary, put it in a cold place to set. Garnish the top of each with finely-chopped tarragon or parsley, and coraline or other red pepper.

Rissoles de Fromage (*Cheese Rissoles*).—6 ozs. fine bread-crumbs, 2 ozs. butter, 6 ozs. Parmesan cheese (or 3 ozs. English cheese), 2 eggs, frying fat.

Mix the bread-crumbs, grated cheese, and butter well together. Beat the eggs, add sufficient to form a paste, and shape into little balls. Roll them in egg and bread-crumbs and fry in plenty of boiling fat. Drain them on kitchen paper. Sprinkle with grated cheese, and serve very hot.

Rissoles Soufflées (*Cheese Balls*).—2 ozs. Parmesan cheese, 1 oz. English cheese, 3 eggs, frying fat.

Grate the cheese, beat the whites of the eggs to a stiff froth, and season with salt and pepper and mustard. Mix all well together, form into little balls, and fry in plenty of boiling fat for 3 minutes.

Savoury Patties.—1 small tin of soft herring roes, an equal quantity of cold cooked fish, 1 oz. butter, 1 small jar of clotted cream, 6 baked patty cases.

Melt the butter in a sauté pan. Chop the contents of the tin, season highly with cayenne, and fry gently in the butter for 15 minutes. Empty into a basin and mix well with the cold fish and the cream. Fill the patty cases and serve them hot.

Savoury Roes.—3 fresh soft herring-roes (or the contents of 1 tin), 1½ oz. butter, 1 white of egg, spice, lemon-juice, fried bread.

Fry the roes in a little butter, and season with salt and plenty of cayenne pepper. When they are cooked put them on one side till cool. Then pound them in a mortar with a pinch of spice and the butter. Spread this mixture upon some small squares of fried bread. Scatter chopped white of egg on the top, add a squeeze of lemon-juice, and make very hot in a quick oven. Serve immediately.

Savoury Sardines.—Sardines, lemon-juice, pepper, buttered toast.

Split and bone the sardines, halve them, and heat them on a saucer in the oven, with a little of their own oil, a squeeze of lemon-juice, and a dust of red pepper. Serve on fingers of buttered toast, as hot as possible.

Savoury Timbales.—¼ lb. flour, ¼ lb. butter, 3 tea-spoonsfuls anchovy essence, ½ pint picked shrimps, lobster coral (or chopped parsley).

Rub 3 ounces of the butter into the flour till as fine as bread-crumbs. Add a very little warm water to the anchovy essence and use it to mix the pastry, which should be as dry as possible. Knead it lightly but thoroughly in order that the colour may be uniform. Line some small plain timbale moulds with the pastry, and bake. Fill with the shrimps, previously fried lightly in the rest of the butter. Garnish with heated lobster coral if at hand, or chopped parsley.

Soufflé à la Reine (*Cheese Soufflé*).—2 ozs. Parmesan cheese, 4 eggs, 1 oz. flour, 1 gill milk, 1 oz. butter.

Melt the butter in a sauté pan, stir in the flour, and season with mustard, cayenne, and salt. Pour in the milk, and stir till the mixture is set. Let it cool in a basin. Grate and stir in the cheese, drop in the yolks of the eggs one by one and beat well; whip the whites to a stiff froth, and stir

lightly in. Butter a soufflé tin, pour the mixture into it, and bake for 15 or 20 minutes.

West Indian Foie-Gras.—Poultry (or rabbit) liver, ½ lemon, 1 dessert-spoonful West Indian pickle, 1 tea-spoonful finely-chopped parsley, 2 ozs. butter, garlic, fried croûtons.

Boil the livers till they are tender enough to be mashed with a fork. Add salt, Nepaul pepper, the peel of half a lemon, a grate of nutmeg, and 1 clove of garlic finely chopped. Fry the mixture in the butter till it is of a nice brown colour. Squeeze over it a little lemon-juice. Lay the liver neatly on the croûtons. Sprinkle over it the parsley, and decorate on top, here and there, with a little prettily-cut West Indian pickle. Dish on paper neatly.

SALADS.

When making salads, a very important point to be borne in mind is that the foundation—in fact the salad itself—is the vegetable used in its composition, and that its delicate flavour must not be overpowered by its accessories. These may be very numerous; indeed almost anything that is good to eat cold may be used. The art of making a salad consists in the judicious blending of its flavours, and in the perfection of the sauce or dressing. Some people object to oil. in this case good cream can be substituted in the proportion of two-thirds to one-third of plain or flavoured vinegar. The eggs may be either raw or hard-boiled, their number varying according to the richness required.

The mayonnaise, which is to be found among the sauces, is a good example of its class.

Chutra Salad.—1 cos lettuce, mustard and cress, 8 small hard-boiled eggs (plovers' or pullets'), 1 tea-spoonful chutney, 1 glass claret, 1 dessert-spoonful spiced vinegar, 1 cupful curried shrimps (prawns, rabbit, or fowl).

Slice the lettuce, and cut up the mustard and cress, pile on the centre of a dish, and surround with the eggs. Stir the chutney, the claret, the spiced vinegar together, and pour this sauce over the salad a few minutes before serving. Place the curried meat or fish in a circle round the dish.

Harlequin Salad.—1 oz. celery, 3 ozs. peeled cucumber, 3 ozs. raw artichoke bottoms, 2 ozs. small pink radishes, 1 dessert-spoonful made mustard, 2 dessert-spoonfuls vinegar, 8 dessert-spoonfuls salad oil, ½ tea-spoonful chopped chervil (or tarragon).

Cut up the celery into little dice, and mix them with the cucumber and artichokes sliced very fine. Two hours later sprinkle with salt, and add the radishes cut into tiny dice. Prepare a sauce by mixing together the mustard rubbed smooth with the vinegar, and adding the oil, a full pinch of pepper, and the chervil. Drain the vegetables well, mix them thoroughly with the sauce, and put into a salad bowl. If preferred, pickled red cabbage can be used instead of the radishes.

Orange Salad.—Oranges, 1 pinch each of chopped parsley and chervil, sugar, 1 dessert-spoonful salad oil, 1 dessert-spoonful brandy.

Peel the oranges carefully, removing all the white pith, and parting the fruit in the natural divisions so as to get the pulp as whole as possible, but without skin or pips. Sprinkle the fruit with the chervil, parsley, salad oil, brandy, and a pinch of sugar, and pile high up on the dish. Stand it in a cold place for at least 1 hour before serving.

Oyster and Celery Salad.—12 oysters, ¼ pint mayonnaise sauce, 2 heads of celery, caviare.

Chop the oysters into dice, and shred the white part of the celery finely. Toss both in some mayonnaise dressing, and put the mixture in a glass dish. Mask it all thoroughly with more mayonnaise, and serve garnished with celery tufts, and tiny heaps of caviare. The secret of a perfect salad is to have it made just when it is wanted, with materials that, though not iced, are perfectly cold. This salad is also very good if lobster is used instead of the oysters.

Potato and Haricot-Bean Salad.—1 lb. cold cooked haricot-beans, ½ lb. cold cooked new potatoes, 3 anchovies (or sardines), hard-boiled eggs, mayonnaise dressing.

Slice the potatoes and mix them and the haricot-beans with the mayonnaise dressing. Garnish with the eggs cut into slices and with anchovy fillets.

Russian Salad.—1 tin of macedoine of vegetables, chopped chives, chervil, tarragon (or a few drops of vinegar flavoured with tarragon), 1 dessert-spoonful chopped capers (or gerkins), 3 anchovies, 2 ozs. meat (or game, poultry, tongue, or fish), mayonnaise sauce.

Toss the vegetables, herbs, and capers in part of the mayonnaise, and pile them in a dish. Scale and fillet the anchovies. Shred the meat, toss it in the remainder of the mayonnaise, and dress it over the vegetables.

Salade à la Petite Princesse (*Celery Salad*).—1 head of fine celery, 2 truffles, hard-boiled eggs (plovers' or pheasants' for choice), mayonnaise.

Shred the celery fine, slice the truffles, and stir them into a delicate mayonnaise. Garnish with hard-boiled eggs in quarters.

Salade de Chamounix (*Potato Salad*).—1 lb. boiled new potatoes, 1 table-spoonful finely-chopped shallot, 1 table-spoonful finely-chopped parsley.

Scrape the potatoes and cut them lengthwise, so as to get the broadest slices possible. Sprinkle a dish with half the shallot, and arrange them on it like sliced cucumber. Sprinkle the other half on top, and strew the chopped parsley over it. Serve with a dressing of oil and vinegar.

Salade de Jour (*Lettuce and Beet-root Salad*).—1 large cos lettuce with a white firm heart, 1 cooked beet-root, 1 hard-boiled egg, ¼ pint mayonnaise sauce.

Leave the lettuce in water for some hours to make it crisp. Break the best part into pieces, not too small, dry them thoroughly with a clean cloth, and put them into a salad bowl. Slice the beet-root, and cut into rings the white of the egg left after making the mayonnaise. Pour the mayonnaise over the salad, and decorate with the beet-root and egg.

Salade en Petits Plats (*Tomato, Mushroom, and Cucumber Salad*).—Tomatoes, little white bottled mushrooms, cucumber, 1 table-spoonful vinegar, ½ tea-spoonful sugar, 1 tea-spoonful each shallot and tarragon vinegar.

This little salad is handed round between the entrées. The tomatoes are sliced and arranged on a dish, with the little bottled mushrooms and the cucumber in thin slices. Mix in a small basin the vinegar, sugar, a salt-spoonful of salt, a dust of pepper, the shallot, vinegar, and a few drops of tarragon vinegar. Pour this over the salad, and let it stand 1 hour before serving.

Salade aux Crevettes (*Shrimp Salad*).—8 large tomatoes, ½ pint picked shrimps (or chopped prawns), 2 ozs. Parmesan cheese, the white hearts of two lettuces, 1 egg, oil, vinegar, mustard, sugar.

Make a thick mayonnaise with the yolk of the egg boiled hard, 2 table-spoonfuls of oil, 1 table-spoonful of vinegar, ½ tea-spoonful of sugar,

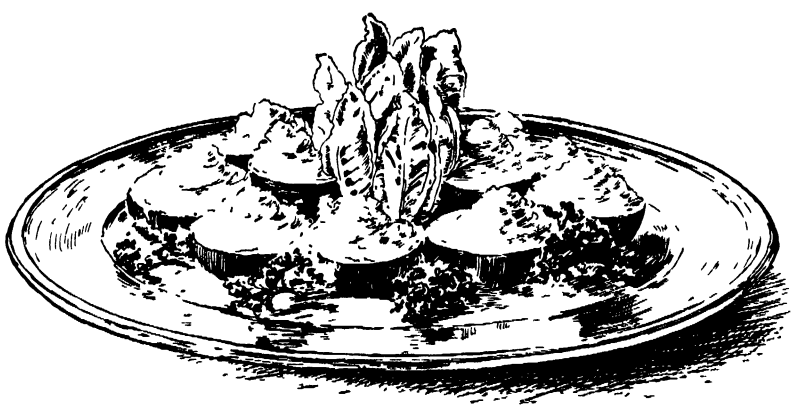


Fig. 276.—Salade aux Crevettes.

½ tea-spoonful of dry mustard, pepper, and salt. Cut the tomatoes in halves, hollow them, and fill with a mixture of finely-chopped lettuce hearts and shrimps. Sprinkle the Parmesan over them, and pile high with the mayonnaise thickened with the white of the egg very stiffly whipped. Dress them between the lettuce hearts chopped roughly and piled in heaps (fig. 276).

Shrimp Salad.—½ pint picked shrimps, ½ pint cold boiled lentils, 2 chopped shallots, 1 tea-spoonful chopped parsley, 2 table-spoonfuls oil, 1 table-spoonful vinegar, spiced pepper.

Dust the lentils with a very little spiced pepper, and mix them with the shrimps. Add the shallot, parsley, oil, and vinegar, and mix thoroughly. Decorate the top with a few shrimps. Serve with thinly-cut rolled bread and butter.

Prawns are delicious treated in the same way, but they are, of course, far more expensive.

SANDWICHES.

Considerable care is required in the making of sandwiches. The best tinned bread and the best butter should be used, the latter sparingly, the former cut thinly and very evenly. It is an improvement to use either clotted or separated cream, seasoned with a very little salt and coralline pepper, instead of butter. Pâté-de-foie-gras, pressed and spiced beef, potted meats of any kind, chicken or fish creams, cucumber, tomato, small green stuff, all make delicious sandwiches. So do thin slices of very fresh cream-cheese, laid on buttered brown bread, between thin slices of tomato or cucumber.

Here is another excellent sandwich:—Beat some very ripe and soft Camembert cheese with a little whipped cream strongly seasoned with coralline pepper; spread this on some delicate slices of buttered brown bread, lay on each slice a washed, boned, and filleted anchovy cut into shreds, sprinkle lightly with minced capers, and press the two slices of bread together. Trim the edges very neatly, and cut into fingers, rounds, or squares.

Bonnes Bouches (*Tit-bits*).—½ lb. cold game (or chicken), 2 boned anchovies, 2 ozs. butter, a few capers, 1 small jar of clotted cream, bread, butter.

Pound the game, anchovies, capers, a little cayenne, and the butter very smooth. Cut the bread into very thin slices, spread them with the cream, and cover with the pounded meat. Roll the slices neatly. Dress them high on a folded serviette and decorate with parsley, and, if possible, a little lobster coral.

Boston Sandwiches.—½ lb. cold tongue (or ham), 6 ozs. butter, ½ lb. of game (or fowl), bread.

Chop the tongue or ham finely, and put it in a basin with a little savoury flavouring to taste. Put the butter on a dish, and beat it into a cream: add the seasoned meat, and mix well together. Cut some thin slices of bread, also some very thin slices of game or fowl. Spread a slice of bread with the above mixture, then add the game or fowl, and cover with a thin slice of bread.

Strawberry Sandwiches.—Brown (or white) bread, 1 jar clotted cream, ½ juice of a lemon, 1 lb. strawberries, castor sugar, liqueur syrup.

Cut some very thin slices of either brown or white bread, and spread them thickly with thick or clotted cream, and then with fresh fruit prepared as follows:—Pick the stalks from the strawberries, sprinkle the latter with a little lemon-juice (or a few drops of vinegar), and then rather thickly with castor sugar. Let them stand in a cold place, on ice if possible, and mash them lightly with a wooden spoon, and stir in them some liqueur syrup, in the proportion of a small wine-glass to every pound of fruit. Finish as for ordinary sandwiches.

PRESERVED MEAT, VEGETABLES, AND FRUIT.

Only the experienced housewife knows how invaluable are these, whether preserved in bottles or in tins. With the latter the precaution should be taken of buying from a well-known firm with a reputation to lose. Immediately after a tin has been opened it should be emptied into an earthenware vessel, as the air acts injuriously on the metal, and spoils the food. Moreover, provisions that have been tinned should be consumed as soon as possible, and carefully covered when not in use. The action of air upon the food and tin together is deleterious.

The French preparations of vegetables are particularly useful in a good *cuisine*, for by their means many delicacies can be made regardless of the season.

To those living in apartments this class of provisions is almost invaluable. With the aid of the chafing-dish they can be practically independent of landladies. Many of the recipes already given can easily be adapted to the purpose. In the space available it is only possible to add a few others.

Asparagus de Milan (*Asparagus with Cheese*).—1 tin asparagus, 2 table-spoonfuls grated Parmesan cheese, 1 oz. butter, 1 table-spoonful cream.

Place the asparagus in a fire-proof dish, oil the butter, and pour it over. Sprinkle in the cheese, turning the asparagus to let it get coated. Pour the cream over, and heat the whole thoroughly in the oven. Serve it in the same dish.

Bouchettes de Galantine aux Épinards (*Galantine with Spinach*).—1 tin galantine, 1 pot Strasburg paste, 1 egg, 4 lbs. spinach, 1 clove shallot, ½ oz. butter, nutmeg, 1 table-spoonful cream, 2 yolks of eggs, 1 garlic.

Cut the galantine into pieces about ½ inch thick and spread each with the Strasburg paste. Sprinkle with salt and pepper. Cover them with egg and bread-crumbs and fry them a pretty golden-brown in plenty of boiling fat. Drain and dress them round a pile of spinach prepared as follows:—Wash the spinach in six or seven waters and put it in a stew-pan with the shallot and a lump of sugar. Press it well down and let it cook gently in its own juice. When done, remove the shallot. Press out all the moisture and chop the spinach well. Rub it through a hair sieve and place it in a small clean stew-pan with the butter, a small grate of nutmeg, and the cream. Beat the yolk of the remaining egg, which should be a large one, and stir it quickly into the purée. Add a cayenne-spoonful of chopped garlic and pile it very hot in the centre of a dish. Dress the bouchettes round and serve at once.

Chicken with Mushrooms.—1 tin mushrooms, 1 tin chicken, 1 small jar Lemco or Bovril, 1 tin burnt onions, flour.

Pour away the brine from the mushrooms and wash them in cold water. Put half a pint of water in the chafing-dish, thicken it with a spoonful of flour and add burnt onion to taste. Stew till the goodness is drained from

the onion, and then remove the dish and season with pepper and salt. Add the mushrooms. When the mixture has simmered for ½ hour, put in the chicken, and cook slowly for ¾ hour.

Crayfish Soup.—1 jar of crayfish, 1 tin of crayfish butter, 5 pints water, 1 tablet of compressed vegetables, 1 good table-spoonful bread-crumbs.

Stew all the ingredients together, without allowing them to boil, until the vegetables are tender. Pass all through a sieve and serve very hot.

Curried Pilchards.—1 tin pilchards, 1 table-spoonful curry powder, 1 tea-spoonful corn-flour, 1 clove of garlic, rice.

Rub a clean frying-pan with a notched clove of garlic and turn the oil from the tin into it. Place it over a clear fire. Moisten the curry-powder and flour with a very little water and stir it into the oil until it has the consistency of a smooth thick gravy. Place the pilchards in this and warm them gently through, turning them carefully and basting them several times during the cooking. When they are thoroughly hot place them on a dish with the sauce and leave them for a few minutes in the oven. Serve with boiled rice on a separate dish. Any dried fish preserved in oil can be treated in the same manner.

Fricasseed Sweet-breads with Peas.—½ oz. butter, 1 tin of fried sweet-breads, 1 pint brown sauce, 1 bottle peas.

Pour the sauce into a jar and cover it closely. Fill the chafing-dish with boiling water and stand the jar in it. When the sauce is heated, slice the sweet-breads, add them and let them simmer very gently for ½ hour. Drain the water from the tin of peas into the chafing-dish, previously emptied, and add some salt. Let it boil quickly. Throw in the peas, let them cook for 20 minutes, and drain away the water. Add the butter to the peas, shake them in it for a few minutes, and pile them on a dish. Dress the sweet-breads round them and pour the sauce over.

Fried Artichoke Bottoms.—8 tinned artichoke bottoms, 1 egg, bread-crumbs, frying fat.

Clean the artichoke bottoms in cold water, throw them into boiling, salted water, and let them boil for 15 minutes. Drain and cover them immediately with egg and bread-crumbs. Fry them a pale-brown in plenty of boiling fat.

Petits Moules (*Chicken Shapes*).—1 tin boneless chicken or duck, 1 small bottle of aspic jelly, 2 truffles, 1 small tin potted game, 1 egg, 1 gill cream.

Melt the aspic, and when it will barely run, pour a thin layer on the bottom of some small plain moulds, then coat the sides with the jelly. Cut the truffles into very thin slices and place one in the centre of each mould. Place a layer of the potted game over this: then put in the boned poultry and pour in some more aspic to fill up the crevices. When set, turn them out, and serve with a cream sauce made as follows:—Whip the white of the egg to a stiff froth. Beat the yolk, season with salt and cayenne, and mix it into the white. Whip the cream and add it to the other ingredients.

Pine-apple Jelly.—1 bottle jelly, ½ tin pine-apple chunks.

Slice the chunks into thin threads. Add a few lumps of sugar to the juice, reduce it to one-half, and let it get cold. Melt and pour the jelly into a mould, adding now and then, as it is setting, some strips of pine-apple. When it is quite cold, turn it out and decorate it with the remainder of the fruit. Pour the cold syrup round.

Salmon Cutlets.—1 tin of salmon cutlets, butter, Nepaul pepper, oil (or fat).

Dry the contents of the tin and lay them in melted butter for 10 minutes. Dust them with Nepaul pepper. Wrap them securely in well-oiled white paper and stitch down the ends. Fry them in oil (or fat) for about 10 minutes. Have some prettily-fringed hot papers ready. Cut the paper in which the salmon was fried. Slip each cutlet quickly into a hot paper, twist up the ends, and serve at once.

Sheep's Tongue and Green Peas.—1 tin sheep's tongue, 1 egg, 1 tin green peas, 1 dessert-spoonful of Worcester or other sauce, 2 ozs. butter, bread-crumbs, flour.

Take the tongues from the tin. Split them in halves down the centre. Cover them with egg and bread-crumbs and fry them gently in part of the

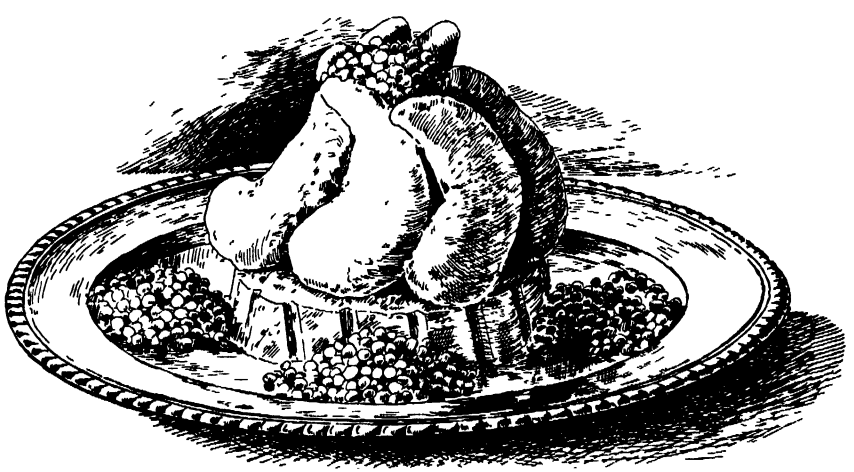


Fig 277.—Sheep's Tongue and Green Peas.

butter or some bacon fat. Put the jelly into a stew-pan, thicken it with a roux made with the remainder of the butter and one dessert-spoonful of flour, flavour with pepper and the flavouring sauce and pour it in a hot dish. Dress the tongue down the dish and garnish it with parsley. Plunge the tin of peas into boiling water and leave it for 4 minutes after it reboils. Open the tin, drain away every drop of brine, and should the peas taste too salt put them in a strainer and pour some boiling water over them. Dress them round the tongue. If, however, salt has been omitted in seasoning the gravy, this will rarely be necessary (fig. 277).

Truffles à la Bretonne (*Truffles on Toast*).—6 ozs tinned truffles,

2 table-spoonfuls oil, 1 table-spoonful chopped parsley, 1 clove of garlic, juice of half a lemon, 1 table-spoonful tomato pulp, 1 table-spoonful strong stock, buttered toast.

Cut the truffles into slices and fry them in a stew-pan for 5 minutes with the oil, parsley, garlic, pepper, and salt. Remove the garlic, add the juice of the lemon, the tomato pulp, and stock. Boil up again and serve over the buttered toast.

Turtle Soup.—¼ lb. dried turtle, 3 onions, 2 tins Brand's Extract of Meat (or 1 table-spoonful Lemco or Bovril), 1 blade mace, 1 slice of lemon peel, 1 quart stock, 1 tea-spoonful dried turtle herbs, 1 tea-spoonful potato flour, 1 tea-spoonful Vienna or other good flour, 1 wine-glass sherry, 1 dessert-spoonful lemon-juice.

Soak the turtle in the stock for 12 hours before using it. Put it with the stock and a little salt into a stew-pan. Add the onions peeled and quartered, the mace and lemon peel, and let it simmer gently for 5 hours or until the turtle is tender enough to divide easily with a spoon. Should any portion of the stock have evaporated, the quantity can be made up with fresh stock or water. One hour before the turtle is finished add the herb, tied in a piece of muslin. Divide the turtle into neat pieces. Strain the stock, let it boil up, and stir in it the extract previously soaked for a few minutes, or the essence of beef. Mix the flours very smooth in a gill of stock or water and stir it into the soup till it thickens. Add the turtle, sherry, lemon-juice, salt and pepper to taste, and serve at once.

Veal Collops with Mushrooms.—1 tin mushrooms, 1 tin veal collops, burnt onion, 1 table-spoonful good meat glaze.

Melt the glaze in ½ pint of water and add a little burnt onion, salt, and pepper. Let it stew in a sauce-pan over the fire for 1 hour, then strain it. Pour away the brine from the mushrooms and wash them well in cold water. Add them to the stock and let the whole simmer for ½ hour. Flour, and add the collops, and warm through.

INEXPENSIVE BREAKFAST DISHES.

Baked Herrings.—3 good-sized fresh herrings, 2 ozs. fine bread-crumbs, 1 oz. butter, 1 tea-spoonful each of chopped parsley and grated lemon rind, the yolk of 1 egg, 3 pinches each of pepper and salt, ½ pint good brown gravy, 1 shallot, 1 tea-spoonful tarragon vinegar, 1 oz. brown roux, 1 doz. small fried croûtons.

Wash and scrape the herrings, place them in salt and water for about ½ hour, and then drain them. Mix together the bread-crumbs, butter, parsley, and lemon, season the mixture with the pepper and salt, work it to a paste with the egg, and use it to stuff the herrings. After closing them securely, arrange them side by side on a deep baking-dish. Mix the tarragon vinegar and shallot (peeled and shred very finely) with the gravy.

When no gravy is at hand, Lemco or Bovril, dissolved in boiling water, will form an excellent substitute. Pour the gravy into the dish with the vinegar. Cover the fish and bake till they are tender—about 20 minutes. Dress them on a hot dish. Thicken the gravy with the roux and pour it over them. Serve with small fried croûtons.

Beaten Eggs.—4 eggs, 1 table-spoonful stock (or cream), 1 tea-cupful peas partly or wholly cooked.

Break the eggs into a pan with the stock or cream, season with salt and pepper, and place on the fire. Add the peas, and stir the mixture until it thickens. Pile it on hot buttered toast. Asparagus heads, cauliflower, or mushrooms may be used instead of peas.

Beef Kidney.—1 kidney, 2 table-spoonfuls parsley, lemon-juice.

Cut the kidney into dice and stew it gently in ½ pint of water for 2 hours. Chop the parsley, and add it, with lemon-juice, salt, and pepper, to the kidney ½ hour before serving. Garnish with mushrooms or French beans.

Breakfast Savoury.—1 lb. cold boiled fish, 1 small onion, 2 ozs. butter, 2 ozs. flour, 1 tea-spoonful anchovy sauce, a round of hot buttered toast, 1 egg hard boiled, 3 gills milk, salt, pepper.

The fish—any kind, but preferably cod, whiting, or fresh haddock—should be flaked from the bones while it is hot. Put the skin and bones into a sauce-pan with ½ pint, or more, of water and stew for an hour, until there remains about a gill, which should then be strained. Chop the onion very fine. Melt the butter in a sauce-pan and stir in the flour, add the milk, and stir till it boils; then add the chopped onion and cook for 5 minutes. Add the fish stock, anchovy sauce, fish, and a dust of pepper and salt, and stir the mixture over the fire till it is heated through. Prepare the hot buttered toast and serve the fish mixture on it. The egg is used chopped small as a garnish.

Calf's Brain Fritters.—1 calf's (or ox's) brain, 1 egg, 1 table-spoonful flour, ½ pint milk, oil.

Remove the skin from the brains and place them in warm water for an hour; then boil them in fresh water till they are quite firm. Make a batter with the flour, egg, milk, and plenty of salt. Cut the brain in slices, and throw each, with a spoonful of the batter, into plenty of boiling oil. Keep them separate, and fry them until they are brown and crisp.

Canadian Omelet.—6 eggs, 1 tea-cupful milk, 2 ozs. butter, 1 tea-cupful bread-crumbs, 1 green onion, 1 dessert-spoonful chopped parsley, 1 salt-spoonful sweet herbs.

Whip the whites of the eggs to a stiff froth. Beat the yolks well, boil the milk, and melt 1 oz. of butter. Chop the onion and herbs, and stir them, with the parsley, into the yolks; season with salt and pepper; add the milk, bread-crumbs, onion and herbs, and melted butter; and beat all well together. Stir the whites lightly in. Melt part of the remaining butter, pour into it part of the mixture, and proceed as in the last recipe, making two small omelets.

Curried Eggs.—8 eggs, ¾ pint milk, 1 large Spanish onion, 1 tea-spoonful sugar, 1 table-spoonful curry-powder, 1 table-spoonful flour, 2 ozs. butter, 1 lemon.

Boil the eggs for 10 minutes, throw them into cold water, remove the shells, and cut off the ends to allow them to stand. Slice the onion and fry it white in the butter. Mix the flour and curry-powder smoothly in a little of the milk, and boil them for 2 hours with the remainder of the milk, onion, juice of the lemon, sugar, and a little salt and pepper. Strain the mixture through a sieve. Dress the eggs on a dish, pour the gravy round them, and serve with a wall of boiled rice.

Egg Rissoles.—6 eggs, 1 table-spoonful thick cream, 1 table-spoonful parsley, 1 table-spoonful bread-crumbs.

Boil five eggs hard. Chop the parsley, pound it with the yolks and cream, and season with salt and pepper. Chop the whites, stir them into the mixture, and form it into small balls. Roll them first in egg and bread-crumbs and then in egg. Fry a pale-brown in plenty of boiling fat or oil.

Eggs and Tomato Sauce.—4 eggs, 1 tea-cupful tomato sauce, 1 oz. butter.

Melt the butter in a dish, break the eggs carefully in it, and place them on a stove until they begin to set. Warm and pour the sauce over, and serve in the same dish.

Baked Eggs Escalfados.—6 eggs, 1 oz. butter, 1 table-spoonful cream or milk.

Butter a deep dish, sprinkle with salt, and break the eggs carefully into it, keeping each separate. Melt the remainder of the butter, and while it is hot stir it into the cream. Pour it over the eggs, cover closely, and bake in a moderate oven for 10 minutes.

Fish Tortilla.—4 eggs, 2 table-spoonfuls tinned fish, 2 ozs. oil.

Separate the fish from the bones, and pull it into shreds. Beat the eggs well, stir in the fish, and season with pepper and a little cayenne. Melt the butter in a sauté-pan, and pour in the mixture, shaking the pan to prevent burning. Fry a pale-brown, turn with a plate, and fry the other side.

Herrings à l'Écossaise (*Fried Herring*).—4 fresh herrings, the juice of a small lemon, 4 good pinches of salt, the same amount of pepper, a sprinkling of cayenne, ½ pint milk, about ½ lb. fine oatmeal, frying fat.

Clean and skin the fish, cut off the heads, and either fillet or cut them in halves and remove the bones. Place them in a deep dish, sprinkle them with the lemon-juice, pepper, salt, and cayenne, and leave them for 2 or 3 hours. Have ready the milk in a basin and the oatmeal on a dish. Dip each piece of herring into the milk, roll it once in the oatmeal, and drop it into boiling fat. Fry a nice brown. Drain the fish, arrange it on a doyley, and garnish it with cut lemon and parsley. Serve hot with oatmeal fish-sauce (see p. 189) in a tureen (fig. 278).

Herrings in Pastry.—2 fresh herrings, ½ oz. butter, 2 salt-spoonfuls each of chopped onion and parsley, ½ lb. pastry.

Split the herrings flat down the back. Take the head in one hand, and

with the other press the flesh under the backbone and draw it clear of the bones. Fill the fish with the butter, onion, parsley, salt and pepper, and fold them together again. Roll out the pastry very thin, envelop each herring in it, and bake them in a moderate oven for about 15 minutes, until the paste is a pale-brown.

Kidneys à la Maître d'Hôtel (*Kidneys on Toast*).—4 kidneys, 1 table-spoonful parsley, 1 tea-spoonful shallot (or half a small onion), hot buttered toast

Chop the parsley and shallot or onion Melt the butter in a pan, stir in the parsley, shallot, pepper and salt. Split the kidneys, lay them, the flat side downwards, in a hot sauté-pan and cook them for 3 minutes then turn and season them with salt and pepper. Saute them for 2 more minutes,

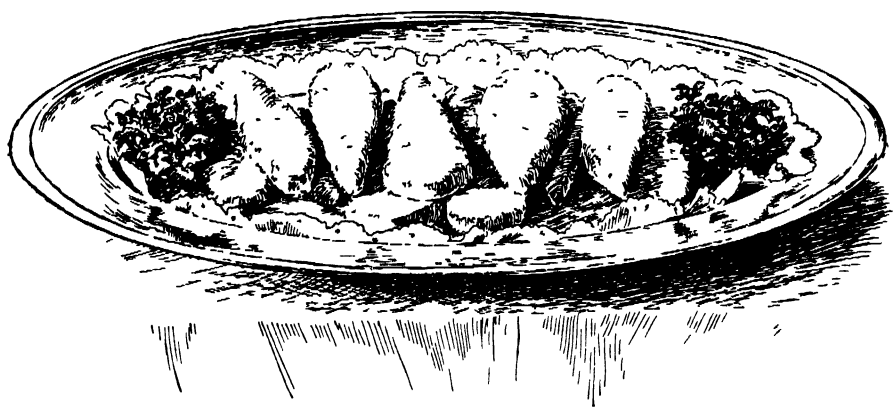


Fig. 278.—Herrings à l'Ecossaise.

place them on hot buttered toast, and pour the contents of the pan over them

Oatmeal Fish-Sauce.—½ pint milk (the same ½ pint as was used for dipping the fish into), 1 table-spoonful fine oatmeal, 1½ oz butter, the juice of ¼ of a lemon, 1 tea-spoonful anchovy essence, ½ tea-spoonful chopped parsley

Warm the milk in an enamelled sauce-pan, knead the oatmeal and butter in a ball, drop it into the milk, and stir over the fire till the mixture is quite smooth. Add the other ingredients, continue stirring over the fire until it is the consistency of thick cream, and pour it into a hot tureen. Serve.

Omelette Soufflé.—3 eggs, 2 ozs. butter.

Beat the whites to a very stiff froth, and stir them into the yolks, seasoned with a little chopped onion, mixed herbs, salt and pepper. Melt the butter in a sauté-pan and pour the mixture into it, shaking it gently to prevent its sticking. When it is lightly browned, double it in half, slide it on to a dish, and serve immediately.

Onion Tortilla.—1 lb Spanish onions, 2 ozs. butter (or oil), 3 eggs.

Melt the butter in a sauté-pan: slice the onions, and fry them thoroughly in it. Beat the eggs, season them with salt and pepper, add them to the onions. Fry a light-brown on both sides.

Pâté-de-Foie-Gras (Mock).—1 lb. liver (calf's, poultry, or game), ½ lb. bacon (or ham), 1 finely-minced onion, 3 bay leaves, 1 bunch parsley and thyme, 12 pepper-corns, 4 ozs. butter, flour.

Cut the liver into dice with the bacon or ham (rather more fat than lean), and add the onion, thyme and parsley, bay leaves, pepper-corns, and a pinch of salt. Heat the butter in a sauté-pan, add the other ingredients, and fry the mixture for 8 or 10 minutes. Pound it smooth in a mortar, and rub it through a fine wire sieve. Pack it tightly into a clean jar, cover it over with a plain paste made of flour and water, press it well over the top and set the jar in the oven in a tin of boiling water. Let it cook for ½ hour, being careful that the water boils the whole time. It must then be allowed to get quite cold. Afterwards remove the paste, cover the pot well over with clarified butter, and keep it in a cool place.

Salmon Toast.—¼ lb. cold salmon, 1 tea-spoonful lemon-juice, 1 oz. butter, 1 egg, cayenne.

Remove all bones and season the fish with a few drops of lemon-juice, salt, and cayenne. Melt the butter in a stew-pan, add the salmon, and stir till it is hot. Beat the egg and stir it into the fish till the egg just begins to set. Pile the mixture on squares of buttered toast. Tinned salmon may be used, though it is not quite so nice.

Sausage Fritters.—½ lb. sausages, 5 ozs. flour, 1 egg, ½ pint milk, fat for frying.

Boil the sausages for 10 minutes, take them out of their skins, roll them into balls about the size of a walnut, and flatten them into cakes. Make rather a thick batter with the flour, egg, and milk. Dust the sausage cakes over with flour, dip them in the batter, and fry them in the hot fat. The dish should be garnished with a few sprigs of fried parsley,

Sweet-breads.—2 calf's (or ox's) sweet-breads, 1 egg, 6 ozs. butter, lemon-juice, bread-crumbs.

Blanch the sweet-breads in boiling water for 5 minutes, and in cold water for 1 hour. Remove the fat, skin, and pith with the fingers, and if an ox sweet-bread is used divide it into thick pieces. Dip them into beaten egg, cover them with bread-crumbs, salt and pepper, and place them, with the butter, in a tin dish in a moderate oven. Baste them well and often, and bake for at least 1 hour. Serve with lemon-juice squeezed over, or with rich brown gravy or tomato sauce.

Tomato Tortilla.—1 lb. tomatoes, 2 ozs. butter, 3 eggs.

Melt the butter in a stew-pan. Add the tomatoes sliced and seasoned with salt and pepper, and stew till they are tender. Beat the eggs and pour in, stirring the mixture till it is quite thick. Serve on hot buttered toast. Part of a tin of tomatoes well drained can be used instead of fresh fruit.

ADDITIONAL RECIPES

SOUPS.

Consommé.—It is essentially important that in making a bright, clear consommé no particle of a thickening nature should be allowed in the preparation of the stock; that after straining, every bit of fat must be removed; and that the stock should be liquefied, though not hot. Having made about 1 gallon of stock from fresh bones and water, remove the fat, liquefy the stock, and mix it with 2 lbs. of the lean part of beef passed through the mincing machine, 2 eggs, and about ½ pint of cold water. Stir the soup till it boils, then add a sliced onion, a carrot, a stick of celery, a dozen peppercorns, 1 clove, a blade of mace, a small bouquet of herbs, and a ham or bacon bone. Allow the soup to simmer for 2 hours, and strain it through a clean cloth.

Consommé à la Brunoise.—Cut an onion and a small stick of celery into very small dice, fry them with butter in an omelette pan until they are a delicate golden colour, put the vegetable, as it browns, into 3 pints of boiling consommé, simmer it 20 minutes. Cut a white turnip into similar dice, boil them, add them to the soup with 3 leaves of picked tarragon, remove the fat with kitchen paper, add salt if necessary, and it is ready to serve.

Consommé à la Diablotin.—Prepare a good clear consommé, add a few picked tarragon leaves and the following croûtes on a separate plate. Fry round croûtes of bread, about the size of a two-shilling piece, in butter, cover them thickly with grated Parmesan cheese, and bake them long enough to take a golden colour.

Croûte-au-Pot.—The first essential for this delicious soup is bright, clear consommé served in a soup-tureen, accompanied by the croûte-au-pot prepared thus. When making the stock, take 2 sticks of celery, a carrot, 2 green onions with their stems, and 2 sprigs of parsley, all tied in a bundle, and boil them in the top of the stock pot When they are cooked, drain them, cut them into slices, and put them with a little clear consommé into the silver lining of a soufflé dish, and on the top put extremely thin pieces of toast which have been browned on a baking sheet in the oven. The soup should be served and the croûtes handed.

Clear Mock Turtle.—Thoroughly wash half a calf's head, put it into an oval pot, skin side upwards, cover it with buttered paper and as much cold water as will nearly cover it; add vegetables, herbs, and spices to taste. Bring the head slowly to the boil, and simmer it gently for 5 hours. Remove the bones from the head and press it between two dishes with a 4-lb. weight. Strain the stock into a basin to get cold, and, after removing the fat, add 1½ lb. of passed veal and beef, 3 whites of eggs, and vegetables to season; add, if possible, the chopped bones of a raw rabbit from

which the fillets have been taken. After simmering the soup for nearly 2 hours, strain it through a cloth, and, when serving it, add half a tumbler of sherry, a tea-spoonful of lemon-juice, and a pinch of cayenne pepper. Garnish the soup with pieces of the head, the tongue cut in pieces, and small quenelles made with the flesh of the rabbit. For which pound the fillets to a pulp, add 2 ozs. of butter, a spoonful of cold bread sauce, and an egg, season it with salt and pepper, and rub it through a wire sieve. Form it into quenelles with two tea-spoons, and blanch them in an omelette pan in the oven.

Clear Tomato Soup à la Royale.—Take about 2 quarts of good stock and free it from fat, pass 2 lbs. of lean beef through the mincing machine, mix it in a stew-pan with 2 eggs, a pound of sliced ripe tomatoes, and a bacon bone: add the stock, and stir it till it boils. Add a sliced onion, a little carrot and celery. Simmer the soup for 2 hours and strain it through a clean cloth. Return the soup to the stew-pan to heat, adding custard cut into various shapes. To make the custard, beat an egg and a yolk with a gill of stock, season it with salt, pepper, and a tiny pinch of cayenne pepper, steam it in small buttered moulds without allowing it to boil.

Clear Mulligatawny Soup.—Cut 2 lbs. of lean beef and veal into strips and pass it through the sausage machine. Put the meat into a stew-pan with 2 or 3 whites of eggs, 2 table-spoonfuls of curry-powder, a ripe tomato, a table-spoonful of tamarinds, a ham bone, and ½ pint of cold water; mix the ingredients thoroughly, add 2 or 3 quarts of good stock free from fat, stir it till it boils, add vegetables, herbs, and spices to flavour it, and a table-spoonful of Worcester sauce. Having simmered the soup for 2 hours, strain it without pressure through a clean cloth. Re-heat the soup, seasoning it with salt, a pinch of cayenne pepper, and a tea-spoonful of lemon juice. Serve dry boiled rice separately.

Calf's Tail Soup.—To make this delicious soup, take two calf's tails, unskinned, chop them in pieces an inch long, wash them and put them into a stew-pan with a blade of mace, 2 cloves, 6 peppercorns, carrot, onion, and celery to flavour, a bouquet of herbs. Cover all with cold water, put a buttered paper over, and after boiling it on the stove put the stew-pan in the oven to simmer for about 4 hours. Cut a small onion into dice, with an ounce of lean bacon and a little rough celery, fry them with butter until they assume a delicate golden colour, mix in a table-spoonful of potato fecula and 3 pints of good light-coloured stock, stir it till it boils, simmer it nearly an hour and squeeze it through the tammy. Heat the soup with the strained stock from the tails, add milk to make it a desirable consistency, add the pieces of tail, a table-spoonful of grated Parmesan cheese, a tea-spoonful of lemon-juice, a pinch of cayenne pepper, and at the moment of serving the yolks of 2 eggs mixed with ½ gill of thick cream.

Potage à la Milanaise.—Fry 2 minced shallots and a suspicion of garlic with 1 oz. of minced lean ham and 1 oz. of butter in a covered stew-pan until it is a nut-brown colour: mix in a spoonful of potato fecula and 3 pints of good stock. When it boils, add ½ gill of thick tomato purée and

1 gill of brown gravy; simmer the soup ¾ hour, ascertain that the seasoning is palatable, add salt and cayenne if necessary, and strain it into a soup-tureen containing 3 table-spoonfuls of boiled macaroni cut into tiny rings.

DRESSED FISH.

Slices of Salmon à la Dorade.—Put two slices of salmon in a buttered sauté-pan, on them slice 2 large ripe tomatoes previously freed from skin and seeds, moisten them with a glass of sherry, season them with salt and pepper, and cook the fish in a moderate oven about ½ hour. Dish the salmon with a sauce prepared as follows. Warm a gill of good brown sauce, with the addition of a dessert-spoonful of Heinz's tomato chutney, a piece of glaze and the liquor from the cooked fish, salt and pepper to taste, a tea-spoonful of chopped parsley and a piece of lobster butter at the moment of serving.

Sole à la Chapon Fin.—Cut the heads and fins from a medium-sized pair of sole, put them on a buttered fire-proof dish, sprinkle them with chopped shallot, parsley, a dust of thyme and salt and pepper. Spread on each a table-spoonful of tomato purée, pour round them a glass of white wine, put 1 oz. of butter in pieces here and there, cover the dish with a stew-pan lid, on which place hot coals, and cook it in a quick-oven for 15 minutes. Serve it in the same dish, accompanied with a nicely seasoned brown sauce in which a piece of anchovy butter has been dissolved.

Fillets of Sole a la Cardinale.—Fillet a pair of small sole, put the bones on to boil. Pound a table-spoonful of lobster spawn with a piece of butter and rub it through a hair sieve. Pound the fillets of a small whiting, add 2 ozs. of butter, a spoonful of white sauce, and an egg, season all with salt and pepper and rub it through the same sieve in which the spawn was passed; work the farce with half the passed spawn and spread on the smooth side of the fillets, roll them and arrange them in a buttered sauté-pan with the ends so placed that they will not unwind in cooking, dust them with salt and pepper, sprinkle them with lemon-juice, cover them with a greased paper and cook them ½ hour in a moderate oven. Dish the fillets in a circle, put in the centre a ragoût of scallops of lobster and tiny fish quenelles made with the remainder of the farce, and pour the sauce round the fillets. The lobster sauce can be made thus: Dissolve 1 oz. of butter in a stew-pan, mix in a spoonful of flour and a gill of fish stock. When it boils, add milk and cream, the remainder of the passed spawn, a squeeze of lemon juice, and salt and pepper to taste.

Fillets of Sole à la Hillingdon.—Cut in halves crossways the fillets of a large pair of sole, put the bones on to boil, butter a sauté-pan, on which arrange half the fillets, with the ends slightly curved to the centre, season them with salt, pepper, and lemon-juice, add a little stock from the boiled bones, cover them with a buttered paper, and cook them about 20 minutes

in a moderate oven. The remaining fillets must meanwhile be dipped in flour, then in beaten egg and bread-crumbs. Form them neatly into shape with a palette knife, and fry them with hot salad oil in a sauté-pan. Make a thin border of mashed potato on a dish, on which arrange the fillets, white and brown alternately: pour the sauce on the white fillets and round the dish. To make the sauce, dissolve 1 oz. of butter in a stew-pan, to which add a spoonful of flour and the broth from the bones. When it boils, simmer it 10 minutes and squeeze it through the tammy. Warm the sauce, adding salt, pepper, a dash of cayenne pepper, half a tea-spoonful of lemon juice, and at the last moment the yolks of 2 eggs mixed with ½ gill of cream. Sprinkle in half a tea-spoonful of chopped tarragon.

Fillets of Sole à la Richelieu.—Take the fillets of a pair of medium-sized sole, mask the smooth side with delicate fish farce, roll them tightly, and place them in an upright position in an omelette pan with the ends so placed that they will not uncurl in cooking. Season them with salt, pepper, lemon-juice, and a little of the broth from the boiled fish bones, put a greased paper over them, and cook them half an hour in a moderate oven. Dish the fillets in two rows down the dish, sauce with a creamy white sauce, on each fillet place a round piece of truffle, and garnish the dish with groups of small fish quenelles made with the remainder of the farce.

Fillets of Whiting à la Parisienne.—First make a farce with a plateful of white mushrooms, divested of the skin and gills, chopped finely, with lemon-juice, and cooked with butter, salt, pepper, and lemon-juice in a stew-pan; mix in a spoonful of bread crumbs and the yolk of an egg. Coat the smooth side of the fillets of three whiting with the farce, fold them over, dip them first in flour, then in well-beaten egg and bread-crumbs: place them in a frying basket, and fry them by immersing them in hot fat. Dish the fillets on a thin border of mashed potato, pour mushroom sauce round them, and garnish the centre with potatoes à la Parisienne. Cut the potatoes with a ball-shaped cutter, boil them ten minutes in salted water, strain them, and finish cooking them with butter in an omelette pan in the oven, when they should be a delicate golden colour.

Red Mullets à la Niçois.—Take as many small fresh red mullets as required, allowing one to each person; oil as many pieces of white paper. Sprinkle the fish with salt, pepper, chopped shallot, parsley, and thyme: envelop each in a paper, place them in a sauté-pan, moisten them with a little stock, and cook them in a moderate oven 20 minutes. Remove the fish from the papers and serve them with the following sauce poured round: Reduce a table-spoonful of white vinegar and a tea-spoonful of tarragon vinegar in a stew-pan until almost evaporated, add 1 gill of brown sauce, a piece of glaze, ½ gill of sherry, and a few drops of lemon-juice; stir all till they are amalgamated, work in a tea-spoonful of anchovy butter and a dessert-spoonful of chopped parsley.

Haddock au Gratin.—Pick a large, boiled, fresh haddock into flakes, heat them in ½ pint of good butter sauce, adding 2 table-spoonfuls of thick sour cream, and salt and pepper to season. Put the fish into a deep,

buttered gratin dish, mix 1 oz. of grated Parmesan cheese with ½ gill of sour cream, pour it on the fish, and bake it a delicate brown colour in a quick oven. Serve it in the same dish.

FISH ENTRÉES.

Timbale of Oysters.—Pound 6 ozs. of raw lean veal, add 2 ozs. of butter, 4 ozs. of bread panada, which is made by stewing bread-crumbs in good stock until a paste is formed; mix in 2 eggs, salt and pepper, and rub all through a fine wire sieve. Work the quenelle in a basin with ¾ gill of cream. Butter and paper a plain mould, decorate the bottom with a light design of truffle. Line the mould with the quenelle, pressing it to the sides with the back of a spoon dipped in hot water; fill the centre with the prepared oysters, twist a buttered paper over the whole, and steam it, without allowing it to boil, for ¾ hour. Serve it with the oyster sauce poured round. Prepare the oysters as follows: Blanch, strain, and beard 18 sauce oysters, melt a table-spoonful of butter in a stew-pan, mix in a spoonful of flour, a little milk, and the oyster liquor. When it boils, add the yolks of 2 eggs, a tea-spoonful of lemon-juice, a pinch of cayenne pepper, and ½ gill of cream. Add the oysters at the last moment.

Fritot of Oysters.—Make a quenelle of veal in the manner already described for "Timbale of Oysters"; with it fill a plain, round border mould, one which has an indented top, cover it with buttered paper, and steam it about 20 minutes. Blanch, strain, and beard 18 cooking oysters, toss them in flour, dip them in well-beaten egg and then in bread-crumbs, put them in a frying basket, and fry them in a stew-pan of hot fat. Turn the mould out on a dish, fill the centre with boiled cut macaroni and tiny quenelles, which are made with the residue of the farce. Arrange the fried oysters on the border, and pour oyster sauce round them.

Soufflé of Salmon.—Pound 6 ozs. of raw salmon to a pulp, add 3 ozs. of panada, 3 ozs. of butter, and, while pounding, introduce a spoonful of lobster sauce (or white sauce will answer); season it highly with salt, pepper, and a pinch of cayenne, mix in a tea-spoonful of passed lobster spawn, and rub it through a wire sieve. Work the farce in a basin very lightly with ½ gill of cream, the yolks of 2 eggs, and the stiffly whipped whites of 3 eggs. Steam the soufflé very carefully in a buttered pipe mould, and when it is turned out pour cucumber sauce round it and garnish the centre with whipped cream seasoned with salt, cayenne pepper, lemon-juice, and mixed with a spoonful of grated horse radish. To make cucumber sauce, mince a small onion and half a medium-sized cucumber, cook them 8 minutes in a stew-pan with 1 oz. of butter, add 1 gill of brown sauce, and when the cucumber is sufficiently cooked rub it through a hair sieve. Return the sauce to the stew-pan with salt, pepper, a pinch of sugar, and a small piece of butter, after which the sauce must not boil.

Timbale de Laitances.—Make a quenelle by pounding 8 ozs. of scraped raw whiting, add 3 ozs. of butter, and 4 ozs. of bread panada. When these ingredients are thoroughly blended, work in 2 eggs and salt and pepper to season, rub all through a fine wire sieve. Garnish a buttered and papered mould with a pretty border of crescent-shaped pieces of truffle and a star in the centre. Line the mould with the farce, pressing a cavity with a spoon, dipped in hot water, which fill with a garnish of soft roes. Cover all with the farce. Twist or tie a buttered paper over it, and steam the mould for ¾ hour without allowing it to boil. Turn the timbale out on a dish, pour round it white sauce made from the liquor of the boiled bones of the fish. The garnish is made in this way. Boil about 6 ozs. of soft roes for 10 minutes in water acidulated with a spoonful of vinegar, and drain them on a cloth. Make a little white sauce, using the broth from the boiled fish bones; add to it the yolks of 2 eggs, ½ gill of cream, ½ tea-spoonful of lemon-juice, a tea-spoonful of chopped parsley, salt and pepper, and the blanched roes.

Darioles de Poisson à la Ravigote.—Make 8 ozs. of whiting or fresh haddock into quenelle, as in the manner directed for "Timbale de Laitances", and with it three-parts fill a number of small buttered dariole moulds; then with the thick part of a raw carrot, scraped and trimmed and dipped into hot water, press it into the farce, thus making a cavity, which fill with minced shrimps mixed in a little white sauce, adding a small piece of glaze and the yolk of a raw egg. Close in the garnish with the quenelle, using a palette knife dipped in hot water. Steam the moulds with a buttered paper over them and serve it in two rows on a hot dish: pour the ravigote sauce over, and garnish it with groups of shrimps and scallops of the farce previously steamed and cut with a cutter. For the ravigote, blanch a large handful of parsley with a sprig or two of tarragon, chervil, and chives: strain it, run cold water over them, squeeze, dry, and pound with a spoonful of capers, a boned anchovy, a spoonful of tarragon vinegar, and a piece of butter. Rub all through a hair sieve and mix it with a gill of hot butter sauce, adding a spoonful of cream.

COLD FISH DISHES.

Trout à la Russe.—Boil a nice salmon trout weighing about 3 lbs. Remove the skin when cold, and coat the upper side with cold liquid aspic jelly. Make a pretty design on the fish with different kinds of cold cooked vegetables, such as peas, carrots, potatoes, and beetroot cut with a pea-shaped cutter, French beans cut into diamond-shaped pieces, and asparagus when in season. Dip each piece in liquid aspic during the process. Place the trout on a bed of shred lettuce, garnish it with a border of cut cucumber: on each put a pinch of passed lobster coral, make an outer border of croûton-shaped pieces of aspic, and serve mayonnaise sauce in a boat.

Salmon Trout à la Président.—Truss a salmon trout weighing from 3 to 4 lbs. into the form of an **S**, using needle and string for the purpose; place it on the drainer in the fish kettle, cover it with well-greased paper, then with boiling salted water, and boil it gently till done; then drain it. Remove the skin of the fish, and coat the sides with thick mayonnaise which has been stiffened with a small quantity of cold liquid aspic jelly. Decorate the sides of the fish with different-coloured pieces of cold cooked vegetables in similar fashion as that described for "Trout à la Russe". Place the trout on a dish, make a border of cucumbers, cut into pieces 3 inches long, the outer skin taken off with a fluted cutter, and the seeds removed with an apple-corer. Fill the cucumbers thus prepared with some of the vegetables used for the garnish and mixed with mayonnaise sauce, put a slice of truffle on the top of each piece surrounded with chopped coral, make an outer border of chopped aspic. Serve mayonnaise sauce in a boat.

Cendrillons de Fillets de Sole.—Slightly batten the fillets of a pair of soles with a chopping-knife dipped in cold water, fold them round cork-shaped pieces of raw potato dipped in liquid lard; fold the points of the fillets over to form the toe, arrange them around a buttered sauté-pan with a plate in the centre to keep the points down in cooking, season them with salt, pepper, and lemon-juice, cover them with a buttered paper, moisten them with a little broth, and cook them about 20 minutes in a moderate oven, then remove them to get cold. After which take out the potato and sauce the slippers with a white chaudfroid, make imitation ribbons on the toes with strips of truffle or tarragon leaves, and pipe round the tops with lobster butter. Dish the slippers on a raised bed of shred lettuce mixed with mayonnaise sauce, and garnish them with chopped aspic jelly. For the chaudfroid, reduce some white sauce made with the stock from the bones, mix it with the yolks of 2 eggs, a little cream, and ½ gill of aspic; work it briskly on the ice till it is on the point of setting, and use it at once.

ENTRÉES.

Eggs à la Crème.—Fry 2 chopped shallots and a slice of minced, lean bacon with 1 oz. of butter until it is on the point of turning colour, mix in 1 table-spoonful of flour and 1½ gill of good stock. Stir it till it boils, simmer the sauce for 15 minutes, and squeeze it through the tammy. Return the sauce to the stew-pan, with sufficient milk and cream to make it a delicate consistency. Poach 6 eggs in salted water, pour half the sauce into a hot, deep, fire-proof dish, place the drained, poached eggs on it, pour the remainder of the sauce over it, and sprinkle it thickly with grated Parmesan cheese.

Timbale à la Demi-Deuil.—Butter a plain mould which has a tube in the centre, and sprinkle it with chopped truffles. Beat 2 eggs and 1 yolk with ½ pint of good veal stock, season it with salt and pepper, pour it into

the mould, twist a greased paper over it, and steam it, without allowing it to boil, for ¾ hour. Turn the timbale out on a dish, pour creamy-white sauce round it, and garnish the centre with scallops of truffle, hard-boiled eggs, and pieces of cooked macaroni.

Egg Cutlets.—Boil 4 eggs for 10 minutes, immerse them in cold water, remove the shells and cut the eggs in fine dice, mix them with sufficient butter sauce to bind them together, season them with salt, pepper, a squeeze of lemon-juice, and the yolks of 2 eggs. Stir them on the stove for 3 or 4 minutes to partly set the eggs, then put it into a basin with a buttered paper over to get cold. After which divide the paste into 6 equal portions, roll them in bread-crumbs and form them into cutlets with the aid of the palette-knife, dip them in beaten egg and again into bread-crumbs, pat them into shape, put them into a frying basket, which plunge into a stew-pan of hot fat until they are a golden brown, drain on a paper, dish them in a circle on a thin border of mashed potato, pour mushroom sauce round them, and garnish the centre with a purée of mushrooms made thus. Peel and scrape the gills from a plate of white mushrooms, chop them, sprinkled with lemon-juice, and cook them in a covered stew-pan with butter, salt and pepper, and a little lemon-juice; mix in a table-spoonful of bread-crumbs and a little cream.

Eggs à la Princesse.—Firstly prepare 3 lbs. of spinach by washing it in several baths of cold water, boil it in salted water for 15 minutes, strain it, pour cold water through it, squeeze it dry, and rub it through a wire sieve. Warm the spinach in a stew-pan with salt and pepper, working it vigorously while introducing 1 gill of thick, sour cream. On the other hand, butter 6 small dariole moulds, sprinkle them with chopped parsley, salt and pepper, and a little grated Parmesan. Break 1 egg into each mould, and steam them with greased paper over them, until the white is set. Make a nice bed of the dressed spinach on a hot dish, turn the eggs carefully out on it, and garnish them with a border of slices of red tomato, which have been sauté in butter.

Cucumbers aux Œufs.—Fry 6 or 8 round pieces of bread in hot, clean lard. Cut a large cucumber into pieces 2 inches long, cut off the outside skin with a round, fluted cutter, thus making them of equal size, remove the seeds with an apple-corer. Boil the cucumbers 15 minutes in salted water, drain them on a cloth, and place them on the fried croûtes on a hot dish. Make 2 ozs. of butter hot in a stew-pan, break in 4 eggs, season them with salt and pepper and a spoonful of cream, stir them incessantly until they are partly set on the stove, then add a table-spoonful of grated Parmesan cheese, and continue stirring until it thickens. Fill the cucumbers with the eggs, sprinkle the tops with grated Parmesan, and pour round them a little white sauce flavoured with cheese.

Macaroni Croquettes.—Boil 4 ozs. of Genoa macaroni slowly in salted water until it is tender. Strain, and cut it into pieces not more than ¼ in. thick, mix the cut macaroni with 1 gill of thick butter sauce, adding a spoonful of thick mushroom purée, salt and pepper to taste, a spoonful of

grated Parmesan cheese, and the yolks of 2 eggs. Stir the macaroni on the stove for a few moments, then turn it into a basin with a buttered paper over it to get cold. Form the macaroni into balls, roll them first in bread-crumbs, then in beaten egg and bread-crumbs, and fry the croquettes by immersing them in hot fat. Drain them on a paper, and dish them on a napkin garnished with fried parsley.

Macaroni au Gratin.—Wash and boil 4 ozs. of Naples macaroni in salted water until it is soft. Make a little butter sauce with 1 oz. of butter melted in a stew-pan, mix in a spoonful of flour and the water from the macaroni. When it is boiling, add milk and cream, the macaroni, previously cut in small pieces, salt, pepper, and 2 ozs. of grated Parmesan cheese. Pour the macaroni into a buttered fireproof dish, cover it with 1 oz. of grated cheese mixed with ½ gill of sour cream, and bake it a nice brown colour in a quick oven.

Bouchées de Volaille.—Make quenelle by pounding 8 ozs. of chicken (the breast of an old hen will do), add 2 ozs. of butter, 1 spoonful of cold white sauce, 4 ozs. of bread panada, made by stewing bread-crumbs in stock until it is a paste, work in 2 eggs and salt and pepper to taste, rub it through a wire sieve, and mix it lightly in a basin with 1 gill of thick cream. Butter 8 small bouchée moulds, which are in shape similar to the bottom of a teacup, put a ring of red tongue at the bottom, in the centre of which put a disc of truffle, cut with the same cutter as that used to remove the centre of tongue. Fill the moulds with the farce, press a hole in the centre with a spoon dipped in hot water, fill the cavity with chopped red tongue mixed with a little chopped truffle, a little white sauce, and the yolk of 1 egg. Cover it with the quenelle, and steam the moulds, with a greased paper over, in a stew-pan with very little water, and on no account allow them to boil. Unmould on a hot dish, garnish the middle with scallops of tongue, truffle, and small quenelles. Pour white sauce round the bouchées.

Friandises de Volaille.—Make quenelle as directed for "Bouchées de Volaille". Butter 8 bouchée moulds, fill them with the quenelle, make a space in the centre with a spoon dipped in hot water, in which put a small piece of pâté-de-foie-gras, mixed with 1 spoonful of sauce and the yolk of 1 egg. Cover this with the farce, using a palette knife dipped in hot water to close it in. Place the moulds in a deep sauté-pan, pour boiling water down the side until they float, remove them, with a slice, on to a cloth to drain; dip them in bread-crumbs, then in well-beaten egg and bread-crumbs; place them in a frying-basket, and fry them in hot lard Drain the friandises on paper, dish them *en pyramide*, using a little mashed potato to keep them firm. Pour good white sauce round them.

Chicken à la Crème.—Having cleansed a nice young chicken, chop it into small joints, immerse them in lukewarm water to free them from blood, and dry them in a cloth. Line a stew-pan with slices of parboiled bacon, powder them with chopped shallots and ½ doz white mushrooms freed from skin and gills, and chopped with lemon-juice, to preserve their

whiteness. Pack the pieces of chicken in the stew-pan, cover them with water or white stock, place a buttered paper over them, cover them closely, and after making it boil on the stove, place the stew-pan in the oven to simmer for an hour. Remove the pieces of chicken, and keep them hot. Strain the broth, remove the grease, and reduce the stock briskly about half. Mix in 1 gill of cream, mixed with a dessert-spoonful of potato fecula, and, after the sauce has thickened, work in 1 oz. of butter in small pieces, after which the sauce must not boil. Pour the sauce over the chicken, and serve it very hot, accompanied by a dish of boiled, dry, white rice.

Petites Timbales à la Duchesse.—Into 1½ gill of good white sauce stir about 6 ozs. of finely minced, cooked chicken and 2 ozs. of chopped tongue or ham, add a little cream, salt and pepper to taste, and ½ small, chopped, red chili. Work in 2 eggs and 1 yolk. Steam the salpicon in small buttered dariole moulds, previously garnished with round pieces of red tongue. When the timbales are done, turn them in a circle on a hot dish, garnish the centre with well-boiled rice, warmed with a little butter in a stew-pan, and mixed with a third part of chopped red tongue. Pour rich tomato sauce round them.

Pigeons à la Maréchale.—Having plucked and cleansed 3 young pigeons, split them in halves, slightly flatten them, and cut off the toes. Sauté the pigeons briskly on both sides in a stew-pan, with 2 table-spoonfuls of salad oil and 2 chopped shalots. When they have taken a nice brown colour, dust them with flour, add 1 pint of good stock and 1 gill of reduced tomato purée. Stir this lightly on the stove till it boils. Cover the pan closely, and put it in a moderate oven to simmer for about an hour. Arrange the pigeons on a hot dish, pour the sauce over them, and serve the boiled rice in a separate dish.

Ox Tongue à la Parisienne.—Take the best part of a boiled, red tongue, cut it in slices, and warm them between two plates in the oven. Boil 1 gal. of turnips, strain them, squeeze every drop of water from them with the aid of a strong cloth, and rub them through a hair sieve. Warm the turnip purée in a stew-pan, adding salt and pepper, and working it up light and white with 1½ gill of thick cream. Pile the snow-white turnip in the middle of an entrée dish, brush the slices of tongue with glaze, arrange them round the turnip in a close circle, and pour round all a little rich brown sauce in which a little Madeira has been mixed.

Croustades à la Princesse.—Make the croustade cases thus: Put 4 ozs. of flour on a slab, make a well, in which put the yolk of 1 egg, a pinch of salt, and a little cold water. Work it into a smooth, elastic paste, roll it extremely thin, cut it into rounds with a plain cutter, and with them line a number of small bouchée moulds Form a ball with the trimmings, and use it as a wedge, dipped into flour, to press the paste into the moulds. Fill them with crushed tapioca, mixed with a third part of lard, and bake the croustades a delicate colour: free them from the filling, and brush the edges with warm glaze. Pound 4 ozs. of the white

part of cold, cooked chicken with 2 ozs. of cold, braised sweet-bread. During the process of pounding add 2 ozs. of fresh butter, 1 table-spoonful of cold white sauce, and salt and pepper to taste. Rub the chicken through a wire sieve, and work it in a stew-pan, with the yolk of 1 egg and a little thick cream, till it is light and hot. Fill the croustades, put a little passed hard-boiled yolk of egg on the top, and dish them on a napkin garnished with fried parsley.

Tomatoes à la Lucille.—Cut the stems from 8 small, ripe tomatoes; remove the seeds, without damaging the fruit, with the handle of a tea-spoon, and fill them with the following salpicon: Mince a cold, braised sweet-bread with half its quantity of finely minced chicken, 1 spoonful of chopped parsley, and sufficient white sauce to bind it together. Beat in 1 egg, and salt and pepper. Having filled the tomatoes, turn them out, cut side downwards, on as many round pieces of fried fat, and bake them about 20 minutes in a moderate oven. Dish the tomatoes in two straight rows, pour brown sauce round them, and garnish them with groups of asparagus points.

Dry Curry.—Cut 2 or 3 large onions into fine dice, cook them in a covered stew-pan with 2 ozs. of butter. When they are soft, add as many apples cut in the same way, cover all closely, and cook them in the steam till they are soft. Mix in 1 table-spoonful of preserved tamarinds, 2 table-spoonfuls of grated cocoa-nut with the milk of the cocoa-nut. Add also 1 table-spoonful of curry-powder and 1 of curry-paste. Replace the lid, and cook the ingredients in the steam for 15 minutes, then add 1 spoonful of thick cream, 1 spoonful of "King of Oude's" sauce, or Worcester. Carefully pick out all the stones of the tamarinds, and mix in 8 ozs. of pulled chicken. Allow the chicken to warm, then dish the curry, garnished with fried croûtons of bread. Serve dry, well-boiled rice in a separate dish.

REMOVES.

Rouelle of Veal.—Take out the bones from 3 to 4 lbs. of best end of neck of veal, keeping the flap entire. Pass the flesh of a rabbit and 6 ozs. of lean veal through the sausage machine, pound it in the mortar, add 2 ozs. of scraped fat bacon, 2 ozs. of shred beef suet, 2 ozs. of butter, 2 eggs, and salt and pepper to season. Spread the farce on the inside part of the veal, sprinkle it with chopped truffle, parsley, and hard-boiled yolks of eggs. Roll the veal, commencing with the fillet part, sew it up, tie it in a buttered cloth, and braise it for 2 hours with stock and vegetables. Remove the cloth and string, brush the veal with glaze, and pour round a demi-glaze sauce. Garnish the veal with artichoke bottoms, filled with boiled green peas, alternately with small, round tomatoes, filled with a little of the farce, and baked on round croûtons for about 15 minutes.

Fillet of Veal à l'Anglaise.—This is an excellent method of warming

a cold fillet of veal. Take a nice thick fillet of veal, tie it with tape to keep the shape, put it into a stew-pan with any remains of gravy, dredge it well with flour, season it with salt, pepper, and ½ fresh lemon-peel, chopped. Pour in sufficient new milk to cover the meat, add 3 ozs. of butter in small pieces, and allow it to stew gently in a moderate oven for about 1½ hour, when the liquor should be reduced to half its original quantity. Remove the tape from the meat, and pour the sauce round it.

Chickens à la Montrose.—Truss a couple of chickens for boiling. Pound 8 ozs. of raw white veal, add 2 ozs. of shred beef suet, 2 ozs. of butter, salt and pepper to taste, and 2 eggs. Rub the farce through a wire sieve, and mix it with a small, cold, finely chopped sweet-bread. Fill the crop part with the farce, tie them in paper plentifully buttered, and boil them at gentle heat for 1 hour. Meanwhile peel and take the gills from 1 lb. of white mushrooms, chop them, sprinkling them with lemon-juice to preserve their colour. Let them cook 10 minutes with 2 minced shalots, 2 ozs. of butter, and a little lemon-juice in a stew-pan. Mix in 2 spoonfuls of flour, some of the broth from the chickens, stir it till it boils, simmer the sauce 15 minutes, and rub it through a hair sieve. Warm the sauce, adding sufficient broth from the chickens to make it a nice consistency. Season it with salt, pepper, and ¼ gill of cream. Dish the chickens with the sauce poured over them.

Fillet of Beef à la Française.—Trim the nerve from a well-hung fillet of beef about 3 lbs. in weight, and lard it with strips of fat bacon. Tie a greased paper over it, and roast it very carefully for 1 hour. Remove the paper to dry the larding, which must be glazed. Arrange the fillet on a hot dish, and surround it with a complete cordon of artichoke bottoms filled with peas, carrots cut with a ball-shaped cutter and boiled, small, ripe tomatoes from which the seeds have been taken, and the cavities filled with finely minced ham, mixed with a little brown sauce and the yolk of 1 egg, then baked on round croûtes. Pour a little good gravy round it. The dish should be handed, with a few slices of the beef cut, ready for the plates.

Fillet of Beef à la Fanchette.—Trim the gristle from a fillet of beef about 3 to 4 lbs., tie it in a good shape, and fry it briskly in a stew-pan with a chopped shallot and a little butter. When it has taken colour add 3 or 4 red carrots, washed and scraped, 6 small onions, a bouquet of herbs, a blade of mace, and 1 doz. peppercorns. Three-parts cover the beef with stock, adding ½ doz. ripe tomatoes from which the skin and seeds have been taken, cover the stew-pan, and simmer it in a moderate oven for 2 hours. After which strain the broth, remove the fat, and thicken it with 2 table-spoonfuls of flour mixed with butter in a stew-pan, boil the sauce at least 10 minutes, and rub it through a hair sieve. Return it to the stew-pan to warm. Dish the fillet, glaze it lightly, garnish it with the onions, alternately with the carrots from the braise, which must be cut into scallops, pour a little sauce round, and serve the remainder separately. Serve with it nicely dressed spinach in a dish.

COLD DISHES FOR BALL SUPPERS.

Turkey en Chaudfroid.—Truss a plump hen turkey for boiling, and fill the crop part with the following stuffing: Scrape and pound the breast part of 2 old hens, add 2 ozs. of shredded beef suet, 2 ozs. of butter, 2 ozs. of scraped, fat bacon, and 2 eggs. Season all with salt and pepper, and rub it through a wire sieve. Mix in 4 ozs. of finely chopped, cooked tongue; 2 ozs. of chopped, cooked chicken; and 1 spoonful of chopped parsley. Having put in the farce, boil the bird, with buttered paper tied over it, and nearly covered with stock. Allow it to get cold in the liquor, and then absorb the moisture in a cloth. Take the fat from the strained broth, convert it into sauce. When it has sufficiently boiled, squeeze it through a tammy, return it to the stew-pan with the yolks of 3 eggs and 1 gill of cream, stir it until the eggs are set, and mix it with 4 sheets of gelatine and ½ gill of aspic. Place the turkey on a reversed dish, coat it with the sauce, decorate the breast part with a pretty design of cut truffles, finish the garniture with tufts of chervil, and garnish it with aspic jelly.

Game Pie.—Almost any description of game can be utilized for a pie. Take, for instance, a pheasant, a grouse, and a rabbit. Remove the fillets of each, place them aside, scrape every particle of meat from the bones, pass it twice through the mincing machine, after which pound it in the mortar with half its quantity of scraped, fat bacon. Season it with salt and pepper, a pinch of cayenne pepper, 1 table-spoonful of chopped parsley, a dust of thyme, and 2 chopped shallots. Line the inside part of an earthenware game-pie dish with slices of fat bacon, coat it with the pounded meat, arrange a layer of the fillets, sprinkle them with chopped truffle, hard-boiled eggs, and parsley, and cover them with the forcemeat. Make another layer of the fillets, garnish it in the same way, with farce at the top, cover it with slices of bacon, then cover the dish with a paste made with flour and water. Bake the pie nearly 3 hours. When it is done, remove the paste, press the meat down with a small plate and a weight, and pour in strong stock from the boiled bones. To serve it, scrape off the fat, cover it with melted butter, and garnish it with aspic jelly.

Quail à la Neva.—Take the bones from 3 small quail, sauté the livers with 1 oz. of fat bacon and 1 chopped shallot. Allow them to cool. Pound 4 ozs. of raw chicken, add 2 ozs. of butter, the prepared livers of the birds, and 2 ozs. of bread panada, made by simmering bread-crumbs in stock until stiff. Mix in the yolk of 1 egg and a whole one, season with salt and pepper, and, when thoroughly blended, rub through a wire sieve. Stuff the quail with the farce, press a turned carrot dipped in hot water in the quails, fill the cavity thus formed with pâté-de-foie-gras, press the birds into shape, tie a vine leaf and a piece of bacon over each, arrange them in a deep sauté-pan with slices of bacon, vegetables, and a small bouquet of herbs. Add stock to nearly cover them, put buttered paper over them, and simmer them in a moderate oven for about 1 hour. When they are

cold remove the bacon, divide the birds in halves, coat one side with sauce made by reducing 1½ gill of brown sauce with 2 spoonfuls of tomato purée, 1 oz. of glaze, and a little aspic. Dish the birds on chopped aspic, garnish the middle with various kinds of vegetables dressed with vinaigrette.

Chicken Cutlets à la Demidoff. — Fillet a pair of young, tender chickens, divide each fillet in three pieces, place them in a sauté-pan with the thin end curved, sprinkle them with salt, pepper, and lemon-juice, moisten them with stock, cover with a buttered paper, and cook them in the oven until they are done. Press the fillets between two dishes. Braise the remains of the chickens with stock and vegetables. When this is cold pick the meat from the bones, chop and pound it with half its volume of pâté-de-foie-gras and 1 oz. of butter, season it to taste, and rub it through a wire sieve. Cover one side of the fillets with the farce, smoothing it to a neat shape, and when it is firm coat them with white chaudfroid sauce, put a round piece of truffle on each fillet, and brush them with cold, liquid aspic. Garnish the centre with dry, cold, boiled rice, mixed with shreds of truffle and tongue, and seasoned with oil, vinegar, salt, and pepper.

Plovers' Eggs en Belle Vue.—Boil 8 plovers' eggs, and reserve them cold. Make pastry cases in patty-pans, brushing the edges with glaze. Make 1 gill of thick mayonnaise sauce, put a little shred lettuce mixed with mayonnaise in each croustade, on them put a ring of ripe tomato, in the centre of which place a plover's egg, divested of the shell, in an upright position. Garnish the eggs with flots of truffle, and pipe round them a little chopped aspic. Dish them on a napkin, garnished with small cress.

SWEET DISHES.

Lemon Jelly.—Put 2 ozs. of leaf gelatine into a stew-pan with 1 quart of cold water and ¾ lb. of loaf sugar. Peel the outer part of 4 large lemons; in no case must any particle of the white of the skin of the lemon be used. Squeeze the juice of the lemons through a ware cloth into the stew-pan, whisk 2 eggs with their shells in a basin with about 2 table-spoonfuls of cold water. Whisk it to the jelly, and continue whisking until the jelly boils. Cover it with the lid, draw it to the side to boil for 5 minutes, then pour it through the suspended jelly-bag. Should the jelly not run clear the first passing, pour it again and again until it is bright. Mould the jelly when quite cold, with the addition of ½ glass of brandy, rum, or any liqueur.

Coffee Jelly en Surprise.—Put 6 ozs. of loaf sugar and ¾ oz. of gelatine to 3 gills of very strong coffee When it has dissolved mix in 1 tea-spoonful of coffee extract and ½ gill of good brandy. While the jelly is in preparation paste a piece of paper over the top of a fancy jelly-mould, and when it is dry and firm cut out the centre of the paper, thus leaving a border of paper. Pour in the cold jelly, keep it turned on crushed ice until the mould is entirely coated with the jelly. Whisk 1 gill of thick cream,

1 spoonful of pounded sugar, 1 dessert-spoonful of maraschino or any nice liqueur, and 4 sheets of dissolved gelatine. Pour the cream into the lined mould when on the point of setting.

Claret Jelly.—Dissolve ¾ oz. gelatine in 3 gills of claret, adding 8 ozs. of loaf sugar, the thinly cut peel and the juice of 1 lemon, and 2 ozs. of red-currant jelly. Stir the jelly on the fire until the ingredients are dissolved, add ½ wine-glassful of brandy, and strain it through a ware cloth. Pour into a mould which has a tube in the centre, when on the point of setting. Serve it with whipped and sweetened cream in the centre.

Mousse d'Oranges.—Rub 6 ozs. of loaf sugar on the rind of 3 oranges, dissolve it in 1 gill of water, and boil it to syrup. Pour the syrup into an egg-bowl with the strained juice of the oranges and 2 eggs. Whisk the contents of the bowl over a sauce-pan of boiling water until it is hot and thick, add ½ oz. of dissolved gelatine and ½ glass of brandy. Have ready a mould with a little clear jelly at the bottom, decorated with pieces of orange and halves of glacé cherries. Pour the mousse into the mould, and when turned out pour round creamy sauce prepared in this way: Boil 2 ozs. of castor sugar with the juice of 1 orange, mix it with the whipped white of 1 egg, and when cold mix in 1 table-spoonful of whipped cream.

Oranges à la Russe.—Whisk 1 gill of liquid lemon-jelly until it is a snow-like froth, pour it at once into a round, border mould, which has an indented top. Boil 20 large chestnuts, divest them of their shells and brown skins, finish boiling them, and strain them. Whip 1 gill of thick cream with sugar and essence of vanilla, or any other nice flavouring. Turn the mould of white jelly out on a dish, pile the cream in the middle, place a wire sieve over the dish, and rub the chestnuts through upon the cream. Arrange a compôte of oranges round the cream, resting on the jelly, each one slightly resting on the other. Pour a little of the syrup round them.

Boulettes de Marrons aux Oranges.—Blanch 20 chestnuts, remove the outer shell and the brown skin, finish boiling them until they are the consistency of a floury potato, strain, and rub them through a wire sieve. Mix the purée with a third part of stiffly whipped cream, sweetened and flavoured with maraschino. Form the chestnut cream into small balls. Have ready ¾ lb. of sugar boiled to caramel, dip the balls into the caramel, and as quickly take them out, putting them on an oiled baking-sheet. When the balls are all coated with caramel, dish them in a pyramid, and serve a compôte of oranges separately.

Cream à la Céleste.—Pour a little clear jelly into a fancy mould, and decorate it with glacé cherries and chopped pistachios. Rub the rind of a lemon on 6 ozs. of loaf sugar crush it in a mortar and put it, with the strained juice of the lemon, in a basin When it has dissolved, add 3 gills of cream and ½ oz. of dissolved gelatine. Whisk the cream until it is on the point of setting, and pour it at once into the prepared mould. When turned out put chopped jelly round it.

Riz à l'Impératrice.—Boil 2 ozs. of Carolina rice in 1 pint of milk until it is soft, strain the rice, and convert the milk into custard with

1 egg and 2 yolks, adding sugar to taste and ½ oz. of dissolved gelatine. Whip ½ pint of cream with sugar and a little essence of vanilla, then mix the custard in lightly with the rice and cream. Pour a little clear jelly in the bottom of a mould, decorate it with groups of crystallized fruits, cherries, apricots, and greengages, previously cut in dice and soaked with brandy. Set the garnish with 1 spoonful of jelly, and then pour in a little of the cream. Make a layer, near the edge of the mould, with more of the fruit, pour in another layer of cream, and so continue until the mould is full. Turn the mould out on a dish, and pour the following sauce round it: Boil 4 ozs. of loaf sugar with the juice of 1 lemon and a little water until it is a thin syrup, and whisk it to the beaten yolks of 2 eggs until it is cold.

Macédoine of Fruits.—A delicious combination of uncooked ripe fruits. In summer it may be composed of an almost unlimited variety. During winter there is a plentiful selection of bottled fruits to choose from. The basis is a strong syrup. To make sufficient for 6 or 8 persons, boil 1 lb. of loaf sugar with 1 pint of water until it begins to thicken. Remove it from the fire, and put in it white and black grapes, strawberries, raspberries, red and white currants. Peaches, nectarines, and apricots must cut in quarters, bananas in slices. At the last moment add ½ wine-glass of maraschino or brandy, and put the stew-pan containing the fruit in a tin basin, surrounded with ice and salt for 2 hours. Serve it in a deep glass bowl. When required for a smart occasion, freeze 1 small bottle of champagne, adding to it, when partly frozen, 4 ozs. of sugar boiled to syrup, and mixed with the stiffly whipped whites of two eggs, and allowed to get cold before using. Pile the ice on the macédoine when it is dished up.

Gâteau à la Victoria.—Beat together the weight of 4 eggs in butter and sugar until they are creamy, beat in 4 eggs, each one separately. Mix in 6 ozs. of sifted Hungarian flour, 2 ozs. of ground almonds, and ½ wine-glass of brandy. Spread the cake on a buttered and papered baking-sheet, and bake it about 25 minutes. Cut a round piece, 7 inches in diameter, from the cake when turned out, and cut the edges into pointed scallops 1 inch deep. Cut the remainder of the cake into rounds 5 inches in diameter. Remove the centre from two pieces with a smaller cutter. Beat 4 ozs. of butter with 6 ozs. of icing sugar until it is white and light, adding 1 dessert-spoonful of maraschino, and with it spread the layers of cake. Sprinkle the border of the large piece with chopped pistachios, place the layers, one on the other, with the two rings at the top. Coat the sides of the gâteau with the icing, cut the trimmings of the cake with a small, cutlet-shaped knife, coat them with the icing, dip them in the pistachios, and arrange them as a border on the top. Put whipped cream in the centre, flavoured with maraschino.

Peaches à la Patti.—Cut a small quantity from the stone part of 6 halves of peaches, thus making the fruit a little hollow. Marinade them in vanilla syrup. Make a small sheet of Genoese in the same manner as for "Gâteau à la Victoria", and cut it into rounds a little larger than the

peaches. Make a ring of apricot jam on a silver dish. On this arrange the pieces of cake, fill the peaches with vanilla ice-cream, turn them out on the cake, put ½ cherry on each, and garnish the centre with vanilla ice-cream.

Bananas à la Grace.—Put the weight of 1 egg in butter and sugar into a basin and beat it until it is light, beat in the egg, and mix in 2 ozs. of flour. Bake the cake in a border mould which has an indented top, and turn it out to cool. Coat it with passed apricot jam, and sprinkle it with chopped pistachios. Split ½ doz. bananas in two lengthways, spread them with apricot jam, and close them into their original form. Make vanilla parfait thus: Partly freeze a good vanilla ice-cream, and introduce during the process of freezing 1 gill of syrup mixed with the stiffly whipped whites of 2 eggs. Finish freezing it to a creamy consistency. Pile it in the centre of the cake, arrange the prepared bananas round in upright form, and pour round them a purée made with ½ gill of syrup, 2 bananas, and 1 spoonful of apricot jam flavoured with maraschino.

Mock Strawberries and Cream.—Mix ½ lb. of ground almonds with 1 lb. of icing sugar, the juice of ½ lemon, and the yolks of 2 eggs. Work it into a stiff paste, form it into balls, roll them in beaten white of egg, then in rough grains of crushed loaf sugar, which are coloured pink with a few drops of cochineal. Form the stalk and the leaves with angelica, and dry them some hours in a cool oven. Whip 1½ gill of cream with 2 spoonfuls of sugar and a little brandy until it is stiff. Pile the cream in the centre of a glass dish, and dress the "strawberries" round.

Soufflé à la St. James.—Stir the yolks of 6 eggs with 4 ozs. of pounded sugar in a basin until they are light and creamy, adding a little essence of vanilla. Whip the whites of 4 eggs to a stiff froth, mix them lightly with the yolks, pour it into a buttered silver soufflé lining, and bake it 7 to 10 minutes. The soufflé should be quite soft in the middle.

SAVOURIES.

Croustades à la Rachel.—Mix 4 ozs. of flour with the yolk of an egg, a pinch of salt, and a little cold water into an elastic paste; roll it thin, cut it into rounds, and with them line a number of small bouchée moulds; press them into shape with the trimmings of paste gathered into a ball and dipped into flour; fill the croustades with crushed tapioca, mixed with a third part of lard, and bake them a nice colour. Boil a large handful of parsley, with a few sprigs each of tarragon, chervil, chives, and a sprig of thyme in salted water for 3 minutes; strain them and immerse them in cold water, squeeze them dry in a cloth, and pound them with a saltspoonful of French mustard, a tablespoonful of capers, 2 boned anchovies, and the yolk of a hard-boiled egg; add the raw yolk of an egg, and work it into a sauce with a gill of oil and a table-spoonful of French vinegar; rub

it through a hair sieve. Mix 2 ozs. of minced chicken, 3 anchovies, and 2 gherkins, minced, and 2 sticks of celery, cut small; fill the croustades; put a little passed yolk on the top, and garnish them with curled celery.

Croustades of Tongue.—Make the croustade cases in the same way as for "Croustades à la Rachel". Whip a gill of cream with a tea-spoonful of lemon-juice, salt and pepper, and a pinch of chopped red chile. Mix in 2 tablespoonfuls of chopped tongue, and a couple of finely chopped gherkins. Fill the cases with the cream, sprinkle them with chopped tongue, garnish the edges with chopped aspic, and put a sprig of chervil on the top of each. Dish the croustades on a paper, and garnish them with watercress.

Canapés à l'Ancienne.—Cut strips of bread the length of a fillet of anchovy and 1 in. wide, fry them in salad oil. Pound 1 oz. of butter with 1 table-spoonful of capers and ½ tea-spoonful of anchovy paste, season it with cayenne pepper, and rub it through a hair sieve. Spread the croûtes with the paste, place the fillets of anchovies lengthways on the croûtes, garnish the dish down the centre with chopped red tongue, and the side spaces, one with chopped yolk of egg the other with chopped white. Cut the croûtes across, dish them in a straight row, and garnish them with sprigs of parsley.

Bonne-Bouches à la Bosnia.—Pound ½ tin of drained Lax with the hard-boiled yolk of an egg, a couple of stoned olives, and a pinch of cayenne, rub the purée through a hair sieve, mix it with 1 table-spoonful of thick cream and as much liquid aspic jelly, pour the cream on a sauté-pan to set. Cut 6 round pieces of bread with a plain cutter, fry them in salad oil, and when they are cold spread them with bloater paste. Cut the cream with a fluted cutter the size of the croûtes, place one on each, make a star on them of alternate strips, of gherkin and red pimento, and put a tiny group of passed hard-boiled yolk of egg in the centre. Dish the croûtes round small cress.

Croûtes à la Marquise.—Fry 6 round pieces of bread in hot butter, spread them, when cold, with anchovy paste and butter, previously mixed together on a plate. Whip a gill of cream with a tea-spoonful of lemon-juice, salt, and pepper, and a little anchovy sauce. Press the cream through a paper cornet on to the croûtes, bringing it to a point, cross two strips of anchovy on the top. Dish the croûtes garnished with watercress.

Tartines of Anchovy.—Cut slices from a new brown loaf and spread them with butter, cut the slices in halves. On each half place alternate strips of chicken and gherkin; on this arrange a lattice of strips of anchovy. Cut them out with a plain round cutter and dish them round small cress.

Tomatoes à la Gustave.—Cut the stem from 6 small, ripe tomatoes, remove the seeds with the handle of a tea-spoon. Fill the tomatoes with minced olives, hard-boiled egg, and anchovies mixed with mayonnaise sauce to which is added a little aspic jelly. Dip the tomatoes in cold, white sauce, mixed with cream and a little aspic, and turn them, cut-side downwards, on slices of cucumber, garnish the top of the tomatoes with a round

piece of aspic, and on this a disc of truffle. Arrange them in two rows on a dish, and garnish with small salad or watercress.

CAKES

Birthday Cake.—Beat 1 lb. of butter and 1 lb. of sugar together in a basin, add 8 eggs separately. Mix the grated rind of a lemon, and a glass of brandy at intervals. Mix 1 lb. of flour, 4 ozs. of ground almonds, 6 ozs. of raisins, stoned and chopped, 4 ozs. chopped candied peel, 4 ozs. of glacé cherries cut small, 6 ozs. of sultanas, 6 ozs. of currants, and a salt-spoonful of baking powder. Bake the cake in a well-greased and papered tin for 5 hours, and turn it out on a sieve to cool. Make an almond paste by mixing ½ lb. of ground almonds with 1 lb. of icing sugar, the juice of half a lemon, and the yolks of 2 eggs; work the paste, put it evenly on the top of the cake, cover it with white icing, and, when that is dry, cover it with a second coat, worked thinner. Ornament the cake in an appropriate design with stiff icing, and finish it with silver balls. White icing can be made in this way: Put 1 lb. of icing sugar into a basin, make a well, in which put the juice of a lemon and 3 whites of eggs; work it with a wooden spoon until it is quite stiff.

Sponge Cake.—Break 8 eggs into an egg bowl, add 1 lb. of sifted sugar, and whisk it for ¾ hour, commencing slowly, increasing the speed as the batter works up. Sift in ½ lb. of flour very gradually and carefully. Bake the cake in two tins that are well greased, and have stiff bands of greased paper outside; then sift pounded sugar over them.

Luncheon Cake.—Beat 6 ozs. of butter with 6 ozs. of sugar in a basin until it is quite white and creamy, add 3 eggs, beating each one in separately, the grated peel of a lemon, 8 ozs. of flour, 8 ozs. of picked sultanas, 3 ozs. of chopped candied peel, and a salt-spoonful of baking powder. Bake the cake in a papered tin for 1½ hour.

Seed Cake.—Work 8 ozs. of butter with 8 ozs. of sugar until it is white, beat in 4 eggs, add the grated rind of a lemon, 2 ozs. of finely chopped lemon peel, a table-spoonful of carraway seeds, 10 ozs. of flour, and half a small tea-spoonful of Borwick's baking powder. Bake the cake for 2 hours in a moderate oven.

Lemon Rings.—Beat 4 ozs. of butter with 6 ozs. of sugar until it is light, beat in an egg, the grated peel of a lemon, and mix in ½ lb. of flour. Roll the paste ¼ in. thick, cut it into round pieces with a fluted cutter, and take out the centre of each with a cutter two sizes smaller. Bake the cakes a golden colour in a brisk oven.

Ginger Snaps.—Melt 4 ozs. of butter with 4 ozs. of sugar and 4 ozs. of treacle in a stew-pan on the stove, but do not allow it to boil. Mix in 4 ozs. of flour and a tea-spoonful of ground ginger. Put tea-spoonfuls of the batter a good distance apart, on a well-greased baking sheet, bake them

in a quick oven for about 3 minutes, or until a golden-brown colour, remove them to the table, allow them to cool, and roll them round the handle of a wooden spoon before they are quite cold. Store in a tin, in a warm, dry place.

Cocoanut Fancies.—Whisk the whites of 3 eggs with a tea-spoonful of maraschino to a froth, mix in 6 ozs. of sifted icing sugar and 2 ozs. of desiccated cocoanut, put the batter into a bag with a plain tube and press it on to strips of oiled, grease-proof paper, in the shape of fingers, dust them thickly with cocoanut and fine sugar, mixed together, and dry them in a cool oven. When they are well dried on the top, turn them the reverse side, on fresh paper, to finish drying.

Feather Buns.—Put 3 ozs. of butter, a piece of ammonia the size of a pea, and 1 oz. of sugar into ½ pint of water on the stove, and when it boils mix in 5 ozs. of flour, beat the lumps thoroughly out, then put the stew-pan on the stove, and beat the contents until the paste boils. Be sure it boils. Remove the stew-pan to the table, and, when it is a little cool, work in 3 eggs, each one separately. Put the paste into small rough heaps on a buttered baking sheet, cover each mound with a small basin or tin, and bake them in a moderate oven for about 40 minutes. Place them on a pastry rack to cool, and serve them with a spoonful of clotted cream and a little apricot jam in the middle. It is important in making these buns that the paste boils before the eggs are added, and that they should not be removed from the oven until quite baked.

Small Madeira Cakes.—These, also called *Lunch Cakes*, are made from the following materials: 8 ozs. flour, 4 ozs. butter, 5 ozs. castor sugar, 8 ozs. eggs, and zest of half a lemon. Prepare the ingredients and mix all together in the usual way for cakes. Bake in round shallow prepared hoops, with a small piece of citron peel on the top of each cake. Small *Queen Cakes* may be made from the same mixture. They are generally baked in crimp patty pans 2½ inches to 3 inches in diameter, and have a few currants sprinkled on top.

THE USUAL ADJUNCTS OF DIFFERENT DISHES.

MEAT.	ADJUNCTS
Beef, boiled	Savoury suet-dumplings, carrots, and turnips.
„ cold	Salad, horse-radish, or beet-root cream.
„ roast	Horse-radish sauce, or tomato sauce.
„ rump steak ..	Mushrooms, oysters, tomatoes, or parsley.
Mutton (leg), boiled ...	Caper sauce.
„ roast	Red currant jelly.
„ (shoulder) roast	Onion sauce.
Pork, boiled	Pease pudding.
„ roast	Apple sauce.
Sucking pig	Apple sauce, or brain sauce.
Veal, roast	Stewed prunes, velouté sauce, or prunes in vinegar.
Venison	Red currant jelly.

POULTRY.

Chicken, boiled	Parsley, or egg, sauce.
„ roast	Bread sauce.
Duck, roast	Apple sauce.
„ (wild), roast ...	Orange sauce or salad or lemons.
Goose, roast	Apple sauce.
Grouse, „	Bread sauce, browned crumbs, and clear brown gravy.
Guinea-fowl, roast ...	Bread sauce, or soubise sauce.
Hare „ ...	Red currant jelly.
Partridges „	Cabbage hearts; maître d'hôtel sauce, or gravy
Pheasants „	Browned crumbs, bread sauce, and clear gravy
Pigeons „	Rich gravy, or green cream sauce.
Quails „	On toast with their own dripping.
Rabbit, boiled	Onion sauce.
„ roast	Tomato sauce.
Turkey, boiled	Oyster, chestnut, or cranberry sauce.
„ roast	Bread sauce, or bechamel sauce.

VEGETABLES.

Artichokes, Jerusalem ...	White sauce.
„ bottoms ...	Parmesan sauce or brown sauce.
Asparagus „ ...	Oiled butter and Parmesan cheese.
Beans, broad	Parsley sauce.
„ French	Cream or melted butter.
Cauliflower	White sauce and Parmesan cheese; or, sauce de fromage.
Peas	Butter.
Sea-kale	White sauce, or oiled butter.
Spanish onions	Maître d'hôtel sauce.
Vegetable marrow ...	White sauce or Parmesan sauce.

FISH.

Cod	Oyster sauce or egg sauce.
Eels	Chestnut sauce.
Haddock, baked	Rich gravy or tomato sauce.
„ boiled	Sauce Hollandaise or caper sauce.
Lobster cutlets	Cream sauce.
Mackerel, boiled	Fennel sauce.
, filleted ...	Indian sauce, or Parmesan sauce.
Mullet, red	Italian, or any other brown, sauce.
Plaice, filleted	Anchovy sauce.
Salmon boiled	Lobster, shrimp, crayfish, caper, or cream, sauce.
„ cold	Mayonnaise of peas and cucumber; or green sauce.
Smelts „	Fried parsley; or anchovy, or shrimp, sauce.
Soles „	Shrimp, anchovy, or parsley, sauce.
„ filleted	Tomato, brown, or white, sauce, with piccalilli.
Trout, boiled	Hollandaise, or Bernaise, sauce.
„ cold	Mayonnaise, or white piccalilli sauce.
Turbot „	Lobster, or shrimp, sauce.
Whiting „	Black butter, or butter sauce with mustard.

APPROXIMATE TIME REQUIRED FOR BAKING AND ROASTING MEAT.

	Weight.	Time.		Weight.	Time.
Beef ...	... 5 lbs.	... 1¾ hour.	Pork ...	... 4 lbs	... 1¾ hour.
„ ...	... 10 lbs.	... 2¾ hours.	Sucking pig	... small	... 2½ hours.
Lamb, quarter of,	small	... 1 hour.	„	... large	... 2¾ „
„ „	large	... 1½ „	Veal ...	... 2 lbs.	... 1½ hour.
Mutton ...	... 4 lbs.	... 1¼ „	„ ...	... 4 lbs.	.. 2 hours
„ ...	... 6 lbs.	... 1¾ „			

POULTRY.

Capon ...	... medium	... 1 hour.	Goose ...	... small	... 1½ hour.
	... large	... 1½		... large	... 2¼ hours.
Chicken ...	... medium	... 1	Turkey ...	... small	... 1 hour.
Duck ...	... small	... ¾		medium. .	1¼ „
„ ...	... large	... 1		... large	... 1¾

GAME.

Grouse	... ½ hour.	Ptarmigan ...	... ½ hour.
Hare	... 1¾ „	Quail	... 20 minutes.
Leveret	... 1 „	Rabbit	... ¾ to 1 hour.
Larks and other small birds	10 to 20 min.	Snipe and Teal ...	... 20 minutes.
Partridge ...	... ½ hour.	Venison (8 to 10 lbs.)	... 2 hours
Pheasant ...	... ¾ to 1 hour.	Wild duck . .	... ¼ to ½ hour.
Pigeon	... ½ hour.	Woodcock ...	... ¼ to ½ hour.
Plover	... 15 minutes.		

PROPORTIONATE WASTE IN COOKING.

	Baking, per cent.	Roasting, per cent.	Boiling, per cent		Baking, per cent.	Roasting, per cent.	Boiling, per cent.
Beef, round	... 27	... 29	... 18	Mutton, loin	... 33	... 36	... 30
„ sirloin	. . 29	... 31	... 20	„ neck	... 32	... 34	... 25
Mutton, leg	... 32	... 33	.. 20	„ shoulder	32	... 34	... 24

HOUSEHOLD ECONOMY.

Mistress and Servant.—The mistress of the house has it in her power to institute and regulate the thousand-and-one economies which are of such vital importance in keeping down household expenses. Her servants will take their cue from her, and if she has been so fortunate as to secure those who are naturally thrifty, she will have the satisfaction of seeing her precepts carried out with alacrity, while the wasteful maid will not dare to question the orders of a watchful mistress who practises what she enjoins on others, and insists on obedience. One form of economy consists in the actual saving which it is possible to effect by the exercise of common-sense precautions, as exemplified in the purchase of soap in large quantities in order that it may harden before use. The other equally important but more commonly neglected method of economizing is the utilization of such waste products as paper, ashes, &c.

A prudent mistress will supervise the various departments of the household, with a view to keeping a check upon her staff, and thereby repressing any apparent tendency to extravagance through carelessness, thoughtlessness, or wilfulness on their part.

Mistress and Tradesman.—It is also necessary to study economy in dealing with the various tradesmen who supply goods to the household. The payment of cash at the time of purchase constitutes one means of effecting a saving, and discount should be insisted on for ready-money payments. This is a point not often clearly grasped by the mistress of a house, but it ought to be a universal custom. All goods supplied should be weighed on arrival, to make sure that the amount sent corresponds with the order given. A thorough understanding between mistress and tradesmen will ensure satisfactory supplies at reasonable prices, but if the shopkeepers are allowed a free hand in the matter, expenses may be proportionately heavy. (This branch of the subject is more fully treated under "Mistress's Duties".)

Lighting.—The lighting of the house may easily become a source of extravagance. To obviate this it is necessary in the first instance to make a careful investigation of all pipes and fittings, in order that there may be no waste through leakage of either electric light or gas, which is highly deleterious, even small quantities contaminating the atmosphere. The meter must also be in working order, registering accurately the amount of gas consumed. The mistress should make herself acquainted with the

method of reading the dial, so as to be able to compare the rates of burning at different seasons of the year.

Extravagance is often shown in the use of the various gas jets and electric burners, much being consumed unnecessarily. It is advisable therefore to see that no waste is occasioned by the repeated use of a jet turned on full when the room is unoccupied. Let the mistress systematically set the example of economy in this direction by turning down the lights when they are too high, and also by not allowing lighting up before it is necessary; her servants will then insensibly adopt these habits, which will soon become mechanical.

Fuel.—The waste of fuel is sure to be considerable unless care be exercised. Coal should be stocked in the summer when prices are low, and coke should be purchased to be mixed with it for kitchen use. Careful tending of fires goes a long way towards making the supply of coal last, whereas indiscriminate poking to break lumps, and loading the grate with more coal than is necessary, will empty the scuttle with alarming rapidity. Fine coal known as "slack" is very useful in backing up a fire which is to be kept in for some time, and if a lump be placed in the front part of the grate on some red-hot cinders, the back part being filled with damped "slack", the fire, if undisturbed, will last for hours and will give out a good heat.

Firewood, though cheap, is used far too freely by servants, who are given to employing as much again as is necessary, and are fond of replenishing a neglected fire by lavish use of it. They should be made to understand that a certain supply is to last a stated time, and the rule should be relaxed only in exceptional circumstances. Fire-lighters are cheaper than wood in London and go farther, but should be allotted in a similar way.

Food.– It is not true economy to buy the cheapest foods; they usually cost most in the long run. For example, inferior sugar will not sweeten to the same extent as sugar of better quality: therefore more of the article has to be used. And so with other things. Groceries should be bought in large quantities, and stored in a dry place. Biscuits are considerably cheaper when bought by the tin than when bought by the pound, and dried fruit may be obtained to much better advantage in bulk when it first arrives and is in prime condition. A chest of tea will prove a very profitable investment, provided it is well looked after. Bacon can be bought very cheaply by taking a side at a time. Soap of every kind is not so dear when purchased by the hundredweight, and the longer it is kept before using, the farther it will go, if it be cut up into convenient sizes while soft and stored in a dry place to harden. Good fancy soap for toilet use may also be bought at a reduction by taking a considerable quantity. Of course it must not be forgotten that large purchases can seldom be made by persons with small incomes, and there is one drawback attending them, a tendency to use more than is absolutely necessary. This, however, can easily be checked by a careful housewife.

Kitchen Economy.—In a well-managed household nothing need be wasted. A use of one kind or another can be found for every so-called waste product, thereby turning it to profitable account. Where the family consists of several persons there is even more scope than in a small household for practising this method of economy in every department.

The economical cook is a veritable treasure, for she can concoct excellent dishes out of odds and ends that would otherwise be wasted. The liquor in which ham, bacon, or meat has been boiled forms the foundation of good soup. For the same purpose may be used the water in which vegetables, especially peas, have been boiled; it contains valuable natural salts and a large proportion of nutritive matter. It is a common mistake to consider this poisonous, and to throw it away. The water in which fish has been boiled may be used instead of milk or water for the accompanying sauce. Fish bones and skin form the base of a nourishing soup, while trimmings of meat, bacon rind, shank-bones of mutton, and other bones, well bruised, are all very useful ingredients of what is known as "stock". The giblets of poultry should also be preserved either for the contents of a pie or for soup, and the carcasses of game, turkeys, fowls, ducks, and geese are valuable factors in the foundation of delicious soup, which is in itself an additional economy in the menu, by reducing the necessity for a substantial meat course.

Crusts and pieces of stale bread may be utilized for puddings, or when dried, grated, and powdered may be fried or sifted over a piece of boiled ham or bacon after the removal of the rind. Any pieces of meat, game, ham, poultry, or fish left over can be potted: the remains of cake, biscuits, &c., can be made into appetizing puddings by the addition of fruit and custard. Potato parings, if well dried, are very useful in rekindling a fire, and dried orange-peel, when burnt, gives off a pleasant fragrance. The pips of oranges, if covered with water and allowed to stand a few hours, will give a gelatinous substance which improves the flavour of marmalade if added during the boiling. Fruit-stones and nut-shells are also useful as fire-lighters, if dried and placed in a tin or bag. The oil they contain makes them burn with brilliancy, and an expiring fire is soon revived by their use. The remaining portions of lemons from which the juice has been extracted are invaluable for cleaning Indian and other brass ornaments. The outer coarse portions of celery stalks may be blanched in hot water, and then scraped and stewed, or used in soups. Odds and ends of fat should be rendered down by boiling, and clarified for use.

Laundry Economy.—Soap-suds should be saved till cold for garden use, as they form an excellent dressing for the soil. They are especially good for roses, and if applied through a syringe will soon rid them of insect pests. Starch when made with cold water should be allowed to stand after use, the water being poured off when the sediment has settled at the bottom of the basin. The starch will then harden, and may be used again. All the little scraps of soap can be converted into a soap jelly for washing woollen articles and flannels, or into fresh cakes of soap. The odds and

ends of toilet soap should be collected and placed in a jar till there is a sufficient quantity, when they may be dissolved in an old sauce-pan over the fire, and, on cooling, remoulded into balls for use. A good household cleansing mixture may be made by half-filling a jar with water, and putting therein a little soda and every little remnant of mottled, yellow, soft, powdered soap or soap jelly. If allowed to stand, more ingredients being added as they come to hand, it forms a good mixture for scrubbing, and may even be used for washing coarse aprons and kitchen dusters, but not for ordinary clothes.

Linen.—The mistress of the house will find her clothing last longer and retain its freshness longer if she is careful to bestow on it the attention it needs in the way of brushing and repairing. She should also preserve it from contact with dirt or grease by using a linen apron and sleeves when she is engaged in household duties; when put away it should be carefully folded or hung, so that it does not become creased. Under-garments should be worn in rotation, so that each receives equal wear and tear, and several pairs of boots and shoes should be used alternately.

It is more economical to buy longcloth by the piece, when a considerable reduction is made, and this is particularly worth attention when there is a large quantity of underclothing or household linen to be made at home. A whole piece of dress material also can be cut to advantage where several individuals are to be clothed alike.

Old linen should be saved for repairs unless it is too much worn, and in that case it should be put by for possible illness, when it will be found a great boon, particularly in typhoid or infectious cases. Table-cloths that are past mending can often be cut up for tray-cloths, or serviettes, or slips for the sideboard, and these in their turn will yield small pieces which can be used for the centres of doyleys. Sheets that have been turned and are of no further use for bed-clothing may be used as dust-sheets for a time, and later will form odd cloths for household use. Towels when worn in the centre are still often good at the ends, and if cut in two, trimmed, and hemmed make good wash-cloths, dish-cloths, and rubbers. Counterpanes will also come in for cots and cribs, and if somewhat small may be improved by the addition of a knitted edging or fringe.

Clothing.—Cast-off clothing may be utilized in various ways. If of good quality and little the worse for wear, it may be sold to a respectable firm of dealers in second-hand goods, but it is inadvisable to treat with small buyers who will offer very little. In these days of sewing-machines and paper-patterns a little ingenuity combined with a slight outlay will often suffice to remodel old garments and give them a fresh lease of life. Straw hats can be dyed and retrimmed at trifling cost and with marvellous effect. Their crowns can be covered with silk, satin, or other suitable material, thereby entirely altering the aspect of the whole. Feathers can be washed, curled, or dyed, with very little trouble. Ribbons, instead of being consigned to the flames, may be washed, dyed, and renovated by ironing, so that they are equal to new. Gloves that are discarded after

several cleansings, will still be useful when dirty work has to be done. Old white or light kid gloves should have the tips cut off for use when a wounded finger requires a cover; the remaining portions will serve to protect the hands in winter when chilblains and chapped sores are unpleasantly conspicuous. Woollen socks and stockings may be re-footed again and again, and, having served their time will, if cut up along the seam and stitched together in twos or threes, make admirable floor-cloths for washing stone floors and steps. In smaller portions they will be found useful in cleaning brass taps, stair-rods, and bright ware in general. Old handkerchiefs are useful in case of accidents. Silk neckties and scarves will make pretty patchwork cushion-covers, tea-cosies, and kettle-holders, when the soiled or worn portions are removed, and the remaining parts are cut up, suitably mounted, and backed. Old body-linen may be stored for possible cases of sickness. Print shirts and skirts that have had their day will make serviceable dusters, if cut up into suitable sizes and hemmed. The skirts of the dresses may be washed, shortened, pressed, and adapted for underskirts. Men's cloth garments may be washed, and cut into pieces, which, when sewn to a stout canvas-backing, will make strong rugs for the kitchen and odd rooms. Woollen underwear in the form of combination garments may, when badly shrunk, be cut in half, a band being inserted at the waist to remedy the shortness produced by the shrinkage. After all possible use has been made of them for wearing purposes, they can be cut up, and will prove very useful as rubbers for cleaning purposes, especially at spring-cleaning, when so many are needed. All buttons should be removed, and carefully saved in a box devoted to that purpose.

Other Small Economies.—There are numerous other items which should have their place in home economy. Though trifling in themselves they effect a considerable saving in the aggregate. For instance, there is seldom any need to buy string if a bag or a box is always at hand to receive the pieces taken off parcels. It should be carefully wound into little skeins, otherwise, being in a tangled state, it will only be a source of annoyance when it is wanted in a hurry.

The waste-paper that in so many households is burnt or thrown into the dust-bin may be saved and sold to a respectable dealer at the end of the year. Unless it is carefully sorted, however, it is likely to fetch very little. Old letters and envelopes, white paper and cards, should be torn up in small pieces daily, and put in a basket, the contents being transferred every week to a sack. Newspapers, circulars, and common paper should be kept separate. It is never worth while to pay for the carriage of such collections, but in cities large dealers will call for the waste and return the sack. The prices paid range from a halfpenny a pound, white paper fetching rather more. If the proceeds do no more than equal the price of two or three pairs of gloves, the experiment is worth a trial in households where much paper accumulates. Paper, being a non-conductor of heat, is also of great use for wrapping round all exposed pipes likely to be affected by frost in winter. Straw that has served for packing goods sent to the

house may be employed for the same purpose, as also may the straw-cases of wine bottles

Brown paper should always be carefully retained. The finer and better pieces should be folded and placed in a drawer or cupboard for occasions when it is needed to wrap round parcels that are to be sent away. The stouter remnants make a serviceable substance to place under carpets, and so increase their durability. Paper bags from the confectioners may be smoothed out, cut into rounds, and when brushed over with white of egg make excellent covers for the pots in which home-made jam is placed,

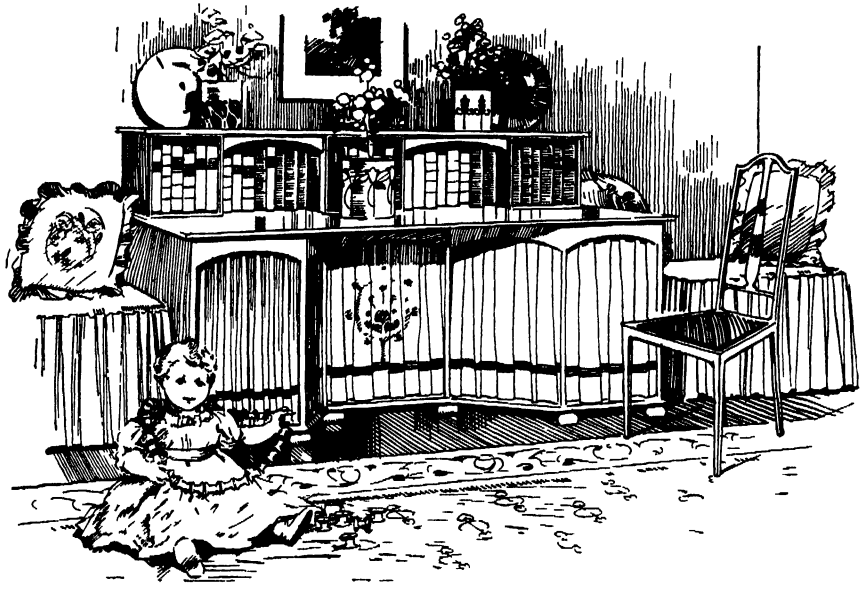


Fig 279 —Sideboard and Ottomans made from Packing cases Child's Toy made of Reels, Old Tins as Flower holders

doing away with the awkward operation of tying down. Unused half-sheets of letter-paper and the backs of envelopes are very useful as memorandum slips Old newspapers are also serviceable in cleaning windows and mirrors.

Wooden meat-skewers should never be thrown away, as they will be of great assistance in removing the dirt from crevices of furniture wood-work at cleaning times Corks are often needed They can also be cut up for decorating plain wooden picture-frames, thereby providing employment for nimble fingers on wet days

Odd pieces of linoleum make good mats for sauce-pans and plants, while pieces of carpet may be finished off at each end with fringe, and used as rugs Cinders must be saved for use again as fuel, while the sifted dust can be made use of in the garden. Fine gray ashes clean tinware excellently. Cigar-ash may be added to the soil for plants in pots Empty tins of good size and shape may be brightened with metal polish, or enamelled, and will

be useful in the store-cupboard. They may also be decorated in various ways, according to the ingenuity of the mistress of the house, and made into ornamental holders for flower-pots (fig 279). Chippings of cork, rice, tapioca, ferns, and leaves can all be used for the purpose of ornamenting them Tins are also useful for church decoration at festival times, to hold flowers, and when travelling, to hold sponges and toilet necessaries.

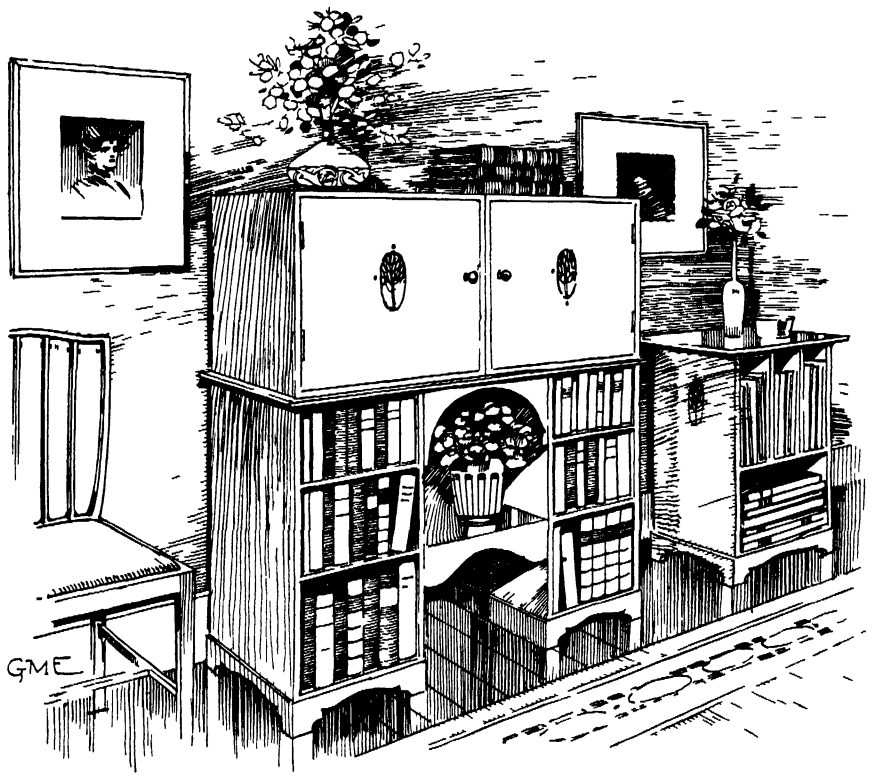


Fig 280 —Furniture made from Packing cases

Packing-cases may be turned to good account in various ways, as shown in figs. 279 and 280. The larger sorts can be made, by judicious carpentry, to form such articles of furniture as music-cabinets, escritoires, book-shelves, ottomans, and cupboards to suit the needs of the household. Rough boxes, not needed, can be chopped up, and will form good material for lighting fires Cardboard-boxes of all sizes should be stored in a dry place when emptied of their contents One is often glad of them when it is desired to send flowers or other articles by post, and pieces of cardboard are often in request for various purposes

Empty cotton-reels should be collected Those of large size, when covered and padded, may be screwed to the floor to prevent doors from being pushed too far back The smaller ones may be threaded on wire, enamelled or stained, and used with a shelf or two of plain wood to form

Hawkers and Gypsies.—It is extremely desirable to prevent hawkers from hanging round the kitchen offices and grounds of either a town or a country house. They are very ready with all sorts of excuses and offers, as a pretext for begging, borrowing, or stealing whatever they can lay their hands on, and servants may be tempted to reserve articles, and often to purloin them, in order to do business with these glib-tongued gentry, to say nothing of wasting valuable time during their visits. Where true economy is persistently practised there is no excuse for the presence of a hawker, and orders should be given that all of them are to be instantly dismissed with a decisive "No". A species of freemasonry exists among them whereby they inform each other of their success or failure in this or that neighbourhood, so that if they are persistently discouraged, the news of their treatment will soon spread, and in a short time they will be conspicuous by their absence. The presence of a good watch-dog will be found valuable, both as a deterrent, and also in cases where a maid-servant's civil negative is ineffectual, and the master of the house is not at hand to take prompt action.

DRAPERS' SALES.

The periodical sales held throughout the country offer many opportunities of securing what are termed "bargains". They usually take place during the months of January and July, when winter and summer seasons are on the wane. Remnant sales are also held at intervals, and occasional sales of bankrupt and salvage stock are to be met with which are characterized by low prices.

In order to benefit to the full extent by purchases at sales, it is necessary to resist the temptation to buy indiscriminately whatever takes the fancy, simply because it is "so very cheap". Flimsy goods which will spoil with the first shower, and anything of a loud, showy pattern which will render the wearer conspicuous, should be avoided. Rich materials of this type are often considerably reduced at sales, and anyone who is rash enough to make such a purchase will repent the act long before the dress or mantle is worn out. No badly damaged goods are worth having even at a very low price.

Occasionally, however, a small rent in a counterpane or a tiny spot on a pair of gloves will compel the shopkeeper to lower the price, and as these are trifling defects, which do not seriously affect the wearing qualities, they often offer a chance of a good bargain.

Weather plays a leading part in determining sale prices. A mild winter causes a glut of furs and thick materials, and many a bargain may be secured in January at drapery and outfitting establishments of good stand-

ing, particularly if the intending purchaser is careful to avoid extremes of fashion. She can invest in a cape, mantle, or jacket which will do duty not only till spring, but also in the following winter. It is advisable to wait till the January sales in order to economize in this way. Blankets and eider-down quilts are all very much reduced in price at the close of the winter season, and advantage should be taken of this fact to replenish the household stock when necessary. Similarly, a late summer is productive of large quantities of light and thin materials for sale at clearance prices in July, and this is the time to secure the material with which to make blouses, skirts, and costumes for parties and dances during the coming winter. Trimmings may be bought at very small cost at this time of the year, while the home milliner can secure her shapes both trimmed and untrimmed, the latter often for a ridiculously trifling sum. Artificial flowers and fancy ribbons will also be worth purchasing, particularly where there are girls in the family, and lace, gloves, and stockings are all worthy of attention. Soiled goods which have been reduced are worth buying if they are washable, but soiled finery is dear at any price. Salvage stock, though useless if burned or scorched, is usually satisfactory when it has only suffered from water. Bargains are to be made at special sales due to impending demolition of premises. The shopkeeper will then often reduce his goods to a considerable extent or meet his customer half-way under certain circumstances. All these points are worth remembering, when there is a young family to be clothed and fed on a moderate income.

Fashion exercises a dominant sway over the demand for certain classes of goods, which therefore command a high price so long as the demand lasts. Directly they are out of fashion the price begins to drop, and the following season sees them offered at very low rates. For instance, the size in sleeve or the shape of the skirt will mark a garment as being fashionable or otherwise. While fashionable it may cost 35*s.* or 2 guineas, but it may be bought for half price eighteen months later, when, if extremes of fashion are avoided, a little alteration and adjustment will often transform it into a perfectly wearable article not conspicuous by its out-of-date appearance. Again, one year certain materials or colours are in demand, whereas the next year they will be within reach of a modest purse because they have been superseded by others. Large firms who are glad to effect a clearance of former seasons' patterns will usually allow a very considerable reduction on this class of goods, whether it consists of lace or muslin curtains, wall-papers, cushions, ornaments, or other household furniture.

Travellers' samples may often be bought cheaply, and are in most cases worth buying, especially when they can be easily cleaned or washed. Odd lengths of muslin can be utilized for short curtains, while remnants of silk or satin can easily be turned to account by clever fingers. It is always best to shop on the first or second day of a sale, before the goods have been tumbled and creased, and before the bargains have been appropriated. In spite of all that is sometimes said about the follies of bargain hunters, there is no doubt that many economies are brought by means of these

sales within the reach of the woman who can judge coolly and select with discrimination.

THE PREVENTION OR DESTRUCTION OF VERMIN.

Noxious insects can be kept away much more easily than they can be expelled: indeed, when once they have established themselves in a house, it is almost impossible to get rid of them.

Moths.—Moths lay their eggs in furs, clothes, and carpets, and the larvæ or caterpillars, after being hatched, eat their way through the texture, finally making cocoons, from which they emerge after a time as *perfect insects. Whenever one of them is observed indoors it should be destroyed,* so that it may not have a chance of depositing its eggs. Unfortunately bare surfaces on furs and woollen materials are often the first indication that a moth has taken up its abode there. All articles that are likely to attract these insects should therefore be well brushed at frequent intervals.

Whenever it is necessary to pack things away for any length of time, the storing should be done carefully and not in haphazard fashion. They should first be well cleaned and aired, any furs being combed as well, and then packed in freshly-printed paper with a liberal dusting of pyrethrum powder.

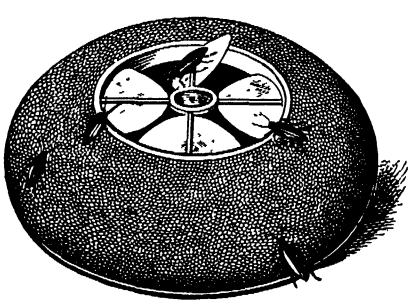


Fig. 281.—The "Demon" Beetle-trap

Black-beetles.—This is the popular name for cockroaches. It is a misnomer, as the insect is neither black nor a beetle. The powders and traps sold to eradicate them are innumerable, but an old-fashioned remedy is often used. This is to lay strips of freshly cut cucumber-peel about the room that is most infested by the cockroaches. If this is done overnight it has the effect of stupefying them, when they may easily be swept up and destroyed in the morning. The other method is to use the trap here illustrated.

A very efficacious powder—which must, however, be used with the utmost care, as it is a most deadly poison to all living creatures—is made after the following prescription:—Pyrethrum powder, 8 ozs.; strong snuff, 8 ozs.; corrosive sublimate, 2 drs.; white arsenic, ½ oz.; and cayenne pepper, 2 ozs.

The spot where the powder lies must be marked, so that it may be well swept next morning and the powder collected in a dust-pan and burnt with the bodies of the cockroaches that have fallen victims.

Flies.—Flies are a terrible nuisance, spotting and rendering unsightly all the mirrors and the gold frames of pictures with which they come into

contact. They do not confine themselves to one room or one floor, but swarm all over a house. The simplest and best remedy for this pest is the sticky papers to be purchased at nearly all oil-shops and grocers. They, however, are only suitable in such places as kitchens; for drawing-rooms and dining-rooms some other method must be chosen. A very neat and efficacious way of reducing the number of flies is to procure three or four wide-mouthed vases and a piece of white cardboard cut to fit over the mouth of each and with a circular aperture in the centre. The vases should be almost filled with soap-suds, and the cardboard, smeared with treacle, should be placed on top, sticky side downwards. This method is nearly as good as the ordinary fly-paper, and is in no way objectionable.

Fleas and Bugs.—Bugs are supposed to have been quite unknown in this country until after the great fire of 1666. They insinuate themselves into the most minute crevices; they get into the paper on the walls, under the skirting, between the slats and up into the screw knobs of a bedstead—in fact wherever there is a crack or niche for them to squeeze into. When they appear, the only thing to do is to scrub the room out, take the bedstead down and wash it in boiling soda-water in the garden, remove all articles likely to be damaged, and then fumigate with sulphur. The grate-register must be shut, and paper pasted all round the window and across the junction of the two sashes; the door must be treated in the same manner. All this must be done before the sulphur is lighted. Some writers recommend white-lead and sublimate of mercury pressed into the crevices of the bedstead and other places likely to harbour these insects, but these substances must be used with very great care, for they are very poisonous, and easily get into a sore place on the hand of anyone moving the furniture. It is, therefore, more advisable not to have recourse to this remedy.

To get rid of fleas, dust the bed-clothes with pyrethrum powder.

It must be remembered that the appearance of animal parasites is not necessarily a proof of personal uncleanliness, for they pass from one person to another in a crowd or even in a vehicle, such as a tram or bus or even in a train, so that when one is noticed in a house where the work is properly performed, it may be regarded as a solitary individual. In this case, with its destruction all risk of others ceases.

The great preventive is thorough cleanliness and the regular clearing out of rubbish likely to harbour them.

Mice and Rats.—One of the simplest ways of getting rid of rats and mice is to keep a cat or a dog; but this is not of much good if food is allowed to remain on tables through the night. All eatables should be enclosed or covered over in such a manner that vermin cannot touch them.

In the way of mouse-traps there is nothing to beat the "guillotine" traps sold by every oil-man (fig. 282). The usual bait is toasted cheese, but boiled or fried bacon is better. Mice are just as fond, or fonder, of butter, and where the one bait fails, the other should be tried. If the butter is simply "dabbed" on the bent wire that moves to release the door when touched, the mice will lick it off without moving the spring. The proper

method is to take a piece of very fine muslin about two inches long by an inch wide, roll it into a ball, saturate it with butter, and put it on the hook. When a mouse nibbles at the bait, its teeth catch in the threads of the muslin, and in pulling away it releases the spring-door.

The toothed iron trap generally employed for rats is a cruel device. It is also quite useless if it has the slightest odour of the human person. The naked hand must not touch it, but must be protected by a glove.

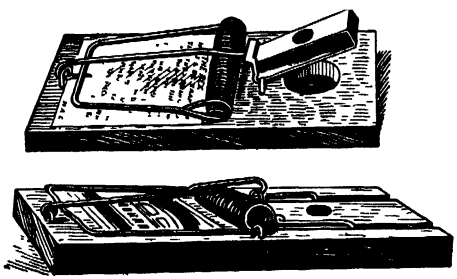


Fig 282.—"Veto" and "Hero" Mouse-traps.

Where a trap fails, the only method left is poisoning. This requires care, or else other animals may be poisoned as well. If poison is decided upon, the best for the purpose is powdered nux vomica. In order to procure it, one had best explain the reason for wanting it to the family doctor, and ask him for a note addressed to a chemist in the doctor's parish. It must be made into little balls with butter, a coating of pure butter being put over the mixture. If they are scattered about in infested places, there will be very few mice left in a few days.

This poison is just as good for rats at first, but they are more cunning than mice, and soon get to know that it is not safe for them to eat it. In order to allay their suspicions, a plum, a piece of ham, or a biscuit should be substituted for the butter.

Fig 283.—The "Holborn" Rat-trap.

In such places as stables, or wherever rats exist in great numbers, it is more satisfactory to search them out with two or three ferrets and a couple of good "ratting" terriers. All the rat-holes must be looked for and stopped up, with the exception of those worked by the ferrets or guarded by the terriers. Unless the latter can be trusted, it is best to hold them until the rat is clear of the hole, as they are very apt to kill the ferrets in mistake for rats, or else frighten the vermin back again.

It often happens that in flagged passages both rats and mice have their runs down between the stones. Where this is the case, the cracks between the flags, and more particularly just at the corners, should be filled in with a mixture of Portland cement and roughly-crushed glass; the composition must be well pressed down between the stones so as to fill up

the crevices entirely. It is useless to stop up holes in wooden skirtings or through the earth with this mixture, for the rats and mice will gnaw a fresh hole through the wood or burrow a fresh passage in the earth, but if a few spoonfuls of quicklime are poured down the holes in such places, it will effectually deter the rats from coming in that direction, as the lime burns their feet.

As they have the strongest objection to the smell of tar, it is sometimes used for the purpose of getting rid of them. The best way, if one rat can be caught alive, is to tar it and then turn it loose. As it runs from one accustomed haunt to another, its companions flee from the hated odour and never afterwards return. The method may seem cruel—for the one rat—but after all it is not nearly as cruel as poisoning or trapping a score.

Slugs.—A capital remedy for slugs is malt-dust, which can be obtained from any brewery. It should be sprinkled round the seedling plant in an unbroken circle. As soon as the slug gets into this dust his attention is centred on the ways and means of ridding himself of the clinging malt-dust.

LAUNDRY WORK.

The science of laundry work is simple but very exact, and the neglect of, or deviation from, the natural laws which constitute that science, is sure to injure the fabric or the colour of the garments, thus causing needless expenditure in the frequent renewal of what might otherwise prove durable and thrifty wear. Moreover, bad management on washing-day is the source of endless discomfort which can be entirely avoided. The two things, scientific knowledge and good method, really go hand in hand, and a thrifty housewife will study well to know the "reason why" of the different processes, and so to manage her work as neither to put herself out of temper nor cause friction in the house.

Care and attention are sure to bring good results, and the worker has the satisfaction of seeing at once the fruit of her labour. The best results are the outcome of common sense and manual skill, not of any great expenditure. For example, the careful steeping of the articles to be washed, say, for twelve hours beforehand, involves no expense whatever, yet it saves time, labour, soap, and material. System, utensils, and methods of work should be studied in due succession.

The laundry work of a household is rarely regarded as other than a disagreeable necessity; still, it is a necessity, and as such should be dealt with under the least trying conditions. Whether home or outside washing is the plan adopted, the disposal of the articles which accumulate in the house is a subject which must be considered.

Care of Soiled Clothes.—Personal and bed linen are liable, owing to perspiration from the skin, to have an unpleasant odour; they should therefore be kept until washing-day in a ventilated receptacle. Baskets are usually provided for the purpose, and nothing can be better. They must be of strong wicker, with close-fitting lids, and strong handles by which they can be carried when necessary. It is better that table and house linen should not be mixed with wearing and bed linen. These baskets, again, should be placed where a current of air can reach them, but not in an occupied room. Nothing can be much more insanitary than the common plan of furnishing each bedroom with a soiled-linen basket. If there is a small and well-ventilated room or cupboard in any house that can be spared to hold the soiled-linen baskets, it is a good place to utilize for this purpose. Handkerchiefs, underclothing, bed linen, and towels, or any clothing that has been used for personal purposes, is better removed from contact with other clothing and people until they have been cleansed.

The old-fashioned plan, which still exists in country districts and on the Continent, of allowing the linen to accumulate for a long period, and then devoting weeks to the washing, is one that cannot be too strongly condemned. Dirt and disease are synonymous terms, and however we may ignore it or alter its title, soiled linen is dirty linen, and the sooner it is clean linen the better for all concerned. A fortnight is long enough to defer washing, and those are better off who can arrange it weekly.

Marking Linen.—The weekly plan is nearly always adopted where the linen is sent to the public laundress, and this necessitates very careful marking. On any clothes to be sent out of the house the surname of the family or owner should be clearly shown. No fault can justly be found with a laundryman who loses things if he has no other guide to their owner than some initial or Christian name shared by many other customers; nor is it reasonable to complain of the system of re-marking adopted by some laundresses in order to identify a customer's things. If the laundress is obliged to mark the clothes for convenience in packing, the mark might be made in small, neat figures on a part of the garments that does not show on the right side.

A good reliable marking-ink is suitable for this purpose, except in the case of handkerchiefs, or small articles, which are better marked in red cotton, or any washing thread that can be easily removed after they are ironed.

But if people object to marking done by the laundress, they ought to adopt a special method of their own; and whatever the style, it must be distinct, and the lettering clear, so as to avoid mistakes being made in the return of the clothes. Otherwise, a list such as the following, indicating the special mark on each article, may be made out and sent with the washing each week. This will often prevent loss.

2 Aprons, E. G.
6 prs. Cuffs Guards 8.
4 Hkfs., S. A. S.
8 „ M.
2 prs. Stockings, M. red.
4 Serviettes, S. embroid.
2 Table-cloths, S. in corner.

If ink be employed for marking, great care should be taken to secure good ink. Some kinds wash out very quickly, some turn a bad colour, while some burn the whole piece of stuff away. It should first be tried on a piece of calico, which should then be subjected to boiling, soda, hot irons, and any other process likely to be applied at a laundry.

If thread marking is preferred, it should not be so ornamental as to disguise the name, which must always be plainly read. For the purpose of identification it is a good plan to work either the surname or the initial in plain cross-stitch or rope outline in either white or red, but, to avoid trouble, all marks should be indicated on the list sent with the linen.

Counting Clothes.—The clothes for washing should be collected and

divided into piles, all of one sort or name by itself. These should then be carefully counted over twice—if possible by two persons—and the numbers placed opposite the name of the articles in the list. When all are entered, the total number of pieces should be reckoned and compared with the total on the paper. In this way any inaccuracy is detected, and can be rectified before annoyance can arise.

When the clothes are returned from the wash the parcel and the list should be carefully compared item by item, and as each is found correct it should be ticked off. Any errors in the returned goods must be notified at once to the responsible person; delay in this respect sometimes makes it impossible to trace the lost articles. It is usually better to make any complaint direct, either by seeing the manager or writing by post. Messages sent by hand or word of mouth are very liable to miss their destination or change their meaning in transit.

Lists of Linen.—Many laundries supply employers with printed sheets or books in which every imaginable article is mentioned, a space being left for the insertion of the number, and another for the price. Where the whole, or even a large quantity, of the washing is sent out, this ensures accuracy and saves labour and time. In many households, however, only small portions of the laundry work go out, perhaps only two or three kinds of articles, in which case a small pass-book, or even piece of paper, is used. Whatever the method, a duplicate should always be kept to check any carelessness or the loss of a list. A small-sized book, such as doctors use to write prescriptions in, is about the best thing possible. The pages are alternately ordinary paper and tissue, and between the two a sheet of carbon paper is laid. The list is written on the tissue, which is retained in the book, while the duplicate on the thick paper, which is perforated near the binding, is torn off and sent with the bundle. In this way discussion about the lists is prevented. If lists are written twice, a mistake is very easily made, and often much trouble and dissatisfaction are caused.

For home washing the taking of lists is of less importance, being applied principally to household goods, such as dusters, pantry and kitchen towels, rubbers, and so forth, and chiefly with the view of keeping the sets complete, for such things are liable to be overlooked, and either not washed or used for purposes for which they were not intended. It is essential for the proper performance of the work of a house that they should be attended to as carefully as the finer articles, which are less liable to go astray, and are perhaps more quickly missed.

Airing Linen.—In many cases airing is hardly necessary when clothes are returned. They are frequently delivered quite hot from the airing rooms, but if the slightest damp is suspected let them be attended to at once. Any damp articles packed with others will of course spread the damp to the rest of the stock, and under certain conditions may even cause mildew. In any case, the danger arising from damp clothes is extreme; at the best an excessively unpleasant odour is communicated to the whole

store of linen. Starched goods become rough-looking and limp if subjected to the slightest damp.

Though all things should be thoroughly dry before being put away, airing is much more important before using than after washing. Many are the serious illnesses that can be traced to sleeping in damp bed-linen, and carelessness in attending to this point in under-linen is responsible for much ill-health. Linen should be exposed to a good hot fire, turned and thoroughly warmed, before it can be considered fit to use. It has a faculty for absorbing moisture, and no matter how perfectly dried it may be, a spell of wet weather, thaw after frost, or something equally unavoidable, may render it quite dangerously damp, even when placed in presses and drawers suitably and sufficiently protected. Clothes washed at home or sent out to ordinary washerwomen are much more likely to require attention in this respect than those washed at the large public laundries. Where the work is done on a large scale the appliances are much more perfect and reliable; but where airing, and frequently drying also, has to be done by degrees before a fire, it requires good management to ensure complete evaporation of all moisture. No matter what care has been taken beforehand, it is essential that no bed or wearing linen should be used until it has been thoroughly aired.

Mending Linen.—The proper time for repairing much of the table and bed linen, and sometimes even wearing linen, is before despatching the washing to the laundry. Much elaborate and tiresome darning and patching could be reduced to quite trifling dimensions if attacked at the right time, *i.e.* before the somewhat rough handling in the laundry has increased the mischief. If careful and complete mending is impossible, as in the case of very dirty clothes or stockings, the edges may at least be drawn together, to prevent further fraying till it can be attended to properly. Table-linen especially should be fully mended before washing, as, owing to the nature of the material, a slight crack or cut quickly spreads, where an almost invisible darn would suffice if done at once. An unsightly flaw is the result of leaving it. Another point in favour of mending before washing, particularly in the case of table-linen, is that it is almost impossible to mend neatly and also to keep the linen uncrushed. When the repair required is of some size, the articles should be "rough-dried" and not dressed, if it cannot be attended to before.

Laundry and Home Washing Compared.—The methods by which the family washing is done vary greatly according to circumstances. There is the plan of sending everything out, and the reverse—of keeping everything in; of sending out the large, fine, or all-white things, and of washing at home all the small, coarser, coloured, and flannel articles: of having a washerwoman in, or engaging the servant or servants to do it.

Under certain conditions, to have the washing done at a laundry has its advantages. For example, where there is a large family, small accommodation for washing, and few people to do the work, it is a great saving of discomfort and labour to send the clothes to be cleansed, and if a reason-

able contract can be made with a good laundry firm, it is advisable to do so.

Public laundry washing, in almost every case, has its disadvantages, one of the chief being that the clothes almost invariably become of a bad colour. This is probably due to the lack of the use of plenty of clean water; and secondly, the linen frequently becomes "tendered"—this may be caused by the suction of the washing-machine, or the use of bleaching liquor, which is employed to remove stains and whiten the clothes, and if used recklessly acts detrimentally on all fabrics. All of these points are well worth consideration by laundry owners, as they prove to be some of the greatest drawbacks to successful laundry washing.

There is great diversity of opinion concerning the economy of washing at home. Everyone has her own opinion on the subject, and naturally judges from her own point of view. It is a matter that must always be settled for each household according to its circumstances. Before a satisfactory conclusion can be reached, it must be decided which of several economies is the one intended. There is the saving of money, of labour, and of discomfort. One often hears it decisively stated, "It is much cheaper to have a woman in". It may be under many circumstances, but whether the speaker has carefully balanced the two sides of the question is another matter. On the one side there is the laundry, charging according to arrangement a definite sum per dozen, or so much for each item. On the other side we have the woman's wage, generally two shillings or two-and-sixpence per day; the question, "Will she do the whole wash in one day?" her meals, often five in number; the cost of soap, soda, washing-powder, blue, starch, and extra firing for boiler and water, and afterwards for ironing and airing.

Home washing, by whichever plan it is done, entails additional labour on the ordinary household. Even if a woman be engaged to do the whole washing, there are the folding, ironing, and airing to follow, and, where appliances are very simple, often the drying itself. It is only where the washing is exceedingly large that it is economical to engage her for the second or even third day, which is required to finish all off. Otherwise these portions of the work usually fall to the residents, and occupy time which it is sometimes awkward to spare.

There is, however, one point of economy which no one will dispute—the saving of the wear and tear of clothes washed at home. A certain oversight is possible, and the exercise of unnecessary vigour, resulting in fraying and tearing, may be checked. Moreover, in middle-class households the work is done more by hand and less by the mechanical appliances. Another point in favour of home washing is the fact that clothes are usually decidedly better in colour, as a plentiful supply of clean water is more likely to be employed for the washing, and they have also the advantage of frequent drying in the open air.

UTENSILS

Washing-machines for Use in the Home Laundry.—It is a well-known fact that washing under old-fashioned conditions is the hardest manual work that a woman is called upon to do, and, as a consequence of this, much of the family washing that used to be done at home is sent

Fig 284.—Bradford's "Vowel" Washing-machine with "Acorn" Wringer

to the public laundries; although many people would gladly have their washing done at home, if they only knew of less laborious conditions than the ordinary system of hand rubbing, and the lifting to and fro of heavy washing-tubs.

To obviate this difficulty, many manufacturers of laundry machinery have from time to time brought into the market machines that will cleanse clothes and lessen labour. But one of the chief difficulties has been to produce a machine that will cleanse clothes without giving friction enough to destroy fabric, and also to have one of simple construction, so that it may be easily cleaned and repaired if out of order. So far, the machines that have been exceptionally successful from this standpoint are those which have produced an imitation of hand rubbing.

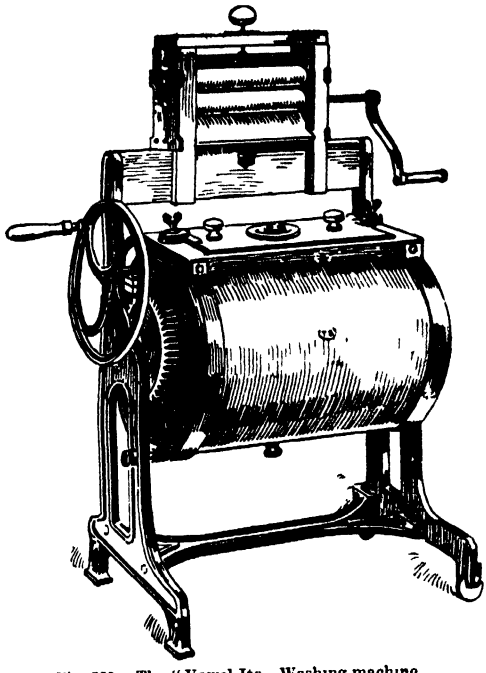


Fig. 285.—The "Vowel Ito Washing-machine.

The following are a few that have been tested and recommended by those who have derived benefit from their use.

The "Vowel" (fig. 284) washing-machine has a smooth inner surface, and the cleansing of the clothes is done during the revolving of the machine by the friction of one article against another, this being one of the simplest imitations of hand rubbing. A small size of this machine costs from three to four guineas.

The "Vowel Ito" (fig. 285) is another machine of similar construction, but the inner surface of this machine is grooved, which gives additional cleansing power, and is more likely to produce a quicker result, especially in the case of very dirty clothes. This machine is less expensive than the "Vowel", a moderate-sized one costing from £3, 5s.

The "Dolly" washer (fig. 286) is even simpler in construction and is comparatively easy to work. It is a box-shaped machine with a movable lever or "dasher", the lower part of which consists of a frame fitted with bars of hard wood. The ends of the tub are also fitted with similar bars of hard wood. The clothes are placed on each side of the "dasher", which is worked backwards and forwards, thus pressing them against the ends of the tub, the cleansing in this case being done by pressure and suction, and without the slightest injury to the clothes. Cost from £3 to £5.

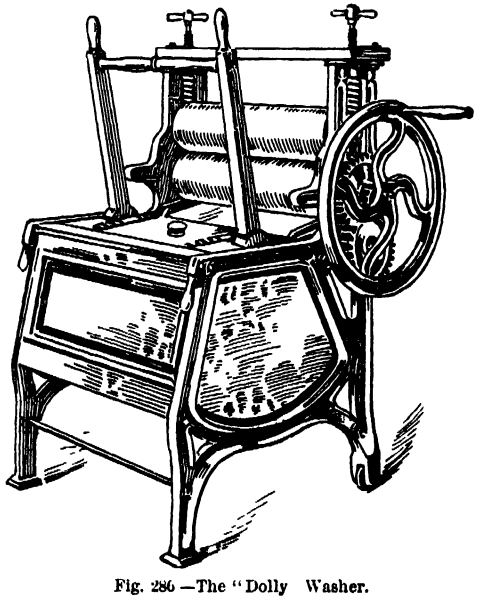


Fig. 286.—The "Dolly Washer.

The "Majestic" (fig. 287) is another washing-machine which is of very simple construction. It consists of a round tub fitted on legs, which raise it consider-

ably above the floor. The inner surface of the tub is corrugated, and it is fitted with a reversible dolly peg, which is worked by the turning of a handle outside the tub. The cleansing is done by slight friction and suction, and is a very successful method for cleansing clothes, especially for small articles. A moderate-sized tub costs £3.

The "Model" washer is another useful machine for home washing. It is an improvement on the ordinary dolly tub, and is constructed with a ribbed inner surface and a dolly peg which is employed for moving the clothes. The gearing is so arranged that it gives a reversible action to the dolly, which prevents the clothes forming into a heap and renders the cleansing more efficient. Attached to this machine is a wringer, and by releasing a catch at the side the same wheel is used to turn the rollers. It costs from £4,12*s*.6*d*. to £5,15*s*., according to the size of wringing-machine.

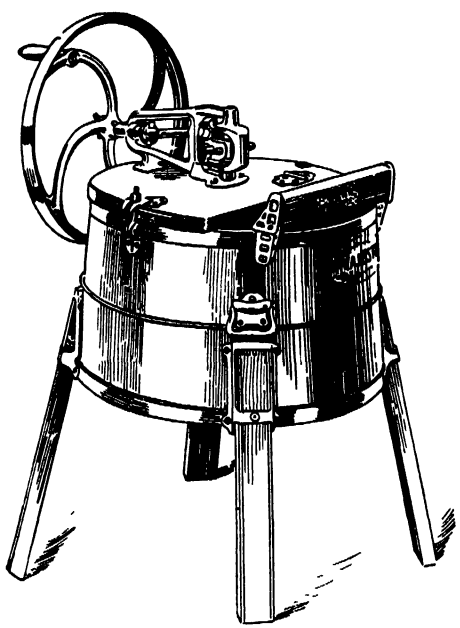


Fig. 287.—The "Majestic" Washing-machine.

Wringing-machines.—The best kind of wringing-machine is made with india-rubber rollers. It does not break buttons or make holes in the fabric, as those with wooden rollers do. It is small and easily moved about, and can be attached to any tub, or fixed to a wooden stand (fig. 288). It aids greatly in saving time and labour, and the strain on delicate fabrics is less than wringing by hand. A small machine with 14-inch rollers is a useful size for household use, and costs from £1, 12*s*. to £2. This size is capable of wringing large blankets and eider-down quilts.

When using a wringing-machine be careful never to pass hot clothes between the rollers, as the heat hardens and destroys the indiarubber. Equal pressure should be exerted on all parts of the rollers that they may wear equally. As clothes have a tendency to draw to the middle of the rollers, that part is apt to wear quickly, and consequently the rubber requires frequent renewing.

Mangles.—The Premier Mangle is a large box-shaped machine, and gives a wonderful finish to clothes, but is quite unsuitable for an ordinary household, because of the space required for it. The best mangles for a small house are those with two or three rollers. They occupy less space, and are much cheaper. A good two-rollered mangle with sycamore rollers costs about £3 (fig. 289).

The three-rollered mangle is more expensive than those with two rollers, but it gives a decidedly better finish to the linen. A sheet is attached to

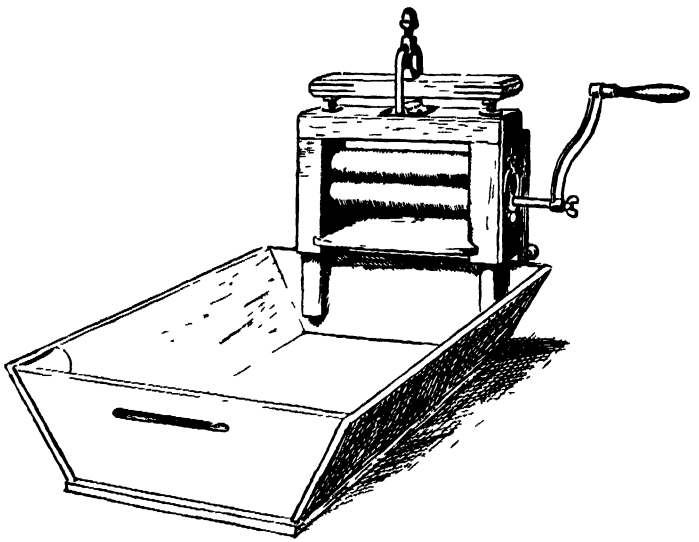


Fig 288 —Bradford s "Acorn Wringer, with Washing Tray

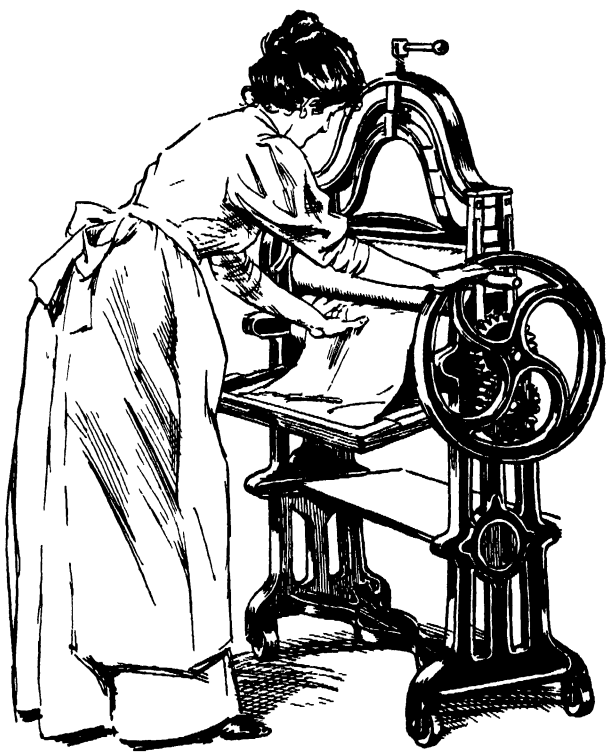


Fig. 289.—Bradford's "T.B." Wringing and Mangling Machine.

the middle roller, on which the clothes are evenly placed, then wound up, and the handle turned until the desired gloss is obtained.

To Clean Wringing-machines and Mangles.—Oil the metal-work with paraffin, turn the handle until the old grease is dissolved, and then rub it off with a rag. Wash the wood-work and rollers with soap and water, avoiding the use of a brush, especially for india-rubber rollers. Dry, and oil the gearing with olive or sweet oil, being careful to prevent its getting on to the rollers, as it would dirty the clothes and also make the rubber hard.

When machines are not in use the pressure should be lessened, to prevent strain on the rollers, and they should be covered to keep them free from dust.

Tubs.—Tubs are generally made of wood and zinc; they vary in price, according to size and quality. The most common is the round tub, made

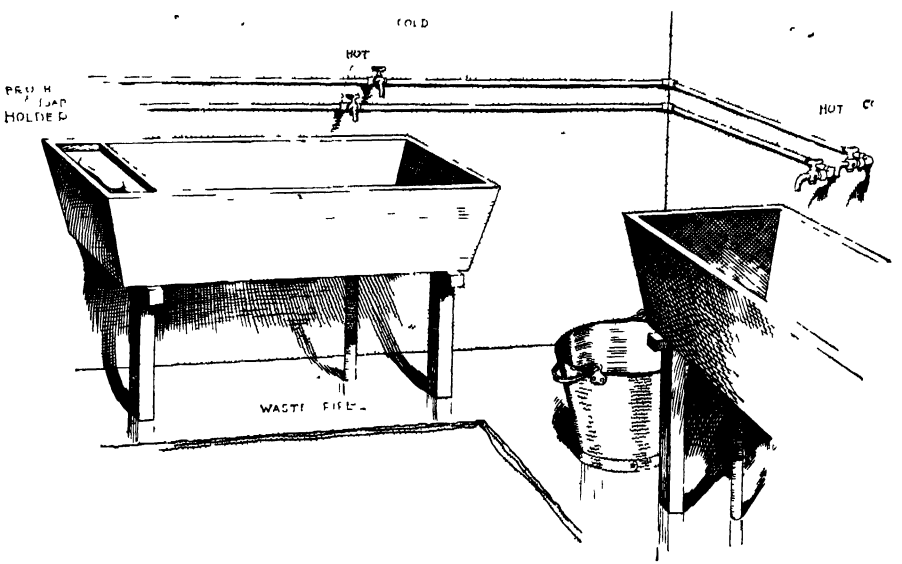


Fig. 290.—Wash-house with Troughs fitted

of staves of wood which are held together by iron bands. A medium-sized oak tub of this description costs eight or ten shillings.

Washing-troughs are usually fixed in the wash-house, and fitted with inlet and outlet water-pipes (fig. 290). They are much more expensive than the round tubs, but as they effect a great saving of time and labour, it is advisable for people who can afford it to have them fitted in the wash-house. A large-sized pine-wood trough costs about £4, 10s.

Tubs should be cleaned immediately after the washing is finished. Scrub them with a brush and soap and water to remove the grease, which, if allowed to harden on the tub, is most difficult to remove, and in hot weather a little clean water should be left in each to prevent the wood from warping and the tubs from leaking. In cold weather this is not necessary, as the wood does not then become dry enough to warp.

To preserve the wood and prevent the iron bands from rusting, the

outside of the tubs should be coated once a year with paint. Zinc tubs, which are less expensive than wooden ones, but not so durable, should be washed with soda and hot water, both sides, to remove grease, rinsed and dried thoroughly to prevent rust, then polished with brick dust, and turned upside down to keep the inside free from dust.

Boilers.—Boilers are usually made of iron, copper, or zinc. The iron boiler is most commonly used in ordinary households. and if carefully kept will last for years. It is less expensive than copper or galvanized iron. A 30-gallon portable boiler (fig. 291) is ample in size for a family wash, and costs about £3, 10s. The same size of galvanized boiler cost about £4, and copper £6.

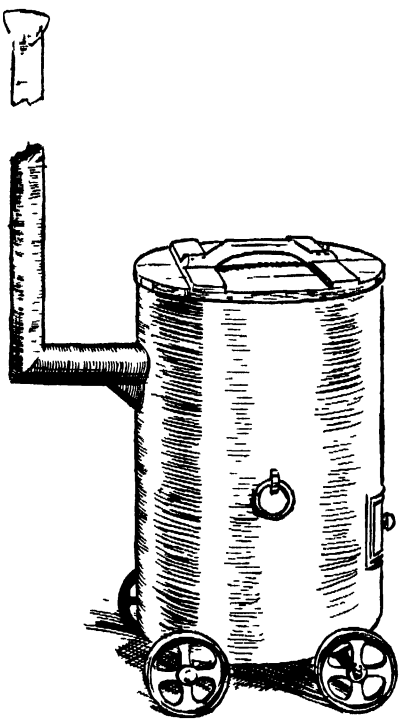


Fig. 291.—Portable Boiler

When not in use all boilers should be kept perfectly clean and dry. This is especially important in the case of those made of iron. If they are left damp, rust forms, and when they are used again, makes iron-mould stains on the clothes. The same thing happens with galvanized-iron boilers when the zinc coating wears off. Verdigris, or copper rust, forms on the surface of copper boilers if they are not carefully cleaned after use. It adheres to the clothes, and makes a green stain which is most difficult to remove.

If the boiler be portable the outside should be black-leaded to preserve the metal. If it be built in with bricks they should be covered with cement, for there is usually some iron in the clay of which they are composed, and this might stain the clothes.

To Clean Iron and Zinc Boilers.—After the washing is finished scrub the boiler, while still warm, with a brush and hot soapy water, bale the water out, and dry thoroughly. To keep an iron boiler free from rust, rub it over with a piece of hard soap and cover until the following washing-day. The lid of the boiler should be scrubbed, especially the under side, as the lime-soap from the boiling water adheres to it, and if allowed to dry is very difficult to remove.

To Clean Copper Boilers.—Scour with brick-dust and soap, beginning at the bottom and working towards the top, wash with soap and water, dry thoroughly, and polish with a clean dry cloth. Cover to keep free from damp. Copper boilers are less difficult to clean if lined with tin, but this lining requires to be renewed occasionally, and adds to expense.

Remember that cold water poured into an empty iron boiler when hot will crack the boiler, and render it useless.

Irons.—The irons most commonly used in an ordinary household are flat-, polishing-, goffering-, box-, and gas-irons.

Flat-irons.—These are numbered, according to size, from 1 to 10, and the prices begin at 8*d.* for No. 1. The smallest sizes are most suitable for

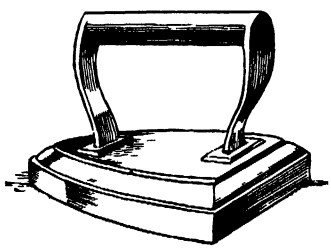


Fig. 292.—Flat iron.

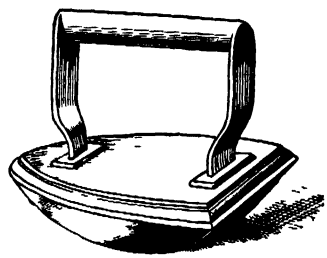


Fig. 293.—Polishing iron.

children's garments, frills, and gathers; the medium for larger garments; and the very large ones for table-cloths and straight articles that require pressure and gloss (fig. 292).

Polishing-irons (fig. 293) have a bevelled surface. They are used to give a gloss to stiffly-starched linen after ordinary ironing, the heel and toe being principally used.

Goffering-irons (fig. 294) are scissor-shaped, and are used instead of the old-fashioned Italian irons to regulate the fulness of frills. They should be carefully heated, for if made red-hot the surface coating of steel becomes rough, in which case they are rendered almost useless. Good goffering-irons cost about 1*s.* 6*d.* a pair.

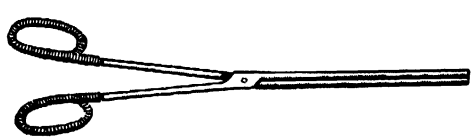


Fig. 294.—Goffering-irons.

As box- and gas-irons are not brought into contact with the fire they require less cleaning than flat-irons, and lessen labour and discomfort, as the fire requires less attention, and the room is kept at a lower temperature. Gas-irons require no fire.

Irons may be heated in front of an open fire, on a coal-stove, or over gas. When an open fire is used it must be well stoked, the red coals being brought to the front and the fresh coal added at the back, to prevent the smoke and flame from soiling the irons. A coal-stove is considered the best for heating irons. It can be kept hot with little trouble, and there is little risk of dirty irons. When irons are heated over gas, water condenses on the surface of the metal. This is known as "sweating". They should be occasionally wiped until they become warm, for the rust which forms is not easily removed when the iron is hot.

To Clean Irons.—Scour them with brick-dust and soap, wash and dry thoroughly, and heat immediately after to prevent rust. When they are

hot, polish them on a hard surface sprinkled with powdered bath-brick, or on brown paper and fine ash, avoiding cinders, which would scratch the steel. Dust well before using

To prevent rust, warm the irons slightly and rub them with mutton fat

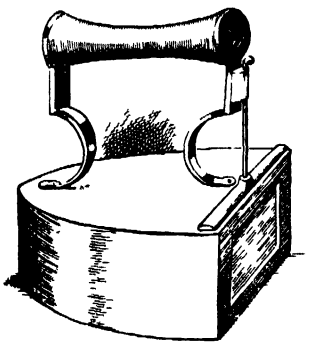


Fig 295.—Box-iron

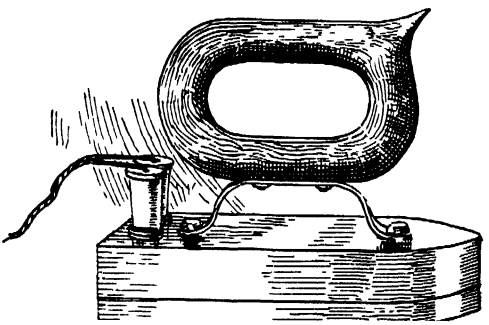


Fig 296.—Electric Flat-iron, supplied with current from an ordinary electric-light socket, through the wires shown.

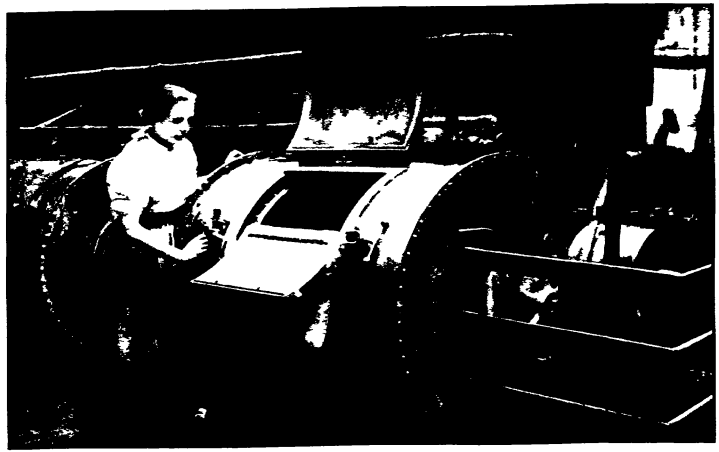
or tallow. When they are cold a coating of fat will be formed, which will prevent damp air from attacking the metal.

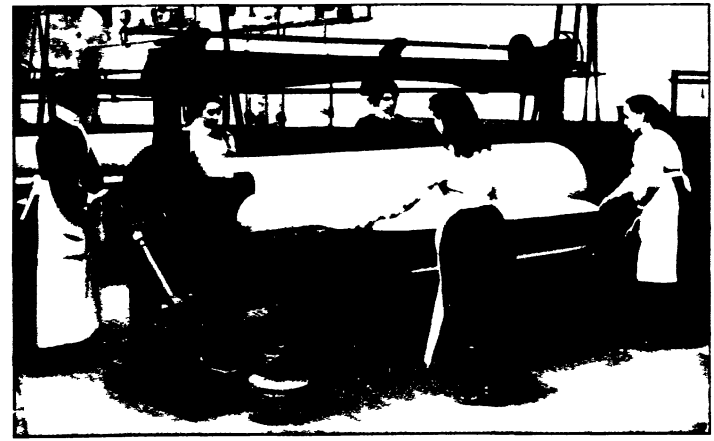
To remove rust, scour them on emery-paper moistened with paraffin, wash with soap and water, dry, and heat before putting them away. This is a quick and easy method if the irons are required at once.

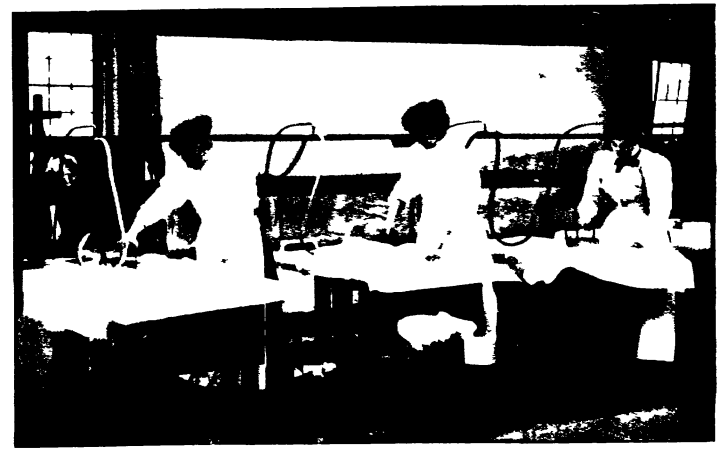
WASHING MATERIALS.

Water.—An abundant supply of clean water is absolutely necessary for thoroughly cleansing clothes and keeping them a good colour. Soft water is much to be preferred for washing, as there is less waste of soap; its cleansing power is at once brought into action, and it is in consequence more economical. Suppose, for instance, 100 gallons of hard water require 35 ounces of soap merely to neutralize the calcium carbonate, that amount of soap is actually wasted. Rain-water is always soft, and when it can be collected clean is the best for washing purposes. In country districts where the atmosphere is comparatively pure, rain-water becomes contaminated to a much less degree than when it falls in towns, where much soot and dust abound. If allowed to stand until the sediment settles, it will be quite clean enough for washing.

Hardness in water is chiefly due to the presence of calcium carbonate and sulphate. The hardness caused by calcium carbonate is said to be temporary, because it can be removed by boiling, exposure to air, or the addition of lime-water. When hard water is exposed to the air for a number of hours, the carbon dioxide gas passes off and the calcium carbonate is deposited. During the boiling of water, the carbon dioxide







gas is expelled with the steam, and the lime is precipitated, forming a deposit known as the "fur" of the kettle or boiler. When lime-water is added, the lime combines with the carbon dioxide, and forms an insoluble carbonate, which, with the original carbonate, settles to the bottom.

These three methods, however, have no effect on calcium sulphate. The simplest way of removing it for laundry purposes is by the addition of washing soda, but care must be observed in the quantity used. If more is added than is required to soften the water, the free soda would act injuriously on colours, also on silken and woollen fabrics. If fine articles are very soiled, borax may be used in the washing water instead of soda, as it is less injurious.

Soap.—Soap is a combination of the fatty acids, an alkali, and water. The alkali used in the making of all hard soaps is soda. Its properties in connection with laundry work are:—1st. It dissolves in water. 2nd. It saponifies grease. 3rd. It destroys colour, fabric, and the skin. But when mixed with fatty acids its destructive property is much modified, while its cleansing power is retained. Good yellow soap is the best, and in the end the cheapest to use, as it is almost entirely free from adulterants, which are added chiefly to absorb water and give bulk and weight. Moreover, it has no excess of alkali to injure fabric or colour. If possible, soap should be bought in large quantities, cut into convenient squares, and dried thoroughly, as dry soap wastes less when being used.

Melted Soap.—Shred the soap (small pieces may be utilized), cover with water, and place over gentle heat until melted. This is used in the washing-water for flannels, prints, and delicate fabrics, so that rubbing may be avoided.

Starch.—Starch improves the appearance of clothes, and helps them to keep clean longer. It is obtained in varying proportions from all vegetables, but that from rice and wheat is most generally used for laundry work. Rice starch is usually preferred, because the grains, being very fine, enter the linen better than those of wheat starch, which is seldom used for home work, because it renders the fabric rather coarse in appearance, unless it is specially prepared and used according to the American method of starching shirts and collars, or articles that require to be stiff.

Cold-water Starch.—1 table-spoonful of starch; 4 drops of turpentine; ½ tea-spoonful of borax dissolved in boiling water; and ½ pint of cold water. Put the starch into a basin, add a little of the water and the turpentine, mix with the fingers until smooth, and then add the rest of the water and the borax. Turpentine is used to prevent the iron from sticking, and borax to give a gloss to the linen. When making a large quantity of starch, all ingredients should be increased in proportion except the turpentine, 2 drops only being added to each additional ½ pint of starch. Cold-water starch is used for collars, cuffs, and shirts, or any article required very stiff.

Hot-water Starch.—1 table-spoonful of starch; 2 table-spoonfuls of cold water; ½ tea-spoonful of borax dissolved in boiling water; and a

shaving of tallow candle. Mix the starch and cold water until quite smooth. Add the tallow and borax; then pour on boiling water, stirring all the time, until the starch becomes semi-transparent. If it is not required at once, add enough cold water to prevent it from turning into a jelly. This starch is used for table-linen, prints, and muslin, or articles required moderately stiff. It must be diluted before using, according to the stiffness desired for the fabric.

Blue.—Blue is used to counteract the yellow tint in white clothes caused by wear and washing. It may be bought in two forms, solid and liquid. The former is generally preferred, and if the best is obtained, and used in proper proportions, it gives every satisfaction.

The different kinds of solid blue are—indigo blue, which gives a greenish tint to clothes, and for that reason is rarely used now; Prussian blue, a chemical compound containing iron, which if left in the clothes is apt to make iron-mould stains; and ultramarine, generally considered the best, as there is nothing in its composition to stain or discolour the fabric. It is also more easily removed by washing.

To use blue, tie it in a flannel bag, dip it in a tubful of clean water, squeeze, move the water about till it is uniform in colour, and then lift a little in the palm of the hand. If of a sky-blue tint, it is ready to use. Too much blue is to be avoided; it makes the clothes a bad colour; nor should they lie in blue water, as the blue settles and makes them streaky.

Gum Water.—2 ozs. gum arabic; 1 pint of boiling water. Wash the gum with cold water, pour on the boiling water, and stir occasionally. When melted, strain through muslin, and bottle. It is used for stiffening fine laces, silks, and art-work. The proportions used depend on the quality of the material and the stiffness required.

Bran Water.—Put a handful of bran into a pan, and cover with 2 pints of cold water. Simmer for half an hour, strain, and add cold water to reduce the temperature to lukewarmness.

Bran water is used in the washing-water for cretonnes or crewel-work with dark background. It cleanses and acts as a stiffening agent, and also prevents the colour from running. It is most successful when used for small articles.

PREPARATION FOR WASHING-DAY.

The time for washing ought to be so arranged that it does not interfere with other household duties or in any way make the home uncomfortable. Household washing should be done frequently, if possible every week, as dirty clothes have a disagreeable odour, and are very unhealthy if they remain too long in a house. Whatever day is chosen as the best for washing-day, part of the day previous to washing should be spent in making the necessary preparations for the work which is to follow.

Collect all soiled clothes, and separate them into different heaps. Steep

the white things, and get all the materials ready, such as melted soap, starch, blue, washing soda, so that no time may be lost on washing-day.

Divide the things as follows:–

1. Table-linen.
2. Bed and body linen.
3. Towels and toilet-covers.
4. Handkerchiefs.
5. Prints, muslins, and laces.
6. Flannels.
7. Dirty kitchen towels and dusters.

Look over the clothes, mend any torn parts, or draw the holes together to prevent their becoming larger during washing. An afternoon can be set apart after the washing for the necessary repairs

Flannels and coloured clothes should be rolled up and put away dry until the time for washing.

The arrangements should depend more or less upon the weather. Rise early, light the boiler fire, and if the day is fine begin to wash the flannels and coloured clothes, so that they may have the best part of the day for drying. In case of wet weather, however, the white clothes ought to be washed first and put to bleach, or, if this is impossible, as it often is in towns, they should be steeped in clean cold water, which has a purifying effect and helps to improve the colour. Then wash the flannels, and if the weather is still unfavourable for open drying, hang them in front of a bright fire, avoiding extreme heat, which softens the colours and causes the flannels to shrink.

After the washing is finished, the wash-house and all utensils must be thoroughly cleaned and left tidy. The boiler must be washed, emptied, and dried thoroughly. A little soap rubbed over it helps to keep it free from rust. The tubs and wood-work must be scrubbed and rinsed with clean water, the ashes removed from under the boiler, and the floor washed with a brush and clean water.

TO REMOVE STAINS.

All stains should be removed before washing, especially those caused by tea, coffee, fruit, and wine. Washing with hot water fixes the albumin in organic stains, and makes their removal more difficult.

Tea and Coffee Stains. — If possible, remove tea and coffee stains when freshly made by putting the stained part over a basin and pouring on hot water. If these stains have become dry they are more difficult to remove, and stronger measures must be resorted to. A badly stained cloth should be put into a tub and a hot soda solution poured over it, then left to cool, washed, boiled, and bleached in the sunshine.

Fruit and Wine Stains may be removed with salt and boiling water in the same way as borax is used for tea and coffee. A little salt put on a wine stain when freshly made, softens and renders it easier to remove, so that in many cases ordinary washing will take it out. If this treatment fail, good washing and bleaching in sunshine must be resorted to; it is a longer process, but eventually successful, and is not injurious to the fabric, as the use of chemicals would be.

Iron-mould and Ink Stains.—Iron-mould and dry ink stains are removed with salts of lemon and boiling water. The method is the same as for tea and coffee. But if the stain is due to old iron rust, it is then more difficult to remove, and may require stronger measures; oxalic acid may then be used.

Paint Stains. Paint may be removed with paraffin (or turpentine) and ammonia mixed. Moisten the stain frequently, and rub until it disappears; then wash in the ordinary way. For stains on white clothes add a small quantity of paraffin to the water in the boiler (two table-spoonfuls to six gallons of water). Paraffin softens the paint, and soap and water afterwards will take it out.

Mildew.—Mildew is really a vegetable growth caused by leaving linen damp It appears in the form of small, round, dark spots, which entirely spoil the appearance of linen, and are very difficult to remove. A simple method is to rub them with soap, moisten, cover with powdered chalk, and bleach in sunshine, keeping the fabric wet. Repeat the process if necessary. If this fail, and the stains must be removed at any cost, chlorinated lime should be used; but, as has been pointed out, it is a dangerous chemical, very liable to destroy both colour and fabric. It must first be dissolved, and the stains steeped in a very weak solution, and well rinsed afterwards, to avoid any injurious effects.

STARCHED AND NON-STARCHED CLOTHES.

The great object in the washing of clothes should be to make them look as new as possible and also comfortable to wear. To obtain the desired results it is necessary to stiffen some and to leave others soft and free from starch.

Starched Clothes.—All table-linen, white calico garments, print muslin, and lace are greatly improved in appearance, and keep longer clean, when stiffened in hot-water starch. The proportions of starch vary according to the quality of material to be stiffened and the use to which it is put. Table-linen should be rather stiffly starched, serviettes especially, if they are to be made into fancy folds. Under-linen is more comfortable if very slightly stiffened.

Blouses and all outside cotton garments crumple less easily, and keep longer clean and fresh, if made very stiff; the dust and dirt are thus prevented from settling into the fabric.

Non-starched Clothes. — Bed-linen, thick counterpanes, towels, and different kinds of toilet-covers are better left quite free from starch. Bed-linen would be most uncomfortable if at all stiff.

Silks should never be stiffened with starch, as it destroys the natural gloss, and gives the silk the appearance of paper.

Woollen goods, also, should never be stiffened, for one object in washing them is to keep them soft and elastic.

TINTING.

Various materials are used for tinting or dyeing clothes. Coloured starch is prepared like ordinary starch, and used in the same manner. Powder and soap dyes are generally accompanied by the necessary directions. In all cases light shades of dye are more successful than dark, and with them there is less risk of uneven colouring. For tinting lace or small articles cream or coffee colour, tea or coffee is generally used, but a little saffron added improves the colour wonderfully.

WHITE CLOTHES.

Steeping.— After the stains have been removed, all clothes should be steeped in cold water for at least twelve hours. If there be a scarcity of tubs, most of the clothes may be steeped in one tub; but if this is done, the dirty clothes should be put at the bottom and the cleaner ones at the top, to prevent them getting more soiled. Handkerchiefs are better kept apart until they are quite clean. If they are disagreeable to handle, a little salt put in the steeping-water makes them easier to wash, and also has a purifying effect. A small piece of soda dissolved and added to the water in which the dirty kitchen towels and dusters are steeped, softens the grease and dirt, and lessens labour to a great extent, especially when used for very dirty clothes, as it has a solvent action on grease.

Washing.—Wash the cleanest of the clothes first, and probably the same water will do for a second set of things. Rub out of steeping-water and wash in water as hot as the hands can bear, using hard soap, and paying special attention to the soiled parts. Wash both sides, leaving garments the wrong side out until they are dry. When they are quite clean, rinse them to remove dirty soapy water, using warm water so as to avoid cooling the water in the boiler.

Boiling.—The object of boiling is to improve the colour of the clothes. Shred a small piece of soap into the boiler to soften the water, put in the clothes, press under water, cover, and boil quickly for half an hour. Keep the small and large articles apart by putting the former into a bag having

a small hole at each bottom corner to allow the steam to escape and enable its contents to remain under water.

Bleaching.—Clothes, if of a bad colour, should be bleached after boiling. Take them out of the boiler and allow them to cool in the soapy water. Then straighten them on grass or hang them over a line, watering them occasionally to keep them wet. Strong sunshine is best for bleaching.

Rinsing.—Rinse thoroughly in plenty of cold water to remove all soap. If the soap is left in, it produces a bad colour, and makes them more liable to scorch when they are ironed.

Blueing.—Next prepare a blue water according to the directions given on page 284. Dip the clothes in it, and wring them tightly. Never leave them lying in the blue water, or the blue, being a powder, will settle to the bottom and stain them.

Starching.—To save time the starch may be added to the blue water. The proportions for table-linen are two pints of starch to one gallon of water, for under-linen, one pint to a gallon. Wring tightly out of starch, and dry in the open air, in sunshine if possible, avoiding wind, which has a softening effect on starched clothes.

Non-starched Clothes.—Bed-linen and towels are always left entirely free from starch, and should be wrung out of the blue water and dried in the sun.

Drying.—Dry all white clothes in sunshine if possible. Hang them wrong side out in the natural position and by the strongest parts: shirts by the shoulders, to prevent strain under the arms, skirts by the bands, to

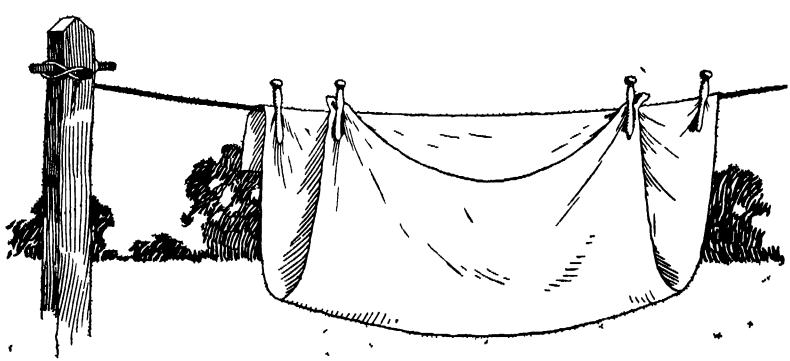


Fig 297 - Drying Clothes How Sheets, &c , should be hung

allow the water to drain away from the gathers; square articles, such as sheets and table-cloths, with the hem a few inches over the line, and pegged three or four inches from the selvedges. To keep the lower corners from being torn and dirtied, turn them up and pin a few inches inside the other pegs, turning the opening towards the wind so that it will blow the article out in the form of a bag, and dry it quickly (fig. 297).

If clothes are stiffly starched, they should be dried and damped evenly before ironing, otherwise the iron is apt to stick. If only slightly stiffened, or unstarched, they may be taken down while slightly damp, folded neatly, and put away, ready for mangling.

Folding and Mangling.—Turn garments the right side out, and fold selvedge to selvedge in strips of an even thickness, to admit of equal pressure on all parts in the mangling. Fold table-cloths carefully in screen-fold of four; serviettes in screen-fold of three, bringing the name to the top; sheets in a four fold, but if they are very large, the strip should be doubled before mangling. Avoid too great thickness at the hems, which might jerk or probably displace the rollers. Before mangling, see that the machine is free from dust, and turn on the pressure. Pass each article through evenly, guiding it carefully to prevent creases. Under-linen looks better if mangled and afterwards ironed; but if time be limited, one process is sufficient, and ironing is to be preferred, as it makes the clothes look nicer.

Ironing.—Embroidery and lace trimming should be ironed on the wrong side, calico and linen on the right. Iron first the unimportant parts, such as tapes and trimmings; then the sleeves and bodice part of the garment. Fold goffer or crimp trimmings neatly, and air well before putting away, as damp linen is often the cause of very serious illnesses, and is also likely to become mildewed. Table-cloths, if large, may be ironed in fold, and on the right side to give a gloss and show up the pattern. They should never be folded across, as cross-folds give the cloth, when in use, an untidy appearance. Air well and roll up.

Serviettes are ironed on both sides, first right side until dry, then wrong, and folded in a screen-fold of three; again fold the strip in three, bringing the name to the top.

Handkerchiefs should be ironed on both sides, first on the wrong side lightly, and then on the right until dry. Fold right side out, and exactly into a small square with the mark on the top Aim at keeping the handkerchief quite even.

Bed-linen and towels should be slightly damped and mangled only; except frilled pillow-cases, which are greatly improved by being ironed. Great care must be taken to air bed-linen thoroughly before putting it away. Hang it near a good fire for a few hours.

COLLARS, CUFFS, AND SHIRTS.

Starching Collars and Cuffs.—Prepare cold-water starch according to the recipe on page 149. The collars and cuffs must be thoroughly dry, as damp linen may not absorb sufficient starch, and will probably blister when ironed. Dip two or three at a time into the starch, wring out and rub well between the hands, so that the starch may enter the

different folds of linen. Repeat this twice, then stretch them on a cloth, roll them up tightly, and put them aside for half an hour, as starched linen irons better when left for a short time.

Careful washing out of the old starch, and thorough rubbing in of the new, will prevent blisters when ironing.

Ironing Collars and Cuffs.—Have ready a clean sheet, duster, iron-holder, rubbing-rag, and small basin of clean water. If linen is to be successfully ironed, everything in connection with the work must be spotlessly clean. Place the collars and cuffs, one at a time, on the table, and rub them with a damp rag to remove surface starch. Stretch the stitched parts to prevent creases, and regulate the fulness. Iron lightly on the wrong side to set the linen, then lightly on the right side, and heavily until smooth and dry, remembering always to finish on the right side.

Polishing Collars and Cuffs.—For polishing, a hard surface is necessary. A wooden board, a piece of slate, or a sheet of tin or zinc will serve the purpose. Place the collar or cuff on the hard surface, and damp evenly with a rag wrung out of clean water. Gloss with a clean, hot polishing-iron, using the bevelled heel, and, if necessary, the toe for the button-holes. Care should be taken, when ironing folding-over collars, not to gloss the fold, as this makes the linen hard, causing the threads to break when turned over. Turn and air well.

Starching and Ironing Shirts.—Prepare cold-water starch as for collars and cuffs. Damp the shirt round the front and across the gathers above the cuffs, to prevent the starch from spreading. Avoid wetting the stiff parts. Put both sides of the front together, dip them in the starch, and wring tightly, holding the front downwards so that the starch may not run back, rub well. Repeat this twice. Starch the cuffs together in the same way as the front. Damp the thin part of the shirt with warm water, and fold, keeping all the starched parts together; roll up and leave for a short time to allow the dampness to become evenly distributed.

Ironing Shirts.—Fold down the middle of the back, and iron first one side and then the other. Straighten the front over the back, and iron the thin front, avoiding creases on the under-fold. Iron the sleeves double, and then the cuffs of each sleeve. Fold across the middle of the back, and iron the yoke, first on the right side and then on the wrong: rub the neck-band with a damp rag, and iron first on the wrong side and then on the right until dry. Place a covered shirt-board under the front, rub off the surface starch, stretch and arrange so as to avoid creases. Iron till dry from front to side and from neck to waist. For shirts always use clean, hot irons, as cool irons make brown marks.

Polishing Shirts.—Slip an uncovered board of the same dimensions as the shirt-board under the front; damp the surface of one-half of the front at a time, and polish evenly. Remember that the success of polishing depends on an even dampness, a clean, hot polisher, and heavy pressure.

Folding Shirts.—Straighten the front of the shirt, arrange the fulness into pleats, and turn it on the table so as to have the back uppermost.

Regulate the gathers of the back into a box pleat. Make a narrow fold down each side of the shirt, fold the sleeves, one on the top of the other down the middle of the back, and then turn the cuffs towards the neck-

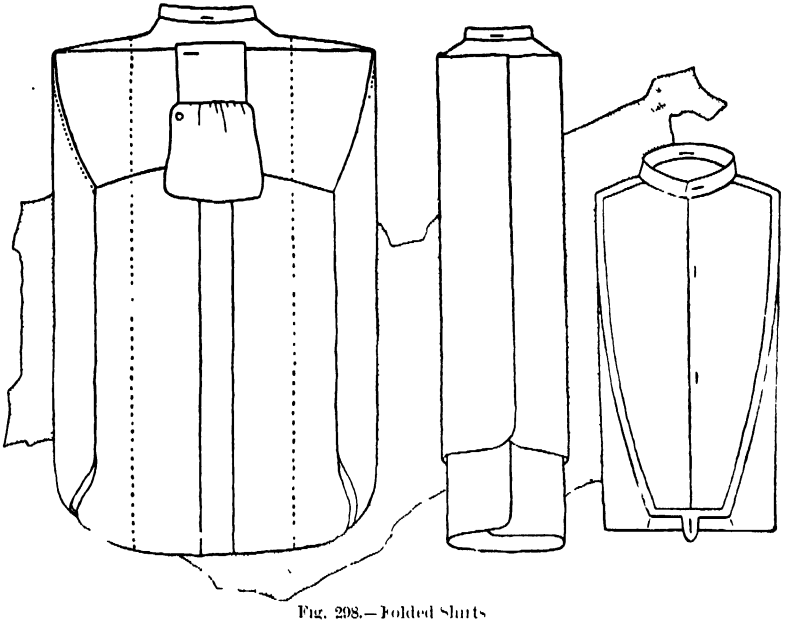


Fig. 298.—Folded Shirts

band. Fold over the sides exactly by the stiff front, ironing the fold, fasten at shoulders by pinning, then fold up the end of shirt, and turn it over, so as to show only the stiff front (fig. 298).

FLANNELS, ETC.

In washing flannels the following important points are to be borne in mind. They must be kept from shrinking and becoming hard and felted; their colour must be preserved; they must be made quite clean, fresh, and soft; and white or light-coloured garments must be washed before dark ones. All this can be easily accomplished, if attention be paid to certain rules in connection with the work.

It is important that everything should be in readiness before beginning to wash. Prepare melted soap according to recipe on p. 149. Have enough soap ready, also a plentiful supply of warm water, so that there may be no delay during the process of washing; for the more quickly flannels are washed and dried the less likely they are to shrink.

When possible, shake the flannels out of doors to remove loose dust, prepare a lukewarm soap-lather with melted soap, and wash the flannels in this, squeezing and kneading them until they are quite clean. Avoid

rubbing woollen fabrics, unless there are parts that cannot otherwise be cleaned, such as the neckbands of shirts or singlets, in which case place the soiled parts on one hand and rub the other over it. If they are felted, pull slightly between the fingers, being careful not to tear.

Rinse thoroughly in warm water to remove all soap. If soap is left in, it makes the flannel hard and felted. Wring tightly, if possible by machine, which is more effectual in squeezing the water out, and does not twist loosely-woven garments out of shape, as wringing by hand is apt to do. Shake well, to raise surface fibres which have become entangled in washing; if not separated, they will detract from the softness and warmth of the flannel, and tend to make it shrink. Dry in the open air if possible, pegging the strongest parts and keeping all gathers at the top, so that the water may drain away from them. Hang in the wind, as it shakes the water out of the things and dries them quickly; a breezy day is much to be preferred for the drying of woollen garments.

Coloured Flannels. Coloured flannel is washed in exactly the same way as white, only more expeditiously. Wash as quickly as possible, and dry in the shade, as sun destroys colour. Coloured flannels should never be kept long wet, as the dye softens and the colour runs, and, if they are of different colours, the one runs into the other and entirely destroys the appearance of the garment. A little salt added to the rinsing-water acts as a mordant and helps to fix the dye. Vinegar is sometimes used to neutralize the action of soap in softening colours, and occasionally revives colours that have become faded by washing; but it does not act on sun-faded colours.

Natural wool, Jaeger clothing, and all undyed flannels worn next the skin should be steeped a quarter of an hour in soap-lather, with a small table-spoonful of ammonia added to two gallons of water. When ammonia is used, much less soap is required. It is a strong alkali, and saponifies the grease, rendering it soluble and easy to remove in water. But flannels must not be steeped too long in the solution, as it destroys the fabric.

The lather should be prepared, the ammonia added, and the garments plunged in and pressed well under the water, so that all parts may receive equal benefit. A waterproof covering or a large board should then be put over, to prevent the ammonia from evaporating, and to keep in the heat till the time for washing. From this point the process of washing is the same as that for white flannel.

Embroidered Flannels.— Fine embroidered flannel, Delaine, and nunsveiling are washed as white or coloured flannel, but while slightly damp they should be ironed on the wrong side with a cool iron. Delaine and nunsveiling look better if slightly stiffened in prepared gum water. (See recipe on p. 150.) The proportion is two table-spoonfuls to one pint of water. This will give quite a new appearance to the material.

Shawls.—Shetland and knitted shawls are washed like flannels, but must be very carefully handled to prevent stretching. Fold in a cloth and pass them through the wringer, place them loosely and in good shape

on a large table, or on a floor with a clean sheet under them, leave them till dry, and fold and air them. Some thin shawls require stretching.

Stockings.—Stockings are washed like flannels, first on the right side and then on the wrong. If they are very dirty, the soles may be rubbed, and a little hard soap used. Rinse them thoroughly, shake, and hang them up to dry by the toe to keep them in good shape. Clean water should always be used for washing black stockings, as the fibres from the light-coloured garments would adhere to them. Deep-blue rinsing-water improves the colour. They may be pressed with a cool iron.

Blankets.—Blankets should be washed in the spring or early summer, when the air is clear and bright, and a breezy day should be chosen for the purpose. Shake the blankets well, and prepare a soap-lather as for natural-wool flannels. Steep them for a short time, and wash one at a time by squeezing and kneading. If necessary, change the soap-lather frequently. Rinse them in plenty of warm water to ensure a good colour. Fold them evenly, pass them through the wringer, and shake them well, to remove water and raise the fibres. Hang them evenly over a line, and peg firmly, avoiding strain on the edges. When dry, shake well, and air them thoroughly before using.

Eider-down Quilts.—Shake eider-down quilts well to remove dust, and wash, like flannels, in soap-lather; rinse, and dry them quickly in the wind, or in front of a bright fire. Shake them frequently until the down is quite dry and fluffy; iron on both sides.

PRINTS.

If very dirty, prints should be squeezed in cold water before being washed in soap-lather, as this softens and removes some of the dust and dirt, and saves soap in the washing-water.

Washing Prints.—Prepare a lukewarm lather similar to that for white flannels; wash quickly by squeezing and kneading, first the right side and then the wrong. Prints of delicate colour should not be rubbed, except the very dirty and stiffly starched parts, which cannot otherwise be cleaned.

Rinsing Prints.—Rinse in plenty of cold water to remove soap, which, if left in, would destroy the colour; if necessary, use salt and vinegar in the water to fix colours and check the action of the soap. Stiffen in hot-water starch (see recipe on p. 149); for articles to be slightly stiffened, a solution of starch and water in equal parts is sufficient; blouses keep longer clean if very stiff, and require full starch. Fold evenly and pass through the wringer; dry out of doors, wrong side out, avoiding sun and wind, as the sun bleaches and the wind takes out the stiffening. Dry thoroughly. All clothes stiffened in full hot-water starch must be dried and evenly damped before ironing to prevent the iron from sticking.

Ironing Prints.—Iron on the right side unless the pattern is raised,

when the wrong side should be ironed to raise the pattern on the right. Black and dark-blue prints also look better when ironed on the wrong side as ironing on the right side makes glossy patches.

Strong and fast-coloured prints may be steeped, rubbed, and washed in *hot water, and if of a bad colour they may* be boiled.

Velveteen.—Velveteen should be washed in the same way as prints of delicate colour, rinsed in cold water, wrung tightly, and dried quickly, the right side out, in front of a clear fire to raise the pile. If necessary, it may be ironed on the wrong side over a double thickness of blanket.

SILK.

White silk, if very dirty, should first be steeped in cold water for two or three hours. Wash it by squeezing gently in a lukewarm soap-lather until it is quite clean, avoiding the use of too much soap and of hot water, which have a tendency to make it yellow.

Rinse in cold water, and, if necessary, stiffen slightly in one table-spoonful of gum water to every pint of water.

If China and Indian silks are stiffened they are disagreeable to use, and their natural gloss is entirely spoiled. Silk ties, when lined, should be slightly tacked to keep the lining in place, and the tacking thread removed before ironing.

Coloured silks are washed in exactly the same way as white, but more quickly, to prevent the colour from softening. If the colour runs, add a little salt to the rinsing-water.

Ironing Silk.—Silk must be ironed while wet, and on both sides, first on the right, to give a gloss, and then on the wrong. If, however, it has a raised pattern, only the wrong side should be ironed. To prevent coloured silks from staining the ironing-sheet, iron with a cloth underneath, for it is much easier to wash a small cloth than a large sheet.

ART-WORK.

Art-work is washed in the same way as silk, but great care must be taken to prevent one colour from running into the other. Previous to washing have everything ready, so that there may be no delay during the process.

Wash quickly by squeezing and kneading, rinse in cold water, and stiffen The stiffening agent to be used depends on the kind of material. Silk always looks best when stiffened in gum water: but for work done with linen thread, or wools, hot-water starch answers very well. The proportion in both cases is two table-spoonfuls to one pint of water. Straighten in a cloth, and roll, keeping a fold of cloth between each fold of work.

Iron on the wrong side with a double fold of blanket underneath, pressing heavily to raise the pattern on the right side; iron hems on right side. In folding, be careful not to press the folds in with the iron.

Crewel-work with a dark ground, and cretonne, may be washed in bran water (see p. 150). If the work is very soiled, melted soap should be added to the washing-water. Rinse in cold water, wring and roll in a cloth, and iron, while wet, on the wrong side. Bran water has cleansing and stiffening properties, and also prevents the colour from running.

Chintz.—Chintz is washed in the same way as coloured clothes. (See "Prints", p. 159.) It is then stiffened in thick hot-water starch, rolled in a cloth to absorb the moisture and glossed with a hot polishing-iron.

MUSLIN.

White muslin is washed like white clothes, but great care must be taken not to tear it by rubbing and twisting. The threads are so delicate that they tear if roughly handled. Coloured muslin is washed, like other coloured materials, in lukewarm soap-lather. Rinse in cold water with salt and vinegar added. The salt prevents the colour from running, and vinegar restores colours faded in washing.

Starching Muslin.—Stiffen in hot-water starch, according to the recipe on page 149. The proportion of starch to be used depends entirely on the quality of the muslin and the stiffness desired. Muslin for drapery purposes hangs more gracefully if slightly stiffened. For this the starch should be reduced to at least one-half of its strength. Blouses, muslin dresses, and thin pinafores keep longer clean and crush less easily when stiffly starched. They are better done in full hot-water starch.

Drying Muslin.—Dry thoroughly, if out of doors, in the shade (except for white muslin), as the sun destroys colour; but wind takes out the stiffening and tears the fabric. It is better to dry muslin indoors than to hang it out in the wind. Damp evenly with warm water, and fold to allow the dampness to become even.

Ironing Muslin.—Iron on the wrong side to avoid a gloss on the right, except in the case of lined bodices, which must be ironed on the right side, as it is impossible to finish them properly when ironed with the lining between.

Remember that very careful handling is absolutely necessary when washing delicate fabrics, and wringing by hand should be strictly avoided, as it tears and breaks the threads.

CURTAINS.

All curtains, when dirty, should be shaken well to remove the loose dust and soot, and then steeped for a few hours in cold water. Squeeze and knead them in the steeping-water, as this saves soap and hot water; repeat.

Washing Curtains.—Curtains should be washed very carefully in hot soap-lather. Rubbing and twisting should be strictly avoided. If the fabric is very delicate, each one should be folded into six or eight folds, and lightly tacked with white worsted to avoid strain on any particular part. When they are quite clean, rinse them to remove dirty water.

Boiling Curtains.—Boil them for half an hour in plenty of clean water with a little soap added. They should be slightly twisted before they are put into the boiler, so that the boiler-stick may be slipped under the twist. In this way they can be lifted out without being torn.

Rinse them thoroughly in plenty of clean water, with blue added if they are white, and pass them through the wringer to squeeze the water out before starching.

Starching Curtains.—All common lace curtains should be stiffened in thick, and fine net curtains in thin hot-water starch, each pair being done separately, so that they may be of the same stiffness when dry.

Drying Curtains.—Curtains should be stretched, the wrong side up, on a large table or floor, with a clean sheet underneath, and when dry should be ironed on the wrong side, and then folded in a strip and aired.

Madras and art-muslin curtains should be washed like coloured muslin. As they are rather soft when new, they should be very slightly stiffened in hot-water starch (equal parts of prepared starch and water), and then dried, evenly damped, and ironed on the wrong side.

To Tint Lace Curtains.—Lace curtains may be tinted almost any shade or colour, from écru to the deepest crimson, by using coloured starches. The starch, prepared like ordinary hot-water starch, must be reduced to the desired shade by the addition of white starch. Care ought to be taken to have the different sets of curtains the same shade. The best results are obtained by making a large quantity of starch, dividing it into as many lots as there are sets of curtains, and starching each set separately. Otherwise, the curtains starched first will absorb more of the colour, and therefore be darker than those done last. Finish as in the case of white curtains.

LACE AND CHIFFON.

Common lace should be steeped if dirty, and washed in soap-lather by rolling between the hands. Avoid rubbing and wringing, which would tear the lace. Stiffen in hot-water starch in the proportion of one table-spoonful to half a pint of cold water, roll in a cloth to absorb some of the moisture,

and then iron on the wrong side, pressing the toe of the iron well into the points of the lace to press it out to its original width and keep the pattern distinct. Air well and roll before putting away.

Fine lace and chiffon are washed in soap-lather by squeezing between the hands. This must be done gently to avoid friction, and until the lace is clean, using a second lather if the first is not sufficient. Squeeze out and rinse in cold water. Stiffen in prepared gum water (see the recipe on page 150) in the proportion of one table-spoonful to half a pint of cold water. Squeeze tightly out of the stiffening-water, and pin the lace out, the wrong side up, on a covered table or board. When it is dry, remove the pins and iron on the wrong side.

Chiffon should be ironed, while wet, on the wrong side, and from end to end. Avoid twisting or displacing the threads by ironing across. Common or cheap chiffons require more gum water in proportion to cold water than the above quantities.

To Tint Lace.—A cream or coffee tint may be obtained as follows:—Prepare weak tea or clear coffee, and add gum water or starch in the proportion of one table-spoonful to each half-pint of tea or coffee. Add a little saffron. Test for the shade with a piece of clean rag. If the colour is too deep, add water until the desired tint is obtained. If this is carefully done, a nice delicate shade of cream or coffee is produced.

BLOUSES.

Coloured blouses are washed in the same way as prints, and stiffened in hot-water starch (see the recipe on page 149). The proportion of starch used depends on the stiffness desired; when very stiff, they keep longer clean. They should be dried in the shade, as the sun destroys the colour. When they are dry, the cuffs and collar should be starched a second time in cold-water starch.

Sprinkle water across the gathers above the cuffs and around the collar, and stiffen the collar and cuffs in cold-water starch. Damp the rest of the blouse with warm water, and then fold, keeping the starched parts together; roll tightly, and leave for a short time to allow the dampness to become evenly distributed.

Ironing Blouses.—Iron first the unimportant parts, the tapes, then the trimmings, on the wrong side if the pattern is raised; then the yoke on both sides, in order to dry it thoroughly; then the sleeves double, and the cuffs of each sleeve. Iron the gathers at the top of the unlined sleeves on the wrong side by slipping a small cool iron inside, and pressing the toe of the iron well up into the fulness, being careful not to make creases on the part already done. Iron one side of the front, then the back, then the other side of the front, working so that the finished work can be passed outwards. If brought down in front of the table, it is liable to get crushed. Arrange

the fulness of the front into two or three small pleats, air thoroughly, and fold carefully to prevent crushing.

Blouses when lined should be ironed lightly on the wrong side to straighten the lining, and then finished on the right.

SUN-BONNETS.

White sun-bonnets should be washed, like white clothes, in hot water, and boiled, rinsed, and blued: but all rubbing must be avoided, as it might tear the lace or the muslin. If required very stiff, they should be dried and stiffened in cold-water starch (see recipe on page 149), but in most cases starching while wet is sufficient. Wring tightly and roll in a cloth, and leave them for a short time, so that the moisture may be absorbed by the cloth.

Ironing Sun-bonnets.—Begin ironing at the back of the bonnet, and iron towards the front. Straighten the crown, and iron on the wrong side until it is dry; then pull the frame of the bonnet into shape, and iron until it is stiff; raise the narrow frills on the right side which have been pressed to the sides of the bonnet, and iron them on the right side, commencing with the backmost frill and gradually working towards the front. Lace frills should be taken in the same order, but should be ironed on the wrong side to prevent a gloss, and to raise the pattern on the right: iron the deep frill at the back, and regulate the fulness with the fingers; finally iron the strings, goffer the frills, and air thoroughly. If sun-bonnets are preferred less stiff, hot-water starch may be used instead of cold. The bonnets must in that case be dried and damped before ironing, to prevent the iron from sticking.

Coloured sun-bonnets, though stiffened and finished in the same way, should be washed like other coloured materials.

PARAFFIN WASHING.

This method, sometimes adopted in houses where there is a large family, saves time, labour, and soap. All the work previous to boiling is dispensed with, but it is only suitable for very dirty and greasy clothes, such as kitchen towels and dusters.

The disadvantages of paraffin washing for fine materials outweigh the saving of labour and material. Firstly, the clothes are boiled with the dirt in them, and in consequence acquire a bad colour; secondly, as the water in the boiler must be changed for each set of things, time is wasted in waiting for the water to boil again; thirdly, the quantity of warm water required is so great that, unless special heating appliances are provided, it is almost

impossible in many houses to obtain the necessary supply; fourthly, the smell is objectionable, and can only be removed by drying in the open air.

Half-fill a good-sized boiler with water, boil, and add a handful of soda, three table-spoonfuls of paraffin oil, and half a pound or more of soap, the actual quantity depending on the hardness of the water. Put the clothes into the boiler, press them under the water with a stick, and boil them quickly for half an hour, moving them about frequently with the boiler-stick. Rinse thoroughly in three or four warm waters, using soda in the first to remove the oil and grease. Blue, and wring them tightly, and dry them in the open air. Damp evenly, fold, and mangle.

THE DAIRY.

The dairy should be kept exclusively for the storing of milk, cream, butter, and dairy produce generally. On no account should vegetables, meat, or fish be kept in it. As milk readily absorbs the smell and flavour of foreign matter, the atmosphere must be perfectly pure if good results are to be obtained.

The aspect should be north, so that the direct rays of the sun may not fall on the milk. Double walls are better than single, and a

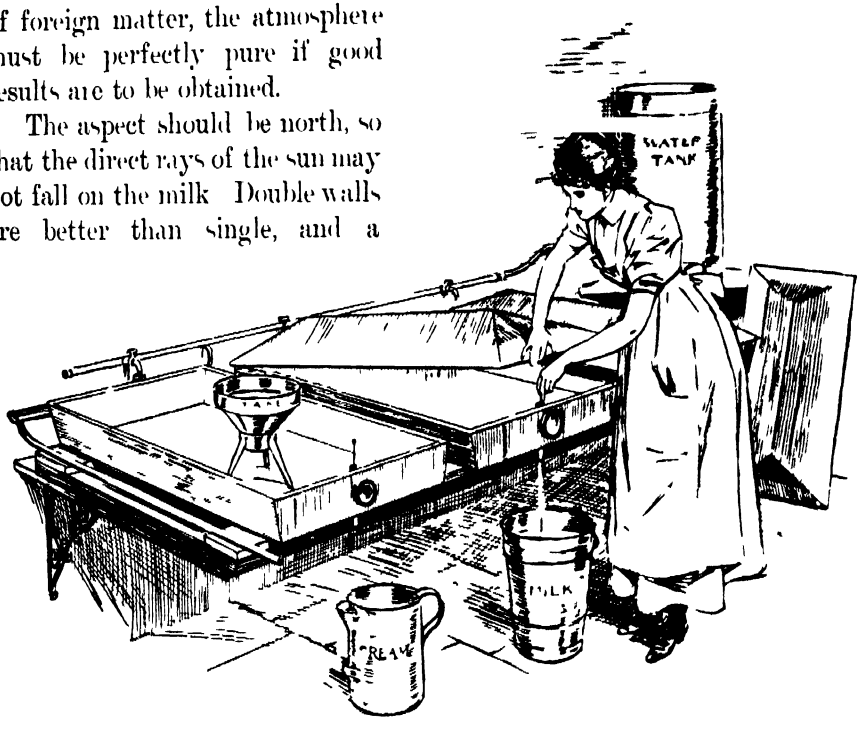


Fig. 299.—Jersey Creamer. (J. Bradford & Co., London.)

thatched is better than a slate roof, straw being a bad conductor of heat. If the roof is not thatched it should consist of layers of wood, felt, and finally slates or tiles.

The walls should be lined with tiles, so that they may be easily cleaned.

The floor should be constructed in such a way that the moisture can be readily removed. If made of cement, or of tiles set in cement, there will be no crevices in which milk or dust can collect. It should slope towards the drain, which should be outside the building and trapped.

The shelves should be of marble, slate, or stone.

The windows should be made to open, and should be covered with perforated zinc, so as to ensure a thorough draught and to exclude flies.

A good supply of pure, clean, hot and cold water is absolutely

A MODEL DAIRY

1, Cream raising Room 2, Churning Room 3 Cheese making Room 4 Cheese pressing Room

necessary, also plenty of scrubbing-brushes and cloths kept exclusively for the dairy.

Dairy Utensils.—The utensils ordinarily used in a dairy are two milking-pails, weights and scales, a separator, or (if the milk is set for cream) shallow pans or a Jersey creamer (fig. 299), a strainer, cream cans or crocks, skimmer (fig. 300), churn, thermometer, butter-worker, scoop, whisk, butter-cloths, Scotch hands, prints, cream-stirrer, butter-board, buttermilk crocks, butter-boxes, salt, a copper or some other means of obtaining hot water, sink, squeezer, and mop.

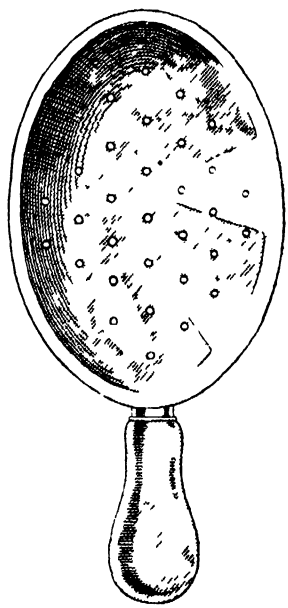


Fig. 300.—Perforated Skimmer

Care of Dairy Utensils.—After use all utensils should be cleaned at once, and never allowed to wait until the milk or grease dries on them. They should be brushed well first with lukewarm water, then with hot water, and finally with boiling water, in which last they should be left for several minutes, afterwards they should be well dried, and exposed to the air to sweeten. If wooden vessels are left too long in the sun, the seams will open and cause the vessel to leak. Cloths and brushes should be well washed, scalded, and dried every day. There is no surer sign of a slovenly dairymaid than badly-kept cloths and brushes. A little common washing-soda may be used occasionally in the water, if care is taken that every article is thoroughly rinsed afterwards in quite clean water. Soap should never be used for anything in the dairy. Many failures have been traced to the use of soap. The floors should be scrubbed each day with plenty of cold water first and afterwards with hot water. But they must always be dried well, and for this purpose all doors and windows should be opened. Damp floors cause a mouldy disagreeable smell, which is apt to spoil the flavour of the produce. All the taps, brasses, and tins should be kept quite bright. A sharp rub up each day is better than a long weekly cleaning. A little care and forethought will save much work and worry.

Dairymaid.—The dairymaid should be intelligent, clean, industrious, and an early riser. She should have plain washing dresses, strong white aprons, white caps completely covering the hair, and strong leather boots. She should take the entire management of the dairy and milk, and clean all utensils.

When only two or three cows are kept the dairy work is often transferred to the cook, in which case she is usually not expected to milk, her duties beginning when the milk is brought to the dairy by the man. The feeding and management of the cows also belong to another department. At the same time, this should be very carefully done, as the best dairymaid in the world could not produce excellent cream and butter from tainted

milk. Given good milk, healthy surroundings, cleanliness in the dairy, and careful management, the result cannot fail to be satisfactory.

BUTTER-MAKING.

Creaming System.—On its arrival at the dairy the milk should be strained through a fine wire-gauze (with a fine muslin tied over it) into shallow pans, Jersey creamers, or porcelain bowls, in which it has to stand to set. It should then not be moved or interfered with in any way for 24 hours. The temperature of the dairy should be from 55° F to 60° F. Cream rises most easily in a falling temperature, so that it is better set at the natural temperature at which it leaves the cow, viz. 98° F., and allowed to cool gradually to the temperature of the dairy. Any movement of the milk after setting impedes the rising of the cream. After 24 hours the cream should be carefully skimmed off and put into a porcelain bowl to ripen. At the end of another 12 hours there should be a second skimming, after which the skimmed milk may be used for calf-rearing, pig-feeding, or any similar purpose. This is the old-fashioned method of obtaining the cream, but the best and most modern way is by means of the separator (fig 302)

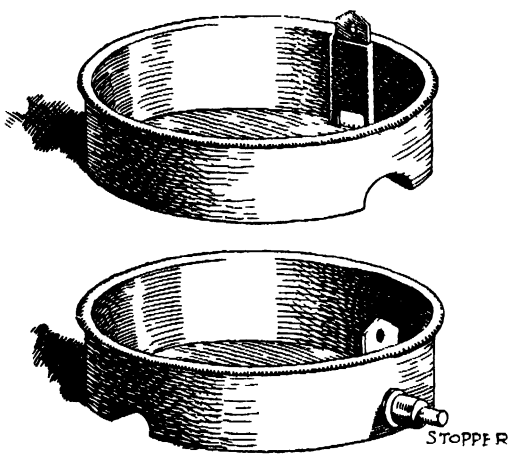


Fig 301 Brittany Self skimming Porcelain Milk pans (T Bradford & Co London) On opening the stopper, the milk is drained away from beneath and the cream is left in the pan

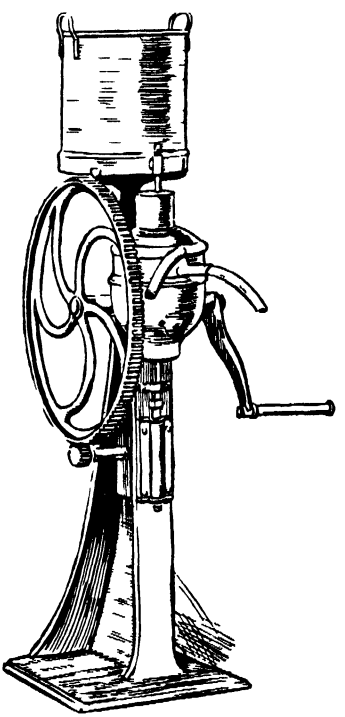


Fig 302 —Alpha Hand separator

Small and inexpensive separators are made now, most of them very good for the use of small dairies where only two or three cows are kept. The first cost is soon recovered in the increased gain of cream and butter. The

advantages are, that the cream and skim-milk are obtained perfectly sweet. The operation is very rapid, only 30 minutes being required for 6 gallons of milk, and the separation of the cream is almost perfect, from 92 per cent to over 98 per cent being recovered by means of the separator, as against 80 per cent when shallow pans are employed. All impurities are removed, as may be ascertained by examining the bowl of the separator after the work is done. Vibration or unsteadiness prevents proper working of the machine and causes greater labour. The separator must therefore be firmly fixed and level. It must be well cleaned and oiled, and driven at regular speed according to the directions given with it. If the proper temperature be maintained—from 85 F. to 98° F.—good sweet cream is obtained in about 60 minutes or less after the completion of milking.

When it has cooled, as much as is not required for the family is set aside in a steen or porcelain bowl to ripen for churning. The advantage of ripened over unripened cream is that it yields more butter, which keeps longer and is of better flavour. Care must be taken that it does not become disagreeably sour, or the butter will be spoilt. Three days in winter and two in summer are quite long enough for the cream to ripen. When in proper condition it should have a smooth velvety appearance and a slightly acid taste and smell. The souring can be hastened, if necessary, by placing the vessel containing the cream in hot water of temperature 120 F., and gradually raising the temperature of the cream to 70 F. or a little more, stirring all the time. It should afterwards be allowed to cool again to the temperature of the dairy. To retard ripening it must be kept cool, a little salt being added.

Preservatives, such as preparations of borax or salicylic acid, should never be used in any stage of dairying. Salt, cleanliness, and pure water are the only safe preservatives. If cream of two or more milkings have to be mixed, the last must be added at least 12 hours before churning, to ensure that it shall all be equally ripened, otherwise the ripened cream will turn into butter first, and part of the unripened will pass away with the butter-milk.

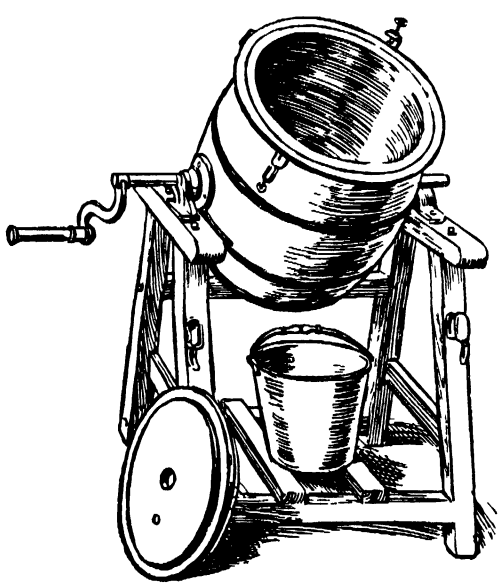


Fig. 303.—Victoria Churn ("end over end"). (Dairy Supply Co., Limited, London.)

Churning.—The churning should be done as early as possible in the morning, and the whole process completed in two hours. The best churns are those which produce butter by concussion, not by friction. A large

mouth facilitates the pouring in of the cream and the getting out of the butter, and removable beaters, made of hard impervious wood, are easily cleaned, and afford efficient means of ventilation. Another useful addition is a glass indicator to show the progress of the cream towards butter. The best churns for a small dairy are the various modifications of the "end-over-end" pattern (fig. 303), or the box or "fish-back" churn (fig. 304).

Fig. 304.—Bradford's Patent "Multum in Parvo" Butter-making Apparatus, consisting of "Fish back" Churn and Butter worker

The churn should be prepared as follows:—Rinse it well with boiling water—lukewarm water is worse than useless—and then take a handful of coarse salt and brush it briskly all over the inner surface. Finally rinse it well with cold water. The churn must be of the same temperature as the cream, viz. 56° F. to 60° F. in summer and 60° F. to 62° F. in winter. If the temperature is much below this the butter will not come, as the fat globules will be too hard to cohere. If the temperature is much higher, the globules will be soft and the butter will form into an oily mass. The temperature must be regulated by placing the cream-vessel in cold or hot water, never, however, hotter than 120° F., as that would spoil the texture of the butter.

To get rid of flies and other foreign matter which may be in the cream,

AYRSHIRE COW 'DAIRYMAID

SHORTHORN COW —' WHITE HEATHER

it should be strained through a coarse canvas cloth into the churn. When the lid has been screwed on, the churning may begin, slowly at first. It is necessary to ventilate frequently to allow the escape of gas which always forms in the beginning of the churning process. After this gas has all escaped, the speed may be increased in accordance with the maker's directions, forty revolutions a minute being the usual number.

Notice the cream through the glass indicator in the lid, and when very tiny particles of butter appear on the glass—in 15 or 20 minutes—take off the lid and add about 1 quart of water 2° F. colder than the cream; then finish churning very slowly. This last part of the operation usually occupies 10 or 15 minutes, when the butter should be in a fine, granular state (each grain about the size of a No. 3 shot). It is then ready for working and washing. Very careful management is necessary here, as a few turns too many of the handle will convert the butter into a solid mass, when it cannot afterwards be properly washed free from butter milk. The butter-milk is allowed to escape, through a plug-hole at the bottom of the churn, into a bucket over which a strainer is placed to catch any particles of butter. Water at 54 F. is added, and the churn is again revolved several times, to ensure the complete washing of the butter. This water having been run off, a second lot is added, and the process repeated. The butter is then ready for salting.

Dry-salting.—Lift the butter out of the last washing-water by means of a scoop (fig. 305), place it on the "worker", pass the roller gently over the grains of butter until the greater part of the water is expelled, and then, by a reverse movement of the handle, roll the butter into a compact lump, weigh it, and return to the "worker". Weigh out the salt at the rate of ¼ to ½ oz. to 1 lb. of butter, place it in a dredger

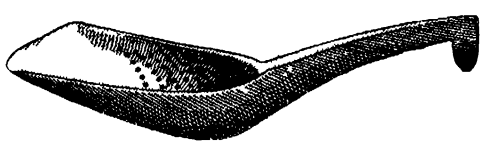


Fig. 305.—Perforated Butter-scoop

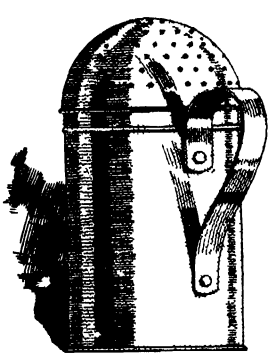


Fig. 306.—Salt dredger

(fig. 306), and dredge briskly over the butter, which must then be rolled up and worked a few times to mix the salt thoroughly. Leave it for 20 minutes to allow the salt to dissolve, and work it again three or four times until the butter is free from holes and excessive moisture. It should not contain more than 12 per cent of water. On the other hand, if overworked, it looks greasy, and the colour and flavour are spoilt.

Brining.—Of the methods of salting, brining is the easier, but the result is not quite so good as in dry-salting. 2 lbs. of coarse salt are dissolved in 1 gallon of water, which is then strained through a cloth into the butter. It is then left for 20 minutes while the "worker", a flat or

arched table with raised sides, is prepared by first rinsing with boiling water, then rubbing with salt, and finally rinsing with water as cold as can be obtained. All the utensils should be prepared in the same manner. The "worker" (fig. 307) is provided with a roller fitted with spring bearings, which can be worked either way on the board. It presses the water out of the butter without friction, and thoroughly incorporates the salt, especially when the method of dry-salting is employed.

For brining, proceed in exactly the same way as in dry-salting, the only difference being that no dry salt must be added on "the worker", and the working can be completed at once, as no time is needed for dissolving the salt.

Fig 307 Butter worker (Llewellin & Son.)

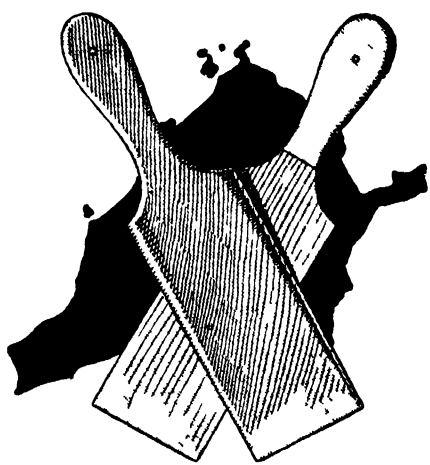


Fig 308 —"Scotch Hands."

The butter is now ready for making up, which is done with "Scotch hands" (fig. 308) on a board. Throughout the whole process it must never be touched with the human hands. It should be weighed, and then made into any shape required. It should cut like wax, without holes, and when broken should show a grain like cast-iron, the colour being a pale-yellow. It should be kept in a cool, pure atmosphere on a marble or slate slab. Butter travels best when wrapped in grease-proof paper, placed in strong parchment boxes, which are made in different sizes, and can be obtained from any good box-maker.

Butter for Keeping.—Butter which is to be kept for a considerable time is prepared in exactly the same way, the same amount of salt being used as for ordinary purposes. When it has been thoroughly washed, salted, and worked, it is placed in a compact mass in a porcelain vessel, and com-

pletely covered with brine, a heavy stone being the best thing to weight it with.

The method of preparing the brine is as follows:—To every gallon of water allow 3 lbs. of coarse salt. Boil the solution, and then leave it for 24 hours. If it will float an egg it is ready for use. Pour off the top very carefully, as the sediment which settles at the bottom would injure the butter. Then pour the cold brine on the butter and cover the crock with a muslin cloth. If these directions are carefully carried out, the butter will remain perfectly good for a year.

CAUSES OF BAD BUTTER.

All this sounds very easy; why, then, is so much bad butter made? It is not always the fault of the dairymaid. It may be due to inferior milk, an unhealthy cow, bad water, improper food, faulty drainage or ventilation of the cow-house, abnormal atmospheric influences, or other circumstances not under her control. A list of some of the causes of bad butter may be helpful to many readers:—

(1) Having the cream too ripe or not ripe enough. Experience alone will teach a dairymaid exactly the right stage of ripeness at which to churn.

(2) Defective washing of the butter.

(3) Neglecting to strain the cream, and so allowing caseous matter to get into the butter.

(4) Under-working or over-working the butter—in the former case leaving in too much water, and in the latter too little, which causes the butter to be greasy.

(5) Careless addition of salt, or the use of inferior salt.

(6) Uncleanliness of utensils.

(7) Churning at too high or too low a temperature.

All these mistakes are frequently made, and the obvious remedies are in the hands of the dairymaid.

Streaky Butter.—Streakiness is another common defect. It may be caused by—

(1) Imperfect admixture of the salt.

(2) Working the butter with the hands.

(3) Churning together creams of different degrees of ripeness which have not been properly mixed twelve hours previously.

(4) Neglecting to strain the cream.

(5) Not washing carefully.

(6) Strong sunlight falling on the cream during ripening.

Rancid Butter.—Rancid butter may be caused by overripe cream, over-churning, uncleanliness, careless washing, use of bad salt, too high a temperature of the dairy and cream, and the keeping of other strongly smelling articles in the dairy.

Sleepy Cream.—Sleepiness in cream is often a sore trouble to an inexperienced dairymaid. After having been churned for some time, the cream begins to froth, swelling, and filling the churn, and utterly refusing to form into butter, even after several hours of incessant churning. The causes are:—

(1) Over-filling the churn.

(2) Neglecting to ventilate it.

(3) Churning at too high or low temperature.

(4) Excessive sourness in the milk.

(5) The use of soap or other chemicals in cleaning the utensils.

(6) The use of milk of stale or old milched cows, which is often very difficult to churn. In this case the milk of a newly-calved cow should, if possible, be mixed with it.

CREAM-CHEESE AND CREAM.

Cream-Cheese.—This delicacy, if well made, is very much appreciated. Take the required quantity of very thick cream, cool it, and, after putting it into a very clean, fine calico cloth, hang it up to drip in a draughty, cool place for 12 or 24 hours, then transfer it to an earthenware bowl, and with a wooden knife scrape it off the sides of the cloth. Stir the cream to mix the thick and the thin together, and hang it up again in another cloth for 6 hours. After this a cloth of more open texture may be used, and should be changed three times a day. In about 4 days the cheese will be thick enough to mould. The mould, which is made of tin, exactly like a fig-box, is first lined with coarse huckaback cloth, and the cheese is then placed in it and pressed with the wooden knife into the required shape. It is turned out on to a slate or marble slab, and is ready for use. No salt is added.

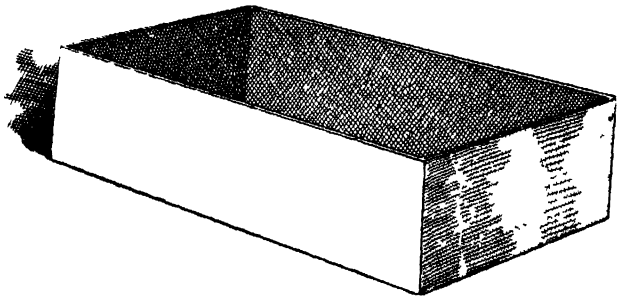


Fig 309.—Cream-cheese Mould

Gervais Cheese.—This cheese, which is very popular and easily made, is prepared as follows:—Place 1 quart cream and 2 quarts milk in a bowl (wooden or porcelain), and cool to a temperature of 65° F. Add six drops of rennet dropped from the end of a glass rod, and stir briskly with the rod for 3 minutes. Cover closely, taking care that the vessel is not shaken. In from 7 to 8 hours the curd will be fit to take out. Ladle it out into a scalded cloth placed in another bowl, leaving the sediment of skim-milk,

Photo, G. H. Parsons

JERSEY COW—"LADY VIOLA"

KERRY COW—"WALTON BASHFUL"

ash, &c., at the bottom of the vessel. Hang up the curd in the cloth to drain as described for cream-cheese, or place it on a draining-table with a 5-lb. weight upon it. The latter is the better method in hot weather, or when the cheese is wanted quickly. When it is sufficiently drained, which takes about 6 or 8 hours, a little salt may be worked in (about 1 oz. to 1 lb. of curd), and the curd removed into tins previously lined with grease-proof paper. The curd is then pressed with a wooden spoon into the requisite shape. After being left on a cool slab for several hours the cheese is turned out and is ready for use. It will keep for about a week. It is not so rich as cream-cheese, and for that reason is preferred by many people. The rennet can be obtained from a chemist, and if well corked will keep for an indefinite period.

Devonshire Cream.—Pour the evening's milk into an enamelled-tin vessel, and allow it to stand until the following morning so that the cream may rise. Then place it on a copper of hot water, and raise the temperature to about 170 F. or 180 F. The milk must not be stirred at all. Bubbles will appear round the sides of the tin, and the cream begins to wrinkle. Remove the vessel to a cool place and allow it to stand until its contents are thoroughly cooled, which will take from 24 to 30 hours. The cream may then be removed with a perforated skimmer. It will keep sweet for about a week, and if packed in glass jars or bottles and hermetically sealed, for a much longer period. The remaining skim-milk has a peculiar pleasant flavour, and will keep sweet for a considerable time.

When it is necessary to send the cream away to the family or friends at a distance, it should be taken off very thick—by means of a separator if possible—about 1 quart of cream to 14 quarts of milk. The milk should in that case be perfectly new. The cream should be heated to about 140 F. or 150 F., and then cooled at once to as low a temperature as possible. It should be poured into jars or bottles previously well washed, scalded, and cooled, and should be so corked that the air is quite excluded. It will then keep for a reasonable time.

Small Cheeses.—A recipe for making small cheeses for home consumption may be found useful in many homes, as there are occasions when the cream and butter are not needed. At such times the question what to do with the milk is often a difficulty. Cheese-making utensils are rather expensive, and if seldom required would take up too much space in a small dairy; but in this case an ordinary deep tub, such as is used in the laundry, a clothes-basket, a few straining-cloths, and three or four Stilton tin moulds are all that is necessary in addition to the butter utensils. The tub must be thoroughly scrubbed and scalded, and placed in the dairy for the reception of the evening's milk, which should be brought in immediately after milking and sieved in it. The froth which is, or always should be, on the top, is then taken off and passed through the sieve to allow of proper oxidization of the milk. It must stand perfectly undisturbed until the next morning.

With a skimmer take off the cream, pass it through the sieve, and add the morning's milk, which, being warm, melts the cream as it runs through the sieve. Stir the warm and cold milk thoroughly together, notice the temperature, and when it is about 80° Fahr. the milk is ready for renneting. If not hot enough, a little of the milk must be taken out, heated, and returned to the tub. This may be done by placing a tinned pan containing the milk in a vessel containing very hot water, and stirring the milk until the required temperature is reached. Cover the tub, and leave it undisturbed until the mass is coagulated to the consistency of thick custard, or until it will break clear over the thermometer. This should take an hour.

Place a straining-cloth in the basket, ladle the curd very gently into it with the skimmer, breaking it as little as possible. When the tub is quite empty, lay two stout sticks across it, and place on it the basket of curd to drain. The process occupies about three hours, the curd being turned several times to facilitate the escape of the whey, or watery fluid which runs from it. It should now be sufficiently consolidated for salting. Break the curd (in a pan) into pieces about the size of a walnut with the hands: add salt in the proportion of 6 ozs. salt to 20 lbs. of curd. Mix thoroughly, and put the mixture lightly into a Stilton mould, and leave it to drain for four hours, when it must be turned in the mould and left until the following morning. No pressure is needed. Each morning the cheese must be turned, and replaced in the mould. At the end of a week the cheese will be ready to take out of the mould. Cover it tightly with a calico bandage, secured with a flour-and-water paste to keep it a nice shape. If kept in a moderately warm room, and occasionally turned, this cheese will be ready for use in about three weeks; or, if riper cheese is preferred, it can be kept in a lower temperature, and will then develop a fine green mould, almost as nice as the best Stilton. Ten gallons of ordinary milk should produce a 10-lb. cheese. If carefully made and kept in a suitable temperature, it will be much appreciated, and esteemed almost a luxury.

The by-products—viz. skimmed or separated milk, butter-milk, and whey—should not be wasted, but used in some way.

They are all excellent for the feeding of young animals—calves, pigs, &c. Butter-milk (sour) is useful for mixing pastry, scones, &c., and is considered excellent to drink by many people.

Skimmed milk is used in bread-making, and for many household uses. If a little rennet is added to it, it makes a very wholesome curd for poultry, young chickens, ducks, turkeys, &c., and is greedily eaten by them. If not required for home use the by-products can be readily sold, especially the skimmed milk and butter-milk.

THE MARKETING OF THE PRODUCE.

When there is more milk, cream, butter, or cream-cheese than the family require, there are usually more than enough customers ready to give a remunerative price for it. When this is not the case, it is an excellent plan to send a sample of anything there is to spare to a respectable provision dealer in the nearest town, quoting prices, and assuring him that the quality will always be the same. If the produce is sent punctually, in a clean, attractive form, always up to sample, custom will never fail.

CARE OF DAIRY PRODUCE IN THE HOUSE.

Milk.—When milk is received from the cowman it should be strained at once through a gauze strainer, over which a fine muslin should be fastened. Never allow it to stand in the vessel or pail. The impurities in milk—hair, dust, tiny particles of manure, &c.—are frequent causes of decomposition, which the use of fine muslin or cotton will mitigate. The latter should be burnt, and a fresh supply used each time. After being strained, the milk should be kept in as cool a place as possible, and not be disturbed or moved. If a cool room is not available, a wire safe hung in the open air is an excellent place to keep milk or butter. In very hot weather it is advisable so scald the milk (as soon as received) in a vessel, placed inside another containing water which is gradually raised to boiling-point, 212° F. If this is carefully done it does not give that "cooked" taste which is the case with sterilized milk. Every jug, bowl, &c., in which milk is kept should be carefully washed, and filled with *boiling* water after using, then well cooled before again using.

Butter.—Butter should be kept in a cool place, away from flesh meat or any strong-smelling substance, and should be kept quite dry, never by any chance on ice or cold water, this invariably causes extreme softness afterwards. In the winter, when butter is too hard to spread, it should be taken to a warmer room (the kitchen or any clean room) and allowed to stand, covered with a muslin, for 30 minutes before using. This prevents the oily taste and appearance of butter which has been melted before a fire.

Cheese.—Cheese, after cutting, should be wrapped in a damp (not wet) cloth, and turned every day. The former prevents the cheese drying and cracking. The latter prevents the moisture (which is always present in all, even the finest, cheese) collecting at one end causing a pastiness, and mouldy taste at the bottom, and dry, hard cheese at the top. The moisture should permeate the cheese thoroughly, keeping it uniform in quality. In hot weather a strict watch should be kept on the cheese fly, which, if allowed to deposit its young in the cheese, will soon spoil the finest.

Refrigerator.—The best refrigerator is the Laurence "Cooler", which is very simple and easy to use, if there is a good supply of cold water.

THE POULTRY-YARD.

The origin of the many breeds of domestic fowls which inhabit our poultry-yard is generally attributed to the *Gallus Bankiva*, the jungle fowl of India, although some doubts have been raised as to the correctness of the assumption. The breeding of poultry is now a science. Shape, colour, and external characteristics used to be the chief aim; but now the useful qualities receive attention, with the gratifying result that the eggs have increased in number and size, while chickens are produced which carry more meat at an earlier age than heretofore. The best-laying fowls are very poor meat-producers; the best table fowls, the meat-growers, are very indifferent layers. The two qualities are not found in highest excellence in one breed, although there are many breeds which are fairly good in both respects. This, then, is an instructive way to consider the breeds of poultry—(*a*) The laying breeds; (*b*) the table breeds; (*c*) the combination breeds, breeds which more or less combine the two qualities.

Layers.—Anconas, Andalusians, Hamburghs, Leghorns, Minorcas, Polish Redcaps, Scotch Greys.

Table Poultry.—Dorking, Indian Game, Old English Game, and Modern Game.

Combined Qualities.—Brahmahs, Cochins, Faverolles, Houdans, Langshans, Orpingtons, Plymouth Rocks, Wyandottes. These, with the exception of the Houdans, lay cream-coloured eggs.

LAYING BREEDS.

The egg-producers as a class are medium in size, active in habit, quick to arrive at maturity, non-sitters, and layers of white eggs. Fowls which lay coloured eggs invariably possess and exercise the incubating instinct. The chickens of the following breeds provide good food for the private table, but it is waste of money to attempt to fatten them for the public market, on which they would only realize the bottom price.

Anconas.—This is a small fowl, colour black, with white tips to the feathers; comb large and single, upright in the male, falling to one side in the female: legs yellow. In habit they are very active, and give better laying results when allowed complete liberty than when penned up. They

are non-sitters, and free layers of large white eggs. The chickens are hardy and easily reared.

Andalusians.—A medium-sized fowl, colour slaty-blue, with black lacing to each feather. Belonging to a Mediterranean tribe of poultry, they have the characteristic comb—upright in the cock and falling over in the hen,—the white almond-shaped lobes, and the pendulous wattles. These typical points are well depicted in the illustration of the Minorca, a first cousin to the Andalusian. Their legs are a dark-blue, almost black. The hens are capital layers of very large white eggs, and non-sitters. The chickens grow quickly, and the pullets commence laying at an early age. The chief drawback to the Andalusian is that even the purest-bred and best-marked parents produce a number of wholly black or white chickens. However, this fault is being gradually eradicated from some strains. The Andalusian can confidently be recommended as a hardy, free-laying breed, suitable for confinement or for a free range.

Hamburghs.—A small-sized breed, found in five varieties, of which the gold and silver spangled are the largest. Then in point of size come the black, the smallest being the gold and silver pencilled. The Hamburghs used to be known as "every-day layers", so prolific are they in egg-production; but the size of the egg is certainly below the average. This and a certain delicacy of constitution are their worst points. The five varieties have the same rose comb, round white lobe, neat wattles, slate-coloured legs, and graceful, alert carriage, depicted in the coloured plate. The beauty of their plumage deserves a lengthy description; it must, however, suffice to say that in the gold and silver spangles a lustrous green-black half-moon finishes the rich bay and clear white of the feather, and in the pencils five narrow bands of black run across the feathers. The blacks take their name from their colour, but the black must be very lustrous and green, not purple. The Hamburghs are non-sitters and very active in habit, doing best in roomy quarters.

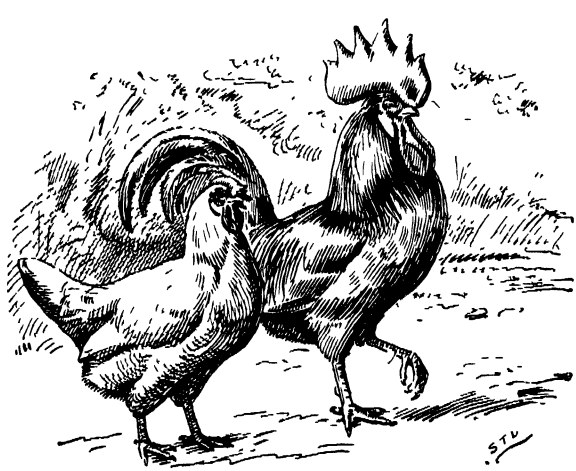


Fig 310. Buff Leghorns.

Leghorns.—As the name implies, this breed is of Mediterranean origin, and has the characteristic head features; but the colour of the leg and beak is yellow, and with this is found almost universally a yellowish colour of skin. The Leghorns are thoroughly good layers of large white eggs and are non-sitters; the chickens are hardy and mature rapidly. They are

active in habit, good foragers, and with liberty find a good deal of their own food. The two varieties most frequently met with are the whites and the browns. The white should be a clear dead, not yellow, white in colour. They are the largest of the family, and admirably adapted for a free range in a clean atmosphere. Every farmer who makes egg-production a feature of his farm should have a stock of white Leghorns. The browns or buffs, less likely to "look dirty", are more suitable to pens or town enclosures. They are shorter on the legs than the whites, and become more reconciled to imprisonment. The buffs are entirely a buff colour. They are small in size, and difficult to breed without black or white appearing in the plumage.

Minorcas.—Another of the large Mediterranean family. A goodly-sized bird, black all over in colour, the head, as will be noticed in the illustration, typical of the tribe, the legs black in colour. Minorcas are wonderful layers of big white eggs, and non-sitters. They can be profitably kept either at large or penned up. There is very little to choose between them and Andalusians. If anything the Minorca is the larger, the Andalusian the stronger and the better winter layer.

Polish.– This is one of the oldest of our domestic breeds. The head is ornamented by a very large crest and beard. Lately the Polish has become a purely fancy fowl, but formerly it had the reputation of producing a large number of white eggs, and even now several stocks of coarsely-bred Polish yield a high egg average. An essential to the well-doing of Polish is a dry subsoil and dry housing.

Redcaps.—A coarse variety of the gold-spangled Hamburgh, much larger in size, stronger in constitution, and a free layer of larger eggs. The comb is of the rose type, very much exaggerated in shape and size. They are non-sitters, and the chickens are somewhat difficult to rear. This breed may be cited as an instance of the fact that a breed which the poultry-fancier does not take up makes very slow progress in popularity in spite of its undeniably economic qualities. As an egg-producer the Redcap deserves to be kept much more freely than it is. When matured it is a hardy fowl, and on a good run requires little attention.

Scotch Greys.—This breed is found chiefly in Scotland. The fowl is moderate in size, with red ear-lobes and white legs with black spots. The colour of the feathers is generally known as "cuckoo", that is, a gray ground colour with black bars or markings running across the feathers: in fact, not unlike the colour of the Plymouth Rocks shown in the plate. They are very fair layers of cream-tinted eggs, uncertain as to sitting, easily reared, and fare equally well whether penned or given liberty. The breed is very rare in England, and is another instance that something beyond economic qualities is necessary to ensure popularity with poultry-keepers.

TABLE POULTRY.

All the table breeds lay small eggs, generally a little cream-tinted, in proportion to the size of the birds, and all of them have the sitting instinct strongly developed.

Dorkings.—This, the oldest English breed, is admitted to be the best pure-bred table fowl of the day. A careful reference to the coloured plate will show the great size of the dark and silver-gray varieties, the whiteness of legs and feet, each foot having five toes, and the length and depth of the keel-bone.

The dark Dorkings are the largest and most massive: the silver-grays are nearly as large but stand higher from the ground; the whites, although of considerable size, are the smallest of the three. For so large a fowl, Dorkings are fairly active; they lay a medium-sized egg, and are good sitters and mothers. The chickens are somewhat delicate, and mature slowly. When fully grown, even if fed in the ordinary way, they make capital table birds, and when artificially fattened attain great weight and high quality of meat. Dorkings require a dry soil, free range, and plenty of room by day and night. The white Dorking can be recommended to those who desire a fair number of eggs and large chickens for table, white in skin, flesh, and legs.

Game. There are three distinct breeds, with many varieties. The old English Game is the fighting-cock of history. It is only suitable where there is ample room. The hens are moderate layers, good sitters, and most courageous mothers, resenting any interference with their nest or chickens. The chickens are delicate and slow growers. The modern Game has much the same attributes, but differs very materially in shape, for whereas the old English Game is a short-legged, full-feathered, broad, "cloddy" bird, the modern Game is very long in the legs and neck, and very fine and short in feather. A pair of black-breasted reds has been chosen for illustration. It is customary to cut off the comb, wattles, and ear-lobes of the Game cocks The operation, known as "dubbing", is painful, and should only be performed by a skilled hand. It is necessary, because the Game cock is a most pugnacious fowl, and suffers terribly in fights if these parts are not removed. When dressed the chickens are small, but the fineness of their skin and their delicate meat is held in high esteem.

Indian Game is a very handsome and very useful breed, totally different from those just mentioned. Comb very small, legs, beak, and skin yellow, plumage extremely handsome, a mixture of glossy green-black and maroon. The feathers of the hens are most delicately pencilled in black on a chestnut-coloured ground. They are thick and "cloddy" in shape, with very broad and full breasts, layers of heavy-coloured eggs, and admirable mothers. The chickens are easily reared, but not very rapid growers. As a cross with the Dorking the Indian Game is in great demand; the progeny comes to hand much sooner than the pure Dorking, and when fattened produces

the class of fowl which fetches the top market price. The cross with dark Dorking hens is the best: but when mated with Houdans, Langshans, or Orpingtons, capital chickens are obtained for killing purposes.

COMBINATION BREEDS.

Brahmahs.—This breed was first produced in America. Legs yellow, very heavily feathered, breast full, back broad and short. There are two varieties, the dark and the light. The colours of the Brahmah cock are, as depicted, a most artistic arrangement of black and white; the ground colour of the hen is a blue-gray pencilled over with black markings. The light Brahmahs are a pure white all over except for the black stripes in the hackle and the black tail. The Brahmah is an active fowl on its legs but not a good flyer, and therefore easily kept within bounds, where its contented disposition enables it to thrive well, providing it be judiciously fed. The eggs are a rich brown colour, small for the bird's size: some strains are fairly good layers, but the general tendency is a strong determination to sit after producing a few eggs. The chickens are hardy, easily reared, but mature slowly; hence, if required for winter laying they should be hatched early in the season. Their extreme hardiness makes them valuable on cold, damp soils, and for situations generally unsuited for poultry.

Cochins.—This breed must receive a passing notice, as its introduction into England caused the great revival in poultry-keeping early in the nineteenth century. The Cochin is a large fowl to look at, but its massive, well-filled-up outline is caused by the looseness of its feathers and abundant fluff; when plucked, the body is gaunt, yellow and coarse in skin, and heavy in bone. In habit these fowls are slow-moving, easily confined to a pen by a very low fence, and unless most carefully fed, very much inclined to put on fat. They lay a small, rich-coloured egg, are inveterate sitters, but, being very tame and tractable, make capital mothers. The buff Cochins are perhaps the most numerous. On reference to the plate it will be seen that they should be buff all over, with as little black or white in the feathers as possible. The partridge Cochins differ very materially in the colour of the sexes. The cock is a most brilliant-looking bird, with solid glossy black breast, hackles orange-red vividly striped with black, and his sides and back a deep, bright crimson. The hen is about the colour of the partridge, with lustrous black pencillings on each feather. The chickens grow their feathers very slowly, but are by no means delicate; however, they require time to mature, and therefore must be hatched early. As regards utility the Cochin is not so desirable as the Brahmah.

Faverolles.—This breed originated in France, and is now one of the most valuable animals in the poultry-yard, and is in great demand by breeders who have learned to discriminate. The most popular of its varieties is the Salmon Faverolles. The head has ample muffling and beard;

the body is broad and deep, breast full and wide, thighs and legs short, the legs slightly feathered, and the feet may have either five or four toes (five for choice). In colour the cock is like the silver-gray Dorking, but the hen is fawn colour on back, shoulders, and tail, with a lighter shade of the same colour on her breast and underfluff. Breeders are endeavouring to perpetuate a cock with feathers coloured the same as the hen. Faverolles are remarkable for two facts, viz. that their legs are white, yet they lay a coloured egg. With the exception of the Faverolles and buff Orpingtons, no other white-legged fowl lays a coloured egg. Faverolles are large, very hardy, and good winter layers. They lay a number of eggs before becoming broody, and, being very tame and easily handled, they make most desirable mothers. The chickens grow very quickly indeed, and are reared without difficulty. The Faverolles is one of the most useful all-round breeds before the British poultry-keeper, giving excellent results whether kept in confinement or allowed complete liberty.

Houdans.—The French breed, until the introduction of the Faverolles, most common here. The picture of the Houdans shows that they are a crested breed, with muffling and beard; each feather is black tipped with white, while the foot should have five toes. The strange formation of the comb will be observed in the illustration, where the smooth, full, but compact crest has been carefully drawn. The Houdan is an excellent layer of large white eggs, and a non-sitter; the chickens almost rear themselves, and mature rapidly. The skin and meat are very white and fine in quality, so Houdans take high rank for the table. Like all crested fowls, the Houdan prefers a dry situation, it is not suitable for damp, heavy soils; and unless it is hatched early in the season, cannot be depended upon for eggs in winter. The Houdan is invaluable for crossing with many breeds of fowl.

Langshans.—This is a very old breed of poultry imported from China. Both cock and hen are a lustrous beetle-green black; the body is large, breast and back long. In the modern type the legs and thighs are long, causing the fowl to look very tall. There is, however, a shorter-legged, heavier-looking bird which some fanciers prefer. The Langshan is a first-rate layer of very dark-coloured, large eggs; a good mother to her chickens, which are not very difficult to rear. The meat is fine, white, and delicate. The Langshan is a very useful, handsome breed, hardy and active in habits.

Orpingtons.—The first Orpingtons were black, with the green sheen of the Langshans; now we have them white and buff. The single-combed variety is by far the more common, the rose-combed varieties being rarely seen. In shape it is a massive, heavy, short-backed, full-breasted fowl, standing on short black legs quite free from feathers. The hens are, or rather were, good layers of large dark-brown eggs; lately they have shown a great tendency to become broody after laying a very few eggs. The chickens are reared without difficulty and soon grow large enough for killing. For a time the black Orpington was a most popular fowl, lately it has yielded its place to the buff Orpington. The buff was produced by the introducer of the blacks, but from quite different breeds. Still, the

ideal shape of the buff is the shape of the black. The buff Orpington marks a distinct advance in poultry culture, for, along with the Faverolles, it combines two valuable points in a utility all-round breed not hitherto obtainable, namely, the white leg and the production of large, dark-coloured eggs. The buffs are capital layers, trustworthy as mothers, suitable either for an open or a confined run.

Plymouth Rocks.—An American breed, gray in ground-colour, with black stripes or bars across each feather. Like all the American breeds, the Rock has a yellow beak and yellow legs, as shown in the coloured plate. The Rock also has a yellow skin, and produces large, yellow-coloured eggs. It is a big bird, but much of its size and weight is in the bone; hence, as a market fowl, it is often classed as "coarse". The Rock is a very hardy fowl, and will thrive on wet, cold ground unsuitable to other breeds. Neither the white nor the buff is so popular here as the barred variety, but in America the white Rock is considered a most useful all-round fowl.

Wyandottes.—Another American, consequently yellow in beak, leg, and skin. The body is large very compact, and "cloddy"; back broad, breast full and broad. The Wyandotte is found in many varieties. The first to arrive here was the silver-laced, the gold-laced (fig 311) following soon afterwards There are also the white, the buff, and a beautiful sub-variety, the buff-laced. The Wyandotte, when given liberty, is an excellent forager, but if kept in pens its tame disposition reconciles it to confinement. It will be found a good layer of a pretty brown-coloured egg, a trifle below the average size. In a laying competition carried out in the spring of 1900 a pen of silver Wyandottes gained the first prize. The chickens are managed without difficulty. They are somewhat slow at producing their adult plumage, but are ready for eating well within the average time.

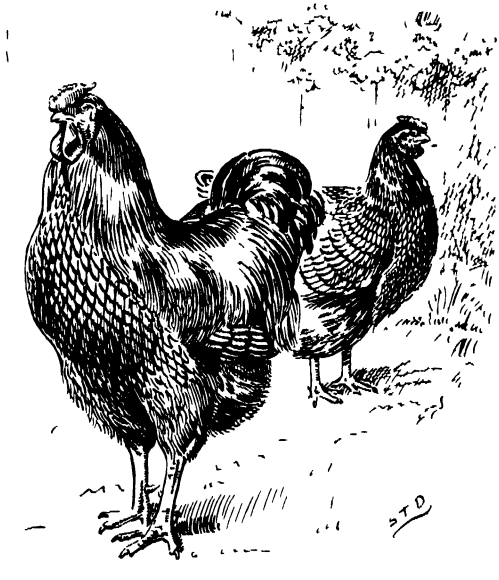


Fig 311 Gold laced Wyandottes

Best Breeds for Different Conditions.—This list does not exhaust the known breeds of poultry, but contains those most commonly met with and likely to be kept by the ordinary poultry-keeper. It may help him to make a selection, but the breed or variety he himself prefers is likely to be the one with which he will be most successful. For laying purposes

Andalusians, particularly in cold damp quarters; white Leghorns, if they have liberty; brown Leghorns preferred, if to be kept in pens; Minorcas, if the atmosphere is dirty, such as would be the case on runs near a town, where a white fowl would soon look very begrimed. For table, Dorkings, if the ground is dry and the fowls can have freedom, and the cross with the Indian Game cock. For general utility, buff Orpingtons, salmon Faverolles, gold-laced Wyandottes, or black Langshans; if the fowls are kept in pens, the salmon Faverolles or golden Wyandottes.

Cross-breeds.—Pure-bred poultry lay quite as well as crosses, especially if the cross-breeding is not judiciously carried out. By cross-breeding is meant mating together two pure breeds. In mentioning them, the breed of the male parent is written first. Good laying results are obtained from the Minorca-Langshan, Houdan-Leghorn, Leghorn-Wyandotte, Redcap-Minorca, Houdan-Rock. For table-poultry, the Indian Game-Dorking and Indian Game-Faverolles produce the largest birds. A plump but slow-growing chicken comes from the Old English Game-Dorking, and a very hardy but rather coarse fowl from the Brahmah-Dorking. For general utility, Houdan-Langshan, Houdan-Wyandotte, Dorking-Langshan, and Langshan-Andalusian may be tried. In cross-breeding always select a pure-bred male bird: never use a cross-bred one. If it is determined to breed from the cross-bred pullets, although it is preferable not to do so, select a suitable pure-bred male, but do not use the progeny of this second cross for breeding purposes.

Selection of Stock.—A convenient way to calculate the age of a fowl is to ascertain the number of times it has moulted or passed through the annual operation of renewing its feathers. It has its first adult moult in the second autumn of its life. During the moulting period a fowl ceases to lay; each succeeding moult occupies more time and takes longer to perfect. A fowl is at its best before and after its first moult; this is the time when the greatest number of eggs are laid, the eggs being of the largest size. As soon as a fowl commences to cast its feathers the second time in its life, its room is preferable to its presence in the poultry-yard. One half, then, of the stock should be birds which have not moulted; the other half should consist of birds which have had one but not two moults. The loss which sometimes arises in keeping poultry may often be attributed to the fact that the stock consists of a number of old fowls past their most fruitful age.

For breeding purposes a cock or cockerel mated with hens is better than a cockerel mated with pullets. If, on account of their tendency to lay early in the season, pullets are selected, they should be mated with an adult cock, a bird which has had one thorough moult. Chickens descended from adult parents are stronger, healthier, grow more rapidly, and attain a larger size than those bred from young stock. The breeding stock should be selected on account of its egg-producing qualities, or if meat-producers are required, on account of its size, fineness of bone, and quality of meat. Eggs used for sitting should be laid by the earliest and most frequent layers of the largest

eggs. If space permits, three or four of these fowls should be located quite apart from the main flock, or penned up for a few weeks with a male bird whose mother is known to have been a good layer.

If he is the son of indifferent-laying parents, although he is mated with good-laying hens, his chickens will not be such good layers as their mothers, and the poultry-keeper will have taken a step backwards. The plan of turning down a fresh cockerel every year is therefore not to be commended, unless it is known that he inherits good-laying qualities.

In-breeding.— Mating together fowls related to one another is neither dangerous nor detrimental unless carried to excess. By judicious and scientific in-breeding, the various breeds and varieties of poultry have been made, and by its use the desired points of excellence have been so deeply bred into a strain that they have become hereditary. A poultry-keeper who has a yard of show fowls or a flock of layers of known excellence is most careful how he introduces alien blood, for if this be done carelessly the work of years may be at once undone. If the poultry-keeper every year gives away a sitting of eggs or a cockerel or two to friends, and keeps a memorandum of the transaction, he will be able as time goes on to obtain from such sources fowls possessing some of the blood of his own flock, which will be sufficiently alien to counteract any failing tendency he has noticed amongst his birds. And such a tendency will be evidenced by a decrease in the number and size of the eggs, delicacy of constitution, liability to sickness and disease, infertility in the eggs, failure in hatching out fertile eggs, and debility and slow growth amongst the chickens. Many of these symptoms may arise from other causes, but if he has been in-breeding closely and they are present, it may be taken as a warning that the introduction of fresh blood is desirable.

FOOD AND FEEDING.

A complete dietary for poultry includes grain, vegetables, flesh, water, and grit. One reason why fowls thrive better when they enjoy complete liberty is that they can then supply themselves with vegetables in the shape of grass, flesh in the shape of grubs and insects, and grit in the shape of the small stones and bits of earth they pick up. They require other food than grain alone, although it is probably their staple food.

Different Corn Foods.—For corn a selection can be made from oats, wheat, barley, and maize or Indian corn. These can also be obtained ground into flour, and when given in this form are known as soft food. Several excellent foods may be obtained from manufacturers, who make up the flours into cakes and grind them into meal: these may be styled prepared foods. Each grain has some definite value as a food. Oats are the best for egg production, and therefore should be given to fowls from October on to February. They are not a good food for chickens unless ground (not

crushed) into very fine flour. Wheat is the best all-the-year-round food; it is also a bone producer, and therefore suitable for growing chickens. Barley is a heat-producing food, and may be useful in the winter months by way of change from oats or wheat; it is not used so much as formerly, and should not be given to chickens until they are well feathered. Maize or Indian corn is a most dangerous food when carelessly given, yet a valuable one if properly used. Its danger lies in its fat-forming nature, its value in its heat-giving power. Fowls fed all the year round on maize are fed in a most expensive manner. After a very brief time their bodies become so loaded with fat that they are unable to assimilate more, consequently the fatty constituents of the corn pass through the system without being utilized, and a large percentage of the money paid for the corn is wasted. Fowls in close confinement should rarely have maize—the heavier breeds, if in pens, never: these include Brahmahs, Cochins, Dorkings, Orpingtons, and especially Plymouth Rocks. The lighter breeds, the good foragers, if on an open range, do not suffer so much by continually eating maize, if it be given so sparingly that they are always hungry and on the move for other food, thus continually taking exercise.

The value of maize consists in its warmth-giving nature, and therefore it is a useful food if given in great moderation during the winter months. It may also be fed to chickens when forsaken by the hen, particularly if they be scantily feathered, and to fowls during the moulting period. Lastly, it is a capital food for the hen while sitting. As a guide to the quantity, ten to fifteen corns twice or thrice a week per head may be called moderate feeding. If the corns are once counted some idea will be obtained of the quantity, and of course a grain or two more or less can do no harm.

Meal.—The feeding value of these grains is not materially changed when they are ground into flour. From oats we obtain ground oats. Improperly ground it is a bad food; properly ground it is the best soft food for adult and young stock. It is cheaper than oatmeal, and, as it contains the husk of the oat very finely ground up, is a better bone producer. Ground oats must not be confused with crushed oats or "mung".

Wheat gives sharps, fourths, or middlings, different names for the same thing. Barley gives barley-meal; most samples are very coarsely ground, and contain a quantity of dirt and rubbish, but on account of its heat-giving nature it is a good meal for the morning feed.

Vegetable Food.—Fowls which have access to grass can supply themselves with vegetable food; if they are in pens this food must be given to them as regularly as corn. The importance of a daily ration of vegetable food cannot be overestimated. Garden refuse, lettuce, cabbages, and dandelions are eagerly eaten. In winter, turnips or mangolds may be boiled and mixed with the soft food, or simply cut into pieces and thrown down for the fowls to peck at. The absence of vegetable food is frequently the cause of the yolk of the egg being a pale straw-colour; the rich, yellow-coloured yolk of the country egg is accounted for by the ample vegetable diet.

Flesh Food.—Meat, though requisite to the fowl, need not be supplied so regularly as vegetable food. The refuse from the kitchen should be sufficient for a few fowls; every bone, cooked or raw, should be thrown to them just as to a dog, and will be picked as clean. For a number of fowls, liver may be chopped up, or lean raw "scraps" can be bought from the colonial butcher's shop at a very cheap rate, and treated the same way. The best way of supplying the meat diet is to use the green-bone mills (fig. 312), invented for the American poultry-keepers By the aid of this machine raw bones are scraped or cut up into minute pieces greatly relished by the fowls, and supplying the flesh and nitrogenous diet so essential to them. It may be necessary to observe that green bones cannot be bought ground up in bulk, they must be the product of fresh and raw bones, of which two or three pennyworth can be bought twice a week, and a few minutes' daily work of the mill will convert them into a food worth as many pounds. A green-bone mill is now almost an essential implement to every extensive poultry-keeper. Crushed green bones can be supplied to a few fowls by smashing up raw bones with a hammer on a piece of iron. This is laborious and wasteful, but may suffice.

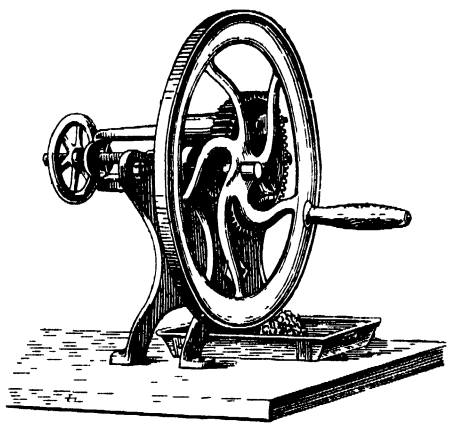


Fig. 312.—Green bone Mill.
(E. Furness, Accrington, Lancashire.)

Grit and Lime.—Grit or gravel must ever be before poultry. Broken flint makes good grit provided the pieces are not too large: cinders, sweepings from gravel walk, or, best of all, from roads mended with granite, will serve the desired purpose. Lime is also necessary to supply material for the formation of the egg-shell. Old mortar, or oyster shells pounded down to very fine pieces, are commonly used: the latter should always be well baked to destroy any putrid remains of the oyster. Shell-less eggs indicate that the hens require more lime; if two or three hens begin to lay shell-less eggs, a little lime should be added to the water, although lime is best taken in a solid form.

Water.—Water must never be withheld from poultry: stone or earthenware vessels are best to use, because they can be kept quite clean, and it is most essential that the water be always pure and fresh. If the water-supply runs short for a time fowls often become so thirsty that they drink to excess on the first opportunity, and cause relaxation of the crop. A natural supply of pure fresh water is a great advantage to a poultry-run.

Rules for Feeding.—The rule for feeding fowls is very simple, but difficult to carry out. It is briefly this, stop feeding them just before they are quite satisfied. It is impossible to give the quantity of food per head

for each fowl, because, as a practical man knows, the appetite of fowls varies just as does his own. A hen in full lay requires more food: a large Plymouth Rock eats more than a small Hamburgh; fowls running on a soil rich in worms and grubs do not require so much food as those kept in confined pens. The object in feeding is to keep the fowls in good condition without letting them grow too fat.

Two meals a day are ample for birds at liberty.

The first meal, given early in the morning, should consist of soft food, say half middlings and half ground-oats, or one-third some of the prepared foods and two-thirds a less expensive flour mixed with kitchen scraps. One of the meals should be moistened with hot water, warm milk, or broth, and the other meal gradually stirred into it until the whole forms a crumbly, not sticky, mass. If the ground be clean, dry, and hard, the food may be thrown down on to it, the place being changed every three or four days. In wet weather small wooden troughs or large flower-saucers can be used. When feeding, scatter the food about. If troughs are used, let them be placed some distance from one another, and quickly fill each one in order to give every fowl an equal chance to get a fair meal. If the food is in one heap, the strong fare better than the weak, and give their companions many a jealous and damaging peck.

The second meal should be given shortly before roosting time, and should consist of hard corn

For fowls in confinement a third meal may be introduced without increasing the quantity of food supplied to them. The first meal should not be so liberal. A slight feed of hard corn can be given at mid-day, and a third feed on a little larger scale by way of supper. When kept in close quarters they are very much inclined to put on fat owing to want of exercise: by giving them a little food rather more frequently they are stimulated to move about.

The meals should be regular and punctual. Regularity of feeding means that they are fed every day, not forgotten one day and fed to repletion the next by way of amends for their enforced starvation. Some care should be taken to give the last feed well before sunset—in mid-winter perhaps as early as three o'clock—in order that there may be plenty of time to eat it and retire to roost before darkness sets in.

A change of food is good and desirable. Oats may be given as the grain in winter, with a very little maize at intervals, when spring sets in wheat takes the place of oats, or if the early spring weather is cold barley may be given. When wheat is fed in the shape of hard corn, barley-meal or ground oats should be used for the soft food; if barley is given whole, ground wheat can be given as flour. A poultry mixture comprising some ten or twelve different grains can be bought from the corn merchants, who claim for it that a continual change of food is thereby given; but a little consideration will show that by using the same mixture all through the year no change at all is effected. The same diet may be continued as long as the fowls look well, lay well, and handle well, but if they fall off in appearance and laying,

a sudden change of food may invigorate them. If the food has to be bought, the best should be purchased: it will be found very poor economy to buy cheap corn or flour. On a farm a great deal of food can be given to the fowls which it would be foolish to buy at any price, such as the screenings from the threshing-machine, sweepings from the barn or granary, potatoes, and other odds and ends.

FOWL-HOUSES AND PENS.

Considerable latitude is allowable in the plan of a poultry-house; indeed, a spare outhouse may easily be rendered suitable. If the house is built for the purpose, seasoned wood is as good material as any to use.

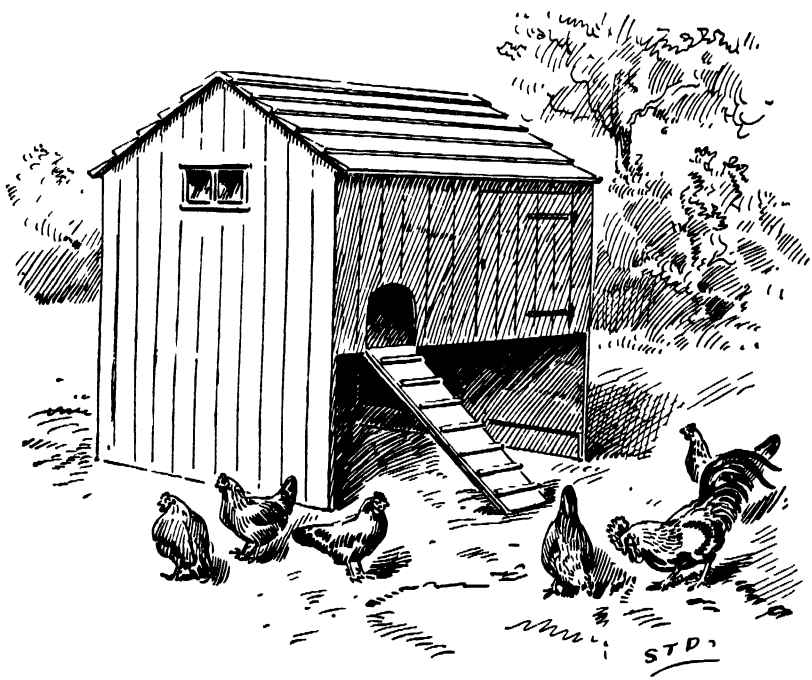


Fig. 313.—Span roofed Fowl house. (Boulton & Paul, Ltd. Norwich.)

Since it is an accepted axiom in poultry-keeping that small isolated groups yield more profit than one large flock, the house should not be designed too large. Neither must it be too small, or overcrowding is caused—one of the most fatal errors which can be made.

Proper Size of a Fowl-house.—A rough idea of the size of the house can be formed by calculating that each fowl requires 12 inches in width of perch space, the perches should be at least 18 inches apart.

Construction of Fowl-house.—The roof must be perfectly sound and

water-tight; a leaky roof means a damp, cold house, two faults to be avoided. There must be some means of ventilation. Fowls roosting in a badly-ventilated house breathe a vitiated atmosphere, which soon produces disease. The house should be light; its occupants should be able to see their way to walk about in it, and to fly direct on to the perches. The best floor is the ground beaten down hard; failing this, wood or bricks may be used covered with quite 6 inches of dry earth. Amateurs purchase their fowl-house ready-made from one of the reputable dealers. In the long run, this course will be cheapest and most satisfactory.

Perches.—The perches, raised not more than 2 feet from the ground, should rest in sockets. Each should be the same distance from the floor. If one is higher than the next, and a third still higher, the topmost perches will be crowded to excess and the lower ones unused.

Nest-boxes.—The nest-boxes should be roomy, not less than 12 inches square, and they would be better 18 inches deep by 15 inches high and wide. Convenient nests may be made by a few bricks arranged on the floor in each corner of the house, and darkened by a board leant over them to the wall.

Fowl-shelter.—A shed is very necessary to shelter the fowls by day. One of the best plans is to extend one side of the house, build an end to

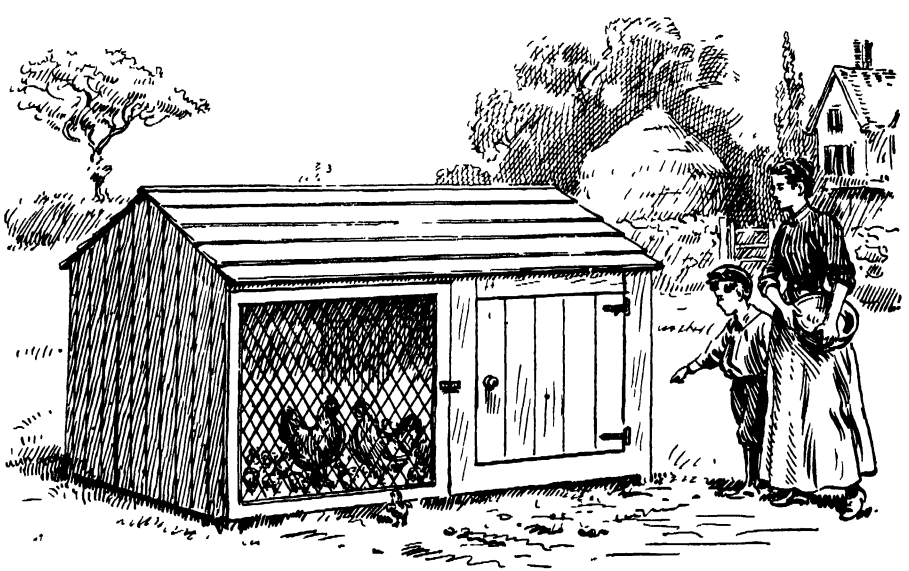


Fig. 314.—Fowl-house and Shelter.

the extension and roof it over, leaving the front open save for a weather board top and bottom, as shown in the illustration. The sunny side of the house should be selected for this shed. If desired, a light wooden frame covered with wire netting can be fitted to the front, so that the fowls can be shut up in very bad weather. The open shed, by being light and dry underfoot, provides just what the fowls seek. These requirements are

absent when the shelter is provided by raising the floor of the house some 2 feet from the ground, although this dismal, dirty refuge is better than none at all. The floor of the shed should consist of dry, loose earth, which should often be raked over and added to as occasion may require. It should always be kept *above* the level of the outside ground.

Fowl-runs.—Runs or pens are made by driving posts about 6 feet apart into the ground, nailing thin boards to them for the first 2 or 3 feet, and attaching wire netting for the next 4 or 3 feet as the case may be, to form a fence 6 feet high. The posts should be stout ones, three 9-inch

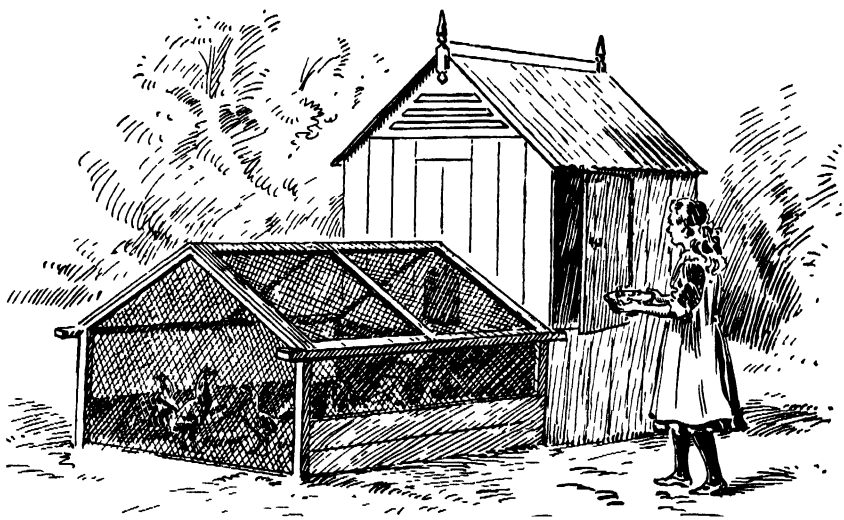


Fig 315.—Fowl house and Portable Run (Boulton & Paul Ltd Norwich)

planks will make the boarded part of the run, and a 2- or 2½-inch mesh, not larger, is a good size for the netting. A fence 6 feet high or thereabouts will confine most fowls. Good portable runs can be purchased from dealers at low prices. They may be readily transferred from place to place.

Grass Runs.—It will be a great advantage if the enclosed space be so large that the grass will be always growing. For this purpose not less than 150 to 200 square feet per head will be required, and then the ground should be given a rest from poultry for at least a couple of months annually. Fowls can certainly be kept in a very much smaller space, but the smaller the space the more skill and attention is required to keep them healthy. The most may be made of a small piece of grass by planning the houses and runs round it, and arranging for the fowls from each run to have access to it for an hour or two a day. Long grass is useless to fowls; still worse, it is often dangerous.

Management of Fowl-run.—There are two points, which may be considered under this heading, of paramount importance if success is to attend poultry-keeping: they are dryness and cleanliness. Fowls should be as dry as possible overhead and underfoot, hence the importance of a good roof to

house and shed. On a small run the continual movement and scratching of the fowls soon reduces the level below the surrounding land; consequently in wet weather the fowls are knee-deep in sludge, and in a most uncomfortable condition. This may be avoided by attention to drainage, and by keeping the run at a higher level than the surrounding land. The health and laying of the stock will well repay this trouble. The little word "dry" should never be absent from the thoughts of the poultry-keeper.

Unless cleanliness also is properly and regularly attended to, it is better to leave poultry-keeping alone. The outside of house and shed should be painted every year, or brushed with tar; the inside should be lime-washed (with a strong solution of carbolic acid in the wash) two or three times a year. The floor of the house should be covered to the depth of 4 to 6 inches with dry, dusty earth, raked over weekly, all the manure removed, and a little fresh earth thrown down. A mere sprinkling on the floor is useless. Moss litter is a good absorbent, but looks cleaner than it really is, though, if it is freely used and frequently changed, there is little to be said against it.

Insect Pests.—Cleanliness in the house is one step to securing cleanliness of the stock. The poultry-keeper must be continually waging war against insect pests. He who keeps his fowls the cleanest will have the most eggs, the strongest chickens, and the least sickness.

There are three chief pests, with numerous sub-varieties, viz.: the flea, the louse, and the tick. Fleas generally live in the nests and consequently often induce hens to lay astray. It is well to remember that these insects breed in dust. The reason why the dust-boxes should be movable is that they can be taken from the house every now and then and thoroughly cleansed.

The louse lives on the fowls; crowds of round, yellowy-brown lice are often found running about the fluff and skin just under the tail. Periodically each bird should be examined, and if lice are found it should be dusted at roosting-time with insect-powder or flowers of sulphur (powdered brimstone). It should be turned on its back and the powder dredged into the roots of the feathers beneath the tail, between the thighs, under the wings, and then at the back of the neck.

Ticks live on the perches, from which they crawl on to the fowls to irritate and weaken them by sucking their blood. Smearing the heads and necks of the birds with oil will bring relief. An excellent insect-destroying lotion can be made by adding one part of paraffin to four parts boiling water; stir the two well together until thoroughly mixed, and cool. The lotion can be applied to the feathers by the finger or a piece of sponge. The mixture should not be stronger than the proportions given, for paraffin irritates the skin. About once a month all perches should be taken out of the house, rubbed over with paraffin, and replaced when dry.

Fowls naturally attempt to rid themselves of insects by scratching earth into their feathers and shaking it out. Therefore in every pen there should be a large box slightly sunk into the ground, and full of dry earth, with

some kind of lean-to cover. Fowls penned up are more troubled by insects than those which have liberty.

CHICKEN-REARING.

Nest for Hatching.—To ensure a good hatch the nest of the sitting hen must be protected from intrusion by other fowls. Therefore it is best to set apart a small house, or any unused room, or even a large pen, for her sole use. If only the fowl-house is available, a piece of netting should be tacked in front of her box, from which the hen will have to be removed daily for a feed and drink: when she returns to her eggs the wire-netting must again be secured.

The foundation of the nest should be earth. A large bucketful may be put in a box, or in a corner if kept in position by bricks. The heap should be slightly hollowed in the middle, dusted over with flour of sulphur, and bedded with soft short hay. A hen should never be placed in an old nest. It may be advisable to give her some pot eggs at first until it is quite certain that she will sit.

Eggs for Hatching.—The eggs should be fresh, and laid about the same date. Freshly-laid eggs will begin to chip about the twentieth day of incubation: old ones may require twenty-two days. Consequently, if there be much discrepancy in the age of the eggs, the hen may lead her first hatched chickens from the nest, leaving those still in the unhatched eggs to perish.

There is no means of ascertaining the sex of the future chicken. Early in the season the long-pointed eggs may yield more cockerels than pullets, but by no means must it be taken as a certainty that such will be the case.

In winter, nine or ten eggs are sufficient for each hen: later, eleven or twelve may be given, and thirteen should always be the maximum. Taking one season with another the proportion of chickens reared by hens entrusted with ten or eleven eggs will be larger than if fifteen or sixteen are given to them.

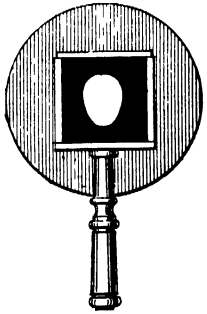


Fig 316. Hearson's Egg tester

To Test the Fertility of Eggs.—The condition of the egg on the seventh or eighth day of incubation can (and should) be ascertained with the help of the simple egg-tester. If an egg be supported against the hole in the tester and held between the eye and a lighted candle in the dark, it will appear nearly transparent if unfertile, but nearly opaque if fertile. If the examiner has no experience in testing eggs a new-laid one should first be examined, then all those which present the same appearance after eight days of incubation may be rejected.

With the assistance of the egg-testing lantern the germ can be detected

by experts after forty-eight hours' incubation, and is plainly visible on the fourth day.

When two hens are set at the same time it often happens that between the two only sufficient fertile eggs are found to make up one nest, all these should be put under one hen, and the other started afresh on a second lot of eggs. With the exception of the one examination, the less sitting hens are disturbed the better.

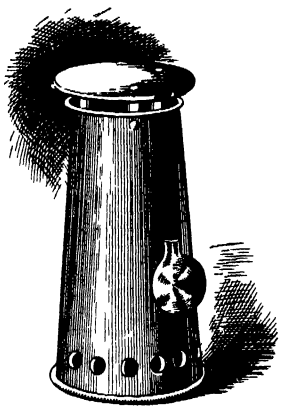


Fig. 317 Hearson's Egg testing Lantern

Hen-coops.—The coop should be dry, airy, and afford protection against every change in the weather. It should also be so made that access can easily be obtained to every part of the inside for the purpose of whitewashing after each brood leaves it. Coops are generally made of wood about 2 feet each way, or 2 feet deep and 3 feet long, the roof slopes, with a good fall, to the back, the back and ends are boarded up, one half the front can be boarded up and may form the door, the remaining half may be lath work, or covered with a netting. A shutter should be provided for the open part, held in place by buttons, and fitting closely in every part except 6 inches from the top. By this means the chickens can be safely secured at night, yet always enjoy plenty of air.

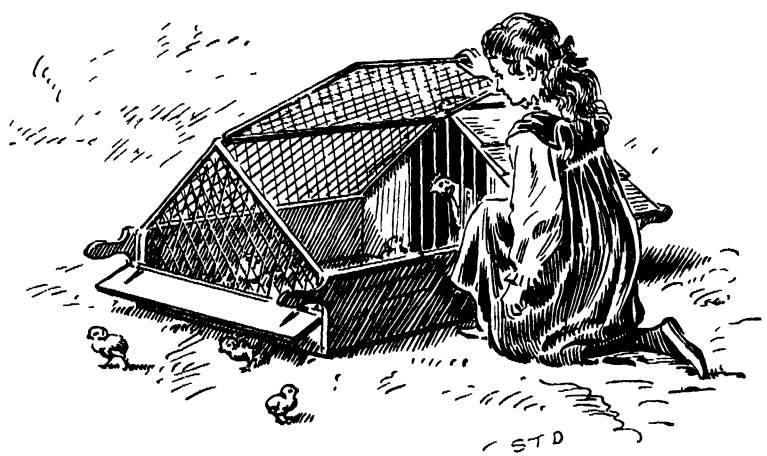


Fig. 318 Portable Coop with Run combined (Boulton & Paul, Ltd., Norwich)

The bottom should be raised an inch or two from the ground, and always kept thickly covered with fine dry soil or sand, or a mixture of both.

Early in the morning all dirt should be removed, and a little fresh soil added.

Best Position for Coop.—The coop should be placed out of doors

where the chickens can run about on short fine grass. Chickens should not be reared on the same spot for more than two successive years.

If the coop has to stand where it can be approached by other poultry, a small yard should be made for it. Construct two sides 4 to 6 feet long and 1½ to 2 feet high and one end the same height and the width of the front, or the open part, of the coop: all these can easily be made out of strips of ½-inch wood 4 to 6 inches wide nailed together to form the frame and covered with netting. A fourth piece will be required to form the top. The four pieces can be lashed together by string or wire, and when placed in front of the coop will provide a light, movable yard.

The coop and yard must be moved every two days to fresh ground. Two pieces of thin board 7 or 8 inches square are required for feeding purposes, and an ordinary 8-inch flower-saucer with a pot two sizes less inverted in it. The latter makes an excellent drinking-fountain, easy to empty or fill and keep clean, and, moreover, one which, by reason of the inverted pot, the chickens do not scramble into or the hen upset.

Management of Young Chickens.—On the evening of the day on which the eggs are due to hatch, the hen may be gently lifted from her eggs, any empty shells removed, and a cursory examination made to ascertain if any have slipped over the unhatched eggs, if so they should be pulled off or the chickens in the eggs will be suffocated. For at least twenty-four hours after hatching, leave hen and chickens in perfect quiet The chickens require no food, and are better without it Their first meal should be either an egg beaten up with two table-spoonfuls of milk and baked into a kind of custard, or an egg (and one of the rejected clear eggs can be used), boiled just hard and chopped up very fine. To either of these add a pinch or two of ground oats, coarse oatmeal, or some prepared chicken-meal, allow to stand for ten minutes after being merely moistened by boiling water and mix together. Give the hen a hearty meal of Indian corn and take her with the chickens to her coop. Scatter a little of the egg-food on one of the boards, and in a very few minutes some of the chickens will begin to pick it.

When the hen has settled down and is brooding her flock, take away the feeding-board and clean off every particle of food. Sour or fermented food will most likely set up diarrhœa and bowel complaints amongst the chickens. On the third day the egg may be omitted, the diet consisting of the prepared chicken-meal, moistened as before, but made a little wetter, and then dried up again into a crumbly (not sticky) mass by adding oatmeal, ground oats, middlings, or sifted barley-meal. Sloppy food, such as bread soaked in water, is bad for chickens, bread soaked in milk and dried up again, by adding some dry flour or other, makes, on the contrary, a good food. The next addition will be some small, hard grain, a few grits: a little canary or millet seed should be given in place of one of the soft feeds.

By the end of the week the hen will have taught the chickens to eat small wheat, and then this capital bone-forming grain must gradually be given more freely and the soft food less liberally. For about three weeks

chickens should be fed every two hours, a very little at a time, the grain thrown amongst the short grass or on the ground, the soft food put on the little boards or in saucers; but every vessel from which soft food is fed should be duplicated so that one may be perfectly cleansed while the other is in use. A very little finely-chopped-up raw meat, or better still, the ground green bones, should be allowed every other day after the first fortnight. The water-fountains and saucers should be emptied every night and filled with fresh water in the morning; in hot weather the water should be changed once or twice a day and shaded from the sun.

Chickens suffer even more from insects than adult fowls; until this fact became known thousands of chickens were physicked to death, whereas slight attention to cleanliness would have worked a certain cure. If chickens from three to six weeks do not seem to come on, if they feather slowly, if their feathers look dull and loose, if they are thin when handled, the presence of insects may be suspected.

Gapes in Chickens.—A fatal disease sometimes attacks chickens, when about a month old, known as the "gapes". The chicken incessantly stretches out its neck and opens its mouth as if gasping for air; and this is really the case, for its windpipe is blocked with a cluster of minute worms. A solitary case may be cured by puffing tobacco-smoke down the chicken's throat until it is nearly suffocated, or by using some of the advertised gape cures in the manner the vendors direct. If the malady seizes the whole flock a large percentage may be expected to die. Some relief may be given by mixing a table-spoonful of powdered asafœtida with a pint of flour, moistening with warm water, and feeding at once. The disease nearly always appears where chickens are reared for several years on the same ground, or if too many are reared for the space. Should it be thought likely that the chickens will be attacked by gapes, the head of each should be anointed, when they are taken from the nest, with a touch of this ointment: 1 oz. weak mercurial ointment, 1 oz. lard, ½ oz. powdered sulphur, ½ oz. crude petroleum. Place a small piece in a tin, hold it over a light until it melts, and then smear the back of the chicken's head with it, but be very careful not to touch the eyes or nostrils. This is a preventive, not a cure.

Management of Older Chickens.—As the chickens grow, the hen may be given her liberty, when she will find a quantity of natural food for them, the best they can have. Leave the hen with her chickens until she begins to drive them from her. For some time longer the chickens can roost in their coop until they show signs of wishing to perch, when they should be provided with a well-ventilated house and low perches. If at this period they are crowded at night, or if the roosting-place is too warm and badly ventilated, all the trouble expended on them will be wasted.

Their food should consist of a breakfast of soft food in which oatmeal or ground oats form the chief part, wheat for the rest of the day, with occasional small feeds of Indian corn, raw meat, or the invaluable ground green bones twice a week, and as much fresh lettuce as they will eat.

A feeding-pen is very useful when they have to feed with grown-up fowls. Such a pen can be made by tying together hurdles or frames

Fig. 319. Chicken Feeding-pen.

similar to those used in the construction of a yard to a coop, save that they have openings in the middle wide enough for a chicken to pass

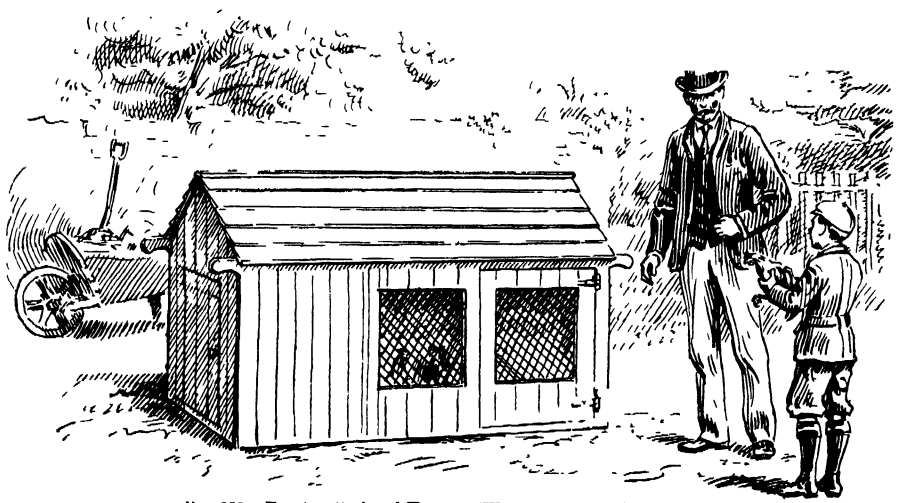


Fig. 320.—Egerton Cockerel House. (W. W. Greenwood, Bedford.)

through, but too small to admit a larger fowl. The size of the openings can be increased or diminished if a row of staples be driven into the top and bottom of the frames, through which stout iron wires are inserted, to be removed as occasion may require. In such a pen chickens can be

fed as often as required and quite apart from other stock, and by manipulating the iron rods all but quite small chickens may be excluded. The pen should be moved to fresh ground every day or two.

As soon as the cockerels begin to crow they should be kept separate from the pullets. Cockerels reared together will agree perfectly well, even when grown up, if no fowl of the opposite sex intrude upon them, but if one of these cockerels be taken away for only a few days he must not be put again amongst his old companions, or he will probably be killed or seriously injured by them.

ARTIFICIAL HATCHING AND REARING.

Chickens may be hatched and reared all the year round quite independently of any broody hen.

Incubators.—The general arrangement of the interior of an incubator will be seen by referring to the illustration of one of Hearson's machines. As the method of working differs with the machine, the best advice to give is to follow the maker's instructions, but a few general observations may be helpful. The incubator should be worked in an even temperature of 50 to 60°; the air of the room should be as fresh as possible, and not too damp; a dry, airy cellar is not a bad place, a greenhouse is a very bad place. The 50 or 60-egg-size machine or the 100-egg-size are the best. In the smaller machines the heat is not so regular; in the larger it is not evenly distributed over the eggs. Run the machine two or three days before putting any eggs into it. The eggs should be very fresh; five or six days old should be the limit, and they should come from strong, healthy, vigorous stock.

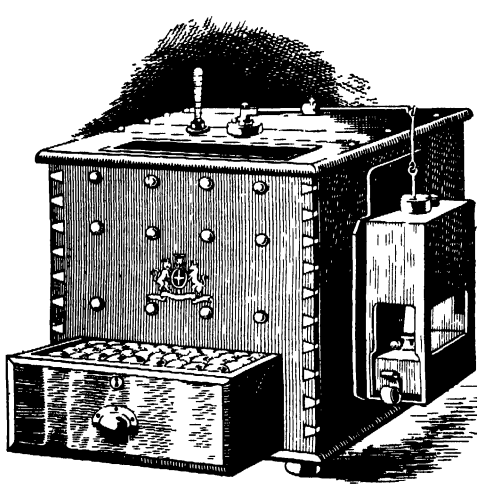


Fig 321.—Chicken Incubator for 50 Eggs
(C. Hearson & Son, Ltd., London.)

Management of Incubators.—To work a machine to the best advantage, fill the drawer with eggs and hatch out as many as possible before introducing any fresh ones; it is a bad plan to put a few fresh eggs into the drawer every day. Examine the eggs on the seventh day, and remove all the clear ones; but do not fill up their place with fresh ones if you want the best results. Keep the temperature in the drawer at 102° to 103° for the first ten days, and between 103 and 104° for the second ten days. Be

careful that the bulb of the thermometer in the drawer does not touch an egg. Be sure the thermometer is accurate and in perfect order. Air the eggs twice in twenty-four hours: one of these airings may continue from five to fifteen minutes, according to the natural temperature, the other may be much shorter. While airing the eggs turn them half round, thus completely turning them once in twenty-four hours. When the eggs begin to chip be careful the chipping places are uppermost, and put back the drawer in the machine at once. If many chickens die in the shell, and if they seem to be very wet, in future somewhat reduce the supply of moisture. The proper regulation of the moisture seems now to be the weakest spot in the construction of incubators, and it is difficult to improve, because little is known on the subject. When the eggs are hatching only remove the drawer as before: do not take it out every five minutes. Put the chickens in the drying-box and leave them in quietness.

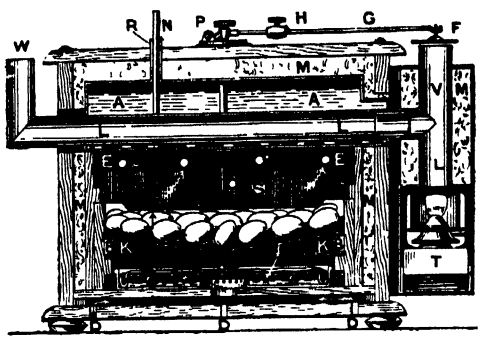


Fig. 322.—Section of Hearson's Incubator.

A A, Tank of water B B, Movable egg tray C C, Water tray D D D, Holes for fresh air E E, Ventilating holes F Damper G Lever H, Lead weight. K K, Slips of wood J L L, Lamp chimney and flue-pipe M M M, Non-conducting material N, Tank thermometer O, Needle for communicating expansion of capsule S to lever G P, Milled screw R, Filling tube S Thermostatic capsule T, Petroleum lamp V, Chimney for carrying away surplus heat W, Chimney for discharge of residual products of combustion

Management of Rearers.—The rearer should be heated at least a day before any chickens are expected. it should be set up and worked according to the maker's instructions. In winter the temperature of the hottest part should be about 80 for newly-hatched chickens: this may be kept up for a fortnight, and then gradually reduced. The best guide as to the proper heat is the behaviour of the chickens: if they huddle together in the hot part and make a piteous chirping, more heat is required: if they scatter themselves and stretch themselves on the floor and make a contented chirp, the heat is right and comfortable: if they come to the entrance and pant and breathe fast and drink freely, the heat is excessive.

The feeding and management of chickens in rearers will be the same as when they are with a hen. The chief thing to remember is to give them all the exercise possible; let them run about a field just as if they were cooped with a hen; by no means coddle them, and never overcrowd them. The great advantage of a rearer is that the chickens can go into the warm chamber whenever they wish, and if they have liberty, they will be running in and out all day. Small parties of chickens do best in rearers, twenty to thirty, never more: two rearers, each holding twenty chickens, will give better results than one holding fifty. Newly-hatched chickens should not be put into a rearer which already contains chickens a week or ten days old.

Chickens can best be reared artificially from November to February, or the middle of March, depending on the weather; after that they are better under a hen. If two or three eggs are transferred on the nineteenth day from the incubator to a broody hen, and she is allowed to hatch out the chickens, no difficulty will be experienced in making her take to as many as may be deemed advisable.

DISEASES OF POULTRY.

Diseases should be rare in a well-managed yard. The more common are contagious and infectious: therefore as soon as a fowl is out of health it should be isolated from its companions, or killed and buried. The latter method is indeed the better and cheaper, for ordinary poultry is not worth the expense and trouble of doctoring. But it may be useful to describe shortly the symptoms of the most common ailments.

Liver Disease.—This is almost incurable and very contagious, and when rampant on a run will hang about the place for months, and although all the old stock be cleared off, new and healthy stock soon become affected. The fowls lose their appetite, mope about all day with ruffled feathers, their faces become pinched, the combs shrink up, and the bright healthy red of both turns a dull purple, the evacuations are liquid and frothy, the victims grow very thin and light, and eventually die.

Roup.—If the nostrils are moist, if the breath smells disagreeably, and if yellow cheesy growths are seen in the mouth and throat, the fowl should be killed and burnt immediately. If it is determined to try a cure, some of the advertised roup medicines may be tried, in which case the directions of the vendors should be followed. For the yellowish growths, an application of caustic to the spots, with liberal doses of Epsom salts, say a table-spoonful to a pint of water, may be serviceable. Roup, with its variations, is very contagious and difficult to remove from a yard if it once gets firm hold, which it is the more likely to do the longer a roupy fowl is kept, even under treatment, on the place.

Egg Binding.—When a hen cannot pass her egg she will be uneasy and restless, straddle as she walks, with tail slightly depressed, and will often in vain go to her nest. By careful manipulation the egg can be detected, also the heat in the surrounding parts. A homely remedy is the administration of a bolus about an inch long, made by chopping up groundsel and mixing it with butter. This should be repeated on three successive days. It is almost a specific. Note that breaking the egg from without is certain death to the fowl.

Scaly Leg.—This is a growth on the legs and feet caused by a minute insect under the scales. A cure, slow but certain, can be effected by daily scrubbing the legs and feet (but not to make them bleed) with soap and hot water, and then well rubbing them with sulphur ointment. This

treatment must be continued every other day until the scale disappears, in severe cases a fortnight or three weeks. The disease is contagious.

Shell-less Eggs.—Eggs without shells are caused (1) by feeding on nostrums and spices to increase egg production; (2) by the fowl being too fat and lacking exercise; (3) by a sudden fright or by being chased about: and (4) by a want of lime to produce the shell material. The obvious remedy for (1) is to discontinue the spices, and for (4) to provide lime. A course of Epsom salts, as much as will cover a penny, put into every pint of drinking water—until there is evidence that the medicine is working,—and a reduction in the quantity of the food, will restore the organs to their normal state.

Farm Poultry.—Unlimited space and variety of foods make a farm an ideal place for keeping poultry. There is no doubt, too, that the occupation will be profitable if the owner gives the same attention to the housing, breeding, feeding, and rearing as he does to other stock.

The fowls should be scattered all over the farm in small flocks of twenty or thirty of the same breed, and the choicest and most productive specimens should be selected to breed from. For convenience the chickens can be reared near home or by cottagers on the estate until they are old enough to take care of themselves, when they can be drafted into the fields. Probably egg-production will be found the most profitable branch, especially if the holding is within easy reach of a large town to which the produce can be sent twice or thrice a week in large consignments for sale by the better-class shopkeepers. Breeding and rearing chickens for the fatters pays very well near the large fattening centres; the money is slower in coming in, but the amount is larger when it does come, and the fatters complain that they cannot get a sufficient supply of the right kind of chickens for their purpose. Rearing chickens for killing, without artificial feeding, for ordinary markets is only profitable if the market can be caught at its best, that is March to July.

Turkeys.—There is no more profitable bird to breeders than turkeys. They require open sheds, high perches, and a good stretch of land to wander in. With this they half keep themselves. The varieties are black, white, bronze, and buff. The summer turkeys like roosting in trees, but sheltered roosts must be supplied for them in winter. The hens are ingenious in finding secret places to lay in, but their peculiar cry betrays them. They are splendid sitters. The time of sitting varies from 27 to 31 days. For the chicks a good supply of water in shallow saucers is necessary, and an excellent food consists of boiled nettles, hard-boiled eggs, a little parsley curd, and a few bread crumbs all chopped together and made into a paste. This is given when the chicks are newly hatched.

Bantams.—In the coloured plate a couple of these diminutive fowls are shown, and although this breed, of which there are many varieties, are of no practical importance, a word may be added as to their distinctive qualities. Bantams become very tame and consequently make nice pets. Many of the varieties are very charming in appearance, while all are notable for

their erect carriage and general pertness. There are pure white bantams (see the plate); black bantams, like tiny black Hamburghs; game bantams, resembling game fowl in their points; Sebright bantams, exquisite in plumage, not to mention many others. Apart, however, from their beauty, bantams will in no way repay the trouble which must be expended upon them. Their eggs are very small, while as table fowl they are, of course, of no account. Moreover, they are very delicate, and to breed bantams successfully is a very difficult matter.

THE GARDEN.

Preliminary Work.—When a new house has been taken, the garden is sure to require a great deal of clearing up, no matter what the season may be, for a tenant seldom takes much care of it when he intends to leave. At the same time, it is just as well not to be in too great hurry to make sweeping changes. Very often what at first sight seems a senseless block has been carefully prepared to screen an objectionable background, or to shield an exposed corner from the violence of the weather. It is always safe, however, to attend to the paths and edging, to sweep up all litter, and to make a clearance of workmen's débris.

Walks.—Nothing looks worse than untidy walks, and it is labour well repaid to weed the gravel, dig it up lightly, and roll it down again. Salt is useful, but it is apt to make the ground damp. The coarsest rock-salt is the most suitable. Weed-killers are good, but, being poisonous, should be used with caution.

Edging.—The edgings are sure to require attention. In a well-laid-out garden they should match the general design. Box always looks best in an Elizabethan corner, while tiles are sometimes more appropriate for defining the gravel paths. In some respects box is apt to be troublesome. It needs clipping in the spring, and in some soils soon becomes ragged, while it is a veritable paradise for noxious insects and slugs. When box does not thrive, tiles should be substituted. They are easily renewed, and are not injured when any weed-killer is sprinkled on the paths. A blue Staffordshire tile forms a neat border, while many different patterns in terra-cotta can be procured at different prices. Even plain flat tiles can be used.

Laying Out.—In laying out, it is advisable to bear in mind the different points of view from which the general effect will be observed, and to try to get as pretty a view from the drawing-room window as from the front walk. Simple arches covered with creepers, such as honeysuckles, roses, clematis, or even annuals, such as canary-creepers, make effective screens to shut off the vegetable garden, and add much to the apparent size of the grounds.

Shrubberies.—Evergreen shrubs make an excellent background if they are a good selection and kept within bounds. The only hope for ragged shrubs is to cut them right back to make new growth. Common laurel and laurustinus can be recommended for exposed portions, and are easily kept trimmed. Berberis, aucuba, box, euonymus, rhododendron, and holly

as evergreens, and roses, Forsythia, *Pyrus japonica*, Syringa, lilac, and Deutzia as deciduous flowering shrubs, may be used.

Drainage.—A good many gardens are ruined by want of attention to drainage. The percolation of water through the soil regulates the supply of nourishment to the roots, a matter which is of the utmost importance. The longer the drain the larger the pipe should be, so that the draught of water may keep it clear. Drains should be laid on the subsoil with a slight fall, the depth depending on the nature of the top soil. In heavy land they should be close to the surface. Shallower light land requires no draining. It is useless to attempt to drain a damp hollow by running pipes through the centre of it: they should be placed along the slope. The proper method of laying pipes is, to put them end to end, and then to cover them with straw and twigs before the soil is returned to the

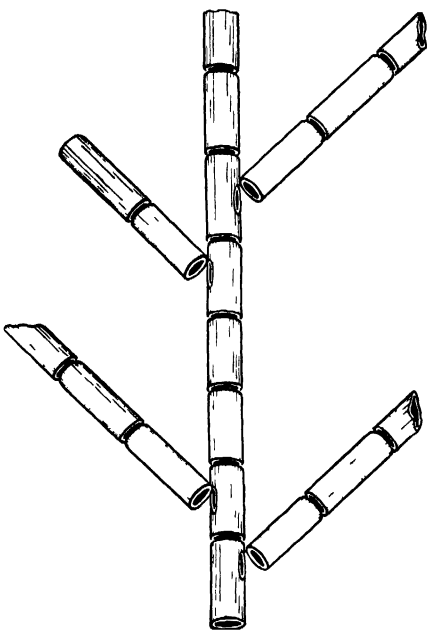


Fig 323 How to lay Land-drains

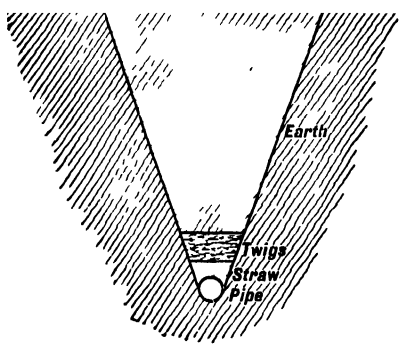


Fig. 324 —Section of Cutting for Drain refilled

trench (figs. 323 and 324). Although the work is practicable at any time, it is best done in winter, when the ground is more or less vacant. Unless the fall is very decided, however, it is far from a simple matter, and the advice of an experienced man should be obtained if possible.

The Lawn.—The laying down of a lawn will be dealt with later, but where one already exists attention should be given to it at once if in a weak or patchy condition. Nothing but constant cutting and rolling for generations can bring turf to the velvety condition of the Oxford quadrangles, but it is wonderful how soon grass may be improved by carefully forking over the hard patches—raising them slightly without breaking the surface more than can be avoided. A bundle of sharp thorns, fastened to a hurdle and weighted, or an iron rake, should then be dragged backwards and forwards over the surface. Finally, a rich compost, well sifted, should be given as a top-dressing, 5 per cent each of lime, wood-ashes, and soot being added to the manure. Nitrate of soda and superphosphate of lime,

at the rate of two or three ounces to the square yard, may be watered in as the grass begins to push through the dressing. Both are strong stimulants. Where the lawn is coarse through neglect, all that can be done is to keep the grass very short, and to sow with the compost seeds of the finer kinds of grass.

Paring and Burning.—If weeds have overrun a plot which cannot be trenched, or if grass land is to be reclaimed, the whole of the top soil, to a depth of about two inches, should be pared off with the spade and burnt. The burnt earth and ashes form a most valuable dressing, especially for clay. Much depends upon the amount of rubbish mixed with the earth as to how it will burn, but if a good pile is collected, there should be no difficulty. Start the pile with straw or paper, and around place a circle of sticks, wigwam fashion. Over these some rubbish should be laid, and then a layer of earth, a hole being left for the admission of air. When the fire is well lighted, the hole may be closed, and the remainder of the earth clamped round, with occasional shovels of coal-dust if the quantity is large. This heap will go on smouldering for days, and when it is opened the fire will be found to have burned its way right through.

Trenching.—As regards neglected or vacant plots in the vegetable or flower garden it is an excellent plan to dig or trench the ground for the winter, leaving it in ridges in order to expose as much as possible to the weather. This helps to aerate the soil and to render it friable and better for the plants.

Seed-beds.—No time should be lost in preparing plots for seeds of the various plants that will shortly be required according to the season. The matter is dealt with under "Vegetables" and "Flowers".

Clearing and Digging.—All old crops should be cleared off and the ground roughly dug over. Digging is said to be the finest exercise for the dyspeptic that is known. The spade should be driven perpendicularly into the soil, not slantingly, and the sod should be turned right over. The proper method is to wheel away the first row of sods to the end; the second row then takes the place of the first after the operation of digging, and the first row takes the place of the last. This is the only way to keep the land level without the use of a rake

Garden Tools.—These general remarks on the preliminary work in a garden may conclude with a list of the more useful tools and appliances, and their approximate cost.

Spade, 2*s.* 6*d.* to 3*s.* 6*d.*; fork, 2*s.* 6*d.*; rake, 1*s.*, hoe, 1*s.* (it is best to purchase handle, and several blades to fit); birch broom, 8*d.*; barrow, about 25*s.*; lawn-mower (10-inch mower), rather over £2; hedge-clippers, 3*s.* 6*d.*; syringe (good), 10*s.* 6*d.*; cans (1 gal.), 2*s.* 3*d.* or (2 gals.) 3*s.* 3*d.*; pruning-knife, 2*s.*; budding do., 1*s.* 6*d.*; trowel, 9*d.*; roller (diameter 20 inches, length 22 inches), £2, 16*s.*; thermometer (minimum), 3*s.*; ladder, 6*d.* per round up to 30.

Appliances.—Tiles are 9 inches in length, and cost from 12*s.* to 15*s.* per 100, according to design. Drain-pipes are sold to size. Galvanized arches

cost from 4*s.* 3*d.*; rustic arches from 12*s.*; nails for walls, 14*s.* per cwt.; raffia for tying, 9*d.* per lb.; cork, 14 lbs., 2*s.*; cocoa-nut fibre, 1*s.* per sack; pots (an amateur's collection of 200, various sizes), 10*s.*; bamboos (2 feet), 2*s.* per 100, or (4 feet), 3*s.*

Manures, &c.—Rotted stable manure is best for all ordinary purposes. If special manures are needed then the following may be used:—Nitrate of soda costs 15*s.* per cwt.; sulphate of ammonia, 16*s.* per cwt.; superphosphate, 6*s.* per cwt.; guano, 15*s.* 6*d.* per cwt.; salt, 2*s.* 6*d.* per cwt.; weed-killer, 1*s.* per gal., to make 25 gals.

THE VEGETABLE GARDEN.

The supply of good fresh vegetables is so important to the health of a household, that it is no wonder that the kitchen-garden holds an important place in the average householder's mind.

Undoubtedly the secret of success lies in careful cultivation and forethought. It is of no use to leave the vegetable garden to the last minute, and then rush in a large number of crops. The result would probably be miserably poor, and most of the plants would come to maturity at the same time, go off together, and leave the kitchen unsupplied till a second crop could mature.

Succession of Vegetables.—What should rather be aimed at, however small the available space, is to procure a regular succession all the year round, and the table on the next page shows how this may be done.

Cropping.—For all these vegetables less space is required than is often supposed. Two or three crops may be grown on the same plot in the year, sometimes even two concurrently. For instance, when the earliest potatoes, planted in February, are lifted in June, the lettuces sown in the seed-bed in April or May will be ready for transplanting to the cleared ground, and when they are cut in August, savoys can be planted in their stead. Again, the main crop of potatoes is lifted in September, but there is no reason why young kale, Brussels sprouts and broccoli should not be dibbled between the rows in July and August. The potato haulms will shade the young plants from the fierce sun, and if the work is carefully performed the removal of the tubers will not injure them.

Culture.—The great thing is to keep the soil always clean and in good heart. Weeds take as much from the ground as a crop, and must be kept down: but even if the hoeing is well done it is only natural that constant and heavy cropping must exhaust the fertility of the land, so that it is of the utmost importance to pay attention to cultural operations and manuring. By cultural operations is meant the thorough deep digging of the soil between the crops. The spade or fork must go down at least a foot below the top soil and break it up. Trenching and rough digging in the autumn is of the greatest value, because of the action of frost in breaking

up and sweetening the soil, thorough pulverization being as valuable as a coat of manure. Nothing can be grown properly in clods; the fine roots have no chance.

TABLE OF VEGETABLE CROPS (OUTDOORS).

MONTH	TO SOW.	TO PLANT OUT.	VEGETABLES READY FOR TABLE.
January	Peas, Spinach	...	Cabbage, Celery, Endive, Savoy, Sprouts, Parsnips
February.....	Broad Beans, Cabbage, *Celery*, Lettuce, Peas	...	Cabbage, Cauliflower, Endive, Savoy, Turnips
March. .. .	Broad Beans, *Tomatoes*, Cabbage, *Celery*, *Cauliflower*, Lettuce, *Marrow*, Onions, Peas, Potatoes, Radishes, Spinach, Sprouts	Lettuce	Cabbage, Broccoli, Endive, Lettuce, Savoy, Turnips
April... .	Broad Beans, Beans (French), Beans (Scarlet Runners), Broccoli, Cabbage, Carrots, *Cauliflower*, Lettuce, *Marrow*, Onions, Peas, Potatoes, Radishes, Spinach, Sprouts, Turnips	Cabbage, Lettuce, Sprouts	Cabbage, Broccoli, Lettuce
May . .	Broad Beans, Beans (French), Beans (Scarlet Runners), Beet, Broccoli, *Cauliflower*, *Cucumber*, Lettuce, *Marrow*, Peas, Potatoes, Radishes, Turnips	Cabbage, Celery, Lettuce, Marrow, Sprouts	Cabbage, Lettuce, Radishes
June..... .	Beans (French), Cabbage, Endive, Lettuce, Radishes, Savoy, Turnips	Cabbage, Cauliflower, Cucumber, Lettuce, Marrow, Sprouts, Tomatoes	Broad Beans, Lettuces, Peas, Potatoes (earliest), Radishes
July.	Cabbage, Endive, Lettuce, Radishes, Savoy, Spinach, Turnips	Cauliflower, Lettuce, Marrow, Sprouts	Beans (all sorts), Broccoli, Lettuce, Marrow, Peas, Potatoes (come in and continue), Radishes
August .	Cabbage, Cauliflower, Endive, Lettuce Onions	Cabbage, Winter Kale, Lettuce	Beans (sorts), Cauliflower, Carrots, Cucumber, Lettuce, Marrow, Onions, Peas, Radishes, Spinach, Tomatoes, Turnips
September..		Cabbage, Lettuce, Savoy	Beans (Fr.), Beet, Cauliflower, Cabbage, Carrots, Celery, Cucumber, Lettuce, Marrow, Peas, Radishes, Spinach, Tomatoes, Turnips
October ..		Cabbage, Broccoli, Savoy	Beans (French), Beet, Broccoli, Cabbage, Carrots, Celery, Cucumber, Lettuce, Marrow, Spinach, Tomatoes, Turnips
November...			Beet, Cabbage, Celery, Endive, Sprouts, Turnips
December...			Cabbage, Winter Kale, Celery, Endive, Sprouts, Turnips

Note.—When the name is printed in italics, the seeds should be sown in heat.

Manuring.—It is important to remember that manure has a less enduring effect on light than on heavy land, for the simple reason that it soaks away sooner. Moreover, as no plant likes to come into direct contact with hot raw manure, the heaps must be allowed to decay before being put on the land. Nevertheless, it is not well to allow decomposition to go too far; firstly, because much valuable matter evaporates into the air in the process: and secondly, because, on heavy land especially, the longer straw tends to keep the soil open and prevents its getting "clung". Celery trenches are an excellent medium for manuring the land, and where much celery is grown, if the trenches are well manured and the roots earthed up for winter, there is sure to be a good crop the following year

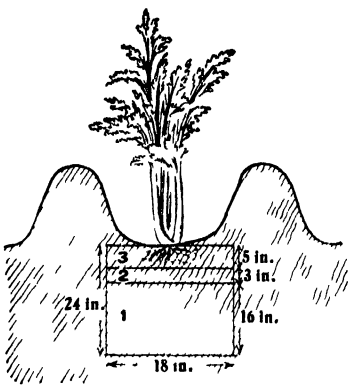


Fig 325 Celery Trench 1, Manure, 2, Leaf mould 3 Ordinary Soil

Artificial manures are useful, but should be used sparingly. They are excellent for ridding the ground of many injurious insects, which farmyard manure has a tendency to encourage. Nitrate of soda is to be recommended for any green foliage crop, while for leguminous plants, such as peas or beans, the object should be to supply phosphates, as such plants obtain their nitrogen from the air

SOME GOOD VARIETIES OF VEGETABLES

	EARLY	MAIN CROP	LATE
Broad Beans	Early Long Pod	Green Windsor	
French Beans	Early Long podded Negro	Canadian Wonder	
Cabbage	Ellam's Early Dwarf	Drumhead	Enfield Market
Carrot	Early Scarlet Horn	James's Scarlet Intermediate	
Lettuce	Brown Bath (autumn sown)	Drumhead	All the year round
Onion	Bedfordshire Champion (spring)	James's Keeping	
	Giant Rocca Tripoli (autumn sown)		
Peas	Kentish Invicta	Dr Maclean	Walker's Perpetual
	American Wonder	Telephone	
Potatoes	Early Rose	Up to Date	
	Ashleaf	Sharpe's Victor	
Tomatoes.	Trophy	Conference	

Hints on Vegetable Culture.—Naturally, different kinds of vegetables require different treatment For the benefit of the amateur gardener, a few hints are given on the special culture of each.

Beans, Broad.—Beans do well on most soils Sow in rows 3 inches between the plants, and 1 foot between rows Nip off the tops when the flowers begin to fall

Beans, French.—Sow French beans in rows 2 feet apart and 3 inches between the seeds. Thin if necessary

Beans, Runner.—For runner beans sticks or trellis-work are required. They form an excellent blind to cover unsightly spots. The rows should be 3 feet apart.

Beet.—Sow in drills 1½ foot apart. Thin the young plants out to not less than 9 inches apart. Take up in November and put into a clamp.

Broccoli, Cabbage, &c.—Sow in boxes or on seed-bed. Thin the young plants early, and transplant when ready for their final move. Plant out from 1 to 2 feet apart.

Carrots.—Thin early, and pay special attention to weeding. The finest carrots are grown where the most attention has been paid to getting the soil fine. The drills should be about 1 foot apart, and the seed scarcely covered (see fig. 326).

Cauliflowers.—Raise in gentle heat. The late sowing in August is only recommended to those who can protect in winter.

Celery.—Raise in gentle heat. Prick out in rich soil in boxes, and finally transplant to well-manured trenches. Give plenty of water, and earth up to blanch.

Cucumber.—Raise in heat. Plant in warm bed of manure, covered with soil. Give plenty of water.

Endive.—Thin out when grown to a foot apart, and cover with inverted pots to bleach.

Lettuces.—Transplant from the seed-bed to 9 inches apart each way. Never allow them to go to seed, as they spoil the ground. Quick growth is essential: therefore they should have rich soil, plenty of water, and a sunny situation. After May the seeds should be sown as recommended for carrots, and the plants thinned.

Marrows.—An old manure-heap or rubbish-corner in the sun, where there is plenty of rich, decayed vegetation, suits this plant. Give plenty of water in hot weather.

Onions.—A good seed-bed is essential. The soil should be well manured, fine but firm. Sow in rows 8 inches apart, and thin out to 4 inches.

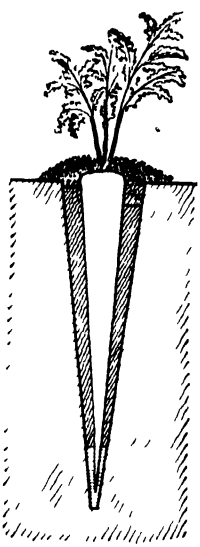


Fig 326.—Section, showing method of growing Parsnips and Carrots in Heavy Ground

Peas.—Rich soil suits peas well. Dwarf varieties need no sticks. Early peas are much attacked by birds, and need protection. Dress the seeds with red-lead before sowing, if mice are troublesome. Sow in rows 4 feet apart, and occupy intervening space with spinach, lettuces, or radishes.

Potatoes.—Plant the "sets" a foot apart, with 2 feet between the rows. Two or three eyes on each tuber are more likely to produce a good crop than a whole potato with many eyes. Potatoes need to have the earth drawn round them with the hoe when the young tubers begin to form.

Radishes.—Sow in rich ground and give plenty of water.

Spinach.—Sow in drills 1 inch deep and 1 foot apart. Cut when ready, and leave bases for second and even third crops.

Tomatoes.—Tomatoes may be successfully grown out of doors. The culture is similar to that of those grown under glass, described later, except that the young plants need gradual hardening off before being transplanted. If the soil is good no further manure will be needed. Pinch out all laterals, and, when the plants have made three bunches of bloom on a single stalk, stop the main stem. Remove only such leaves as shade the fruit that is beginning to change colour, and continue to pick off all lateral shoots. Tomatoes should be supported by being carefully, but not tightly, tied to firm sticks.

Turnips.—Dress with soot, and water freely in hot weather to keep off the fly. Thin out to a distance of 8 inches.

Asparagus Culture.—Of the vegetables which occupy the same ground year after year, asparagus is the most important. To grow it well, the land must be thoroughly cleaned and manured richly. If the soil is heavy, it is wise to raise the beds, which should be 5 feet wide, with intervals of 3 feet between. Two-year-old plants are the best. They should be procured from some nurseryman—in the neighbourhood, if possible, for if left long out of the ground they are apt to die. Put three rows on each bed, the outside rows at a distance of 18 inches from the centre. Plant in March at a depth of 3 inches and water freely. Mulch heavily with manure every spring, and the bed will produce well for many years. It is not advisable however, to cut the first year after planting. Dress the beds every February with salt. Do not cut after June.

Sea-kale.—April is the month for making up a sea-kale bed. Rooting plants should be set in threes, 6 inches apart, and a yard between each group. Pots should be placed over these crowns, and manure or decaying vegetation stacked round to force the shoots. Unless they are kept in complete darkness, they will not be properly bleached.

Rhubarb.—Rhubarb should be treated in much the same way as sea-kale.

Fig. 327.—Section of Forcing-tub with Manure

About March outdoor uncovered rhubarb may be mulched and afterwards heavily watered with liquid manure to force the growth. Early rhubarb is obtained by manuring the plants in the previous summer, and about January

placing barrels or pots over the crowns, and stacking hot manure round the outside. Under glass the earliest rhubarb is easily forced over the pipes.

THE FRUIT-GARDEN.

If properly managed, fruit should be available all the year round. With care in gathering and storing, it is comparatively easy to keep up a supply of apples and pears till the end of March. April and May are two difficult months to provide for, and during that period the ordinary amateur must not expect to have much beside late apples and green fruits. June brings with it strawberries and cherries, and from that time onward there should be no lack of fruit till after Christmas.

Proper Succession of Fruit.—For a proper succession, early, main crop, and late varieties should be grown. By means of south and north walls, the fruiting of early and late sorts can be prolonged further. For instance, red currants, if trained on a north wall and protected by nets from the birds, ripen later and hang some weeks longer than those grown in the open. On the other hand, in warm sunny ground under a south wall, strawberries will be ripe in May, while later varieties on the north side may be kept back till late in July. In the same way it is possible to gather raspberries continuously from July to the end of September. The following table will show when the different fruits should be procurable if a proper method of succession be carried out.

TABLE OF SEASONABLE FRUITS.

(Each month during which a fruit is in season is marked with a ×.)

Fruit.	Jan.	Feb.	Mar.	Apr.	May.	June.	July.	Aug.	Sept.	Oct.	Nov.	Dec.
Apples	×	×	×	×	.	.	.	×	×	×	×	×
Apricots	..	.	...	...	.	..	..	×	×	...	...	...
Blackberries	...	...	...	..	...	.	...	×	×	×	...	...
Bullaces	...	...	..	...	...	...	...	...	..	×	×	×
Cherries	...	...	...	...	..	×	×	×	×	...	...	...
Currants (Black)	...	...	...	...	...	..	×	×	...	...	...	...
Currants (Red)	...	...	...	...	...	...	×	×	×	...	...	..
Currants (White)	...	..	...	...		..	...	×	×	...	...	...
Damsons	...	...	...	...	..	...	..	...	×	×	...	...
Figs	...	..	...	...	...	...	×	×	×	...	...	...
Filberts	×	..	...	...	...	...	...	...	...	×	×	×
Gooseberries	..	...	..	...	×	×	×	×	.	...	...	.
Grapes (outdoor)	...	...	...	...	...	...	...	...	×	×	×	...
Grapes (indoor)	×	...	...	..	...	...	...	×	×	×	×	×
Greengages	..	...	...	...	...	...	×	×	...	...	...	...
Nectarines	...	...	...	...	...	...	×	×	...	...	.	...
Peaches	...	...	...	...	...	...	...	×	×	×	...	...
Pears	×	×	×	×	...	...	...	×	×	×	×	×
Plums	...	...	...	...	...	...	...	×	×	×	...	...
Raspberries	...	...	...	...	...	...	×	×	×	...	...	...
Strawberries	...	...	...	...	×	×	×	...	...	...	...	...
„ (Perpetual)	...	...	...	...	×	✓	✓	×	×	×		.

Planting Fruit-trees.—As fruit-trees do not begin to bear until they are three or four years old, it is far better to purchase than to attempt to raise them. The old-fashioned method of making an orchard was to dig a number of holes, fill them with rich earth, and plant the young trees in them. Such a method is radically wrong for many reasons. The water draining into these holes from the surrounding ground soon makes the earth in them sodden; the roots spread downwards instead of keeping near the surface; and the added manurial soil generally becomes sour before the rootlets can pass through it. The following system is more rational. The ground should be trenched to a depth of 2 feet, and well manured, the trees planted so that surface-rooting is encouraged. The illustration shows how trees are sometimes planted with a slate under the roots to force them into a lateral rather than a vertical direction, so that they may find the richest food. This is done only when the soil is deep. During frost it is customary in some nurseries to dip the roots into a thick clayey mixture so that the fine fibres may be protected by a thin coating of mud. In such cases the roots should be well soaked in water before being planted. Prune away broken fragments, and arrange the root horizontally and regularly. Press the earth firmly about the tree, and mulch the surface with manure as a protection against frost and drought. Every tree should be carefully staked to keep it upright and firm until well rooted. November, if the weather is open, is the best month for planting.

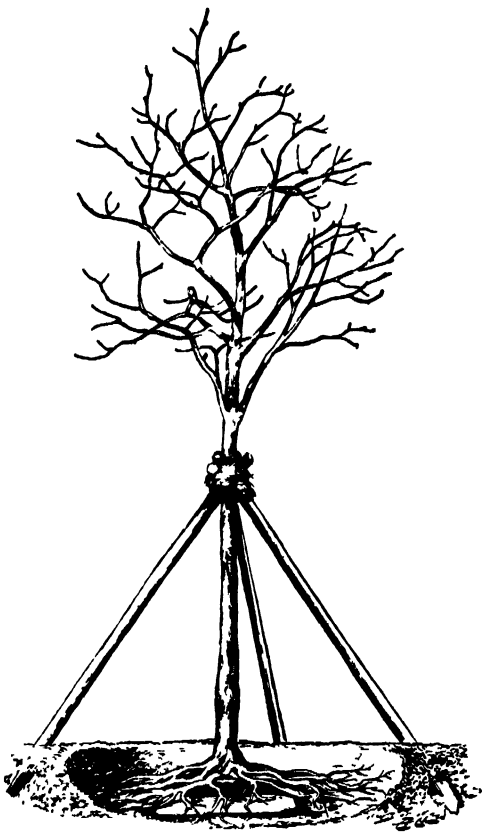


Fig. 328.—Method of Planting Fruit-tree.

Mulching.—Mulching is so important that it deserves special attention. All kinds of trees and plants are the better for it. Rotten manure, straw, litter, leaves, or any similar substance will answer the purpose, and should be spread on the surface under which the rootlets are running in spring. All water and dressing are then applied through the mulch.

Pruning.—When a young tree is established it usually requires occasional pruning. Every summer it forms leaf-shoots and fruit-spurs; the

object of pruning is to encourage the formation of the latter, and to ensure a proper shape. The method adopted depends upon the object aimed at—whether the tree is a standard, a cordon, or an espalier. Orchard trees require little or no pruning.

Currant-bushes require pruning in September. The red and white currants should have the leading shoot on each stem cut back to a length of 6 inches, all the side shoots being shortened to 2 inches. All shoots from the root or suckers should be removed at the same time, unless it is desired to leave one or two to replace worn-out stems. Fruit-trees, and especially currants, should be kept well open in the centre, so that the air can circulate among the branches. The black currants fruit on the wood made the previous year, so that pruning in their case should be confined to thinning the shoots and shaping the bush. Gooseberries require the same treatment as black-currants.

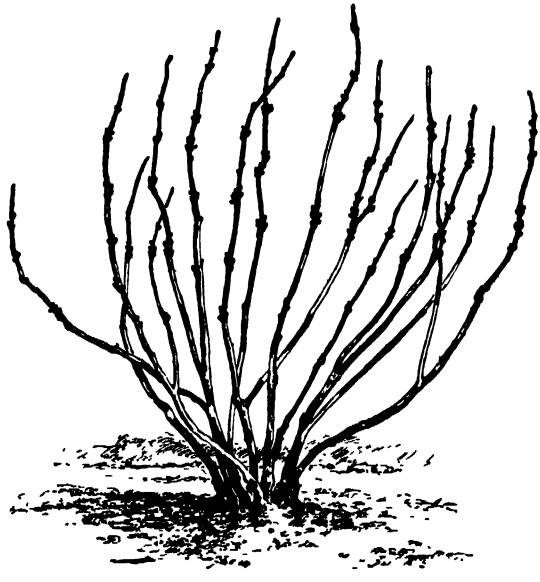


Fig. 329.- Well-shaped pruned Red-Currant Bush.

Training Fruit-trees.—The principal methods adopted for wall-fruit trees are the fan, horizontal, oblique, and cordon; in open ground, espaliers, pyramids, bushes, and standards are the shapes usually grown. At one time it was the fashion to grow large standard trees, but, except for orchards, bush or dwarf trees (fig. 336) now find favour. They are especially suitable for an amateur's garden, as a heavy crop is more speedily obtained and the trees are neat and compact, besides which they can be set so much more closely, a greater variety being thus grown on the same area. Fan training, horizontal training, and oblique training are illustrated and described in figs. 330–333. Fan training, or some modification of it, is generally adopted for stone-fruits, such as the peach, apricot, cherry, and plum. Horizontal training is largely employed for pear-trees and sometimes for apples, both on walls and espaliers. Fig. 332 shows this method of training as applied to espaliers, which are most to be recommended for dividing one section of the garden from another. The pruning is the same as that recommended for other kinds, except that the leading shoots are allowed to run as far as may be required and are then stopped. Oblique training is suited for weak-growing varieties. Cordons are grown on single stems, which may be either upright, horizontal, or oblique, as illustrated in fig. 335. Each shoot is allowed to make only

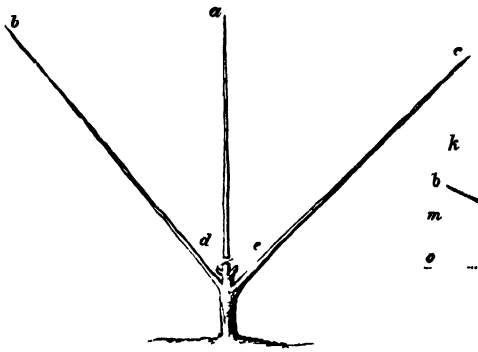


Fig 330.

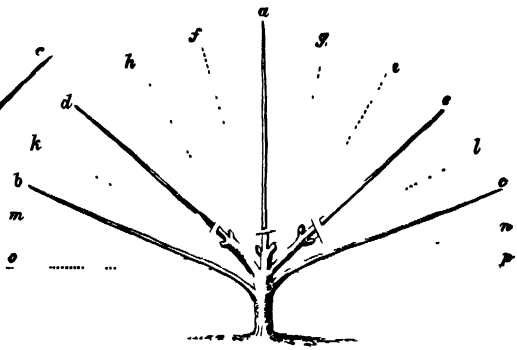


Fig 331.

Fan Training

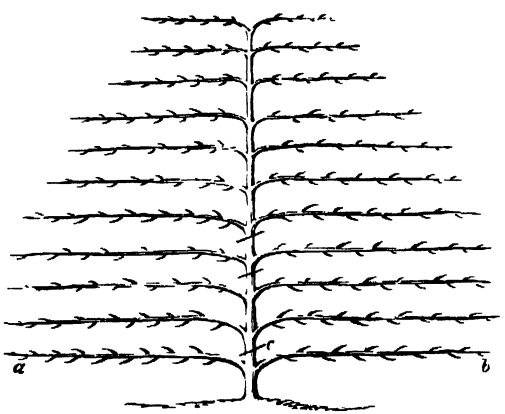


Fig 332 Horizontal Training

Fan Training This mode of training may be started as in Fig 330, where the tree is supposed to have made its first three shoots. At the winter pruning, *a* is cut over above three suitably situated buds, one to form a new upright leader, the others, *d* and *e* to give rise to two side branches at a later stage (Fig 331). *b* and *c* are lowered, their place being occupied by the two new shoots from *d* and *e*. These in turn are shortened above buds which give rise to the branches *k*, *l*, *h*, and *i*; while the leader, cut back at the same time, produces from the buds below the section two shoots, *f* and *g*

Horizontal Training.—Fig 332 When the young plant consists of a single upright shoot or stem, it is cut down, as at *c*, above three buds, situated at the proper height for originating the two lower horizontal branches, *a*, *b*, and the third one for the upright leader. The branches *a*, *b*, are first trained at some elevation, in order to promote free flow of sap, but are afterwards bent down At the next winter pruning the distance between the courses of horizontal branches being determined, two buds, one on each side, a little below that distance, are selected, and at one bud above these the upright shoot is cut over These three buds give rise to a second pair of horizontals and an upright stem. By a similar mode of proceeding all the horizontal branches are successively originated.

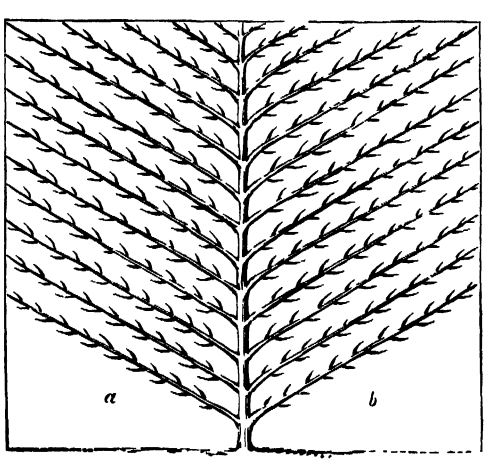


Fig 333. Oblique Training.

Oblique Training (Fig 333) is similar to horizontal training, the only difference being that the branches are made to start upwards

fruit-spurs, and the trees should be pruned at least twice in the year. In July the shoots should be shortened and thinned, and in the autumn

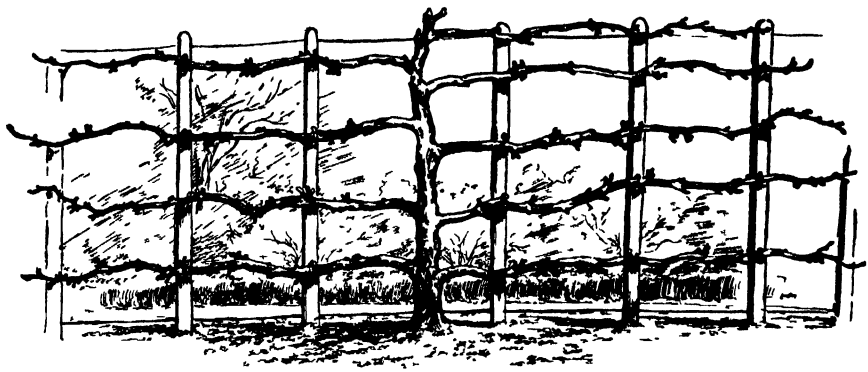


Fig 334.—Fruit tree trained as an Espalier

cut back to a bud pointing in the direction the next shoot is desired to take. Pyramid trees are familiar in most gardens. As the name

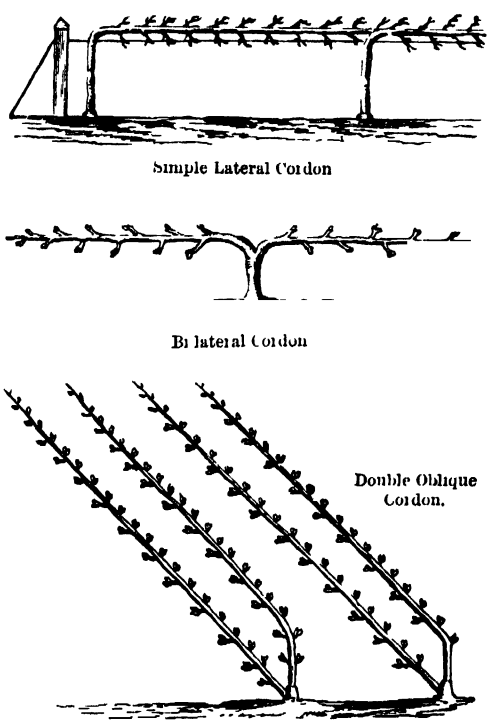


Fig 335 Methods of training Cordons

implies, they are pyramid-shaped, or rather, cone-shaped. In pruning, the aim should be to keep the tree well balanced and open. If the growth

Cor on Espa er Pear Tree horizontally trained

HODS TR G FRUIT TREES

is unduly woody this should be checked by root-pruning. Severe pruning of the shoots only increases the evil; a check to the growth is necessary if short fruit-bearing shoots are wanted. For ordinary purposes the bush or pyramid form is most convenient, and far less difficult to manage than the more highly-trained forms.

Stocks for Fruit-trees.—The stock is the plant on which the fruit is budded or grafted. In selecting trees, care should be taken to obtain apples on the paradise stock (fig. 336), pears on quince, cherries on mahaleb.

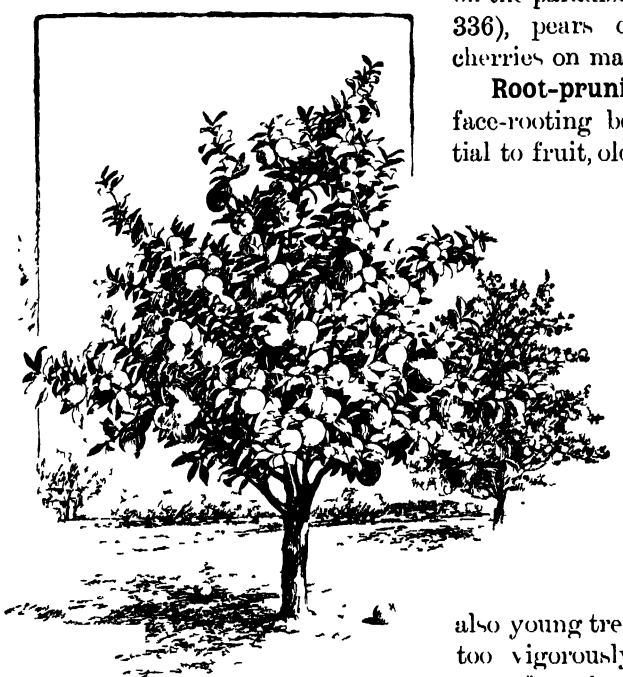


Fig. 336.—Dwarf Tree on Paradise Stock

Root-pruning.—Surface-rooting being essential to fruit, old trees and also young trees growing too vigorously to wood are often improved by root-pruning. To perform this operation, at a distance of four feet from the bole dig round and under one half of the tree, severing all roots. Replace the old soil with a fairly rich compost for the new roots to run into, and treat the other side of the tree in the same way in the following year. Root-pruning should be done in winter, but not in frosty weather.

Budding and Grafting.—For those who prefer to raise their own fruit-trees a few brief directions as to the methods of budding and grafting are given. Old trees, by means of grafting, can be made to bear good fruit, and where space is limited and trees already exist several kinds can be budded on one stock. Budding is performed in July, preferably in showery weather. It consists in taking a bud from a good tree and uniting it to a stock grown for the purpose (fig. 337). Select a bud on the year's shoot, about the middle of the shoot. Cut it out with a portion of bark. With the reverse end of the budding-knife separate the bark from the wood, and the bud is ready. Cut across the stock transversely and laterally,

forming a T-shaped cut. Raise the bark with the haft of the knife, slip the bud under the bark, and bind firmly with matting. The more quickly the operation is done the more likely it is to succeed. As soon as the bud makes a shoot four inches long, cut back the original stock to the point at which it was budded.

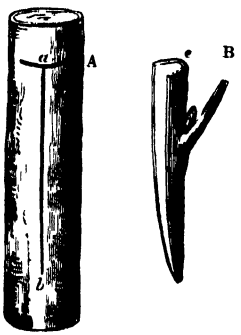


Fig. 337.—Shield-budding or T budding. A, Stock with T-shaped cut, *a b*. B, Bud ready for insertion.

Grafting is done when the sap begins to run in the spring, and is especially useful where budding has failed. There are several methods, but it will suffice to explain one, the simplest—cleft-grafting (fig. 338). Select a shoot of well-ripened wood, cut it off with a sharp knife, and shave the cut end like a wedge, leaving the bark down the outer edge. Cut across the top of the stock and slit down. In the slit insert the wedge so that the bark of both stock and scion correspond and fit. Bind firmly, make a pear-shaped ball of clay, similar to a plumber's join, outside the juncture, and cover with a piece of cloth, which must be kept damp. Do not remove the binding till the shoot is four months old, otherwise it may be blown out. Instead of the clay, it is better to use a mixture composed of resin 1 lb., and bees'-wax 1 lb., with sufficient lard or tallow to soften it so that it can be readily moulded with the hand.

This method serves when the operation is performed upon old trees with thick branches. When the stock is young, with a stem no thicker than the scion (graft) to be used, side-grafting is preferable. The stock is sliced diagonally, and the scion cut in the same manner, so that the two fit perfectly, at least on one side, bark to bark. They are then bound firmly with matting or grafting cotton, and clayed over as recommended for wedge-grafting.

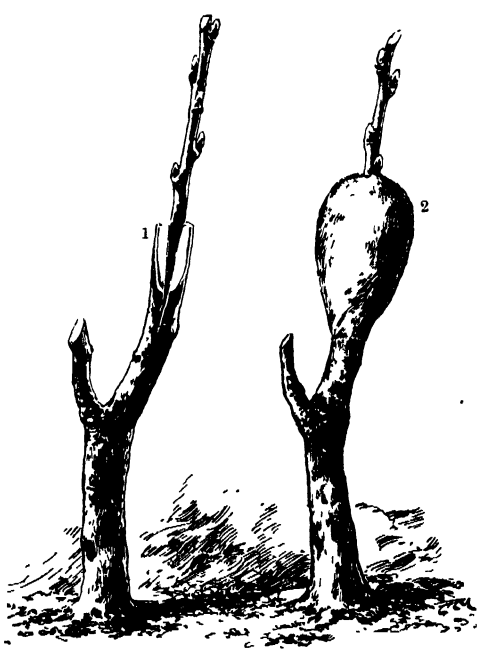


Fig. 338.—Cleft-grafting. 1, Scion inserted in Stock, 2, the joint covered over with resinous mixture or grafting clay.

Strawberry Culture.—Strawberries do best in a nice warm situation with a strong soil; if a succession be desired, the early varieties should be planted in a warm corner under a south wall, and the later kinds in a more exposed position. As soon as the plants have fruited, the runners,

if not wanted for propagation, should be cut off, and the crowns encouraged to ripen. Strawberries should be heavily mulched in the spring, and in dry weather they are the better for plenty of stimulant mixed with the water. When the fruit begins to form, clean straw should be laid over the manure in order to protect the berries from dirt and splashing. When making a selection for a new bed, always take the first runner and the little plant nearest the parent. If these plants are carefully dug up with a trowel, and planted in rows in August, they should produce fruit the following year. The best strawberries are grown on plants from one to two years old. After the third year they should be replaced with young plants.

GOOD VARIETIES OF FRUIT.

	Early.	Main.	Late.
Apples, Dessert	Duchess of Oldenburg Mr. Gladstone Irish Peach	Cox's Orange Pippin Kerry Pippin D'Arcy Spice	Lord Burghly Sturmer Pippin Golden Harvey
Apples, Culinary	Ecklinville Seedling Pott's Seedling Keswick Codlin	Blenheim Orange Stirling Castle	Wellington New Northern Greening Bramley's Seedling Lane's Prince Albert
Cherries	May Duke Early Rivers	Black Heart Kentish Red Elton	Morello
Currants (Red)	Red Dutch La Fertile	Raby Castle La Versaillaise	
Currants (Black)	Black Naples	Lee's Prolific	Black Grape
Currants (White)		White Dutch	
Gooseberries	Early Sulphur Keepsake Crown Bob	Warrington Keep-this Pitmaston Gage Whitesmith	
Nectarines	Lord Napier	Pine Apple Newton	Victoria
Peaches	Early Beatrice Dr. Hogg	Grosse Mignonne Walburton Admirable	October
Pears	William's Bon Chrétien Jargonelle Fondante d'Automne Beurré d'Amanlis	Doyenne du Comice Duromdeau Marie Louise Glou Morceau	Catillac Winter Nelis Easter Beurré
Plums	Rivers Early Prolific Early Orleans	Victoria Coe's Golden Drop Jefferson's Greengage	Monarch
Raspberries	Carter's Prolific Prince of Wales	Yellow Antwerp Superlative	October Red October Yellow
Strawberries	Black Prince Keen's Seedling Royal Sovereign President	Elton Pine Sir Joseph Paxton British Queen Dr. Hogg	Lord Napier Waterloo St. Joseph (Perpetual) St. Anthony

THE FLOWER-GARDEN.

However difficult it may be to obtain a regular succession of fruit and vegetables, there is no reason why anyone with a little space should not have flowers all the year round. There are abundant kinds to choose from, and some for every month in the year.

The flower borders and front portion of shrubberies should be planted with hardy perennials, such as anemones, sunflowers, phloxes, chrysanthemums, Michaelmas daisies, peonies, penstemons, and œnotheras. These are easily established and almost take care of themselves. They yield abundance of flowers all through the summer. For ribbon borders and beds in the lawn what are known as bedding plants, *i.e.* geraniums, heliotropes, lobelias, and calceolarias, are suitable. They may be replaced in autumn with bulbs, such as hyacinths, tulips, daffodils, and crocuses, to flower in spring. By the use of such plants the garden is seldom without attraction. A judicious blending of the "bedding" plants with herbaceous perennials and annuals is by far the best way to make a flower-garden picturesque and interesting.

Bedding Plants.—These are planted in May or June. They are easily obtained at a cheap rate from nurserymen, or, if a greenhouse is available, they may be grown on from cuttings struck the previous autumn, and kept in a little warmth. They will be more appropriately dealt with later under "The Greenhouse". For bedding purposes, great numbers of annuals are also used. The seeds are very cheap, and with a frame it is easy to get the young plants ready early in the season.

Half-hardy Annuals.—The end of February is the time for making up the forcing-bed. About the third week in March it should be ready for the pans and boxes of seeds. Sowings should be made of petunias, verbenas, lobelias, *Phlox Drummondii*, stocks, zinnias, Indian pinks, asters, balsams, and ageratums. The list may be extended, but those named are all worth growing. Use light soil in the pans, and scatter the seeds on its surface, finally covering very thinly with mould. The pans and pots are better protected with pieces of glass, and shaded till the seeds germinate It is a great mistake to have too fierce a heat below. As soon as the seedlings appear, the shade should first be removed and then the glass. When the plants are established, but before they begin to grow spindly, they should be removed to a cool house and placed on a shelf near the glass. Keep them well supplied with water during this period. Before the seedlings are planted out, they should be gradually hardened by being exposed in the open air.

Hardy Annuals.—The usual way of sowing hardy annuals is to put in the seeds about April, the result being that the flowers all bloom together and fade together. It is better to make successive sowings, the first in September for blooming the following May, again in March for July, and so on till June for display in October. There are so many kinds that it

would be impossible to mention all, but here is a good selection:—Nemophila (blue), sweet alyssum (white), candytuft (white and crimson), dwarf nasturtium (scarlet), *Limnanthes Douglasii* (yellow and white), and forget-me-not (blue). These are about 6 inches in height. Godetias (white and scarlet), mignonette, calendula (orange), and Virginian stock (red and white) run to a foot, and viscaria, catchfly (blue), cockscomb (crimson), larkspur (various), from 1 to 2 ft. Love-lies-bleeding (crimson), cornflower (blue), lupin (blue and white), sweet-pea (various), and coreopsis (yellow) are all taller, from 3 to 4 feet. They should be sown very thinly where they are to grow, the shorter varieties in front and the others behind.

Biennials.—Among biennials, plants that are sown one year to flower the next, may be mentioned:—Canterbury bells (blue and white), 3 ft.; hollyhocks (various), 9 ft.; sweet-williams (crimson and white), 1 ft.; wallflowers (brown and yellow), 1 ft.; dianthus (various), 1 ft.; and foxgloves (various), 4 ft.

Perennials.—Of perennials the number is almost infinite. But every garden should contain the following, in addition to those already mentioned:—Monk's-hood (blue), 5 ft.; auriculas (dark crimson), 6 in.; campanulas (blue), 4 ft.; carnations (various), 2 ft.; columbines (various), 2 ft.; lily of the valley (white), 6 in.; gentians (blue), 6 in.; polyanthus (brown and yellow), 6 in.; pansies (various), 6 in., iris (white, blue, and yellow), 2 ft.; gypsophila (lilac), 2 ft.; cuckoo-flowers (scarlet), 3 ft.; dragon's-head (blue and red), 1 ft.; hellebores and Christmas-rose, 1 ft.; irises, 2 ft.; everlasting peas (pink), 4 to 5 ft.; snap-dragons (crimson and yellow), 2 ft.

Annual Climbers.—There are several useful annuals for training over trellis-work or arches. They include—Nasturtium (scarlet and yellow), Canary-creeper (yellow), *Convolvulus major* (various), sweet-peas.

The Growing of Flowers.—It is a good plan to cultivate at first only a few of the better-known sorts. Of course, the most important point to remember is the height of each plant. If the bed can be approached only from one side, the flowers should be ranged from the dwarfs on the edge to lofty dahlias or hollyhocks at the back; if it is a small circular bed, or one with paths all round, the tallest flowers should be in the centre. The second point requiring attention is colour. It is a mistake to mass too many colours at once; striking contrasts between two or three colours only are far more effective, except in very large beds. Small beds of one particular kind, in odd corners, are often charming. For instance, a little round or star-shaped bed of dark-scarlet geraniums on either side of an oblong of marguerites bordered with mignonette, is an exceedingly attractive contrast, and serves to heighten the special beauty of each flower individually. A bed of dianthus bordered by nemophila is another effective combination, while such flowers as petunias and verbenas, in all their varied colourings, are seen to much greater advantage if massed in beds by themselves than if mingled with other flowers. For a large bed, one might suggest the following scheme, working from the back to the border:—1, hollyhocks; 2, single dahlias, 3, cactus and double dahlias; 4, pompon

dahlias; 5, everlastings; 6, asters; 7, heliotrope; 8, ivy-leaved geraniums (dark-green leaves); 9, white lobelia.

Flowers for Shady Places.—In shady places, ferns, foxgloves, primroses, lily of the valley, pansies, ladies' slippers, London pride, Christmas-roses, and auriculas grow well. London pride, Forget-me-not, Anemone, and Narcissus are especially suitable for growing under large trees.

Flowers for Sunny Places.—Violets require a south aspect with much sunshine, if winter flowers are wanted; they should have a west aspect for later blooms. Flowers that do best in plenty of sunshine are wallflowers, phlox, fuchsias, stocks, balsams, sunflowers.

Useful Plants.—Useful plants which will flourish almost anywhere are sweet-williams, poppies, nasturtiums, columbines, coreopsis, aconites, and most of the true asters. Plants suitable for growing in clumps and filling up odd places are snap-dragons, foxgloves, gladiolus, Canterbury bells, single hollyhocks, iris, phlox, and the tall white, red, and orange lilies.

Where there are large spreading trees on lawns or grass-covered spaces, as in some of our old gardens, an exceedingly pretty effect may be obtained by planting narcissi, snowdrops, and crocuses haphazard, as it were, among the grass.

Some Less-known Beauties.—There are some flowers very little grown, which on account of their beauty certainly deserve a wider popularity. Of these *Dielytra spectabilis* well repays the grower, its pale-green foliage and rose-coloured heart-shaped flowers rendering it an object of considerable beauty. It will thrive in any moderately good ground, in a not too shady spot. Honesty is a most effective spring-flowering plant. Love-in-a-mist, with its delicate azure-blue flowers and fern-like foliage, is another beauty comparatively seldom met with. It requires good ground and a warm aspect to reach perfection. The deep-blue gentian (*Gentiana acaulis*) must be grown in a very sunny situation; it makes a brilliant and uncommon border. The fritillaries also should not be neglected. (See fig. 339.)

Flowers for Smoky Atmospheres.—In small town gardens it is often difficult to know what flowers to choose. Stocks, pinks, pyrethrums, phloxes, antirrhinums, penstemons, delphiniums, aubretias, and columbines can all be grown successfully even in a smoky atmosphere where the more delicate plants would have no chance.

Carpet-bedding.—Is there no place in the modern garden for carpet-bedding? There is one situation where it looks very effective indeed, and that is in formal beds on a lawn. A neat geometrical pattern should be first planned, and the colours selected to harmonize by arranging together a few of the plants available for the purpose. Then the work of planting may be begun, only the smallest and most compact growers being used, and these set closely together to cover the ground. The simplest arrangements are by far the most effective. Unless done with taste, it is better not to attempt a pattern, but to fill the beds with a jumble of colours. For breaking up the monotony of a broad stretch of green, carpet-bedding is an

admirable style of gardening, though for general purposes mixed borders are to be preferred.

A Rockery.—The construction of a rockery requires both taste and care. If odd stones from a quarry are easily obtained they alone should be used, but if the boles of felled trees can be had more easily a natural and picturesque arrangement can be made with them.

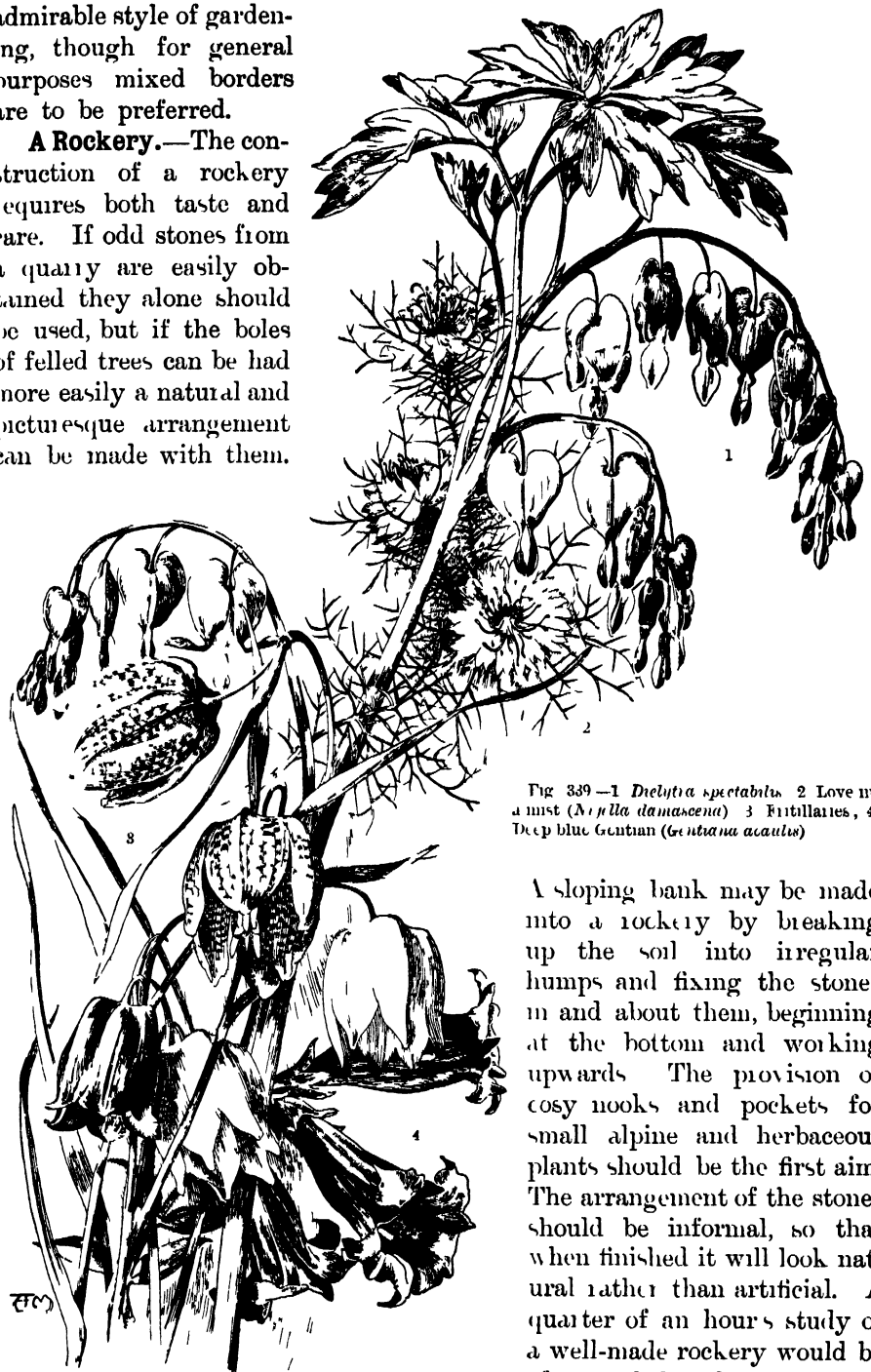


Fig 339.—1 *Dielytra spectabilis* 2 Love in a mist (*Nigella damascena*) 3 Fritillaries, 4 Deep blue Gentian (*Gentiana acaulis*)

A sloping bank may be made into a rockery by breaking up the soil into irregular humps and fixing the stones in and about them, beginning at the bottom and working upwards. The provision of cosy nooks and pockets for small alpine and herbaceous plants should be the first aim. The arrangement of the stones should be informal, so that when finished it will look natural rather than artificial. A quarter of an hour's study of a well-made rockery would be of great help. The tree-boles should be placed roots upwards, and arranged so as to avoid a stiff or

formal effect. By planting ground-ivy or the small-leaved ampelopsis here and there about them a nice effect is soon produced. Rockeries afford excellent positions for ferns. A heap of soil with pieces of brick or clinker stuck upon it is not a rockery, nor is it a suitable place for any plant, except Irish ivy to cover it as quickly as possible.

Rockery Plants.—Creeping-jenny, London pride (excellent for shady places), stone-crop cerastium, Christmas-roses, Alpine rockwort, snowdrops,

Fig. 340.—A Rockery

Linaria alpina, winter aconite, aubretias, primulas, auriculas, crocuses, are all very suitable for a rockery. Among ferns, *Polypodium vulgare*, *Blechnum spicant*, *Lastrea filix-mas*, *Lastrea dilatata*, *Polystichum aculeatum*, *Cystopteris fragilis*, *Athyrium filix-fœmina*, and *Scolopendrium vulgare* are all hardy. Some of the dwarf roses and small-leaved ivies may be grown too

Bulbs and Tubers.—Snowdrops and crocuses are the earliest plants to flower out of doors, and from their season onward there may be a succession of bulbs in bloom in something like the following order:—Anemone, daffodil, hyacinth, jonquil, narcissus, scilla, tulip, peony, lily, gladiolus, iris, and tritoma. The dahlia is also a tuberous plant, but should be

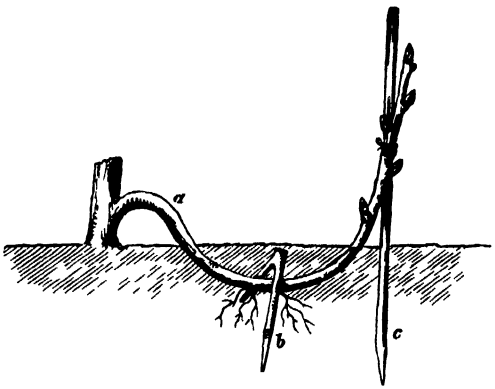


Fig 341.—Layering *a*, Side-shoot bent into the ground, kept in position by hooked peg *b* *c* stick to hold shoot in an upright position

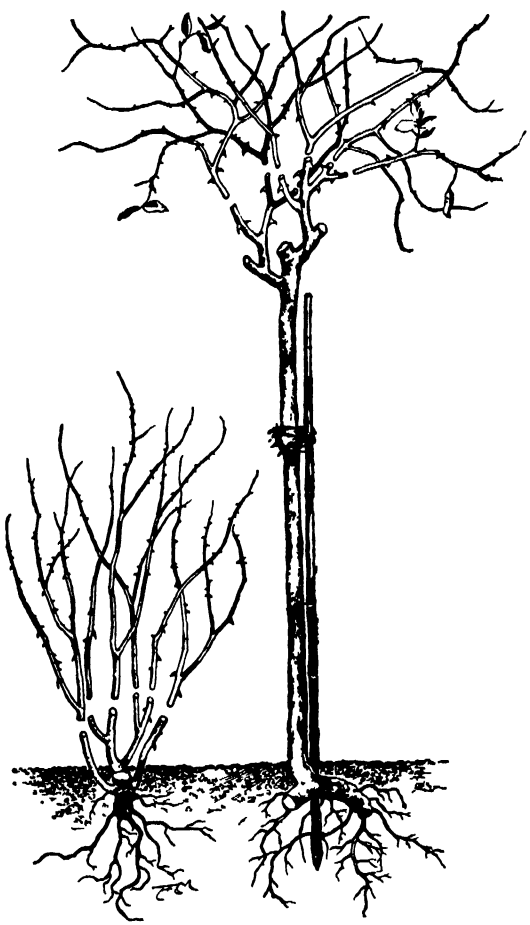


Fig 342.—Correct method of Pruning for Hybrid Perpetual Roses

started in heat in spring and never be exposed to frost. The rest are hardy, and though all the better for being raised after flowering when the leaves have withered, they may be left where they grow, and thus treated will increase and form large masses of bloom. Bulbs, as a rule, prefer a light soil; heavy wet land is fatal to most. They should be planted between October and March, according to their season for flowering.

Pinks and Carnations.—The carnation has been well termed the florist's pride, and the flower is so beautiful that every one should grow a few plants at least. Layering is the usual method of propagation. In July and August a side-shoot is trimmed with a sharp knife and then cut half through. It is then pegged into soft sandy ground, where it soon roots, after which the layer can be separated from the stock. Carnations are divided into selfs, flakes, and bizarres. Selfs are, of course, of one colour. Flakes are striped with one colour, and bizarres are marked with several colours. Picotees differ in having laced flowers. What are called American carnations are certain free varieties that flower in winter and are easily managed. They are grown in pots out of doors all summer, and wintered in a cool airy house with a southern aspect.

Roses. — The soil for roses should be a good, fairly rich loam, deep, well-drained, and broken. They may be grown as bushes on their own roots, or budded on brier, as standards budded or grafted on the brier in the manner already described for fruit-trees, or as climbers. Probably the last method gives the most flowers, the standard the most enjoyable flowers, and the bush system the least trouble. Pruning should be performed in the spring; it retards the growth a little, which, in our climate, is generally an advantage, for frost is very apt to injure the young shoots. Vigorous shoots may be trimmed back to two or three eyes, but if they are weakly not more than one should be left on each. The general directions given for pruning fruit-trees are equally applicable here. Tea-roses require very little pruning, but hybrid perpetuals should be cut back hard every spring.

Roses may be propagated by means of cuttings, or by budding, grafting, or layering. Cuttings are taken in August, and should be of the current year's ripened growth. They should be firmly potted in light sandy soil. They may then be put in a cold frame and shaded till they show signs of rooting, when they may be placed either in a heated frame or on a shelf in a warm greenhouse. In the latter case, when they are well rooted they should be returned to the cold pit, potted separately, and in the spring planted out.

12 Good Climbers.	*12 Good Hybrid Perpetuals.*	*12 Good Teas and Hybrid Teas.*
Maréchal Niel (under glass).	Anna Alexieff.	K. A. Victoria.
Gloire de Dijon.	Baron A. de Rothschild.	White Lady.
Félicité Perpetuelle.	Beauty of Waltham.	Mildred Grant.
Lady Gay.	Charles Margottin.	Caroline Testout.
Cheshunt Hybrid.	Duchess of Connaught.	Killarney.
Ophirie.	General Jacqueminot.	Camoons.
Année Vibert.	Glory of Cheshunt.	Madame Falcot.
W. A. Richardson.	Margaret Dickson.	Maman Cochet.
Madame Falcot.	Mrs. John Laing.	La France.
Rêve d'Or.	La Reine.	Marie V. Houth.
Crimson Rambler.	Paul Neron.	Niphetos.
Carmine Pillar.	Pride of Waltham.	Viscountess Folkestone.

Chrysanthemums.—The amateur has made the chrysanthemum his own, and certainly he could have chosen no plant more suitable for specializing. It is very easy to strike. Cuttings may be inserted from November till March, and are taken from the young shoots that spring up from the roots of the parent. If planted each in a small pot, and placed in a hand-light or cold frame half-filled with light mould and covered with a piece of glass, they rapidly strike root. The young plants should be repotted in April into 4-inch pots. By the beginning of June they should be placed out of doors. They want a good deal of water, and the soil must never be allowed to get dry. Early in July they may be finally potted into large pots, and should be staked and firmly tied, and as soon as the buds are formed they may be liberally supplied with soot-water, cow-dung and water, or

other stimulant. This is the time for disbudding, if show flowers are desired. Not more than one bud must be left on a branch, and not more than three or four at the most on one plant if the blooms are to come to perfection. At the beginning of October or before the frost comes the chrysanthemums should be taken into the house. They must not be crowded, and should be allowed plenty of air. They do not require more heat than is sufficient to keep the frost away. After flowering, the old stalks should be cut down.

Chrysanthemums may also be grown out of doors. The roots should be divided in the spring and the stalks cut away after flowering. Of course, grown in this way the blooms are much smaller but more plentiful. Really good flowers may be grown on plants trained against a south wall. Chrysanthemums like a strong loamy soil, a compost of loam (2 parts) and leaf-mould (1 part) being excellent.

Flowering Trees.—When there is ample space or a background to fill up, flowering trees are worth attention. Hawthorn (white and red), horse-chestnut, lilac, laburnum, and mountain-ash will grow almost anywhere, even in smoky air. The common dark-green holly also thrives in any soil and place, but the variegated sorts need favoured positions. *Magnolia Yulan* does best in a warm spot. The flowering currant grows well in damp places. The strawberry-tree (*Arbutus unedo*) grows best by the sea-side and where there is much lime in the soil. Cherry, almond, plum, peach, *Pyrus floribunda* and *P. spectabilis*, and robinia also deserve a place.

Among shrubs, in addition to those already mentioned the following should be noted:—Portugal laurel, cotoneasters, brooms, including *Cytisus andreanus*, magnolias, althæas, heaths, azaleas, rhododendrons, flowering currant, and hydrangeas.

Perennial Creepers and Climbers.—*Ampelopsis Veitchii* is by far the best climber for planting to run rapidly over a building and train itself. Virginian creeper is beautiful in autumn, but requires training. For an east or north wall plant, *Jasminum nudiflorum*, cotoneaster, *Pyrus japonica*, escallonia, *Crataegus pyracantha*, and the hardier varieties of the clematis may be recommended: while on the south or west aspect, Bignonia, wistaria, passion-flower, many varieties of clematis and honeysuckle, and white and yellow jasmine grow and flower freely. *Solanum jasminoides* is a beautiful creeper; some of the ceanothuses, *Forsythia suspensa*, and, in the warmer districts, *Cleanthus puniceus*, are suitable for walls if with a south aspect. Roses are, of course, most beautiful for this purpose. Against a south wall plant Maréchal Niel, Gloire de Dijon, Cheshunt Hybrid, Devoniensis, Dorothy Perkins, Lady Gay, W. A. Richardson, and Noisettes; against a north-west, Dundee Rambler and Félicité Perpetuelle; and against an east, Gloire de Dijon and Cheshunt Hybrid. It must be borne in mind, however, that roses will not grow everywhere, and in smoky places and some of the suburbs of London it is advisable not to attempt their culture.

THE SUBURBAN GARDEN.

The dweller in the suburbs of London, or of any other large town, cannot expect to grow every one of the beautiful flowers that he admires in the gardens of his more fortunate country cousin, a smoky atmosphere and heavy soil being fatal to the growth of the more delicate blossoms; still, much can be accomplished even under such conditions, with careful selection and good cultivation.

A Garden of Annuals.—Where expense and time are serious considerations, a garden of annuals has much to recommend it. But two things must be borne in mind as necessary to ensure success—good seeds, and thin sowing or severe thinning. Hardy annuals may be sown in position at any time between February and September, but March and April are the sowing months for the production of summer display. Half-hardy annuals, *i.e.* stocks, asters, ageratum, lobelia, &c., should be sown in March in a frame, on a gentle bottom heat if possible, and planted in bed or border in June. The following are the best for general use:—

Front Row.	*Second Row.*	*Third Row.*
Ageratum.	Adonis.	Amaranthus.
Alyssum	Alonsoa.	Argemone.
Aster (summer).	Bartonia.	Helianthus (sunflower)
Candytuft.	Calendula.	Impatiens glandulifera.
Convolvulus minor.	Calliopsis.	Lavatera trimestris.
Dianthus chinensis Heddewigii.	Centaurea.	Nasturtium, tall.
Eschscholtzia.	Chrysanth. carinatum.	Ricinus (castor-oil).
Gaillardia.	Clarkia.	Salpiglossis.
Gilia.	Helichrysum.	Sweet-pea.
Godetia.	Larkspur.	Zea Mays (Indian corn).
Lobelia.	Linaria.	
Mignonette.	Linum rubrum.	
Mimulus.	Lupin.	
Nasturtium, dwarf.	Marigold.	
Nemophila.	Poppies.	
Phacelia.	Rudbeckia.	
Phlox Drummondii.	Silene pendula.	
Rhodanthe.	Zinnia.	
Stocks.		

Permanent Gardens.—If a more permanent garden be desired, the old-fashioned perennials described in a previous section are the best. Beds of them can easily be grown in a suburban garden, as most of them are of hardy growth. Bulbs and tuberous plants are included in the perennials.

To Hide Wooden Walls.—The unsightly high wooden palings which serve as a division between so many town gardens may be covered by climbing annuals, such as nasturtiums, canary creeper, and *Convolvulus major*; even hop- and scarlet-runners may perform good service in this way. To cover the board permanently is a more difficult matter, as Virginian and

other creepers do not cling readily to a wooden wall, and it becomes almost a necessity to have a trellis-work placed against the wood if a permanent screen of creeper is wished for. The Virginian creeper and *Ampelopsis Veitchii* will then grow well if a little care is bestowed upon them, but the clematis is not so successful, though the common honeysuckle and the Japanese variety may be tried. If the boundaries are of brick or stone the task is easier, and a list of suitable plants for covering them will be found in the section on creepers and climbers. Ivy is the best of all permanent coverings for such positions.

Wire Arches.—Wire arches, when covered with creepers, are very effective. One of the best positions for them is at the opening from the flower into the vegetable garden. Covered with clematis, nasturtium, Canary-creeper, hop, or Morning Glory, they add much to the beauty, diversity, and even to the apparent space of the garden.

Garden Banks.—The usual form of a suburban garden is an oblong stretch of grass, with a path round it, a border bed, and at the end of the garden a bank. A charming feature can be made by planting the bank with ferns, foxgloves, primroses, iris, and similar flowers. Some hardy ferns useful for this purpose are the Common polypody, Hart's-tongue fern, and the Lady fern.

Screens.—It is often necessary in a small garden to hide an unsightly corner or shut out an ugly view. For this the giant polygonums are highly to be commended. They grow to a height of from 8 to 12 feet, require no care, and form a most effectual summer screen.

Evergreens.—Some evergreens that will flourish in any soil and atmosphere should certainly find a place in the town garden. Cherry laurel, box, aucuba, holly, yew, and the hardy hybrid rhododendrons are all suitable, while privet, with its pretty sweet-smelling white flowers, makes an ideal hedge if one is needed. As a hardy evergreen edging for beds, *Erica carnea* is exceedingly useful.

WINDOW GARDENING.

Few persons are content with the once familiar green-painted box, with its monotonous evergreens. Its appearance was not beautiful, and was certainly unnatural. The first step towards artistic window decoration was the substitution of Virginian cork for the green paint, and it was a step in the right direction. Where a house is covered with a bright-green creeper such as *Ampelopsis Veitchii* the upper windows may well be fitted with frames covered with cork; but instead of boxes of earth, pots are preferable, they can so readily be changed as the flowers go off. To blend harmoniously with the creeper, pots of nasturtiums, Canary-creeper, ivy-leaved geranium, toad-flax, or *Saxifraga sarmentosa* should be used according to their season, the last-named being useful when the more ephemeral

varieties have died down. All these plants are trailers. Behind them may come pots of geraniums, fuchsias, and marguerites, but it is useless to try to grow delicate succulent plants where the sun beats fiercely on the south side of the house. On the north side, only ferns and the hardiest plants should be attempted. Musks and giant mignonette can be tried anywhere.

On the lower stories something more elaborate will probably be aimed at. What is done must, however, to a large extent depend on the shape of the window itself. A plain flat window does not offer much scope. A stand in tiers may be arranged behind it, and pots placed thereon, with a basket suspended from above containing a few trailing plants. A bay or bow window offers much more scope for decoration. Outside, one is sometimes fortunate enough to have a balcony or embrasure, and then the window garden can be made really effective.

Window Boxes.—In the case of an ordinary window, a frame to fit it must be firmly fixed, and ornamented with cork outside. The bottom should be raised from the sill to allow the water to escape freely. On either side a small trellis should be fastened to the wall. At the foot of the trellis plant creepers and train them up. Along the front of the box, pots of creepers and trailers must be arranged to fall over the cork. Behind these come the ordinary flowers in their season. From the centre of the arch overhead suspend a basket filled with trailing plants. An excellent effect is produced by trailing tropæolum in front, and by planting mignonette, pink geraniums, and marguerites in the box, and *Campanula isophylla* in the basket, none of them being difficult to grow. For the trellis, Japanese honeysuckle is very suitable.

A Balcony.—With a balcony the row of creepers should come first, and of these some must fall and others climb the balustrades. At either end tall pot plants should be grouped so as to hide the boxes. In a warm aspect the blue agapanthus is well adapted for this purpose, while chrysanthemums can be used later.

Soil for Window Boxes.—The soil is an important point to consider. Too many persons use the first that comes to hand, and think by the addition of plenty of manure to make up for the original poverty of the compost. This is a fatal mistake. The best soil should be obtained, for plants growing in so small a space need all the nourishment they can get. A good compost can be made of loam, a little Clay's fertilizer, and sand.

Give the boxes or pots ample drainage. In exposed positions endeavour as far as possible to shelter the plants from the hot sun, or they will soon be dried up. In any case they will require frequent watering.

Flowers for Window Boxes.—The following are suitable plants to grow:—

For spring: snowdrops, crocuses, hyacinths, tulips, narcissus, and scillas.

For summer and autumn: calceolarias, fuchsias, geraniums, petunias, musk, mignonette, lobelia, marguerite, asters, ten-week stock, heliotrope, pelargoniums.

For winter: euonymus, cupressus, variegated ivy, box, and aucubas.

These hardy shrubs will occupy the box until the snowdrops and hyacinths appear again.

For baskets, *Saxifraga sarmentosa* is the most suitable perhaps, though ivy-leaved geraniums, petunias, musk, *Campanula isophylla* or *fragilis* (cottager's bell-flower), nasturtiums, Creeping-jenny, and Canary-creeper are charming trailers for baskets or to trail down or climb. A small wire arch could be fixed with each end in the window box, and the creepers trained over it. Of course these are summer flowers; ivy or periwinkle should be substituted when severe weather comes. Of ferns, the Common Polypody and the Hart's-tongue are as hardy as any.

Indoor Gardening.—A stand to fit the window is the first essential for indoor gardening. These stands are not cheap; and, of course, they must be lined with zinc, and be water-tight.

If the frost can be kept out and an even temperature maintained, much the same plants may be grown in a window as in a greenhouse. Some of the best are *Ficus repens*, maurandya, cobæa, roses, amaranths, carnations, begonias, phyllocactus, crassula, coleus, fuchsias, azaleas, ice-plant, tradescantia, and pelargoniums.

Where the constant care of flowering plants cannot be undertaken, the window fernery supplies a very pleasing feature in a room The edges of the box (which must be on a stand and roofed over with glass) should be 8 or 9 inches high; a zinc lining, perforated for drainage, must be provided, and the box filled with rather light turfy mould, mixed with a little charcoal and sand. The ferns must be kept well watered, and the case left open an inch or so every morning to admit the air. Any of the following ferns are suitable:—*Adiantum capillus-veneris*, *Asplenium alatum* and *viviparum*, *Davallia bullata*, *Lomaria gibba*, *Nephrodium molle*, *Polypodium pectinatum*, and *Pteris cretica* and *serrulata*. If the room is lighted with gas, maidenhair ferns are not likely to do well, and it must never be forgotten that draughts are fatal to most plants.

THE GREENHOUSE.

There is a wonderful fascination about a "bit of glass"; no one who has taken to gardening at all seriously can have escaped it. To grow something out of its season, to raise delicate plants, to keep roots and cuttings through the winter, and to grow a few grapes, are objects for which every amateur strives. Now there are greenhouses and greenhouses—from the lordly palm-house, such as that at Kew, to the home-made structure, heated by an oil-lamp, that one sees on allotment fields; from the stove-house, with its moist warmth that renders breathing difficult, to the cool-house used only for storing hardy plants. In these pages an ordinary small greenhouse, with simple heating arrangements for keeping alive the commoner kinds of plants, will principally be kept in view. The span-

roofed house that is built partly in the ground, and runs east and west, is the best for forcing, as it gets all the sun possible. A "lean-to" set up against a wall is more suitable for vines and trained fruit. The latter is, of course, the cheaper of the two. This is its chief recommendation, though nurserymen often have one or two "lean-to" houses on the north side of a wall in which to keep back any plants that are wanted later. Both kinds can be bought very cheaply in parts, which anyone with a little knowledge of carpentering can easily put together. Whether "lean-to" or span, the house should not be sunk deeply in the ground; any slight gain in heat is more than counterbalanced by the damp and lack of front light.

Heating.—For heating, it is best to buy a small saddle boiler and hot-water pipes, and to have them fitted in the house; then, if the pipes are kept full and a good fire banked up on cold nights, there is no need to worry about frost. If this is too costly, a tortoise slow-combustion stove is not a bad substitute, but the utmost care must be taken that the chimney piping does not leak. A patent top should be fitted to the chimney to prevent a back draught. In a small house an oil-stove acts fairly well if kept very clean and properly trimmed. But in the case of both these stoves bowls of water should be placed on the top for the purpose of keeping the air moist and absorbing noxious fumes.

One point is worth noting in fixing the hot-water pipes. Always see that they have an upward slope from the boiler, for the tendency of water, when heated, is to rise, and if the highest part of the pipes is close to the boiler the circulation is bound to be defective. There ought also to be an escape-pipe for the steam; without one, there is always the risk of an explosion.

If a night temperature of 40° is maintained—which can be done in a little house at small cost—seeds can be raised, cuttings rooted, and ferns and flowers grown all the year round. It is even possible to grow grapes and to force strawberries in it.

Ventilation.—Small plant-houses are apt to be improperly ventilated, with the result that the temperature and atmospheric moisture vary extremely. This is most unhealthy for plants. Bottom ventilation should be used by preference, the top or roof ventilators being necessary only when the temperature cannot otherwise be kept down.

Cuttings.—Cuttings of geraniums, pelargoniums, &c., should be taken from the well-ripened new wood, just below a joint, in August, or as early as possible in spring from plants grown under glass. In the former case they must be planted in boxes about 3 inches deep and 2½ feet long, filled with a mixture of loam, sand, and either leaf-mould or partly-decayed manure. The cuttings when inserted in the soil should be well watered and then placed in the open air for a time, but before the first frost they should be moved into the greenhouse. It is important to keep them only just moist, not sodden, and the leaves should not be wetted. Calceolarias are struck in the same way as geraniums, but not until September.

Verbenas, heliotropes, fuchsias, and some others, are generally struck in pots in spring. The cuttings should be planted in sandy soil, and placed on a shelf near the roof glass. Violas and pansies should be planted in a cold frame or hand-light in autumn, and kept close till rooted.

Lobelias require a good soil and slight heat. Pyrethrums should have very sandy soil, and should be placed in a frame and shaded from the sun. Golden feather is raised annually from seeds.

Greenhouse Plants.—The following is a brief list of the most suitable plants to grow in a small greenhouse:—

American aloes are very healthy plants and give little trouble, as they need not be repotted for years. They require only a top-dressing of fresh loam, with a sprinkling of bone-dust or charcoal, every year.

Arum lilies should be planted in soil composed of loam and manure, mixed in the proportion of two to one. They are the better for frequent syringing and require plenty of water.

Aspidistras are very useful for decoration, because they will thrive almost anywhere, even in a sunless room. The roots should be divided occasionally, or else the plants should be moved into larger pots in the spring.

Asparagus plumosus nanus is a most graceful foliage plant, excellent for cutting, as the sprays last much longer than maidenhair fern. Soil: 2 parts loam, 1 part peat, 1 leaf-mould, with a fair addition of silver sand. Water liberally except in the winter, when the roots should be kept nearly dry. Give an occasional dose of liquid manure.

Azaleas require plenty of water, and the soil in the pots should always be kept very firm. For flowering, place them at first in a northern aspect, and afterwards remove them to a warmer spot and syringe twice daily. Pot in good peat and sand. Shade in very hot weather. From August to the end of September they may be placed in the open air to ripen.

Begonia tubers should be potted in a mixture of loam 2 parts, leaf-mould 1 part, and well-decayed manure 1 part, with a liberal addition of silver sand. Place the pots in a cold frame, water very little till they are growing well and then more freely, and give an occasional dose of weak liquid manure. When they are coming into bloom, place them in the greenhouse. With a little care a succession of begonias in bloom may be had during six months of the year. To get them in flower early they should be started in heat in March.

Cacti require plenty of light and sun. Water freely in summer, very little in autumn and spring, and scarcely at all in winter. Grow in small pots and see that the drainage is good. Soil: 6 parts loam, 1 charcoal, 1 sand, 1 brick rubble.

Tree carnations should have a warm position and plenty of water, but not so much as to make them sodden. The more air they get the better.

Cinerarias do best in a cool place close to the glass until they come into bloom; they should be shaded from the sun in spring and summer. Be careful about watering, extremes of dryness or moisture being fatal. Ventilate well, and give an occasional dose of liquid manure. As they are

very susceptible to attacks of green-fly, the house should be fumigated occasionally.

Cytisus (Genista) should be kept moderately moist at all times. Pinch back the shoots after flowering. Keep the plants in a cool position, and ventilate freely.

Deutzias need attention after they have finished blooming. Useless wood must be cut away, the soil loosened, and a top-dressing given of loam and bone-meal. They are best in the open air in summer. Water well, give liquid manure occasionally, keep in a cool place in winter, and increase the heat gradually until the bloom shows.

Ferns, such as adiantums, aspleniums, davallias, and selaginellas, will all grow well in an ordinary greenhouse if they are placed in a sheltered position, watered freely, and allowed to stand on a damp shelf in summer.

Ficus elastica does well in a warm, moist house, if well watered and protected from draught. Sponge the leaves occasionally.

Gloxinias when growing must be watered freely, and the temperature should not be lower than 55° or 60°. When they cease blooming place them on a cool shelf and give just enough water to prevent their flagging. When the leaves have quite faded cut them off, and keep the pots in a dry place at a temperature of 45°.

Hoya carnosa is a lovely plant when grown in a pot, and trained on the back wall of the house, or up a pillar. It thrives well in the shade, and needs only a moderate degree of heat.

Hydrangeas are much improved by an occasional application of soot-water. Keep them in a sunny position and ventilate freely. Winter in a cold frame and repot in spring. Place them out-of-doors in full sunshine during summer. When properly treated the plants are covered with flowers, which last for a long time.

Hyacinths should be planted in well-drained 5-inch pots, containing the same soil as for begonias. Press firmly down, leaving the neck of the bulb above the surface. Stand the pots on a layer of ashes in the open air, cover them with cocoa-nut fibre or cinders, and when the shoots are about an inch long remove them to the greenhouse, very gradually accustoming them to light. Then place them on a shelf near the glass. Water them very little until they are placed in the greenhouse, but afterwards more freely, occasionally with weak liquid manure.

Lily-of-the-valley (under glass), *Lilium auratum*, and *Lilium speciosum* require much the same treatment as hyacinths. *Lilium candidum* should be potted in September or October in rich sandy soil, and placed in a sunny position in a cool house. Do not force them forward too quickly. Treat *Lilium longiflorum* in the same way.

Narcissi (under glass): proceed as for hyacinths.

Pelargoniums should be watered very little from autumn till February, then more freely. Give liquid manure when the flower trusses begin to show. Place them on a shelf about 18 inches from the glass and ventilate freely.

Plumbago should be kept rather dry in winter, and repotted in spring in loam and decayed leaf-mould. Water freely in summer.

Roses, such as Maréchal Niel, when grown in a greenhouse are usually planted in an outside border, the stem being passed through a hole in the wall, which should be stuffed with hay in winter to prevent the frost from entering. Suitable soil for roses is composed of good loam with a small quantity of soot and bone-dust The roots should never be allowed to become dry. During the period of growth roses should be syringed twice daily. Manuring is only necessary if the soil in the border is exhausted, when a top-dressing of artificial manure or the application of liquid manure is advisable. Maréchal Niel is certainly the best kind to grow indoors.

Cucumbers. —After the bedding plants have been cleared out in the early summer, cucumbers may take their place. The seeds should be sown

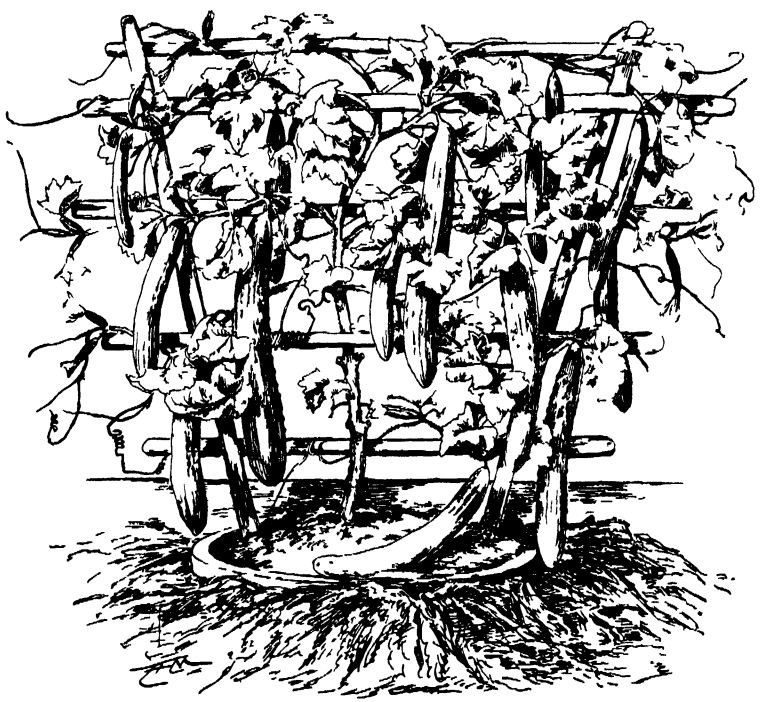


Fig. 343. Framework for training Cucumbers

in heat about the end of February, and by the time the house is ready they ought to have become good strong plants. They should be potted in large boxes or pots, with plenty of drainage and a layer of chopped turf above it. The soil should consist of loam and manure. The best way to procure it is to make up in the autumn a heap of alternate layers of turf and manure. This heap by the springtime will be mellow and ready to be cut down for potting. Place the ball of the plant in the centre of the pot and press the mould lightly round it, being careful not

to bruise the fibrous roots. At first the soil should not more than half-fill the pot, but more should be added by degrees.

The illustration (fig. 343) shows how the plant should be trained, but where there is a trellis or wire in the house the runners may be carried up it equally well. The framework illustrated is built up by driving two stakes firmly down the sides of the pot and tying lateral sticks across them. Pinch back the plants at the third joint in order to drive the strength into the fruits. They grow very freely, and by this means a dozen to twenty cucumbers may be obtained from a single plant. Every other watering may be with liquid manure when the plants are established. Keep them always moist, and syringe the leaves well every afternoon about four or five o'clock. In the hottest hours shade is beneficial, as it prevents drooping.

Tomatoes.—Tomatoes differ from cucumbers in that they need a dry air. For this reason the two are best kept separate, an airy sunny house being most suitable for tomatoes. The seed should be sown in heat at the end of January or the beginning of February, and as soon as the seedlings are big enough to handle they must be placed in small pots, and afterwards, as required, in larger ones. At the end of April they can be planted in a border in the house or grown in pots. In either case, after they begin to show bloom they must not be forced or overfed. The difficulty in tomato growing is not in growing big plants but in getting them to fruit. This is best effected by checking them when blooming. Pinch out all lateral shoots as they appear. Train the tomato on a single stem, and wait till the bloom has set before giving either much water or nourishment. Stop the plants altogether after the fourth bunch of fruit and then feed freely, but do not water the leaves. They may be very successfully grown in a sheltered border in the open by following the same cultural directions, except that they should not be planted out before June 1st, and should be stopped at three bunches. If all the fruit is not ripe by autumn, it will nevertheless ripen and colour well if kept on a dry shelf, but on no account must it be exposed to frost. In case of disease burn all the haulm. Tomatoes and potatoes should not follow one another, being similar plants: either do well after celery.

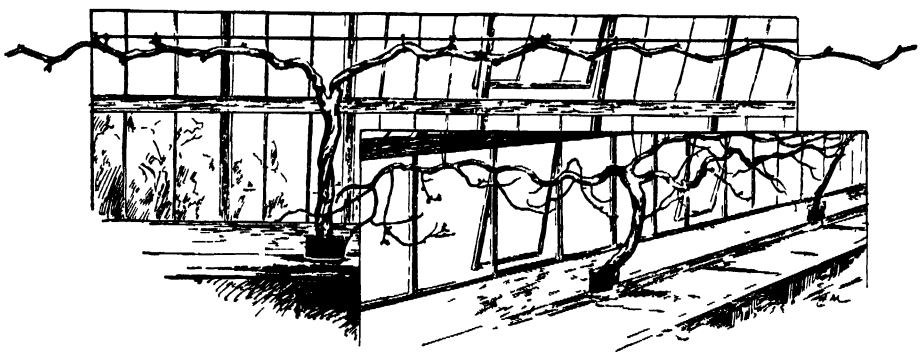
Rhubarb, Forced.—About the second week in November the roots to be forced should be planted in boxes containing rich soil and placed on the greenhouse pipes. They must be kept in a dark spot, and covered so that they can be easily syringed. With plenty of water and heat, rhubarb may generally be had about three weeks after forcing is commenced.

Strawberries, Forced.—In July runners must be taken and placed in 3-inch pots, filled with turfy loam, decayed manure, and a little bone-meal and soot. Plant them firmly and ram down the soil, water regularly, and as soon as the roots fill the pots turn the young plants out into 6-inch pots for fruiting. Water well twice a day in hot weather, and stand the pots on ashes in the full sun to ripen the crowns. In the autumn plunge them up to the rims in ashes for the winter, and bring them into the house early in February and place them on a shelf near the glass. Water freely, and give

liquid manure twice a week when the flowers show. Fruit may be looked for early in May. Sir Joseph Paxton and Keen's Seedling are good standard varieties to grow.

Vines.—Grapes can be grown either in the greenhouse, or against a warm wall out of doors. But it is important to get the kind most suitable for the special purpose. An attempt, for instance, to grow Muscatel grapes in an ordinary "lean-to" would probably result in failure. For that purpose the best sorts are Black Hamburg and Sweet-water.

The roots should be planted in an outside border and the stem brought inside the greenhouse. Water freely, but do not make the ground too



Vine properly pruned Fig 344 Neglected Vine

moist Occasionally give liquid manure composed of ½ oz of Peruvian guano dissolved in a gallon of water, especially after the grapes swell and change colour, but as it is a strong manure it must be used sparingly.

Pruning (fig 344) is important, and should mainly be done in the autumn, if it is delayed till spring, when the vines are full of sap, they are likely to bleed. Two stems are enough for each plant, the length must depend on the amount of roof space. If one of them shows signs of exhaustion, another should be trained up to take its place, the old stem being cut away when the new one is strong enough to bear. When pruning, shorten all laterals, leaving only three or four buds. Thin out the shoots that start in the spring, selecting for growth one on each spur, and stop it after the first bunch. The bunches also will need much thinning if the grapes are to swell properly, and any that attain a considerable size should be supported by ties of raffia. Sunshine and plenty of air are essential to proper colouring.

Syringing should be done frequently. It is also advisable that the vines should be thoroughly painted with strong soap-suds when all the leaves have fallen. If a small quantity of sulphur is added to the water it will destroy any larvæ of insects.

Mildew, the commonest disease among vines, is usually the result of defective ventilation. Sulphur is the best cure. It can be either dusted over the leaves, or sprinkled on the hot-water pipes. This operation requires caution.

In case of an attack of green-fly, fumigation will be necessary. The simplest method is as follows:—Obtain an ordinary old tin bucket and make a few holes in the bottom and sides for draught. Into this place a few red-hot coke-cinders and upon them a loose layer of tobacco-paper. Keep on adding paper and inducing it to smoke freely until the house is so full that the path cannot be seen when the operator stands upright. Syringe heavily the following morning. It is absolutely essential to see that the tobacco-paper does not flare, otherwise it will injure the foliage.

Plants that require more Heat.—If there is a second greenhouse available, where the temperature can be kept much higher than in the useful house, many flowers can be grown that could not be successfully cultivated in the cooler atmosphere. To mention but a few, there are stephanotis, bougainvillea, allamanda, and dipladenia as climbers; while gardenias, begonias, poinsettia, gloxinia, eranthemums, hibiscus, sensitive-plant, and amaryllis are beautiful plants that need only ordinary care. Though orchids and palms hardly come within the category of the amateur's possible successes, a few sorts may be grown in the second house. Of the latter, *Latania borbonica*, *Phœnix reclinata*, *Areca lutescens*, Kentias, *Seaforthia elegans*, *Chamærops excelsa*, and of the former, *Dendrobium nobile*, *Cœlogyne cristata*, and *Cypripedium insigne* are the best kinds for an amateur to grow.

PITS AND HOT-BEDS.

Cold Pits.—Cold pits and frames are most convenient when constructed with hinged lights, the necessity of pulling them on and off being thus avoided. A very effective cold pit may be cheaply constructed by making walls of turf some eighteen inches high and a foot thick, digging out the centre six inches deep, substituting cinders, and finally putting an old light on. This rough-and-ready pit will serve to protect such plants as violets, hydrangeas, calceolarias, and pansies; indeed, if placed in a sheltered position and covered with sacks in frosty weather, it can be used for geraniums and fuchsias, while, with care, even pelargoniums can be kept in it. Such a pit is most useful in spring to harden off plants before setting them out.

Hot-beds.—For heating a pit or frame fermenting material is generally used. Where stable manure is abundant no gardener should be without a hot-bed. In a brick pit the manure is placed at the bottom, and, after the first fierce heat and fumes have passed, is covered with fibre or mould to a depth of three or four inches. Such a pit serves admirably for raising young plants from seed, the pots being inserted in the mould. Making up a hot-bed for a frame is rather different. Equal parts of manure and leaves should be obtained, and the manure thoroughly shaken out and mixed. If it is too dry, add two or three pails of water per barrow-load. At the end of a week or ten days turn over the heap again, and after another three days make up the bed. Build it firmly and squarely, trampling down the manure as tightly as possible, and leaving a margin of 18 inches beyond

the frame each way. Finally, place the frame on the bed, and when the thermometer shows that the heat is beginning to steady, put in the earth. In this frame the heat will, if the bed is properly built, keep up for ten or twelve weeks, by which time the sun will have sufficient power to ripen the cucumbers or melons planted in it. The plants should be set in turfy loam in the centre of the bed, and as they take time to spread there is plenty of space for pots or boxes of seed. The cultural directions for cucumbers in frames are the same as for those in the house, but in the hot-bed the syringe may be used freely, and ventilation given during the day by slightly tilting the lights. If the bed is made in February and seeds are sown at once, cucumbers should be cut by the end of April.