

### Good brown bread.

Take one quart of indian meal, and three pints of rye meal, put it into a pan, turn about half a cupful of molasses, & two leaspoonfuls of ginger into it. Take some salaratus, and dissolve it in warm water, enough to mix the meal rather soft; let it remain in the pan to rise over night. When light enough, put it in pans & bake it. Bread made so will not sour so quick as when yeast is put into it.

### Excellent bread without yeast

Scald about two handfuls of indian meal into which put a little salt, & as much cold water as will make it rather warmer than new milk. Then stir in wheat flour, till it is as thick as a family pudding, & set it down by the fire to rise. In about half an hour it grows thin; you may sprinkle a little fresh flour on the top, & mind to turn the pot round, that it may not bake to the side of it. In three or four hours, if you attend the above directions it will rise & ferment as if you had set it.

with hop yeast; when it does, make it  
up in soft dough, flour a pan, put  
in your bread, set it before the fire, cover  
up, turn it round to make it equally  
warm, & in about half an hour it will  
be light enough to bake. It suits best to  
bake it in a yankee baker, as it should  
be baked soon as it is light.

### Pastry & Puddings

For a good pie crust, allow half a pound  
of shortening to a pound flour. Crust  
looks nicest made with lard, but it  
tastes to have some butter used in mak-  
ing it. In winter beef shortening,  
mixed with butter, makes good plain  
pie crust. To each pound of flour put  
a tea spoonful of salt, when the shorten-  
ing is thoroughly mixed with the flour  
add just sufficient cold water to render  
it moist enough to roll out easily. Pas-  
try to be nice, should be baked in a <sup>the</sup> oven.  
In cold weather it is necessary  
to warm the shortening before using  
it for pie crust, but, it must not be  
melted, or the crust will not be flakey.

## Rhubarb pies

Take the tender stalks of the rhubarb, strip off the skin, & cut the stalks into thin slices. Line deep plates with pie crust, then put in the rhubarb with a thick layer of sugar to each layer of rhubarb - a little grated lemon peel improves the pie. Cover the pies with a crust - press it down tight round the edge of the plate & prick the crust with a fork, so that it will not burst while baking, & let out the juices of the pie. Rhubarb pies should be baked about an hour, in a slow oven - it will not do to bake them quick. Some cooks stew the rhubarb before making it into pies, but it is not so good as when used without stewing.

## Mince pies

Two pounds of meat, one half pound of suet, half peck of apples, two pounds of raisins or currants, two nutmegs, four spoonfuls ground cinnamon, two dozen cloves, the juice of two lemons with the rinds grated in a little, ground alspice, sugar to taste, moisten with cider.

### Plain custard pie

Boil a quart of milk with the rind of a lemon. When it has flavored the milk, strain it & set it where it will boil. Mix a table-spoonful of flour, smoothly, with a couple of table spoonfuls of milk, & stir it into the boiling milk. Let it boil a minute, stirring it constantly — take it from the fire, & when cool, put in three beaten eggs — sweeten it to the taste, turn it into deep pie plates, & bake the pies directly in a quick oven.

### Custard in cups

Boil a pint of rich milk with a little lemon, when cold, take four eggs, spice & sugar to your taste mix them well together, & bake in cups

### Pumpkin pies

An excellent pumpkin pie is made by grating the raw pumpkin at once into the pie plate, instead of first steaming it, as is commonly done.

### Blancmange

To one ounce of isinglass, put a pint of water, boil it till the isinglass is melted, with a bit of cinnamon;

put to it three quarters of a pint of  
cream, & a bit of lemon-peel, sweeten  
it, stir it over the fire, let it boil,  
strain & let it cool, squeeze in the  
juice of a lemon, & put it into moulds.

### Rennet or wine custard

Very simple, & prepared in a few min-  
utes, Cut a bit of rennet about four in-  
ches square into strips, which put into  
a bottle filled wine. It will be fit for  
use in about two or three weeks. To make  
your custard, first warm & sweeten  
your milk, then stir into it a teaspoon-  
ful or table spoonful of the rennet  
wine, according to the strength, and  
pour immediately into a pudding  
dish, or cups, as you wish; put away into  
a cool place for an hour, & grate nut-  
meg on them. The whey is a very  
nourishing drink for invalids.

### Sage pudding

Pick, wash, & dry, half a pound of currants  
& put in such spices as best suit the  
taste of those who are to eat it. Have  
ready six table spoonfuls of sage, picked  
clean, & soaked for two hours in cold

water. Boil the sago in a quart of milk till quite soft. Then stir alternately into the milk, a quarter of a pound of butter, & six ounces of powdered sugar, & set it away to cool. Beat eight eggs & when they are quite light, stir them gradually into the milk, sago &c. Add the spice, & lastly the currants, having dredged them well with flour to prevent their sinking. Stir the whole very hard, put it into a buttered dish and bake it three quarters of an hour. It may be eaten cold.

### Tapioca pudding

To a quart of warm milk put eight table spoonfuls of melted butter, four beaten eggs, & cinnamon or mace to the taste. Mix four table spoonfuls of white powdered sugar & a wine glass of wine & stir it into the rest of the ingredients.

### Indian pudding

Sift a pint of indian meal & scald it with boiling water. Place over the fire a quart of milk, cut up a quarter

of a pound of butter & melt it in hot milk - add a pint of sugar-house molasses, & mix them together until the milk boils. Stir it into the meal, mixing it well with a wooden spoon.

Beat seven eggs until they are perfectly light, pour them into the bowl that holds the meal, with ten drops of the essence of lemon or a little lemon juice. Stir the mixture until it seems quite light, & bake it in a moderately hot oven.

### Batter pudding

Beat up from four to six eggs with a qt. of milk, add a little salt, & flour enough to make it pour with ease. The bag should not be more than two thirds full, as flour puddings swell very much. It should be put into boiling water, & kept boiling constantly. If the water boils away so as to leave any part of the bag uncovered, more boiling water should be added. When the pudding has boiled eight or nine minutes the bag should be turned over otherwise the pudding will be heavy. Flour puddings should be eaten as soon as cooked as they fall directly. Serve them up with rich sauce.

### A plain rice pudding

To make a plain rice pudding boil, a pint of rice until it is quite soft. Mix to two ounces of butter & four table spoonsful of sugar, & a qt. of milk with the rice boil them up together & let them partially cool. Beat five eggs until they are quite light, & stir them into the rice. It should be baked about an hour.

### Bird's nest pudding

First, prepare your custard. Then take eight or ten pleasant apples, pare them dig out the core, but leave them whole. Set them in pudding dish, pour your custard over them, & bake them about half an hour.

### Rice apple dumplings

Boil the rice ten minutes; let it drain thoroughly. Pare & quarter as many apples as you want dumplings; take as many cloths, & put a portion of the rice, enclosing an apple, into each; tie rather loosely, & boil them three quarters of an hour.



### Arrow-root Pudding

Dissolve four tea-spoonfuls of arrow-root in a quart of fresh milk. Boil it with some peach leaves or lemon-peel to give it a flavor. Stir it well while it is boiling or until it becomes a smooth batter. When it is quite cool, add six eggs well beaten to the batter, then mix with a quarter of a pound of powdered sugar - if brown is used it spoils the color. The pudding should be baked an hour, & sent to the table cold. Ornament the top with slices of preserves.

### Boiling rice

Pick over the rice carefully, since it well in cold water till it is faithfully cleansed; drain off the water, then put it in a pot of boiling water, with a little salt. Allow as much as a quart of water to a tea-cup of rice, as it absorbs the water very much while boiling. Boil it seventeen minutes, then turn the water off very close; set the pot over a few coals, & let it steam fifteen minutes with the lid of the pot off. The beauty of the rice boiled in this way is, that each kernel stands out by itself, & is tender

## Cakes

In making cake accuracy in proportioning the ingredients for the success of the cake, that it should be placed in a heated oven as soon as prepared. It is useless to attempt to make light cake unless the eggs are perfectly fresh and the butter good. Neither eggs nor butter should be beaten in tin, as its coldness prevents their becoming light.

## Wedding cake

Flour, three pounds; butter three pounds; sugar three pounds; currants five pounds; citron, one pound; eggs two dozen; brandy, one pint; unsla-  
mon, nutmegs, & mace, each one ounce; cloves, half an ounce. butter sheets of paper, & line the inside of the pan. Put in the citron last laying in the bottom of the pan some slices of citron, then a layer of the mixture, then a layer of citron, & so on till the pan is full. Bake thoroughly. Frost soon after it comes from the oven.

### Pounded cake

Mix a pound of sugar with three quarters of a pound of butter when well stirred, mix in the yolk of eight eggs, beaten to a froth, then the whites. Add a pound of sifted flour, & mace & nutmeg to the taste. If you wish to have your cake particularly nice, stir in, just before you put it into the pans, a quarter of a pound of citron or almonds blanch'd, & powdered fine in rose-water.

### Queen cake

Beat one pound of butter to a cream with some rose-water, one pound of flour one pound of sifted sugar - beat all well together. - Add a few currants washed & dried - butter small pans of a size for the purpose, grate sugar over them - they may be done in a yankee baker.

## Superior sponge cake

Take the weight of ten eggs in powdered white sugar, beat it to froth with the yolks of twelve eggs, put in the grated rind of a fresh lemon, leaving out the white part add half the juice Beat the whites of twelve eggs to a stiff froth, & mix them with the sugar & butter. Stir the whole without any cessation for fifteen minutes, then stir it gradually the weight of six eggs in sifted flour, as soon as the flour is well mixed in turn the cakes into pans lined with buttered paper bake it immediately in a quick but not furiously hot oven. It will bake in the course of twenty minutes. If it bakes too fast, cover it with thick papers.

## Loaf cake

Take two pounds of flour, half a pound of sugar a quarter of a pound of butter three eggs, one gill of milk, one half tea-spoonful of sweet yeast, cloves & nutmeg for spice

## Gingerbread

Put one pound of butter well into three pounds of flour; then add one pound of powdered sugar, one pound of molasses, & two ounces of ginger, powdered & sifted very fine; then warm a quarter of a pint of cream, & mix all together, you may add caraways, & sweetmeats if you choose; make it into a stiff paste & bake it in a slow oven.

## Sponge gingerbread

Melt a piece of butter of the size of a hen's egg; mix it with a pint of molasses, & a table-spoonful of ginger, & a quart of flour. Dissolve a heaping table-spoonful of saleratus in half a pint of milk, & strain & mix it with the rest of the ingredients, add sufficient flour to enable you to roll it out easily, roll it out about half an inch thick, & bake it in flat tins in a quick oven.

## Apple fritters

Take four or five tart, mellow apples  
pare & cut them in slices, & soak them  
in sweetened lemon juice. Make a batter  
of a quart of milk, a quart of flour, eight  
eggs; grate in the rind of two lemons, add  
the juice & apples. Drop the batter by  
the spoonful into hot lard, taking  
care to have a slice of apple in each  
fritter

## Oyster corn cakes ~~Indean flapjacks~~

Take  
~~one~~ one quart of green corn, ras-  
ped with a coarse grater, two tea cup-  
fuls of new milk, one tea-cupful of  
flour mix the batter together, & add  
two eggs well beaten up; season the bat-  
ter with salt & pepper, & bake upon  
a griddle. These cakes afford as good  
an imitation of the taste of oysters  
as can be made with salsify. The corn  
should be such as is most suitable for  
boiling or roasting

## Indean flapjacks

Scald a quart of indean meal; when  
like warm, stir in a half pint of flour  
half a tea cup of yeast, & a little salt. Fry  
them in just fat enough to prevent them  
from sticking to the pan

## Dough nuts

A pound & a half of flour, three eggs, half a spoonful of pearl ash, two ounces of butter, six ounces of sugar, one cup of milk, Spice to taste, & fry in lard.

## Frosting cakes

Allow for the white of one egg, nine heaping tea-spoonfuls of refined sugar & one of rice starch. The sugar & starch should be pounded, & sifted through a fine sieve. Beat the whites of the eggs to a stiff froth, so that you can turn the plate upside down, without the eggs falling from it - then stir in the sugar gradually with a wooden spoon - stir it ten or fifteen minutes without any cessation; then add a tea-spoonful of lemon juice (vinegar will answer, but it is not so nice) put in sufficient rose water to flavor it. Lay the frosting on the cake with a knife, soon after it is taken from the oven - smooth it over, & let it remain in a cool place till hard. To frost a common size cake the white of one egg & half another

## Meats

When poultry is eaten on the same day it killed, it is stringy & tough. In warm weather all kinds of meat that is to be kept any length of time should be sprinkled over with pepper to preserve it from flies.

### To roast a turkey

A good sized turkey should be roasted two hours & a half, or three hours very slowly at first. If you wish to make plain stuffing, pound some crackers, or crumble some bread very fine, chop some raw salt pork very fine, sift some sage, with summer-savory or sweet marjoram, & mould them together, season with a little pepper. An egg worked in makes the stuffing cut better. To boil a turkey, it should be prepared in the same way as for roasting. If you wish to have it look white tie it up in a cloth, unless rice is boiled in the pot. If rice is used, put in two thirds of a tea cup. The most approved fashion is to send boiled turkey to the table with oysters in their sauce, in a small tureen.



## To roast a goose

Chop two onions with a few sweet herbs, very fine, mix with a lump of butter, a tea-spoonful of pepper & two of salt; put it in the goose. Then spit, lay it down, & dust it with flour; when it is thoroughly hot baste it with nice lard or butter. If it be a large one it will require an hour and a half before a good fire. When it is done enough, dredge & baste it. It may be stuffed with bread or potatoes.

Serve with cranberry or apple-sauce

## Roast chicken

An hour is enough for common <sup>ed</sup> chickens to roast. A smart fire is better than a slow one; but they must be tended closely. Slices of bread buttered, salted, & peppered, put into the stomach (not the crop) are excellent

## Curried chickens

Take the skin off, cut up a chicken, & roll each piece in curry powder & flour, mix together a spoonful of flour to a half ounce of curry) fry two or three sliced onions in butter;

when of a light brown, put in the meat & fry them together till the meat becomes brown; then stew them together with a little water for two or three hours, more water may be added if too thick.

### Fricassee chickens

Cut the chickens into pieces and cover them with warm water to draw out the blood. Then put them into a stew pan, with three quarters of a pint of water, salt, pepper, flour, butter, mace, sweet herbs pounded & sifted, let it foil half an hour. If it is too fat, skim a little. Just before it is done mix the yolk of two eggs with a gill of cream, stir it up till it is thick & smooth, if you like onions, stew some slices with other ingredients.

### Chicken salad

Boil a chicken that weights about a pound & a half. As soon as it is done tender, cut it up in small strips and make the following sauce

and turn over it - boil four eggs three minutes; take them out of the shells, mash, & mix with them a couple of table-spoonfuls of olive oil or melted butter, two thirds of a tumbler of vinegar, a tea-spoonful of mustard, a tea-spoonful of salt, and a little pepper, In making chick eny salad, the dressing should not be put on until just before the salad is sent in.

### Ducks

Ducks may be roasted as soon as killed Keep clear fire. Let them be done of light brown, but if wild they should not be much roasted, as the flavor will be spoiled. They take about an hour to roast; baste them well. Parboil the livers and gizzards, chop them fine, & put them in the gravy. Canvas back ducks are roasted in half an hour: currant jelly is the best accompaniment

## Pigeons.

Pigeons are either roasted, broiled, potted, or stewed. Potting is the best way, & the least trouble. After they are picked & cleaned, put a small slice of salt pork & a little ball of stuffing into body of each bird. The stuffing may be made of one egg to one cracker, & an equal quantity of suet or butter, seasoned with sweet marjoram or sage. Baste them well, lay them close together in the bottom of the pot, merely cover them with water, put in a bit of butter, & let them stew an hour & a quarter, if young; an hour & three quarters, if old. Stewed pigeons are cooked nearly as above, omitting the stuffing. Being dry meat, they require a good deal of butter. To roast pigeons, put them on a small spit, & tie both ends close, baste with butter. They will be done in fifteen or twenty minutes. To make pigeon pie put inside of every bird a piece of butter & the yolk of an egg boiled hard.

## Roast Beef

When the meat is put to the fire, a little salt should be sprinkled on it, & the bony side turned toward the fire first. After the bones get well heated through, turn the meat & keep a brisk fire, baste it frequently while roasting. Put a little water into the dripping pan when the meat is put down to roast. If it is a thick piece, allow fifteen minutes to each pound to roast it in if thin, less time will be required.

## Beef steak broiled

Beat them well with a rolling-pin. Have the gridiron over a clear quick fire, & rub the bars with suet; lay on the steaks, & keep turning them constantly, till they are done enough.

The gridiron should be set in an oblique direction on the coals, to prevent the fat from dropping into the fire & making a smoke. Throw a salt over them just before taking them off. Serve them as hot as possible rub a

bit of butter upon the steaks the  
moment of serving. The tender-loin  
is the best piece for broiling.

### Alamode beef

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

### Roast leg of pork

Wash it, & dry with a cloth. Score the skin in diamonds, & rub a little fine sage into the apertures. Make a stuffing of grated bread two small onions chopped fine, a little sage, the yolk of an egg, & season with pepper and salt. Put the stuffing under the rind of the knuckle, & in deep incisions made in the thick part of the leg if the surface of the skin is lightly rubbed over with butter it will be crisped & look better. Roast moderately. A leg weighing eight pounds will require three & a half hours to roast. When done, skim the fat from the gravy, & thicken it with flour & butter.

### Roast Spare-Rib

Before roasting rub it with powdered sage, salt, & pepper. Put the thick end to the fire. Dust with flour & baste with butter paper put down. If large & thick it will <sup>take</sup> two hours to roast it if thin about an hour. A shoulder, loin, or chine, are roasted in the same way.

## Boiled leg of mutton

Cut off the shank bone & trim the knuckle, a nine-pound leg will require three hours cooking. Mutton should be boiled the same as other meats, that is simmered very slowly & the scum carefully removed. Before cooking, wash it & put it in cold water, allow water only sufficient to cover it, the liquor makes good broth, with a little rice & a few carrots, &c. Saper sauce, made of melted butter, a little flour & water, & capers, is the best sauce.

## Souse

Take pigs' ears & feet, clean them thoroughly, then soak them in salt & water, for several days. Boil them tender & split them, they are then good fried, after being first dipped in a plain batter made of Indian meal or wheat flour. If you wish to souse them when cold, turn boiling vinegar on them, spiced with mace. Cloves will improve the taste, but it turns them a dark color. Add a little salt. They will keep good five or six weeks. Fry in lard.



### Boiled ham

Soak it according to its age, in warm water, for twelve or twenty-four hours. Put it into the pot, full of cold water & if a small one, let it simmer for two or three hours, & then boil an hour & half. Let it stand in the liquor until perfectly cold. Then take off the skin. It is better & goes farther not to be cut till it is quite cold. Boiled ham is delicate to broil.

### Bacon & cabbage

Cut a hole in the head of the cabbage and thrust into it a quarter or half a pound of fat bacon, as a plug. Tie over the head of the cabbage so as to confine the leaves, & boil it in a napkin. The above is the best method, but the articles may be put into the pot separately.

### Imperial ginger pots

Take cream tartar, one pound; ginger, one ounce; white sugar, seven pounds; essence lemon, one drachm; water six gallons; yeast half a pint. Mix. Tie the corks down

## New England chowder

Take a good fresh ~~haddock~~ cod, cut it in pieces three inches square, put a pound of fat salt pork in strips into the pot, set it on hot coals, & fry out the oil. Take out the pork, & put in a layer of fish, over that a layer of onions in slices, then a layer of fish, with slips of fat salt pork, then another layer of onions, & so on alternately, until your fish is consumed. Mix some flour with as much water as will fill the pot, (or use milk instead of flour & water which is better;) season with black pepper, & salt to your taste; boil for ten minutes. Have ready some hard crackers, which split & put in about five minutes before you take it up.

## Stewed oysters

Strain off the liquor, put to it some milk or water, grate in dry bread, add a little pepper & a lump of butter. Put these into the stewpan and; then add the oysters. Let them stew but a few minutes, or they

will be hard. Have ready some slices of buttered toast with the crust off. When the oysters are done dip the toast in the liquor, & lay the pieces round the sides & in the bottom of a deep dish. Pour the oysters & liquor upon the toast, & send them to the table hot

### Miscellaneous receipts

To get rid of red aunts

A small quantity of green sage, placed in the closet, will cause red aunts to disappear. The flour of sulphur, also sprinkled round the places they frequent, will cause them to disappear.

To keep away bed-bugs Scald & saturate the holes & bedstead thoroughly with hot strong soap suds or water diluted with corrosive sublimate; dip the cord also in the same liquor. Then, before putting up the bedstead, dip the feathered end of a quill into soft soap, or hard soap melted or any kind of paint & work it round in the cord holes of the beams & elsewhere this renders every part obnoxious to them

### To destroy rats

Take corks, cut as thin as wafers, roasted or stewed in grease, & placed in their tracks. - Or Take dried sponge, in small bits, fried or dipped in honey, with a little oil of rhodium. - Or take bird lime, laying it about in their haunts, & it will stick to their hair, & cause their departure. Or Spread pounded garlic where they frequent. Poisoning is very dangerous.

### To destroy Moths

When moths get into garments, the best thing to destroy them is to hang the garments in a closet, & make a strong smoke of tobacco leaves under them. In order to do it, have a pan of live coals in the closet, & sprinkle on the tobacco leaves

To prevent flies injuring picture frames Boil three or four leeks in a pint of water, & wash over the frames with a brush. Flies will not go near an article thus washed.

To prevent horses being teased by flies  
Boil three or four handfuls of walnut  
leaves in a gallon of water, & before the  
horse goes out in the morning, bathe  
with it

### Starch

Isinglass is a most delicate starch for  
mushrooms. When boiling common starch  
& sprinkle in a little fine salt, this  
prevents its sticking

To restore Sweetness to tainted butter  
Cut or break the butter into very  
small pieces, or, what is better, force  
it through a coarse wire sieve, so as to  
make it small as possible. Then  
put it into a churn with <sup>a</sup>sufficient  
quantity of new milk to swim it, & churn  
it well; then take it out & work it  
well to free it from the milk, adding  
a little salt if necessary, & it will hardly  
be distinguished from new butter

Another way To every pound of rancid but-  
ter, add a pint of water, into which has been  
put from twelve to fifteen drops chloride of  
lime. Mix till all the particles are in con-  
tact with the water; after letting it stand  
an hour or two. wash it in fresh water.

To mend broken glass or crockery  
Moisten the edges with the white of an egg  
then dust on powdered unslacked lime soon  
quickly, & tie securely.

To break or cut glass

Take a worsted thread dipped in turpentine  
tie it round the part, the fire to, & while  
hot wet or immerse it in cold water

To remove old putty

In taking out broken window glass,  
nitric or muriatic acid will soften the  
putty at once

To polish stoves

Mix powder of black-lead with a little  
common gin alcohol & lay it on the  
stove with a piece of linen rag; then  
take a dry but not hard brush, dip  
it in some of the dry black-lead powder  
and rub it to a beautiful brightness

Durable whitewash

Before putting the lime, which should  
be unslacked, into water, saturate the  
water with a little salt. This will make  
a wash that cannot be rubbed off, nor  
crack, & is very lasting

### Red bottle wax

common resin, four pounds; tallow, one pound; red lead, one pound. Mix with heat. Any coloring matter may be substituted if other colors are wanted

### Cement for iron ware

Beat the whites of eggs to a froth, then stir into them enough quicklime to make a consistent paste, & then add iron file dust to the whole. The quicklime should be reduced to a fine powder before mixing it with the eggs. Fill the cracks in iron ware with this cement, & let them remain several before using

### To clean teeth

Honey mixed with pulverized charcoal, is excellent remedy to cleanse the teeth & make them white. Limestone water is very good to be used by those having defective teeth, or an offensive breath

### To purify water

Put into a barrel of water, a table spoonful of finely powdered alum; stir briskly. Let it settle

To cleanse foul casks Fill them with meal or bran & water, & let them stand till fermentation takes place, it will entirely cleanse them without expense as the mixture is good food for swine

To prevent the smoking of lamps  
Soak the wick very strong vinegar, & dry  
it well before you use it, it will then  
burn both sweet & pleasant, & gives  
much satisfaction for the trifling trouble  
in preparing it.

To prevent the formation a crust on tea-  
kettles. Keep an oyster-shell in your tea  
kettle, & it will prevent the formation  
of a crust on the inside of it, by attracting  
the stony particles to itself.

To preserve iron from rust

Heat the iron to redness, just perceptible  
in the dark, then cool it in tallow

Flour paste

Water, one quart; alum, three fourths  
of an ounce. Dissolve, & when cold add  
flour to make it of the consistence of  
cream, then bring it to boil stirring  
it all the while.



## Scotch Marmalade

Take a bowl of strained honey, and before you send it to the table, mix with it a sufficiency of orange juice (passed through a strainer) to give to it a fine flavor of oranges. Mix the honey & orange juice together. It will be found delicious.

## Honey butter

Good butter, eight pounds, & one pound of clarified honey. Beat well together. A delicacy for children & sick persons. It generally proves mildly laxative.

## Apple butter

Boil down one barrel of new cider to half a barrel. Have ready a bushel or half of sweet apples, pared, quartered, the cores removed, put these to the cider & let the boiling be continued, stirring the whole constantly that

it may not adhere to the sides of  
the vessels & burn. When the apples  
have amalgamated with the cider,  
& the mass become as thick as  
hasty-pudding, put in powdered  
allspice. It is now done. It will  
keep sweet for many years, & is a  
capital article for the table.

### Cooking for the sick

#### Calves foot blancmange

Put a set of calves feet, nicely clean-  
ed & washed, into four quarts of water  
& reduce it by boiling to one qt;  
strain it & set it by to cool. When  
cold, scrape off all the fat, cut it  
out of the bowl, avoiding the sett-  
lings at the bottom, & put it to a qt  
of new milk, with sugar to taste  
& boil it a few minutes. If flavored  
with cinnamon or lemon-peel, do  
it before boiling; if with rose-water  
do it after. Boil it ten minutes &  
strain it through a fine sieve, &  
stir it till it cools. An excellent  
dish for the sick or well

## Chicken jelly

A very young chicken will not yield any quantity of jelly—a full grown one is the best, but even an old fowl will do very well when no other can be obtained. Break the bones of a full-grown chicken & cut the fowl into pieces. Put it into a clean pan & fill it with water. After boiling the chicken gently for four hours or more, strain it through a jelly bag. Add a little salt but no other seasoning. When the liquid is cold it should be a clear jelly. They may be boiled again & yield more jelly.

## Pearl sago

When a sick person is tired of slops pearl sago, boiled in water till it cools to a jelly, may be used. It may be eaten with powdered loaf sugar & a little cream.

## Castor oil made palatable

Boil castor oil with twice its quantity of milk, & sweeten it with sugar. Let it cool. Children will not refuse it.

To make leeches take hold

To make leeches take hold on the spot required, take a piece of white paper, cut small holes in it where you wish them to bite, lay this over the place, & put the leeches on the paper. Not liking the paper, they will take hold of the skin where it appears through the hold.

Brandy & salt will remove sores from the gums

Cure for a cough or cold

An intelligent farmer has observed that the best remedy he ever tried in his family for a cough or cold, was a decoction of the leaves of the pine tree sweetened with loaf sugar, to be drunk warm when going to bed at night, & cold through the day.

Simple cure for worms

One spoonful of syrup of peach blossoms, taken in a glass of the water from the steeped leaves, is most safe & certain remedy for worms in children.

## Cure for the toothache

Take one tea-spoonful of creosote put  
half a tea spoonful of alcohol. soak a  
bit of cotton well with this, & put it  
into the tooth. No harm will arise  
from this remedy, if care is taken  
not to swallow the spittle. This has  
been tried by the author, & found a  
permanent cure. Another mix  
Alum & common salt in equal  
quantities, finely pulverized. Then  
wet some cotton, large enough to  
fill the cavity, which cover with  
the salt & alum, & apply it

## To eradicate corns

Bathe the corn in warm water, with  
a sponge, on going to bed, until it  
has become tender; then wet the  
corn with a bit of slacked potash  
or some caustic of potash, or with  
a very strong ley. Repeat two or  
three times

## To make Court plaster

Take thin silk dipped into dissolved  
isinglass & dry it, then dip it in the  
whit of an egg several times & dry it.

Three rules for preserving good health  
1<sup>st</sup> Keep the feet warm.  
2<sup>nd</sup> The head cool 3<sup>d</sup> The bowels sufficiently open, by your diet & not medicine.

### To remove grease spots

Take the yolk of an egg, entirely free from the white, & with a brush apply it on the spot until the grease appears removed or dissolved. Wash off the egg with moderately warm water, & then rinse off the whole with clear cold water another

Lay a quantity of Magnesia or <sup>1/2 ch</sup> Green chalk on the grease spot, & apply to it a hot flatiron; repeat it till it is all out

### To take out ink, fruit spots, & iron moulds

On cotton goods & colored silks, spots of common, or dyeable ink can be removed by saturating them with lemon juice & rubbing on salt, & then putting them where the sun will

shine on them hot, for several  
hours. As fast as it dries, put on more  
lemon juice & salt. When lemon juice  
can not be obtained, vinegar will do.  
Iron moulds may be removed in  
the same way. Mildew & most other  
stains can be removed by rubbing  
on soft soap & salt, & placing it in  
where the sun will shine on it hot.  
When soap & salt will not remove  
stains, lemon juice & salt will  
generally answer. The above  
things will only remove stains in  
warm weather, when the has great  
power. For fruit stains, let the spot  
part imbibe a little water, without  
dipping, & hold the part at a proper  
distance over a bit of lighted brimstone.  
The sulphurous gas which is discharged  
soon causes the spot to disappear.  
Many kinds of stains may be removed  
by simply dipping in sour milk,  
drying in a hot sun, & then washing  
it in cold water.

Volatile soap for removing paint,  
grease spots &c. Four table spoonfuls  
of spirits of hartshorn, the same  
quantity of alcohol, & a table spoonful  
of salt. Shake the whole well to-  
gether in a bottle & apply with a  
sponge or brush

To extract oil from flowers

Put the leaves of any kind of flowers  
into an earthen glazed pot. Sprinkle  
the salt with this, cover it up, & let  
it remain in the cellar for forty  
days; at the end of this time empty  
the whole into a cloth & strain it  
by pressure into a pan. Then bot-  
tle the whole into the extract, &  
let it remain in the open air ex-  
posed to the sun for four or five  
weeks to purify. One drop will  
scent a quart of water.

Essences

An ounce of oil to one pint of alco-  
hol is a fair proportion. Shake  
it well together. Color



### Oil of Roses

Olive oil, one pound, oil of roses fifty drops, oil of rosemary, twenty five drops. Mix

### Essence of roses

Otter of roses, seven drachms, spirit one gallon. Mix

### Cologne Water

One pint of alcohol, sixty drops of lavender, sixty drops of bergamot, sixty drops of essence of lemon, sixty drops of orange-water. To be corked tight & well shaken

### Delicious coffee

Grind the coffee just before making. Allow about two table-spoonfuls for each person. Put it in a basin, & into it an egg yolk, white shell, & all. Mix it up with the spoon to the consistence of mortar, put warm or boiling water in the coffee pot, let boil up & break three times; then stand a few minutes, & it will be clear as amber, & the egg will give it rich taste.

### Cocoa shells

Let the shells be soaked over night, then boil them in the same water in the morning. They are considerably nutritious, & allowed to be healthy. I am cheap

### Chocolate

To each square of chocolate, wrapped off fine, & put in the pot, allow a pint (less if you want it strong) of water. Stir it while boiling, & let it be uncovered. Let it boil fifteen minutes, or half an hour, then pour in your cream or rich milk, & let it boil up. Nutmeg grated over a cup of chocolate improves the flavor

### Substitute for tea

The fine green leaves of the red raspberry, gathered in a fair day, & cured in ~~the~~ <sup>an</sup> open airy room, are not inferior to the ordinary teas of China and far more healthy. They should be gathered in the months of Sep. & October. Another. The first young leaves of the common currant bush, gathered as they put out, & dried on tin, can hardly be distinguished from green tea

## Pickles

Kettles of black tin or lined with porcelain are the best for pickling. Iron discolors the acid, & the red degreis produced by the vinegar on brass, or copper, or bell metal, is extremely poisonous. If, after keeping the pickles any time, you discern any symptoms of their not keeping well, boil them <sup>over</sup> ~~on~~ again with fresh vinegar & spice. The jars in which pickles are kept should always be full enough of vinegar to cover the pickles. Vinegar for pickles should only boil for six minutes.

## Cucumbers

Gather those that are small & green and of a quick growth. Turn boil water on them as soon as picked. Let them remain in it four or five hours, then put them in cold vinegar, with them salt, in the proportion of a table-spoonful of the

former & a tea cupful of the latter  
to every gallon of vinegar. When  
you have done collecting the cucum-  
bers for pickling, turn the vinegar  
from the cucumbers, scald & strain  
it till clear, then put on the pick-  
les, let them scald without boiling  
for a few minutes. then turn them  
while hot into the vessel you in-  
tend to keep them in. Another method  
of pickling cucumbers, which is  
good, is to put them in salt & water,  
as you pick them, changing the  
salt & water once in three or four  
days, when you have done collecting  
your cucumbers for pickling, take  
them out of the salt & water, turn  
on scalding hot vinegar, with  
alum & salt in it

#### To pickle vegetables

Soak them for about one day in  
brine, then drain them put  
them into bottles, & pour on them  
boiling vinegar, until quite  
covered. Cork them immediately.

## Tomato catsup

Sprinkle upon half a peck of tomatoes, eight table spoonfuls of salt let them remain a day or two, then boil them until the skins separate easily; pour them into a collender or coarse sieve, & press them through leaving the skins behind. Add eight table spoonfuls of black pepper, one spoonful of allspice, sixteen red peppers, six spoonfuls of mustard the whole ground fine, & one pint of good vinegar. Simmer the whole together until it has wasted one third. Bottle tight, a portion intended to be kept long, may be boiled down to one third, the corks sealed it will be much richer, & will keep for years.

Walnut catsup

To preserve quinces ved

Quinces if very ripe, are best preserved in the following manner. Pare & cut them in slices, an inch thick take out the cores carefully, so as to have the slices in the form of a ring. Allow a pound of nice white sugar, for each pound of the fruit - Dissolve it in cold water, having a quart of the latter to a pound of sugar, then put in the sliced quinces, & let them soak in it ten or twelve hours. put them in a preserving kettle, & put it on a moderate fire - cover them over, & let the quinces boil gently - there should be more than enough syrup to cover the quinces. When a broom splinter will go through them easily, take them from the fire and turn them out. In the course of a week, turn the syrup from them, and boil it down so that there will be just enough to cover the fruit

To preserve Peaches plums &c  
September is the best month for preserving  
peaches, as they are then harder and  
larger, wash the peaches, put them  
into a preserving pan full of cold wa-  
ter with a slice or two of lemon;  
set them on a slow fire, have ready  
a sieve & a napkin, & be careful not  
to do them too much.

Some of the peaches will be ready  
sooner than others; take them out as  
they become soft & drain them on a  
sieve, & let them stand until cold;  
then make a syrup, to every pound  
of peaches allowing a pound of sugar  
use some of the water in which the  
peaches were boiled for the syrup.  
Crack the pits of half a dozen peaches

### Biscuit or rolls

Put two tea-spoons full of cream tartar  
finely powdered into one quart of  
flour, then dissolve three fourths of a tea-  
spoonful of sup. carb. of soda into warm  
new milk sufficient when mingled  
with the flour, to make the past of the  
ordinary consistence of soft biscuit; then  
mix & bake in the form of rolls or bise twenty min-  
utes

Wisconsin sponge cake

Take two eggs (or omit them if wished) one tea-  
cup of butter milk, one tea spoon of saleratus  
& salt to suit. Stir in flour to the consis-  
tency of pancake batter. Bake in tin or  
or cake pans. Another three eggs to one  
pint of milk; stir in flour to make a  
batter; salt & bake as above.

Cheaf & healthy bread

Take a pumpkin & boil it in water  
until it is quite thick, then add flour  
so as to make it dough.

Dyspepsia bread

Take three quarts unbolted wheat  
meal, one quart soft warm water (not hot)  
one gill fresh yeast, one gill molasses,  
and one tea-spoonful saleratus

Indian loaf bread

Stir indian meal in skim milk to  
the consistency of pancake batter, about  
two quarts. Add two tea-spoonfuls of molas-  
ses, one of saleratus, two of shortening, &  
two tea-spoonfuls of wheat flour. Stir  
in the evening, bake in the morning  
and eat while hot