

DIXON HISTORICAL GUILD

Recipes, Household Hints And Sage Advice From The Pages of the Old Dixon Tribune.

(January 01, 1875 through November 23, 1889)



**Compiled by
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Preface:

As I am working my way through the old Tribune issues and entering them into a searchable database, I have been collecting period recipes and household hints with the idea that someday we might publish them as a CD or hard copy booklet. At the moment the recipes are only on the DHG servers and it's not certain if they will ever be published in another format so I present what I've collected to date.

Attached hereto are all 215 articles, indexed, primarily recipes, for your reading enjoyment. Collectively, they provide meaningful insight into the world of early Dixon, and at the same time illustrate just how different this earlier domestic reality was from that of today. The Tribune issue date is made part of the recipe title and they are presented in chronological order starting in January 1875 with the last one entered being from the issue of 23 November 1889. The Tribune published its first issue on 14 November 1874 so they started printing recipes and household hints early on.

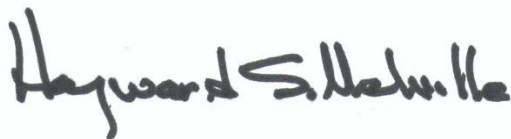
Consider this a Work In Progress as I will continue to add recipes as they are encountered from the Tribune archives

I have presented the recipes as I have found them, with no attempt to correct either semantics or syntax so sometimes you have to read an article several times to figure out just what they were trying to say. I have performed a serious edit, but a few errors may still be found.

**CAVEAT EMPTOR. BUYER BEWARE
PLEASE BE ADVISED**

Needless to say, some of these recipes and household hints would be considered either absurd, unpalatable or patently dangerous so don't attempt to duplicate some of them in your modern home kitchen-laboratory. Many of the ingredients are no longer available, chloroform for example, or 'possum, or now have different names, so you may have to consult the internet to help identify the ingredient.

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Preservation of Eggs. **30 January 1875**

Eggs may be preserved for several months by smearing the shells all over with butter or lard and placing them on the small end, and packing them in salt in barrels. [Recipe]

Hard Boiled Eggs **20 March 1875**

The opinion is almost universal that hard-boiled eggs are indigestible and unhealthy, but now comes a writer in the Medical Journal and says this is all a mistake, and that they are much more digestible and healthy than raw or partially cooked eggs.

Origin of Plants: **27 March 1875**

Cabbages grew wild in Siberia, buckwheat originated in Siberia, celery originated in Germany, the potato is a native of Peru, the onion originated in Egypt, tobacco is a native of South America, Mill it was first discovered in India, the nettle is a native of Europe, the Citroen is a native of Asia, oats originated in North Africa, Rye came originally from Siberia, parsley was first discovered in

Sardinia, the parsnip is a native of Arabia, the sunflower was brought from Peru, spinach was first cultivated in Arabia, the payer and Apple are from Europe, the horse chestnut is a native of Tibet, the cucumber came from the East In these, the quince came from the island of Crete, the radish is a native of China and Japan, the pear is supposed to be of Egyptian origin, the horseradish came from the south of Europe. [Recipe]

Cooking a Beefsteak.

01 May 1875

This is the sort of thing we may expect to see in schools and lectures: "First class in beefsteak stand up. Ms. Martha, please describe the process of cooking a beefsteak and inch and 1/2 thick, measured by Whitworth's Gauge." "Put it on a gridiron and broil it thoroughly, without scorching, and serve it up with salt-and-pepper." "Wrong! You may step down and out. The process of cooking a beefsteak of the above dimensions is to place it on a gridiron, over a hot fire, until the outside is properly browned, but not scorched; you are then to remove it and put it on a plate in a hot oven, where you are to leave it from 3 to 5 minutes, at the end of that time it will be found cooked through, and of a delicate roseate pink hue. If you dare to salt-and-pepper it before serving, you will receive no diploma, from this Institute."

Oats and Oatmeal.

09 October 1875

In the October number of the *Julia Coleman* has a long article on oatmeal for diet. It is as sensible as it is long, and we may give our readers now and then some of her recipes. Speaking of the availability of oatmeal, she says: "I believe that this article, so little-known as yet, in most of American households, can be adapted to a greater variety of purposes than any other one article in the meal room, unless it be wheat in its various preparations; and I am not sure but it will dispute the pain with that king of cereals. Certainly it is like better for mushes, and it makes a greater variety of them. Of course we do not recommend it in place of gems or premium bread, but for crackers and cake we give it the preference. While certainly we know of no preparation of wheat quite so convenient to get up, at short notice, as the oatmeal breakfast cake. Then, too, it is admirable to thicken soups instead of rice; to thicken stewed tomatoes and cranberries slightly; while the jelly or the milky part, strained out or skimmed off from porridge, is an admirable dressing for cooked vegetables, such as turnips and carrots, and green beans and pease [peas] makes an admirable piecrust, which we shall give our readers before many months. My private opinion is that it's availability is very far from being exhausted."

Tomato Catsup-1

09 October 1875

2 1/2 bushel of skined tomatoes and 1 quart vinegar, 1 pound of salt, 1/4 pound of black pepper, 2 ounces of cayenne pepper, 1/4 pound of allspice, six onions (omit at pleasure), 1 ounce of cloves and 2 pounds of brown sugar. Boil this mess for three hours, stirring it constantly. When cool, strain it through a fine sieve or coarse cloth, bottle and seal.

Tomato Catsup-2

09 October 1875

Cut in pieces one half a bushel of ripe tomatoes, and boil them, until very soft; press them through a sieve to remove the skins, cores, etc.; add 1 3/4 pints of salt, 1 ounce of whole cloves, one of cayenne pepper, 1 tablespoon of black pepper, two heads of garlic skinned and separated, or a small onion instead of garlic, and 1 quart of the best cider vinegar. Boil all together for about three hours, or until it is reduced ne half; then bottle without straining and seal up.

Uncooked Tomato Catsup.

09 October 1875

Cut very fine one peck of peeled tomatoes, and one dozen red peppers, seeded; add 2 tablespoons each white mustard seed, ground allspice, cloves and salt. Boil 1/2 gallon of cider vinegar, pour it over the prepared tomato mixture while hot, and when cold, bottle and seal.

Muffins

09 October 1875

1 pint sweet milk, 3 tablespoonfuls of yeast, a little salt, flour to make a thick batter, let it rise overnight. In the morning add to well beaten eggs, piece of butter size of an egg, 1/4 tablespoon of soda, bake as rings or in small round pans.

Brown Griddles.

09 October 1875

Half pint milk, half pint water, half cup molasses, two tablespoonfuls yeast, half a teaspoon full soda, one egg. Mix with Indian meal as stiff as muffins. Rise them overnight, add the soda and egg in the morning and bake on a griddle.

Tea Cakes.

09 October 1875

2 ounces butter, melted in two cups milk, 1 pound of flour, one egg, half cup of yeast, roll this and bake in a quick oven.

Bleaching Liquor.

09 October 1875

One gill muriatic acid, 1 gallon soft water, soak the wool or cloth for 15 minutes and rinse well in pure water.

Ant Destroyer.

09 October 1875

A strong solution of carbolic acid and water, poured into holes, kills all the ants it touches, and the survivors immediately take themselves off.

Cheap Household Soap.

16 October 1875

Four large bars yellow soap; two pounds sal-soda; three ounces Borax; one ounce of liquid ammonia. Shave the soap in thin slices, put it into 8 quarts of soft water (rainwater is the best). When the soap is nearly dissolved, add the borax and sal-soda; stir till all is melted. Pour it into a large tub or shallow pan; when nearly cool and the ammonia, slowly, mixing it well. Let it stand a day or two, then cut it into cakes or bars and dry in a warm place. No better soap can be made to wash white clothes, calico's and flannels, and it is excellent for all household purposes. It costs but three cents per pound, and is made in less than half an hour. This recipe has been sold for five dollars, and will be of service to every family.

[Editor-HSM: the above recipe, while it looks simple enough is not for the faint of heart. The hard part these days (2020) is getting the "four large bars yellow soap". While this form of soft yellow soap was quite plentiful a 135 years ago, today, unless you are a survivalist or 'off gridder', this form of soap is extremely difficult to come by today This "yellow soap" is made from wood ashes, lye, lard, components that were quite commonly found in the frontier household of 1875, but are today not to be easily found.]

Washing Fluid.

23 October 1875

1 pound each of potash and Borax dissolved in 6 gallons of warm water; when cold, add 5 ounces of salt's of tartar (cost \$0.75). The better way to use the fluid is to put the clothes to soak overnight; in one tub put the finest clothes, in the other the course, having previously put in the tub enough water with about 1 tablespoon full of fluid for every 2 gallons of water, to cover the clothes, the water slightly warm. The next morning, wring the close out, put the water over the fire, warm sufficiently, put in the tub and wash thoroughly one or two waters. For the last, clearwater is best. When putting over to boil a little fluid is quite a help; or a very good way is to wash the clothes without using any fluid until you come to boil, then allow one spoonful of fluid to 1 gallon of water. This recipe does not injured the hands and requires less soap. No one who has used this will do without it.

Key West Dumplings .

23 October 1875

These are also made up same as for cream, tartar biscuit, but are boiled in the same sauce; take as much sugar as you think will be needed to make sauce; put it in a tin or earthen pan that you can set in the oven, make up the dumplings, have the sauce, boiling when they are put in, cover with a tin plate or any cover that may be handy, boil them half an hour, the sauce need not be made near as sweet as you wish it for the table, as it will boil away; take up the dumpling with a skimmer, then flavor the sauce as you wish. These are very nice.

Liquid Glue.

23 October 1875

An excellent liquid glue is made by dissolving glue in nitric ether. The ether will soon dissolve a certain amount of glue, consequently, the solution cannot be made to stick. The glue thus made is about the consistency of molasses, and is doubly as tenacious as that made with hot water. If a few bits of India-rubber, cut into scraps, be added, and the solution, be allowed to stand a few days, being stirred frequently, it will be all the better, and will resist damp twice as well as glue made with water.

Gingerbread.

23 October 1875

2 cups of molasses, 1 cup of milk, with two tablespoonfuls of soda, five tablespoonfuls of butter, 1/2 cup of boiling water with 1 teaspoon full of ginger; mix 1 cup of flour with the molasses, put all together and add enough flour to roll in sheets; bake and cut in squares.

Soft Gingerbread.

23 October 1875

1 cup of molasses, 1 cup of sugar, 1/2 cup of butter, 1 cup of milk, 4 cups flour, two eggs, 2 teaspoon foals of cream of tartar, 1 1/4 teaspoo fulls of soda, one teaspoon full of ginger and 1/2 teaspoon full each of cloves and cinnamon.

An Excellent Pudding.

23 October 1875

1/2 pound suet, shred fine; 1/2 pound grated breadcrumbs; 1/4 pound loaf sugar, the yelks [yolks] of four eggs, and whites of two well beaten; to tablespoonfuls of orange marmalade or shredded citron if preferred. To be put in a butter mold and boiled for two hours. To be served with wine, poured over it, or sauce.

To Remove Mildew.

06 November 1875

We doubt whether there is any method that is infallible in all cases, but the following which we find in an English Journal, will often prove effectual: Make a very weak solution of chloride of lime and water (about a heaping teaspoon full

to a quart of water), strain it carefully, and dip the spot on the garment into it, and if the mildew does not disappear immediately, lay it in the sun for a few minutes, or dip it again into the lime-water. The work is effectually and speedily done, and the chloride of lime neither rots the cloth nor removes delicate colors, when sufficiently diluted, and the articles rinsed afterwards in clear water.

Hop Yeast.

06 November 1875

Put one large handful of hops in a quart of boiling water; boil down to 1 pint and set it down to cool. When lukewarm, dissolved in this liquor -- after it is strained - one cake of yeast, and one tablespoonful of sugar. Then stir in flour enough to make a thick batter. Let this batter rise five or six hours in a warm place. Roll out, and cut in cakes the size of a tumbler. Turn them frequently while drying. Dry them in a weak sun. You will find this an excellent recipe if followed correctly.

Omelette Soufflé.

06 November 1875

From five eggs remove the whites of three and put in a separate dish. Beat the five yolks and two remaining whites together, and half a cup of milk, and pour into a frying pan with butter in it, just hot enough not to burn. When this is nearly cooked, spread over the top of the three egg whites eaten to a stiff froth, and set in a hot oven two or three minutes. Fold, overturned on a platter and serve hot. A delicious dish.

Rice Coffee.

06 November 1875

This is good food for children who are suffering with summer complaints, and is made by browning the grains of rice like coffee and afterwards boiling them. It is not unpalatable, very nourishing, and can be made any strength that is required. With the addition of sweet cream and loaf sugar, a child of two or three years will require no other food until the disease is removed.

Corn Soup.

06 November 1875

Boil six ears of corn in just water enough to cover them; after boiling until quite tender, take out the corn and cut it from the cob, put the cobs into the water again, and boil on our, take them out and put in a little red pepper and some salt; then add a quart of milk, make it boil and add a piece of butter rubbed with flour.

Rice Jelly.

06 November 1875

Stir 1 pound of rice flour with 1/2 pound of loaf sugar into a quart of boiling water; let it cook slowly for 20 minutes and put into a form to cool. To be eaten with beaten cream, milk, or wine sauce.

Gingersnaps.

06 November 1875

Put in a cup to tablespoons of water, 3 tablespoons full of butter or lard, fill the cup with molasses, add 1 teaspoon full each of ginger, allspice and soda, a little salt and flour to roll.

Sponge Cake.

06 November 1875

1 cup each of flour and sugar, three eggs, 2 teaspoonfuls of cream of tartar and 1 teaspoon full of soda in a tablespoon full of milk and for 10 minutes

Salt Rising Bread.

13 November 1875

I have a little knowledge concerning the making of salt-rising bread, which I hope may be as beneficial to others, as it has been to me. The morning before the bread is to be made, take one tablespoonful of fresh cornmeal, and one teaspoon full of new milk; on this pour 1/2 teacup of boiling water; Let the mixture stand until the next morning in some warm place, like the tin oven of a cook stove; then stir a pint of warm water and flour together, and when of the right consistency, stir in the meal mixture, and if the flour is good and the meal fresh the risings will be up for running over in an hour or in two hours and 1/2 at the longest.

When light and and ready to sponge have ready sifted flour, into which for about 1/2 a pint of boiling water, scalding a little of the flour; then add cold water until cool enough for the risings, stirring them thoroughly into the flour. After sponging one half or three quarters of an hour, mold into loaves. I much prefer water to milk for wetting the flour, and to housekeepers who have their milk to try this way seems best.

[Sponging is a process in breadmaking where there is a period time allowed for fermentation during the mixing stage. The yeast and any starter being used are added and mixed with only a portion of the flour. The dough is allowed to set until it has expanded slightly and then the mixing stage is continued. This process makes a lighter crumb bread with a flavor that is less yeasty.]

Oatmeal Breakfast Cake.

13 November 1875

For a common oblong baking tin (8 x 13"), take 1/2 pint of "B" oatmeal, and one deal of "A" oatmeal (Akron), and add three gills of water; mix well, pour into the

pan (oiled), shakedown level, bake from twenty to thirty minutes, or until browned both at top and bottom; cut with a sharp knife into 2 inch squares, and serve warm. To bake in a spider, make one forth of an inch thick, covered close and bake 15 minutes. It should never be more than half an inch thick. The best way is to use the same pan all the time, or in any case, no how much will be necessary to make it the right depth in whatever pan you use. It is not necessary to brown it-- some people prefer it softer. If Canada or Scotch oatmeal be used, take equal parts oatmeal and water.

Currants and Their Uses. 13 November 1875

No fruit yields more bountifully when well cultivated, or will endure more neglect than currants, but when the ground is kept free from weeds by holding, and a good dressing of manure applied about the roots in autumn, the fruit is so much enlarged as often to be taken for a new and improved variety. Old bushes are almost worthless to transplant, and are soon outstripped by those raised from cuttings, which commenced to bear a little the second season after setting. It is said if the buds (three or four) are removed as from that portion of the cutting set beneath the soil, that they will not sucker. It may seem almost superfluous to offer any suggestions with regard to the uses of such a fruit as the currant.

Pocket Mucilage. 13 November 1875

To make pocket mucilage, boil one pound of the best white glue and strain very clear; boil also four ounces of isinglass, [Isinglass is a substance obtained from the dried swim bladders of fish. It is a form of collagen used mainly for the clarification or finishing some beers and wines. It can also be cooked into a paste for specialized gluing purposes and mix the two together; place them in a water bath (glue kettle) with a pound of white sugar, and evaporate till the liquid is quite thick, when it is to be poured into molds, dried and cut into pieces of convenient size. This immediately dissolves in water, and fastens papers very firmly.

Corn Bread. 13 November 1875

Sour milk, a quart; two eggs; soda, two tablespoonfuls; molasses, four teaspoonfuls; salt; knead into the milk. Mix the meal and molasses to a thin batter, beat the eggs. Dissolve the soda and water, add a little salt, stir all into thin batter, baked it in pans in a hot oven.

Potato Cakes.

13 November 1875

Take mashed potatoes, flour, a little salt, and melted butter -- to make them sweet, add a little powdered loaf sugar, -- mix with just enough milk to make the paste stiff enough to roll; make it the size and thickness of a muffin, and bake quickly.

Ventilation.

20 November 1875

How to get pure air in our churches, pulse, factories, dwellings and sleeping rooms is a question which has become one of the most serious problems with which sanitarians have to deal. We must "breathe or die," one author says; and more than this, we must breathe pure air, often died by degrees, if not at once.

In the summer season, this question is less important; for the windows are simply opened widely, and the winds ventilate our houses, and other edifices. But, when winter approaches, most people seem to forget that the demand for oxygen is even greater than in the other seasons of the year. As a consequence, the houses are carefully banked up with straw and dirt, lest a few stray inches of untainted air should enter through the cracks in the floor or some loosely fitted joint. The outside windows are nailed fast and the door casings are padded with felt to prevent the entrance of one solitary wiff of fresh un-poisoned air. Within the dwelling thus securely barricaded, airtight stoves are at a temperature just a little below the melting point, and the inmates dodge furtively in and out, in order to maintain the maximum degree of heat by preventing the ingress of any of Heaven's pure, vitalizing, invigorating air. When a person enters such a hothouse he is struck at once with the close and fusty odor of the air. What is the matter? What gives the air of the room this smell? Poisoned! It is fairly charged with gaseous poison, which is slowly, but surely, poisoning all who breathe it and materially shortening their lives.

Brine that Preserves Butter a Year.20 November 1875

Among the many devices for keeping butter in a manner that preserves the rich, rosy flavor of the new, with all its sweetness, is the following method which is said to be entirely successful: to three gallons of brine strong enough to bear an egg, add 1/4 of a pound of nice white sugar and 1 tablespoon full of saltpeter. Boil the brine and when it is cold strain carefully. Make your butter into rolls, and wrap each separately in a clean muslin cloth, tying up with a string. Pack a large jar full, weigh the butter down, and pour in the brine until it is submerged. This will keep really good butter sweet and fresh for a whole year. Be careful not to put upon ice butter that you wish to keep for any length of time. In summer, when

the heat will not admit of butter being made into rolls, pack closely in small jars, and using the same brine, allow it to cover the butter to the depth of at least 4 inches. This excludes the air, and answers very nearly as well as the first method suggested.

Grape Jelly.

20 November 1875

The chief art in making jelly is to boil it continuously, slowly and gently. It will not harden well if the boiling stops, even for a few moments. To preserve the true flavor and color of fruits in jams and jellies, requires boiling well before adding the sugar, in this way the water contained in all fruit juice is evaporated. Have the sugar always heated before it is added. With all varieties of grapes the same recipe is used for jelly. Wash and pick from their stems; put them over a fire in a vessel containing a little water to keep from burning; stew a few moments; mash gently with a silver spoon; strain, and to every pint of juice allow 1 pound of white sugar; after the juice comes to the boiling point, boil for 20 minutes; pour it over the heated sugar, and stir constantly until all is dissolved; then fill your jelly glasses .

Barley Soup.

20 November 1875

Put one gill of pearl barley to cook in one and a half pints of water four or five hours before the soup is to be served. An hour and half before dinner put on in two quarts of water in the soup kettle one cup of sliced cabbage, and one cup of sliced carrot; half an hour later add 1 cup of sliced onion; half an hour later still, one and one half cups of sliced potato and one pint of sliced tomato or the same of canned tomato. fifteen minutes before it is served, add a handful of minced parsley, if you have it, and the cooked barley. Serve warm with the griddle cakes or oatmeal, crackers or premium bread.

To Remove Dandruff

20 November 1875

Into a quart of water put an ounce of flowers of sulfur and shake frequently for several hours, then pour off the clear liquid, and with this saturate the head every morning. In a few weeks every trace of dandruff will disappear and the hair becomes soft and glossy.

To Reline A Stove .

20 November 1875

Ten cents worth of clay from the potter's worked to the consistency of putty, pressed firmly around the sides and into the corners of the furnace-box and left to dry overnight, will make in every respect a more desirable lining than the grey brick bought in the stores.

Sheep's Tongues in Savory Jelly. 20 November 1875

Skin them, lard them, and cook them until they are quite tender, in good veal broth, or any white stock. Take out the tongues, boil down the liquor to a stiff, clear jelly, and pour enough of it over them to cover them. To be eaten cold.

Pearl-Barley Mush . 20 November 1875

Look over and wash the pearl barley and put it with four parts of water; cook four or five hours in double boiler. If it is the fine variety, from an hour and half to two hours will cook it. Serve warm with milk or fruits.

Indian Pudding. 20 November 1875

Boil a quart of milk and stir in four tablespoonfuls of Indian meal and four of grated bread or crackers, three tablespoons of sugar, four eggs, a piece of butter as large as a walnut, and a little salt. Baked it three hours.

To Remove Creases From Ribbon. 20 November 1875

Place a white cotton cloth wet in water over a hot, flat iron, rub the ribbon over this, and brush with a fine whisk brush, or other brush, while steaming. An easy and sure way.

Common Sense Ventilation. 11 December 1875

Colonel G. E. Wearing, Junior, writes in the October *Atlantic* as follows: "The best practical statement I have met about ventilation was contained in the remark of a mining engineer from Pennsylvania: 'Air is like a rope; you can pull it better than you can push it.' All mechanical appliances for pushing air into a room or house are disappointing. What we need to do is to pull out the vitiated air already in the room, the fresh supply will take care of itself if meetings for its admission are provided.

"It has been unusual to withdraw the air through openings near the ceiling, that is, to carry off the warmer and therefore lighter portions, leaving the colder strata at the bottom of the room, with their gradual accumulation of cooled carbonic acid undisturbed. Much the better plan would be to draw this lower air out from a point near the floor, allowing the upper and warmer portions to descend and take its place.

"An open fire, with a large chimney throat, is the best ventilator for any room, the one half or two thirds of the heat carried up the chimney is the price paid for immunity from disease; and large, though the seams from its daily draft on the woodpile or the coal bin, it is trifling when compared with Doctors' bills and with

the loss of strength and efficiency that invariably result from living in unventilated apartments."

Care For The Boots . 11 December 1875

One of the greatest troubles of the neat housewife in the country, results from the muddy boots of those members of the family, who have to work in the fields, the stables, and the barnyard. The wet boots must be dried, and are generally left under the kitchen stove, where their presence is very disagreeable. Now, to have a neat kitchen there should be a boot rack placed behind the stove, in which the damp boots may be placed to dry. Such a contrivance as the following, which has long been in use in some families, is found to be a great convenience: It has three shelves about four feet long, ten inches wide, and placed a foot apart. At one end, a boot jack is fixed by hinges, so that when not in use, it may be folded against one end of the rack and secured by a button. There is also a stand for cleaning boots at the front, which also folds up when not in use, and the blacking brushes are placed on the shelves behind the stand, and are out of sight. Such a rack should be made of dressed pine boards, and stained some dark, durable color.

Danger From Impure Water . 11 December 1875

The Journal of Chemistry warns the drinkers of water of wells near dwellings to be aware of the typhoid poison, sure to be sooner or later in those reservoirs. If any of the house drainage can percolate them. The gelatinous matter often found upon the stones of a well is a poison to the human system, probably causing by its spores a fermentation of the blood, with abnormal a heat or fever. Wholesome untainted water is always free from all color and odor. To test it thoroughly, place half a pint in a clear bottle with a few grains of lump sugar, and expose it, stoppered, to sunlight, in a window. If, even after an exposure of eight or 10 days, the water becomes turbid, to be sure that it has been contaminated by sewage of some kind. If it remains perfectly clear, it is pure and safe.

Finger Rolls. 11 December 1875

To Three half pints of the best white ground flower. Add one half pint cold soft water, and when well mixed knead on a board until quite homogeneous. If properly managed, it need not be worked more than from 7 to 10 minutes. Have little or no flour on the board at last. Make into a role as large as the wrist, then cut into pieces and make rolls three fourths of an inch thick and three or four inches long, or longer, if you like. Then bake in an oven so hot that they will scorch in 20 minutes, before which time they should be done. They should be

light, spongy, and tender. Insufficient wetting and long baking in an oven not hot enough makes them very hard.

Cornbread.

11 December 1875

It is well-known that nobody makes more delicious cornbread than the Negro women down South. One of them told an inquiring young lady how she does it, and for the benefit of our housekeeping readers we give the receipt. Says Dinah "Why, darlin", sometime gen'ally I takes a little meal, and sometimes gen'ally . I takes a little flour, an' I kine o mixes 'em of with some hot water, and I puts in eggs enough and' a little salt, and' then I bakes it just 'bout enuff. And ' you do so, jess so, honey, an' youl' make it as good as I do."

Squash Pie.

11 December 1875

Take Hubbard squash; treat in all respects as for pumpkin pies, cut, stew, mash - add milk, eggs, sugar and spice to taste. Bake nicely. They are much superior to pumpkin pies. These pies can be made very wholesome to dyspeptic's by the crust being made of Indian meal, thus: Butter the pie dish nicely, and sprinkle over it evenly the meal, say, one quarter of an inch thick. Will cut out nicely if just right.

Powdered Charcoal

11 December 1875

Will keep meat over which it is sprinkled, good, and will remove the taint from flesh decayed. A piece of charcoal boiled in the water with meat or fowl, will render them nice and sweet. Hams, after being smoked, can be kept any length of time by packing in powdered charcoal.

Soggy Piecrust.

11 December 1875

Many Housekeepers Complain of soggy piecrust when making squash, custard, lemon or other moist pies. To prevent this, beat in egg well, and with a brush or bit of cloth, wet the crust with it before putting it in the mixture. For pies with a top crust this gives a beautiful yellow brown.

Packing Away Summer Clothing.

11 December 1875

When packing away summer clothing, it is advisable to lay bits of charcoal here and there among the folds, as this will prevent the unpleasant odor which is often perceived in clothing from which the air has been excluded.

Apple Jelly.

11 December 1875

Very good apple jelly can be made from good, sour, dried apples. Stew them, until tender, pour off the water and boil it down; put in as much sugar as you like.

The Worth of Fine Manners.

11 December 1875

It would be as vain as it would be ungracious to combat against the favorable influence of charm of manner. Engaging manners and bright conversation must and will always sway those brought under their attraction, and it is right that they should do so, for they are good qualities, though they may be only natural ones; and the enjoyment of them in others, may be accepted as one of the amenities of our lot, if we meet with them in the order of Providence, and do not go out of our way to put ourselves under their influence. What a catalog of social virtues it needs to make a man generally beloved -- sweetness of temper, good nature, a yielding will, and ready, compliance, a toleration of others' infirmities, and forbearance under small slights and hindrances; sympathy with others' mode of feeling, and delicacy of adaptation. Many a hero -- we may add, many a saint - -is without them, and makes his great cause to suffer from their absence. The reward of his labors is sought in a higher sphere, not in the praise of men; and his greatest admirers have often to become his apologists in the minor details of deportment and manner, conscious that he who would sacrifice his life for the sake of religion, or for the good of his fellow men, yet failed to make himself agreeable to his personal acquaintances. But because from the infirmity of our nature. Great interests and high aims often make men regardless of lesser properties, let us not esteem the want of them as other than a fault, nor grudge the domestic philanthropist who cheers his neighbors' firesides, who raises their dulled spirits, whose presence brings refreshments with it, who enhances their every day joys, and sympathizes in the little trials that each day also brings in its train -- though it may be only through the impulses of his genial nature his reward, in his indulgent hosts of friends, with their warm welcomes, party praises, affectionate extenuation's, tender regrets.

Sugar Kisses .

18 December 1875

Beat the whites of four eggs to a stiff froth, stir into this 1/2 pound of sifted white sugar and flavor it to your taste. Lay it, when stiff, in heaps on white paper, each the size and shape of one half an egg, and an inch apart; place the sheets on tins and put in a hot oven; when they turned a little yellow take them out, and let them cool five minutes; take two kisses and press the bottoms gently together until they adhere, and so continue until they are all prepared. They are very delicate and good, and look handsomely.

Hyacinths in Pots.

18 December 1875

Plant your bulbs in a mixture of white sand and place them in a dark, dry place, for a month or six weeks. Do not water; then bring them into the sunlight and water about once a week. Do not let water remain in the saucers, or the hyacinths will get moldy. The warmer the atmosphere, the sooner they will flower; about February if planted now.

Hasty Pudding .

18 December 1875

Boil some water and thicken with flour, as you would for thin starch; sift some course meal and stir in until it is quite thick; keep it boiling all the time you're putting in the meal, which must be done gradually; salt to the taste; boil it well; put it in a bowl and turn out. Eat with cream and molasses.

Cold Feet at Night

18 December 1875

Are thus depreciated by the Science of Health: "Never go to bed with cold feet. Never try to sleep without being perfectly certain that you will be able to keep them warm. To live one night with cold feet is to give such a strain to the nervous system as will be felt seriously, perhaps ending in a fit of sickness."

How to Keep Worms Out of Dried Fruit. 18 December 1875

When it is stored, after drying, put between every half bushel of it a large handful of the bark of sassafras, and strew a liberal supply on top. This will ensure that the worms will not trouble it.

To Remove Stains on Spoons 18 December 1875

Caused by using them for boiled eggs, take a little common salt, moistened, between the thumb and finger, and briskly rub the stain, which will soon disappear.

To Destroy Ants

18 December 1875

wrap a piece of gum camphor in cloth or paper to keep it from dissolving and place it in or about your covered or sugar, and it will drive away these pests.

Care of Lamps.

18 December 1875

Lamps are liable to explode when trimming is neglected. The wick, being charred in two, the flame obtains access to the oil below.

Hints For Storage.

18 December 1875

SEPTEMBER or October butter is best for Winter use. Keep coffee by itself, as its older affects other articles. Keep bread and cake in a tin box or stone jar. Keep tea in a closed-chest or canister.

A delicious cracker .

29 January 1876

Take equal parts "middling's" and Graham flour. Wet with new or sweet milk, and knead rather stiff. Work it a good deal on the board; then roll out to one quarter of an inch in thickness, and cut out in diamonds or squares; pricked them, and bake in a quick oven. Bake best right on the grates.

Baked Beans.

05 February 1876

Many people do not understand how to have nice baked beans. Bake the beans all day, and if convenient let them stay in the oven overnight, baking full 24 hours, and take our word for it, they will come out in the morning, with a flavor that will make your mouth water to taste them. We sometimes see persons who only have moderate liking for baked beans, who invariably bake them three or four hours, and that is why they do not like them any better. A day and night is non-too much time to bake them, having parboiled them only until the skins will crack when the error comes to them.

Lamp Chimneys.

05 February 1876

[Home and hearth]. Most people in cleaning lamp chimneys use a brush made of bristles twisted into a wire, or a rag on the point of scissors. Both of these are bad, for without great care the wires or scissors will scratch the glass as a diamond does, which, under the expansive power of heat soon breaks, as all scratched glass will. If you want a neat little thing that costs nothing, and will save half your glass, tie a piece of soft sponge the size of your chimney to a pine stick.

Poisonous Potatoes.

19 February 1876

The sprouts of the potato when analyzed, are found to contain a vegetable alkaloid, called by chemists solanine, which is very poisonous. Solanine is obtained from various species of solanum genus of plants comprehending the potato, tomato, and nightshade, etc. This alkaloid does not exist in the tubers unless they are exposed to the light and air. If potatoes remain for any length of time after having been dug, into bright, a light, or if the earth is accidentally removed from them in cultivation, they are changed by the chemical action of light and become green in color, which is owing to the presence of solanine.

Potatoes of a blackish-green tint are good for seed, and it is claimed by some that the poison they contain is a sure preventive of decay, but they should never be cooked for the table. If they are boiled in a large quantity of water and the water carefully drained off, they may be fed to stock.

Preserving of Hops.

19 February 1876

A newly patented method of keeping hops employs carbonic acid as a preservative agent. Airtight, tin lined boxes are loosely filled with hops. Carbonic acid (made in a soda fountain machine by the usual sulfuric acid and marble dust process is then admitted to the box through a tube that reaches to the bottom. The gas fills the box, driving the air out before it, as it rises from the bottom. The hops are then compressed and more filled in with an additional supply of gas. This is repeated until the box is loaded with pressed hops saturated with carbonic acid. The cover is then put on, and more gas is added under pressure to drive out the last trace of air, and then the box is quickly sealed hermetically. The first experiments in this direction proved extremely successful.

Water Proof Dressing for Leather.

19 February 1876

A dressing for rendering leather waterproof, made as follows as proposed by Hager, has been found to answer the purpose: Dissolve one part of India rubber in five parts of illuminating petroleum, by digestion for one day and add 20 parts of paraffin to the mass and digest again for half a day, with repeated stirring, and then mix it with five parts of oil and five of tallow, and finally add ten of petroleum or enough to give the mass the consistency of butter.

Suet Pudding .

19 February 1876

One cupful suet, one cupful raisins, one cupful of flour, three teaspoonfuls of baking powder, mix and put in a pan; stir [several words illegible.] [Pack the mixture into a buttered pudding mold or suitable bowl and steam for 3 hours. (A steamer can be made of any deep, coverable pot: simply put some mason jar screw bands in the bottom, stand the mold on them and add water until it comes halfway up the mold. Cover and steam.) Serve with hard sauce.]

Soup.

19 February 1876

When is soup likely to run out of a saucepan? When there is a leek in it.

To Boil Old Potatoes.

25 March 1876

Peel them and let them soak in cold water several hours; then put them in cold water with a little salt in it ; boil slowly -- the slower the better. If it stops boiling they will be watery; rub them through a colander.

Avoid Green Lampshades.

25 March 1876

At Bonn, Germany, headaches, dyspepsia, etc., affecting several patients, have been traced to evening studies pursued under the baneful influence of a green lampshade, [these are lampshades for oil-burning lamps] from which arsenic was set free by the heat of the flame.

Quick Gruel.

25 March 1876

To 1 1/2 pints of boiling water add one gill of "A" oatmeal, mixed with a little cold water. Stir assiduously until it boils up; then cook slowly, stirring occasionally for half an hour. It can be eaten in less time, but it is not so good.

Beef Loaf

25 March 1876

1 1/2 pounds of lean steak, chopped very fine, two eggs, 1 tablespoon salt, 1 teaspoon pepper, one small cup of rolled cracker. Mix well, and form in a loaf; put bits of butter on top and bake. A fine relish for lunch or tea.

Fire-Place Kettles

25 March 1876

The following explanation is given why the legs on the bottom of old-fashioned fire-place kettles burn in the middle: In order that iron may burn, it is not only necessary that it should be brought to a high temperature, but also that it should come in contact with the oxygen of the air at the same time, and these conditions are only realized in the middle of the leg.

Freckles--Their Cure.

25 March 1876

Freckles are not easily washed out. Of those who have a florid complexion and are much in the sunshine; but the following washes are not only harmless, but very much the best of any we know: Grate horseradish fine, let it stand a few hours in buttermilk, strain and use the wash night and morning. Or squeeze the juice of a lemon in a goblets of water and use the same way. Most of the remedies for freckles are poisonous, and cannot be used with safety. Freckles indicate a defective digestion, and consist in deposits of carbonaceous or fatty matter beneath the scarf skin. The diet should be attended to and should be of such a nature that the bowels and kidneys will do their duty. Daily bathing with

much friction should not be neglected, and the Turkish bath taken occasionally, if it is convenient.

Browning.

22 April 1876

This is to enrich the taste and improve the color of gravies, stews and soups. Mix 1/4 of a pound of powdered white sugar with two ounces of fine fresh butter, and having stirred them well together, put them into a saucepan over the fire, and simmer until it begins to froth; then diminish the heat a little. When it's color becomes a fine dark brown, add two glasses of port wine, and three or four blades of mace, powdered. When it comes to a boil, take it off, and stir into what you intend to color.

Cure for a Sick Cow.

29 April 1876

Mr. H. D. Edgerton, of Weston, Michigan, writing to Moore's *Rural New Yorker*, says: "I will send you a recipe for the cure of a bovine which has taken cold or lost its appetite in any way; it is also good for the disease termed "Hollow-horn," or "horn-all." Take two pieces of salt pork, about the size of the two forefingers split them open and put in each a teaspoon full of cayenne pepper, stand on the right-hand side of the animal and elevate the jaws with the left arm, and put the pork between the grinders with the right hand, keeping the jaws elevated till the dose is swallowed, only putting in one piece at a time. After they are administered, give two more pieces of the same size, if you choose, without the pepper, and if the animal seems affected by cold, give water, with the chill taken off, to drink and put on a warm blanket. I have no doubt that I have saved the life of a valuable cow by the above procedure."

To Keep Smoked Meat.

13 May 1876

A correspondent of the Cincinnati *Gazette* says: "In the Spring, before fly-time, take your meat down and rub it with a cloth until you make it greasy. This fills up the cracks. Now, take a large size pepper box, and pepper your meat well with black pepper. This keeps away all the flies and bugs. Then hang in a cool, dry place. This is much better than putting it in ashes. I have tried the above recipe for the last six or seven years, and never lost a pound of meat.

Coffee Ice Cream

10 June 1876

To a pint of sweetened cream, add a cup of strong infusion of Mocha coffee, and freeze.

American versus English Cheese. 01 July 1876

About one year ago we copied, from an Irish agricultural paper, an article in which the editor was lamenting over the loss of the farmers of Ireland were experiencing from the large importation of superior American cheese. He berated the Irish farmer for allowing a deterioration in his own products such as to make the home consumer prefer American cheese to the home manufacturer. Now comes the London *Agricultural Gazette*, containing an article from a Lancashire correspondence on the same subject, in which he gives the English cheese makers some wholesome advice.

"On every hand," he says, "we hear people talking about cheese making becoming unprofitable, and discussing what purpose they can turn their milk to a greater profit; and in some cases they are considering the prospects of seating capital in place of keeping a milking stock. This sort of talk among farmers is a new thing. For several years past, cheese has fetched high prices, and such has been the demand that even inferior swords could find a market at far above their relative value, the greatest loss being that of weight, the lowest qualities having to be kept to the last of the season, while the finest were often bought before they are made, so anxious were buyers to secure the few really fine. While prices kept up farmers were very 'uppish'; they would not listen to any suggestions about improving their mode of making, and expected buyers to take the fearfully unsalable cheese they made late in the season, a kind of stuff you could not properly called cheese. These late-makes resembled cheese in shape only; they possess no solidity to the touch, and were in consistency more like very stiff bookbinders paste. They never ripened, because they were obliged to be kept so cool, otherwise they would have swollen and become inflated like bladders; on the approach of heat they cracked and became out of shape. Year after year, many dairies finished up by a certain weight of the kind of cheese I have been describing, and so long as dealers would buy them, so long as they were quite indisposed to improve. I long felt sure that this state of things would come to an end, and that solid and firm American cheese would render such rubbishy, late-made cheese unsalable. And this has come to pass. Indeed, I feel sure that pasty, spongy, late-made cheese will become unsalable at any price. The wonder is where people have been found to eat such a salvy, tasty material; I was once told that those who bought them consume them in the shape of toasted cheese, and that no one could eat them in any other shape. I suppose the rich milk at the latter end of the season will, in future, be turned into butter; heretofore, farmers would not be troubled by changing from teasing to turning. Making that kind of cheese was sure to become unprofitable, so soon as a sufficient supply of good cheese was obtainable from America. Now, what is the lesson to be learned from all this? What are keepers of milking stock to do? I

wonder how many of them think of associating themselves in any way for trying to learn how to remedy their shortcomings. No business will be long profitable if it is based upon ignorance, or if those engaged in it will not take the trouble to March with the times. The times are changed; consumers are no longer confined to the cheese made at home, and they will no longer be content with an inferior home-made article, or anything else. Cheesemaking, like any other producing, will only be profitable when the article produced is of first-class quality. If you turn inferior or bad grain, or potatoes, or animals, they will be difficult to sell and an remunerative to the producer; and the same with cheese or butter. Farmers have been enabled to live in past days by using their hands, but now (like those in other occupations) have to use their brains as well. They will need to know there deficiencies, and seek to remedy them; to discard all doings --how ever time honored -- that lead to the production of inferior articles; They will need to learn to improve. They will find it only a loss of time to be grumbling, and better to start off learning; The latter is the only wise course, and the only one that will lead to permanent profit. They will need to avail themselves of every opportunity afforded them for obtaining useful information, whether by information from better informed neighbors, or books, or lectures, or such societies as the National Dairyman's Association. Ignorance will land them at length in poverty; intelligence and industry are the only road that will secure profit and comfort."

Growing Tuberroses.

1 July 1876

[Tuberose: a Mexican plant of the agave family, with heavily scented white waxy flowers and a bulblike base. Unknown in the wild, it was formerly cultivated as a flavoring for chocolate; the flower oil is used in perfumery]. To cultivate the tuberose, the most beautiful of all plants, says inexperienced horticulturist, put the bulbs in 6 inch pots, three in each, and use a mixture of equal parts turfy loam, peat, and leaf mold, and place them in a pit. Give very little water at first; and as they commenced to grow freely, increase is and keep near the glass. When they begin to push up their flower spikes, they will, of necessity require to be placed or they will have sufficient space for the proper development of the tall spikes. These will come into bloom from August to October, when they will require a temperature ranging from 60° to 70°, the latter being preferable.

Sleep the Best Stimulant .

01 July 1876

The best possible thing for a man to do when he feels too weak to carry it through , is to go to bed and sleep a week if he can. This is the only true recuperation of brainpower --the only actual recuperation of brain force. Because during sleep, the brain is in a state of rest, in a condition to receive and appropriate particles of nutriment from the blood, which take the place of those

which have been consumed in previous labor, since the very act of thinking consumes, or burns up solid particles, as every turn of the wheel or screw of the splendid steamer is the result of consumption by fire of the fuel in the furnace. The supply of consumed brain substance can only be had from the nutritive particles in the blood, which were obtained from the food eaten previously, and the brain is so constituted that it can best receive and appropriate to its self. Those nutritive particles during a state of rest, of quiet, and stillness in sleep. Mere stimulants supplying nothing in themselves; they only goad the brain, and force it to a greater consumption of its substance, until that substance has been so exhausted that there is not power enough left to receive a supply, just as men are so near death by thirst and starvation that there is not power enough left to swallow anything, and all is over.

How People Become Ill.

01 July 1876

By eating too much and too fast; by swallowing imperfectly masticated food; by taking too much fluid during meals; by drinking spirits and other intoxicating drinks freely; by keeping late hours at night and sleeping too late in the morning; by wearing clothing too tight, so as to relax the circulation; by wearing thin shoes; by neglecting to wash the body sufficiently to keep the pores of the skin open; by exchanging the warm clothes worn in a warm room during the day for light costumes and exposure incident to evening parties; by starving the stomach to gratify a vain and foolish passion for dress; by keeping up a constant excitement; by fretting the mind with borrowed troubles; by employing quack doctors and swallowing quack nostrums for every imaginary ill; by taking meals at irregular intervals.

Cooking Lamb.

08 July 1876

The niceties in cooking lamb that inexperienced cooks and housekeepers should bear in mind. One very common fancy is that lamb, being young and tender, does not require so much cooking. Such however, is not the case. Well cooked mutton such as haunch, should be cooked so as to be not exactly red, but very near it, and should hold what is called red gravy. Now, lamb should be cooked thoroughly, and should never even border on being red; undone lamb is as bad as undone veal. Another point to be remembered in connection with lamb is the gravy. A roast fore-quarter of lamb will not make the gravy that a sirloin of beef or haunch of mutton will. When, therefore, it is possible, get some in stock, and use that to pour into the dripping-pan instead of boiling water, only take care that the stock is tasteless --anything like rich gravy would destroy the delicate flavor of the lamb. It should be borne in mind, too, that lamb is one of the few meats that are none the better for keeping; the sooner it is cooked, the nicer it

will be. In hot weather, lamb has an un-amiable property of getting high sooner than other meat, especially the shoulder.

We next come to the general and nicest accompaniments to roast lamb, and that is nice, fresh, young green peas. When we say fresh, we mean lately gathered. The next point is, why do some people always have peas looking a bright green, and others send them up with a bad color? The secret of this is --do not cover up the saucepan. Now, as the saucepan is open, if the fire is likewise an open one, it follows that the fire should be pretty clear, or you will run the risk of having the peas smoky. It will, however, generally be found that the fire, after roasting a joint, is tolerably clear at the finish, especially as lamb requires a brisk fire. A few leaves of fresh mint should be boiled with the peas; they (the peas) should be strained off quickly, put into a hot vegetable dish, and sent to the table speedily, as they very soon get cold. Years ago, cooks used to put a penny (the old-fashioned copper ones) into the saucepan, the copper being supposed to improve the color; but the use of copper for the purpose of making vegetables green should be avoided. To say that mint sauce requires mint seems somewhat of a truism; but nevertheless, this seems to be the point generally overlooked, especially at hotels, where the habit seems to be to send up mint in the very smallest possible quantity, and vinegar in exactly opposite proportions. Chop up enough fresh mint two half fill a teacup, and about a teaspoon full of moist sugar, about three parts of a teacup full of vinegar and 1/2 of teaspoon teacup full of water. Let the whole stand for a few hours, in order that the flavor of the mint may get into the vinegar.

Cooking Fish.

08 July 1876

To boil fish such as salmon is really very easy, but requires care. The fish must be placed in cold water, to which plenty of salt has been added -- about 6 teaspoons full to every gallon of water, or nearly a pound of salt. Take care, also, that the water covers the fish, and that the latter is thoroughly clean. Rub the spine which is apt to contain little clots of blood, with a lump of salt. Salmon always taste best when boiled whole. When the water boils take care to remove all the scum that will rise to the surface. As to the time it will take to boil, no time can be given, as this depends more upon the thickness of the fish than the mere weight in pounds. In carving a Salmon, be sure to cut it always parallel to the [illegible] and not transversely.

A nice way of cooking salmon is to grill it - i.e., do it on the grid iron just like a steak. Of course the salmon for this purpose must be cut in slices. Great care should be taken that the gridiron is perfectly clean. The slice of salmon can be placed on the gridiron just as it is, but if the fire is nice and clear it will be better to wrap each slice in [illegible] paper; by this means the flavor of the

salmon is kept in. Of course, the cooking must be carefully watched, or the paper will very likely catch fire.

The best sauce with grilled salmon is tartare sauce as follows: first make some mayonnaise sauce as thick as butter in the summertime, add to it about a teaspoon full of finely chopped parsley, chopped on a chopping board is previously rubbed over with a shallot; mix this in with a good-sized teaspoonful of French mustard. Grilled salmon is more suitable for three or four persons than for a large party, as few fires are capable of cooking more than two slices at a time, and one slice is only sufficient for two persons.

The Healthiness of Lemons

08 July 1876

When people feel the need of an acid, if they would let vinegar alone, and use lemon or sour apples, they would feel just as well satisfied and received no injury! And a suggestion may not come on this as a good plan when lemons are cheap in the market. A person should in those times purchase several dozen at once and prepare them for use in the warm days of Spring and Summer, when acids, especially citric and malic or the acids of lemons and ripe fruits, are so grateful and useful. Press your hand on the lemon and roll it back and forth briskly on the table to make it squeeze more easily; then press the juice into a bowl or tumbler--never into tin; strain out all the seeds, as they give a bad taste. Remove all the pulp from the peels and boiled in water --a pint to a dozen pulps--to extract the acids. A few minutes boiling is enough, then strain the water with the juice of the lemons ; put a pound of white sugar to a pint of the juice; boil ten minutes; bottle it, and your lemonade is ready. Put a tablespoonful or two of this lemon syrup in a glass of water and you have a cooling, helpful drink.

Gravy For Children.

19 August 1876

For a pint of gravy you want a large spoonful of flour, stirred smoothly into half a tea cup of milk. Let the milk be boiling when this is added, and kept constantly stirring, or the gravy will be lumpy. If cream is used instead of milk no butter is necessary. The milk should be stirred while coming to a boil to keep it from burning. It is less likely to burn. If a little butter is melted in the spider before pouring in the milk add a little salt. For bread and potatoes it is better by far than meat gravy, and not only palatable and wholesome, but nutritious.

Cures for Rheumatism

19 August 1876

The Journal of Health has been collecting all the recipes for rheumatism floating around, some of which are quite edifying. For example: kill a big dog and put your feet inside; wear sulphur in your shoes; wearing silk; wear flannel;

exercise; don't exercise; pray fervently; don't eat meat; eat all the meat you can; don't smoke; smoke all you like; don't drink; drink Randy; carry a piece of almond in your pocket; they've; don't they; wear a horse chestnut in your breeches pocket; read "Job;" rub with kerosene; do not swear; put on hot poultices.

Views of Life.

19 August 1876

How many take a wrong view of life, and waste their energies and destroy their nervous system, in endeavoring to accumulate wealth, without thinking of the present happiness they are throwing away. It is not wealth or high station which makes a man happy. Many of the most wretched beings on earth have both; but it is a radiant sunny spirit, which knows how to bear little trials and enjoy little comforts, and thus extract happiness from every incident of life.

Remedy for Small-Pox. –

16 September 1876

Small-Pox is epidemic in Southport, England, at present, as it is here, and Edward Hine, a Waivertree correspondent of the Liverpool *Mercury*, sends the following to that paper, and the recipe which it contains may be of service to the suffering of this city: No disease is so repulsive as the smallpox, and none so generally dreaded. It is well-known that it is much about our town and suburbs. I am willing to risk my reputation as a public man if the worst case of smallpox cannot be effectually cured in three days, simply by cream of Tartar. This is the sure and never failing remedy. One ounce of cream of Tartar dissolved in a pint of boiling water, to be drunk when cold, and at short intervals. It can be taken at any time, and is a present to as well as curative. It is known to have cured 100,000 cases without failure. I have myself restored hundreds by this means. It never leaves a mark, never causes blindness and always prevents tedious lingering. It is so effectual that if popularly used would dispense with the unnatural law of vaccination and the costly stuff, of vaccinators, for smallpox never appears without a need, and then, ought to be purifying and helpful to the system; and when capable of being so quickly removed need never be feared above a cold or an overflow of bile. Like the identity of the British, which lost Israel, it is too grand, too simple, and too good to be quickly accepted by the people; and the doctors, as the ministry to the identity question, laugh at this remedy, because it interferes with the old routine of their customs, and has not emanated from themselves. Nevertheless, if the people would only try it, and report all the cures to you, you, you would require to employ many columns. If you gave them publicity.

Plum Butter .

07 October 1876

Mrs. M. D. H., Of Goleta, California, writes to the following recipe for plum butter: "Look over the plums, discarding the bad ones; then wash them. Put them in either a tin pan or porcelain vessel, and pour in hot water to cover them, but leave out the soda. Boil until the skins crack; drain off, and measure the water; put it in a tin pan or porcelain kettle, with a pound of white sugar to every pint of plum water; boil and try it until it jells. I sometimes put in a little lemon extract while hot. You will find you have the clearest, nicest jelly you ever saw, and the easiest made. While the jelly is boiling, if you have time -- but don't neglect your jelly and let it burn or boil over, you can rub the plums through a colander for your butter."

Celery Slaw.

02 December 1876

One half head of cabbage, the tender part of one bunch of celery, two hard-boiled eggs, all chopped fine, mixed with it to teaspoonfuls of sugar, two of mustard, one half a teaspoon full of salt and pepper. Moisten with vinegar.

Mustard Cabbage .

02 December 1876

Beat one egg with a tablespoon of sugar, mix 1 teaspoon full of mustard in one half tea cup of vinegar; add this to the egg and sugar, and boil until thick, stirring all the time; pour while hot over finely cut cabbage previously salted.

Celery as a Cure-All

09 December 1876

The habitual daily use of this vegetable is much more beneficial to man than most people are aware of. A writer who is familiar with its virtues says: "I have known many men and women, who, from various causes, had become so much affected by nervousness that when they stretched out their hands they shook like aspen leaves on a windy day, and by a moderate daily use of the blanched foot stalks of celery as a salad, they become as strong and steady in limb as other people. I have known others so nervous that the least annoyance put them in a state of agitation and they were in constant perplexity and fear, who were also effectually cured by a moderate daily use of the blanched celery as a salad at mealtime. I have known others to be cured of palpitation of the heart.

Everybody engaged in labor, weakening to the nerves should use celery daily in the season, and onions in its stead when not in season." To this we may add that a prominent New York druggist draws in winter from his soda fountain a hot extract of celery, mixed with Liebig's needs extract, under the name of ox-celery. It is a nourishing drink at lunch time, far better than coffee or tea, and is doing a great deal in this neighborhood to promote temperance. We give celery almost

daily to our canary birds, and it cures them of fits; they are little animals, with very delicate nerves, easily frightened, and therefore they need such a remedy very much, and the relish with which they take it is a proof that their instinct guides them to eat what is good for them. A manufacturer of curfew Murray of our acquaintance some years ago commenced to prepare an extract of celery seed, put up in bottles, and intended to give strength to old or exhausted persons, who, by over indulgence have reached such a state as to require restorative. -- *Journal of Chemistry*.

The Toilet.

09 December 1876

An excellent remedy for sore mouth is sage tea sweetened with honey. It is good for chapped lips.

Hair Wash .

09 December 1876

Try half an ounce of Borax to a quart of water for a hair wash; apply very gently with a sponge on alternate days; apply a little glycerin dissolve in soft water.

Ingrowing Nails.

09 December 1876

Pare the nail close in the middle, then with a pin put as much cotton under the corners as you can. Do this a few times and the difficulty will be remedied. Never pare the corners of the toenails, this makes the matter worse.

Oatmeal.

09 December 1876

Take a teaspoon full of oatmeal, cook in three tablespoonfuls of water, half an hour; then strain through a cloth, and apply with a soft sponge three times a day for three months. This should be washed off as soon as dry. It will cure pimples on the face, unless caused by a disease, stomach.

Destroying Vermin .

09 December 1876

Following is a specific for destroying vermin: Two pounds of alum dissolved in three or four quarts of boiling water. Let it remain over the fire till all has dissolved. Then apply with a brush, while boiling hot, to every joint or crevice in the closet where ants and cockroaches intrude; to all the pantry shelves, and to the joints and crevices of bedstead's. Brush all the cracks in the floor and the mop-boards with this mixture. A cement of chloride of lime and powdered Alep used to stop up rat holes, and the walls and cracks and corners washed with the above-mentioned hot alum and Borax, will drive away rats as well. As insects.

Lemon Verbena

09 December 1876

The lemon verbena is deemed a valuable herb by the Spaniards. Every taste of it is treasured, and tried for Winter use, and it is regarded as the finest cordial and stomachic in the world. It is taken in two ways, either made into a decoction with hot water and sugar, and drank cold as a tonic, or better still, with the morning and evening cup of tea. Put a sprig of lemon verbena, say five or six leaves, into the teacup and pour the tea upon it, you will never suffer from flatulence, never be made nervous and old maidish, never have, cholera, diarrhea, or loss of appetite.

Brown Pudding.

27 January 1877

One cupfull of molasses, one cupful of milk, three quarters of a cupful of beef suet, chopped; one tablespoonful of soda, one teaspoonfull of salt, one cupful of raisins, three full cup falls of flour. Steam three hours without lifting the lid.

Plumb Pudding

27 January 1877

[I don't know if this was an intentional misspelling of the word "plum", or a simple mistake, but I copy it here exactly as it was printed in the Tribune.]

One pound of raisins, one pound of currants, 1/2 pound of suet five tablespoons of breadcrumbs, eight tablespoonfuls of flour, six eggs, 1/4 pound of citron, one tablespoonful of sugar, a little salt, nutmeg to taste, boil fully five hours and serve with hot melted sauce.

Sauce for Pudding.

27 January 1877

One cupful of brown sugar, one-half cupful of butter, one tablespoonful of flour; stir well together, and add one cupful of hot water; let all come to a boil; use the flavoring preferred.

Farmers' Kitchens .

27 January 1877

There are several reasons says the *Country Gentleman*, why the farmer's kitchen should be regarded as one of the most important rooms in the house. It will, perhaps, be correct to say that it is decidedly the most important. Not that we would advise the family to make a sitting room of it, and to spend all their time in this apartment; for unless the house is very small the farmer should provide a separate room for the leisure hours of the evenings and for reading, writing and study; or for conversation with his family and for the sewing and other occupations of the female members during the day.

Nevertheless, the kitchen should receive special attention and we now offer a few suggestions on the subject of the many who are about to build, and

who look over and digest their plans during winter, preparatory to commencing operations in the early spring.

First then, in the list of requirements, the kitchen should be made pleasant and respectable. A dark room or badly ventilated apartment will not favor good cooking, either by the hired girl or by the mistress herself. To the former, a small, dark room will convey the impression that what is done in it is not of much consequence, and that the work may be slighted, and that cleanliness is not of vital importance. The mistress will find it difficult to do anything so well in the dark or in the foul air as under the more favorable circumstances. During the years of a long life. The writer has tested both modes. Better servants can be secured and retained. When a comfortable apartment is provided, and when all conveniences and appliances have been procured, then when there is nothing pleasant and attractive, and where kitchen work is performed at a continued disadvantage. We therefore provide a well-oiled floor of hardwood, which is easily kept clean, covered the walls with well- varnished wallpaper, place green Venetian blinds on the windows, provide ample lights on both sides, which permit free ventilation, bring water to the sink, by means of two pumps, place the valve which opens to the coal bin within a step of the cooking stove, have the store room adjoining, and last, but not least, add a comfortable bedroom for servants, opening from the kitchen.

All of these conveniences are not expensive. They save money in the long run. The waste and breakage of poor servants will more than pay the additional cost of better ones, to say nothing about the satisfaction of cleanliness and well cooked food which the family and the mistress will enjoy. The mode for obtaining these conveniences will readily suggest itself to most house owners. But there is one point to which we wish to invite more particular attention, and this is the importance of securing ample light from two opposite sides, besides giving the apartment a good size. We often see plans of dwellings where neither of these requisites are secured .

Twelve Rules of Health. 27 January 1877

The twelve rules of health published below are warranted to banish physicians from the whole world in ten years, if they are all lived up to. If the readers of the rescue have any doubts about it we would counsel them to try it and see if the effect is not just what we say. But you must live strictly up to the spirit of the rules; no half-way work will answer.

First-- Keep cool;

Second -- Eat regularly and slowly;

Third -- Maintain regular bodily habits;

Fourth --Take early and very light suppers.

Fifth -- Keep a clean skin.

Sixth -- Get plenty of sleep at night.

Seventh -- Keep cheerful and respectable company.

Eighth --Keep out of debt. Ninth -- Don't set your mind on things you don't need.

Tenth-- Mind your own business.

Eleventh-- Don't set up to be a sharp of any kind.

Twelfth -Subdue curiosity.

To Cook Brains.

10 March 1877

Stew in 1/4 of a pound of butter, a tablespoonful of chopped parsley, the juice of two lemons, a pinch of salt and white pepper.

Genuine East India Currey Powder. 10 March 1877

Best turmeric, 1 pound; coriander seed, three quarters of a pound; Ginger, 3 ounces; black pepper, 2 ounces; caraway seeds, one quarter of an ounce; cardamon seeds, half an ounce; 60 cloves, finely ground and well mixed.

Oysters and Clam Fritters .

10 March 1877

Milk, two eggs, and a little salt; beat well, and add an oyster to each spoonful of batter as you drop it in the fat, which must be quite hot; clams should be chopped and stirred in the batter, and then dropped by spoonful in the hot fat.

Boiled Potatoes .

10 March 1877

Choose those of equal size; put them down in barely sufficient cold water to cover them. After they have boiled 10 or 15 minutes take half the water out, replacing it with cold; throw in two or three tablespoonfuls of salt, and when done carefully, drain off all the water, remove the lid from the pot, and let stand on the back of the range to get dry and keep hot.

Sheep's Tongues.

10 March 1877

Put six tongues in 1 quart of warm water, with one moderate sized carrot, two onions, one bay leaf, one piece of thyme, and one teaspoon full of salt; simmer until they are tender, then skim them and trim off the roots and fat, and cut into lengthwise; melt a piece of butter, adding the juice of a lemon; pour boiling water over the tongues. A very inexpensive dish.

Baked Macaroni .

10 March 1877

Put into salted boiling water one quarter of a pound Italian macaroni, broken in pieces; let the water cover it; boil till quite tender; drain off the water and place the macaroni neatly in a baking dish; pour 1/2 cup full of milk over it and put butter size of an egg cut in small pieces on the top, and covered thickly with grated rich cheese. Place in the oven and bake until the milk is absorbed and the top is brown.

Mock Duck .

10 March 1877

Prepare a good dressing, such as you would for a turkey or duck; take a round steak, pounded a little, spread the dressing over it, sprinkle with a little salt, pepper and a few bits of butter, lap over the ends, roll the steak up closely and tie tightly; next spread to tablespoonsfull of butter over it, and brush it over with a well-beaten egg; put water in the baking pan, lay the meat in on sticks laid across the pan; baste-often; bake for half an hour and a brisk oven; bake a brown gravy and send to the table hot.

Macaroni and Beef

10 March 1877

Fry in a hot pan, with a small quantity of hot fat, till each side is brown, two pounds of ground beef; turn these after into a pot with enough boiling water to cover it, and cook slowly till done; half an hour before dishing throw into this pot 1/4 pound of macaroni and cook till done; salt to taste before adding the macaroni; serve the meat in the center of the dish with the macaroni around it; serve hot, and with grated cheese; should the water boil off, add a little; boil the beef slowly and keep covered tightly, the water, then evaporating slowly.

Bread Pancakes

17 March 1877

Cut bread though, which is ready for baking into strips or fancy designs, and drop into hot lard. When they are a fine brown, drain them well, and send to the breakfast table, very hot. To be eaten with syrup.

Scrambled Eggs with Dried Beef. 17 March 1877

Shave the beef very fine, put a tablespoon of butter in a frying pan, set it over the fire, and when hot put in the beef; heat a few minutes, stirring constantly to prevent burning; beat up the required number of eggs and stir in with the hot beef; stir together until the eggs are cooked. Serve immediately.

Fried Patties.

17 March 1877

Mince a little cold mutton, beef, or veal, allowing one third ham to two thirds of the other meat; add an egg boiled hard and chopped fine; season with salt, pepper, mace, and a little grated lemon peel, moisten with cream. Make a good puff pastry; roll thin and cut into round pieces; put the mince between two of them; pinching the edges well, to keep in the mixture, and fry a light brown. To be eaten warm or cold, as liked.

Eggs and Apples .

17 March 1877

Beat up the eggs as for omelette, pare and slice the apples, fry them in a little butter; then stir them in with the eggs. Melt a little butter in the frying pan, put in the eggs and apples; fry, turning over once, and serve hot.

Eggs and Cheese.

17 March 1877

Into a baking dish, put for five teaspoonfuls of milk thickened with flour; break into it, six or eight eggs without breaking the yokes; sprinkle over the whole some grated cheese and a little pepper and salt; bake in an oven, without allowing the yokes to harden. Serve very hot.

Lemon Dumplings.

17 March 1877

Mix with 10 ounces of fine bread crumbs, half a pound of beef suet, chopped fine, a large tablespoonful of flour, the grated rind of one lemon, 4 ounces of loaf sugar, or, if wished very sweet, more; a little salt, and three eggs, well beaten. Divide these into four equal portions, put into well-floured cloths and boil one hour. Serve hot, with brandy sauce.

Little Currant Dumplings.

17 March 1877

A pint of flour, 1/4 of a pound of fresh beef suet, chopped fine, a salt spoon of salt, 1/4 of a pound of picked and cleaned Zante currents, one egg, and milk enough to mix to the consistency of drop-biscuit. Boil in well-floured dumpling cloths three quarters of an hour; allow a tablespoon to each dumpling. Serve with sauce.

Buttermilk Bread.

17 March 1877

Put three or four pints of fresh buttermilk into a sauce pan and boil it. Stir it pretty constantly. While it is heating, to keep it from separating into whey and curd. Have a quart of flour, sifted into a suitable vessel, pour the boiling buttermilk on the flour, and scalded thoroughly. Stir until all the flour is mixed, and set to cool. When sufficiently cool add a tea cup full of good yeast, and let it

rise overnight; in the morning, sift and mix into the sponge enough flour to make a stiff dough; knead well and set to rise for two hours, then divide into loaves and knead slightly. At this time use as little flour as possible. Set to rise again, and bake as soon as light enough. Bake in a steady oven for three quarters of an hour.

This is a good sponge for dark or runny flour. The bread will be light and moist. Graham flour, prepared with scalded buttermilk, mixed a little stiffer than where sweet milk or water is used, is very sweet and good. Do not put soda into the milk or sponge. It will be perfectly sweet when baked. If the yeast is fresh, and if the whole process is carefully attended to in the right time.

A Good Cement.

28 April 1877

A good cement for mending almost anything may be made by mixing together litharge [lead monoxide, especially a red form used as a pigment and in glass and ceramics] and glycerin to the consistency of thick cream or fresh putty. This cement is useful for mending stone jars or any other coarse earthenware, stopping leaks in seams of tin pans or wash boilers, cracks and holes in iron kettles, etc. I have filled holes one inch in diameter in kettles and use the same four years in boiling water and feed. It may also be used, to fasten on laptops, to tighten loose nuts, to secure loose bolts whose nuts are lost, tighten loose joints of wood or iron, loose boxes in wagon-hubs, and in a great many others. In all cases, the articles mended should not be used till the cement has hardened, which will require from one day to a week, according to the quantity used. This cement will resist the action of water hot or cold, acids, and almost any degree of heat.

Drinking Coffee.

13 May 1877

How strong should coffee be taken? Is an inquiry of much practical importance. How much should be taken at a meal? Is scarcely of less moment. Coffee, like any other beverage, may wholly ruin the health; the very use of it tends to this ruin, as certainly as does the use of wine, cider, beer or any other unnatural, stimulating drink. There is only one safe plan of using coffee, and that is never, under any circumstances, except of an extraordinary character, exceed in quantity, frequency or strength, take only 1 cup at the regular meal, and of a given unvarying strength. In this way, it may be used every day for a lifetime, not only without injury, but with greater advantage than an equal amount of cold water, and for the simple reason that nothing cold should be drank at a regular meal, except by persons in vigorous health.

One pound of the bean should make 60 cups of the very best coffee. If a man takes coffee for breakfast only, 1 pound should last him two months, or 6 pounds a year.

One pound of coffee should be made to last a family of 10 persons, young and old, one week. Put about two ounces of ground coffee in a quart of water, or rather divide the pound into seven portions, one for each breakfast in the week, and make a quart out of it, which will be 64 tablespoons. Give the youngest two tablespoonfuls and the oldest a dozen; the remainder of the 1 cup being filled up with boiled milk. This will give a cup of coffee sufficiently strong for all helpful purposes, for the respective ages; and for various reasons, pecuniary as well. As physical, some such systematic plan as this should be adopted in every family in the land.

How to make a cup of good coffee? Is the question. It is perhaps as good and as easy a plan as any to buy the coffee in the grain, pick out those that are imperfect, wash it, parch as much as will last a day or two, with your eye upon it all the time until it is of a rich brown, with no approach of black about it. Grind only enough for the day's use; grind it fine, for the greater the surface exposed to the hot water, the more the essence you will have; pour the boiling water on the coffee, close it up, boil 10 minutes, let it stand 10 minutes.

Does Milk Curdle in the Stomach?

13 May 1876

The moment milk enters the human stomach the digestive fluids change it into curd. The cheesy part is separated from the whey, or water report. We often hear mother say when they are in fit vomits up curd, that there milk does not agree with it, that it stomach is sour and curdle's the milk, and the curd is very hard. The truth is that the milk in the stomach always curdle before it digests. If it did not curdle. It would prove that the stomach was weak. Those infants who are fed at regular intervals are less apt to overfeed than those who are fed at irregular periods. We have found that infants nursed at intervals of two hours are much more apt to suffer from indigestion. Some mothers may ask, why is human milk more digestible than cow's? The principal reasons are to: first, the amount of curd is greater in cow's milk; and second, the curd is harder, i.e., the caseine from human milk is more porous, and and is on this account more easily dissolved and digested . --

Boiled Parsnips

19 May 1877

Pare carefully, and if large, cut lengthwise in half. Put them into boiling salted water, and cook till tender. Serve them mashed, or plain, with melted butter. They are a good accompaniment to salt fish and boiled pork.

Fricasseed Parsnips.

19 May 1877

Boil them in salted water until they are tender. Then cut them into pieces two or 3 inches long, and stew them a few minutes in half a cup of milk, half a cup of strong broth, a tablespoonful of butter, and pepper and salt. Just before serving, add 1 teaspoon full of cornstarch made smooth in a little cold milk.

Fried Parsnips

19 May 1877

Boil the parsnips until tender, in salted water; when they are cool, slice them lengthwise, dredging with flour and fry in hot lard, or better still in suet drippings. Drain off every drop of fat. Pepper and serve hot. Or they may be dipped in a well beaten egg, then in fine cracker crumbs and fried in hot fat. Serve with any kind of roast meat.

Parsnip Fritters

19 May 1877

Boil tender, mash smooth and fine, picking out woody fibers. For two large parsnips allow two eggs, 1 cup of sweet milk, one tablespoonful of butter, 1 teaspoon full of salt, three tablespoonfuls of flour. Beat the eggs light, stir in the mashed parsnips, beating hard; then the butter and salt, next, the milk, lastly, the flour. Fry as fritters, in plenty of boiling fat. A nice dish for breakfast, or a good side dish for dinner.

Graham Pie Crust.

19 May 1877

Take thin, sweet cream, and prepare a dough as for crackers, roll out and make your pie as with a crust of grease and fine flour, and you will have an article that is very eatable and helpful.

Cabbage with Cream-

19 May 1877

Cut half of a solid head of cabbage as fine as for slaw. Put it in a saucepan over the fire, and add a tea cup of boiling water, cover close, and let it cook until tender, then pour off the water, and add half a pint of cream or sweet milk. When the milk boils, stir in a teaspoonfull of flour made smooth by a little cold milk, salt, pepper, and a tablespoonful of butter. Let it boil up, and serve at once. Cabbage prepared in this manner is a very good substitute for cauliflower.

Oranges

19 May 1877

There are many ways of preparing them for delicious desserts, besides the most common one of slicing with sugar. Even this way may be varied by sprinkling in between the layers, grated or desiccated coconut. In any style of preparation. It is of great importance to prepare them a few hours before they are wanted.

Orange Salad

19 May 1877

Cut several oranges into slices, 1/8 of an inch thick; remove the pits and place the slices upon a flat glass dish, one piece half covering the next until the whole surface of the dish is covered. Sift pulverize sugar over all, and pour over a glass of any good liquor, and in two hours it is ready to serve. Peach salad is made in the same way, but Sherry wine is the only liquor suitable for peaches.

To remove spots of paint,

09 June 1877

Rub the paint with spirits of turpentine; if dry, drop the turpentine on the paint and let it lie; rub the spot, and if not removed repeat the process. Pitch or tar may be removed in the same manner.

To Keep Iron From Sticking to Starched Clothes. 09 June 1877

To keep an iron from sticking to starched clothes, scour the iron off on some sand placed on the board, then rub a piece of course, yellow wax, placed in a cloth, over the face of the iron. Wipe off well before putting on the clothes.

Lemon Pie.

09 June 1877

The juice and rind of a lemon, 1 cup of sugar, yolks of two eggs, three tablespoonfuls of flour, milk enough to fill the plates; line the plates with flour, pour in the custard and bake until done; beat the whites of two eggs, add four tablespoonfuls of powdered sugar, spread over the pie, and brown lightly in an oven or stove. Essence of lemon, will do for flavoring in the place of fresh lemons.

Pimples.

09 June 1877

It requires self-denial to get rid of face pimples, for persons troubled with them will persist in eating fat meats and other articles of food calculated to produce them. The use of gravies, or pastries, or anything very rich or greasy, must be avoided. Outdoor exercise must be taken, and a late supper never indulged in. Sulphur to purify the blood may be taken three times a week-- a thimbleful in a glass of milk before breakfast. It takes some time for the sulphur to do its work.

Lyonnaise Potatoes

09 June 1877

Put a pint of milk in a frying pan; add a piece of butter the size of a butternut, some salt-and-pepper, let it boil; take a heaping teaspoon full of cornstarch, mix with a little milk and added to the milk in the pan. Keep stirring while adding it. Have ready six or seven good sized potatoes, peeled, and cut into small slices. Put them into the pan with a little parsley and one chopped onion. Cover them

with a plate, and let them stew gradually for fifteen minutes. Send to the table in a covered dish.

How to Get Sleep.

09 June 1877

How to get sleep is to some persons, a matter of considerable importance. Nervous persons who were troubled with wakefulness and excitability usually have a strong tendency of blood to the brain, with cold extremities. The pressure of blood on the brain keeps it in a stimulated or wakeful state, and the pulsations in the head are often painful. Let such arise and chafe the body and extremities with a brush or towel, or rub smartly with the hands to promote circulation and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few moments. A cold bath, or a sponge bath and rubbing, or a good run or rapid walk in the open air, or going up and down stairs a few times just before retiring, will aid in equalizing circulation and promoting sleep. These rules are simple and easy of application, and may minister to the comfort of thousands who would freely expend money for an anodyne to promote "Nature's sweet restorer, balmy sleep."

Curious Chinese Feasts.

07 July 1877

The first day of the New Year's feasts is called by the Chinese, Birds Day (Kay-Yat), and is intended to bring to mind the utility of the feathered tribes as food. On this day. The Chinese are expected to abstain from eating flesh, and it is frequently observed as a day of fasting.

The second day is Dog's Day (Ku-Yat). According to a Russian writer, the Chinese honored of the dog so much that they have workmen, whose especial business, it is to make coffins for dead dogs. They believe that the life of one of their sages was saved by dog killing and eating the man who attempted to murder him, and yet the Chinese eat the flesh of the dog, which they consider a great delicacy.

The third day, Hogs Day (Chen-Yat), is celebrated in honor of a hog that drew a valuable manuscript out of a fire. The Chinese honor. This animal by making its flesh their principal dish on this festive occasion.

The fourth day, Sheep stay (Yaong-Yat), is especially honored in the memory of Pun-Koon-Venga, a shepherd who clothed himself with the bark of trees, and refused to make use of any part of the sheep, either for food or clothing.

The fifth day is Cows Day (New-Yat). This day is consecrated to the cow that suckled an orphan, who afterward became a Mandarin, and built a temple in honor of the cow. Ma-Yat, or Horse Day.

The sixth day, is set apart to call to mind the usefulness of this animal.

Cooking Apples for Breakfast 22 September 1877

A lady having asked, in the *Tribune*, how to cook apples for breakfast, another answers her thus: Bake them in a tin pan that holds about 15 common sized apples, add three-fourths of a cup of white sugar, and 1 cup of hot water turned over the sugar. When about half done, it is well to turn them over, so that the whole of the fruit will bake evenly and thoroughly. When very soft, pack them into a deep dish, turn the syrup over them, and when used for the table, take them from the bottom of the dish. If brown sugar is used, quarter and core the apples, put them into a brown earthen dish, with sufficient water and sugar; cover them with a plate, and bake in a moderately hot oven for five or six hours, if you like sauce dark red they are much better not peeled. For variety, add a little boiled cider. As a general rule, in cooking fruit, do not add the sugar until removed from the fire, as it retains more of its natural flavor by so doing.

Youth. 22 September 1877

Youth, like everything else, must be cherished; and if we wasted in frivolous dissipation's, age will come before years. The faster we travel. The sooner will we get to the end of our journey. Enjoy youth in every reasonable way whilst we have it, but always remember every time you overdraw on it you are contracting a debt that must be repaid with heavy interest in the future. Retain youth as long as you can, neglecting nothing which will assist you in doing so, but scorning everything which is false or deceitful.

Baked Quarter of Lamb. 29 September 1877

Lard it slightly with salt pork, and sprinkle it with breadcrumbs and finely chopped parsley. Put the Lamb in a rather quick oven, and carefully and plentifully baste it from the time it gets warm until it is ready for the table. Serve with mint sauce, and green peas, with which a little bunch of mint has been boiled.

Mint Sauce. 29 September 1877

With three heaped tablespoonfuls of finely chopped young mint, mix two of powdered sugar, and six of vinegar; stir until the sugar is dissolved.

Stewed Leg of Lamb. 29 September 1877

Choose a small plump leg of lamb; put it into a saucepan with a few trimmings, or a bone or two of veal; cover it with cold water, bring it slowly to a boil, clean off the scum with great care when it is first thrown to the surface, and when it has

all been skimmed off, add a bunch of thyme and parsley and two carrots of moderate size. Let the lamb simmer only, but without ceasing, for an hour, or until thoroughly cooked. Serve it covered with béchamel.

Béchamel 1.

29 September 1877

Cut half a pound of veal and a slice of lean ham into dice, and stew them in butter with a few green onions and some sprigs of parsley; then add 1 pint of sweet milk, 1 tablespoon full of flour made smooth in a little cold milk; let the sauce simmer gently for an hour. Strain it before it is sent to the table, or poured over the meat.

Bechamel 2.

29 September 1877

Mix cold, and well together in a tin saucepan, two ounces of butter and a tablespoonful of flour; then add a pint of sweet milk and set on the fire; stir constantly, and when getting rather thick remove from the fire; beat the yoke of an egg in a cup with a teaspoon full of water; turn it into the sauce, and mix well together; season with salt and white pepper to taste, and it is ready for use.

Munich Cream Pudding.

29 September 1877

Stir into one cup of rich milk when boiling, four ounces of cornstarch dissolved in a little cold milk; when done, stir in five well-beaten eggs with seven ounces of sugar, a little salt, flavoring to suit the taste.

To Make Vinegar Quickly.

29 September 1877

To 1 gallon of water, add 1 1/4 pounds of raw sugar and one gill of yeast; stir well together and keep at a temperature of 80°. After three or four days add an ounce of cream of tartar and an ounce of cut raisins. After a few weeks, or when the sweet taste has entirely disappeared, it may be drawn off and bottled. This vinegar is to be recommended only when pure cider vinegar cannot be obtained.

Over-Eating.

29 September 1877

By eating between meals the stomach is overworked and soon gets out of order; then, the whole body suffers, and disease creeps in. Thousands of men are daily inflicting upon their own stomachs abuse of the very same character. Thousands of mothers daily encourage in their children habits which impose upon their stomachs burdens more onerous than the tasks demanded by the Egyptians of their Hebrew survivors. The stomach needs rest as well as other organs of the body. Anatomically considered, it is chiefly a muscle and all muscles require rest after short periods of activity. The stomach also performs a glandular office in

the secretion of gastric juice, an essential element in the progress of digestion. If rest is not allowed to the stomach, the glands are unable to furnish the requisite quantity of gastric fluid. The inevitable result of this abuse is dyspepsia.

Multitudes of children under 10 years of age have become confirmed dyspeptics by the pernicious habit of eating between meals. Regularity in eating is one of the first lessons that should be taught to children; and the course of instruction should be begun in early infancy. From the time a babe leaves its mother's breast he is not too young to learn.

Don't Run After a Meal.

29 September 1877

We do not mean that a man should not exercise due haste in pursuit of a meal, but he should be calm after he has caught it. A gentleman and his son the other morning were little late for their customary down train on the South Western, and had to "make a run for it." They were successful in their attempt, and caught the train. But the younger gentleman gasped for breath, made a few motions with his hand, and would have fallen had he not been caught.

Before the train arrived at the next station he was dead. The verdict of the coroner's jury, following the opinion of the medical witness, was to the effect "Death arose from syncope of the heart, brought on by running, after a hearty meal." Such was the end of a gentleman only 30 year old son.

Healthfulness of Asparagus.

29 September 1877

It is reported, on good authority, that those who suffer from rheumatism are cured in a few days by feeding on asparagus, while even chronic cases are much relieved, especially if they avoid all acids, whether in food or drink. The Jerusalem artichoke is reported to have a similar effect in relieving rheumatism. Most plants, which grow naturally near the seacoast contain more or less, iodine, and in all rheumatic complaints. Iodine has long been a favorite remedy. Many of the patent nostrums for this disease nominally devised merely for philanthropic purposes, but sold at an exorbitant figure, consist simply of a few cents' worth of iodine in solution. Care should be taken against over-doses of it, however, as it is then dangerous, affecting especially the eye.

Yorkshire Pudding.

23 February 1878

One cup full flour, pint of milk, two eggs; add a little salt, and mix into a batter, pour into a greased pan and bake under the beef; when nearly done remove the meat to brown pudding; the eggs should be well beaten.

Corn Muffins .

23 February 1878

1 quart wheat flour, 2 teaspoon foals Royal baking powder; add to it. One cupful yellow meal; cream together one cupful butter, 1 cup full sugar, three eggs; and 1 pint milk; stir well, then add flour and meal. Bake in muffin rings; hot oven.

To Wash Towels with Colored Borders . 23 February 1878

To set the colors, let the towels soak in a pail full of cold water containing 1 tablespoon full of sugar of lead; let them remain 10 minutes before washing; to make the colors look clear and bright, use pulverized Borax in the wash water, very little soap and no soda.

Breakfast Pudding

23 February 1878

Take two pounds of rump steak and cut in small pieces, and cut into shreds two or three onions; paste the pudding dish with good crust, then put in the meat, with salt and pepper and a dozen oysters; add thickening composed of mushroom ketchup, flour and water and mustard; simmer for an hour and 1/2 and serve in the dish. It may be, turned out if the gravy in the pudding can be retained. Mutton, veal and ham, fowl, and game may be served in the same way.

To Wash Blankets .

23 February 1878

Have plenty of warm water in which you have previously melted 1/4 bar of white soap, free from resident, stirring well until it is a lather; add to this one tea cupful of magical mixture, stir again, put in your blankets and turn them around in it for 10 minutes, keeping the boiler on the range, but do not allow it to boil; take them out in clearwater and rub them, rinse them in a water slightly blued, ring and snap and shake them until the water is out of them, then let them get perfectly dry and press them under damp muslin. It will require two persons to handle them.

A Recipe to be Miserable.

23 March 1878

The best recipe we know, if you want to be miserable, is to think about yourself, how much you have lost, how much you have not made, and the poor prospects for the future. A brave man with a soul in him get out of such pitiful ruts and laughs at discouragements, rolls up his sleeves, whistles, and sings, and makes the best of life. This earth was never intended for paradise, and a man who rises above his discouragements and keeps his manhood will only be the stronger and better for his adversities. Many a noble ship has been saved by throwing overboard its most valuable cargo, and many a man is better and more humane after he has lost his gold.

White Concentrated Broth From Poultry. 23 March 1878

Place in a proper vessel two fat fowls (trussed), with a knuckle of veal, weighing about 3 pounds. Fill the vessel three quarters full with good beef stock broth, and cause it to boil at a gentle heat. Then skim the broth, and put in two carrots, a turnip, and onion, a few leaks, and some celery, but do not add any salt, as the bullion has been already salted. Boil the whole gently for five hours, then skim it, and remove the meat and vegetables. The broth should afterwards be strained through a fine sieve. This broth is very useful for white soups and in preparing other dishes. Glaze is made in the same way, except that in this case, only a small quantity of beef stock should be used; the smaller the amount of liquor employed, the greater being the consistency of the glaze. Great care should be taken towards the end of the process, that the glaze may not be injured by the heat used in its preparation.

Raised Biscuit.- 23 March 1878

Make a sponge of about a pint of milk and water, with a piece of yeast cake, or a penny's worth of Baker's yeast at night; in the morning knead with a pint of milk, warmed, and half a cup full butter and lard; knead very soft; let stand until light, then knead again; when light rolled out, cut with a small glass, let stand for an hour in the pans; bake quickly.

Fricassee of Chicken . **23 March 1878**

Cut the chicken in small pieces, just cover with water, season highly, at a few small pieces of pork; if a fat chicken, not a very large piece of butter; and a few potatoes cut in half; before taking from the fire remove the lid and dredge in a little flour.

Stewed Oysters. **23 March 1878**

Strain the oysters through a colander; put the liquor in a saucepan, let it come to a boil, and skim; put in the oysters, a large piece of butter, pepper and salt; when boiled up, add to two quarts of oysters 1 cup full of milk; serve immediately.

Corn Muffins . 23 March 1878

1 quart wheat flour, 2 teaspoonfuls Royal baking powder; add to it one cupfull yellow meal ; cream together one cup full butter, 1 cup full sugar, three eggs, and 1 pint milk; stir well; then add flour and meal. Bake in muffin rings; hot oven.

Yorkshire Pudding .

23 March 1878

One cupful flour, pint of milk, two eggs; add a little salt, and mix into a batter; pour into a greased pan and bake under the beef; when nearly done remove the meat to brown the pudding; the eggs should be well beaten.

Rye Rolls.

23 March 1878

1 pint of sour milk, three eggs, beaten light, a scant teaspoon full of saleratus [Saleratus was a chalk-like powder used as a chemical leavener to produce carbon dioxide gas in dough. It was a precursor to baking soda.] , A little salt, and meal enough to make a stiff batter. Bake in a quick oven, in a roll pan previously heated.

Cream Cookies (without eggs).

23 March 1878

One cup thick cream, 1 cup sugar, 1 teaspoon full soda and one of salt, just enough flour to roll out nicely.

Fruit Cake

23 March 1878

Two cups stewed raisins, two teaspoonfuls soda, two cups buttermilk, 5 cups flour, salt, teaspoon full cinnamon and cloves.

Hard Lard for Pastry.

23 March 1878

Lard for pastry may be used as hard as it can be cut with a knife, and will make far better paste than if left stand to warm. It needs only to be cut through the flour -- not rubbed.

To Wash Towels with Colored Borders. 23 March 1878

To set the colors let the towels soak in a pail full of cold water containing 1 tablespoon full of sugar of lead [Lead acetate, also known as sugar of lead, is a salt that (ironically) has a sweet flavor—a fairly unusual quality in poisons, which are more likely to taste bitter, signaling to the taster that they are unsafe for consumption.]; let them remain 10 minutes before washing; to make the colors look clear and bright use pulverized Borax in the wash water, very little soap and no soda.

Care of Cutlery.

23 March 1878

Knives, after using, should be wiped with soft paper, removing the grease, etc., then placed in a deep can or vessel of luke-warm water, keeping the handles above water until washed clean, then thoroughly dry.

Oil Out of Woolen.

23 March 1878

One can get a bottle or barrel of oil off any carpet or woolenstuff by applying dry buckwheat plentifully and faithfully. Never put water to such a grease spot or liquid of any kind.

To Kill Bugs.

23 March 1878

To kill bugs on a Veronica or any other plant, use ground hellebore. Wet the plant and dust on the hellebore from an old pepper-box.

Coconut Custard.

03 August 1878

One coconut grated, quarter pound butter, 2 cups 2 cups white sugar, two eggs, quart new milk; bake with one crust twenty minutes.

Beef Loaf.

23 November 1878

1 1/2 pounds of beefsteak, chopped very fine and free from grizzle; two cups of rolled cracker's (fine); 1 cup of cold water; 1/2 cup of butter; salt and pepper to suit the taste; bake until done.

Low Priced Eggs.

23 November 1878

A Kentucky farmer writes to the local newspapers, complaining of the low price of dairy produce, and as: "I shall not sell my eggs for eight cents a dozen--it do not pay for the wear and tear on the hen.

Tomato Omelet.

23 March 1878

Take three large tomatoes, peeled and cut fine; stew till soft, adding salt and pepper to suit the taste, a small piece of butter, and stir in three eggs, just as you take it from the fire.

GRAPE JELLY.

07 December 1878

Use cultivated grapes, not too ripe. If a light jelly is desired, take them quite green. Boil gently, till the juice is flowing, and the pulp has dissolved. Cool them, press them through a thin, strong jelly bag, which will allow most of the pulp to pass through. Weigh this and allow 1 pound and 2 ounces of sugar to each pound of fruit. Boil the juice till considerably reduced, then add the sugar (heated in the oven), and boil 15 minutes, when it is ready to pour into glasses.

BLACKBERRY BRANDY**07 December 1878**

To every gallon of fruit add one of the deoderized spirits. Mix in a large flask, and let the berries dissolve in the spirits. This is made in large quantities, and sold at high prices, as a medicine for summer complaints, and under the name of Black Berry brandy. It is an excellent remedy.

GRAPE VINEGAR.**07 December 1878**

Take wild grapes, press out the juice, boil it till reduced one half, then to every 5 gallons add 1 quart of molasses. Keep in a warm place; allow to ferment. When done hissing put in the stopper. It is a richly flavored for the table.

CUCUMBER CATSUP.**07 December 1878**

Grate large cucumbers before they begin to turn yellow; drain out the juice and put the pulp through a sieve to remove the large seeds; fill a bottle half full of the pulp, discarding the juice and add the same quantity of good vinegar, cork tightly. When used, add salt and pepper; salt kills the vinegar if added, when made. This is almost like fresh sliced cucumber when opened for use.

SIMPLE SERATE??.**07 December 1878**

One third white wax, one third spermaceti, one third pure, sweet oil, the oil the same in weight as the other ingredients. Melt altogether in a large mouth bottle, set in a pan of hot water. Flavor with a few drops of rose, or verbena and you have the same as the druggists cell for "cold cream." Six cents worth of each ingredient will make sufficient to last a large family, a long time.

TO PACK A TRUNK.**07 December 1878**

Fold each article as flat as possible, without wrinkles; more can be pressed into a trunk flat than in bundles.

TO WASH AN OILCLOTH.**07 December 1878**

Use milk and water, and wipe with a dry cloth at once. It will, by this means, always look fresh and clean. Never use soaps on an oilcloth as it removes the gloss.

Starch Cake.**14 December 1878**

One and one half cups of sugar, one half cup of butter, 1/2 cup of sweet milk, one cup of cornstarch, one and one half cups of flour, whites of six eggs, and two teaspoonsfull of baking powder.

Icing for Cake (like the baker's.) 14 December 1878

Break the whites of two eggs into a bowl without beating; stir into this pulverized white sugar until quite thick, add 1 tablespoon full of good vinegar, and 1 tablespoons full of cornstarch; this will dry in a few minutes.

Corn Meal Cakes 14 December 1878

Four eggs, two cups of sugar, one cup of butter, two cups of meal, two cups of flour, two cups of sour milk or sweet milk, if sweet milk, use cream of tartar, and one teaspoon full of soda. This makes a very nice breakfast cake.

Icing 21 December 1878

The whites of three eggs, 1 pound of pulverized sugar; flavor with vanilla and spread in layers like jelly cake.

Oat-meal Preparation. 22 March 1879

Oatmeal is very nice prepared the following way: Put a piece of butter the size of a hickory nut and a teaspoonful of salt in 3 pints of boiling water, then add 1/2 pint of oatmeal; for 10 minutes. Let it boil fast, stirring frequently, then place it over a saucepan of boiling water, to continue cooking slowly for about half an hour. When over the water it will only need stirring occasionally.

Silver or Bride's Cake. 22 March 1879

The whites of sixteen eggs, beaten to a froth; stir to them 1 pound of pulverized loaf sugar. Cream together three quarters of a pound of butter and one light pound of sifted flour; add all together; use no spices; flavor with lemon, vanilla or Rose. Almonds blanched and powdered are an improvement. Use rosewater with the almonds to prevent them from oiling.

Chocolate Caramels. 22 March 1879

Are made in this way: 2 cups of molasses, 1 cup of brown sugar, 1 cup of chocolate, 1/2 cup of cream. If no cream can be had use milk and butter instead. Boil your molasses, sugar and milk until it boils up twice, then throw in your grated chocolate, boil until quite hard and crisp, then throw out to cool in tins.

A Clean Paste. 22 March 1879

Two parts gum tragacanth and one part powdered gum Arabic; cover with cold water till dissolved, then reduce to desired consistency with same. A few drops of carbolic acid will prevent souring.

Dusting.

22 March 1879

In dusting, use a soft cloth instead of a brush or wing; the cloth will catch all the dust, and you can shake it from the window, while the others set it floating again.

HUSBANDS. How They Should Be Cooked To Make Them Tender And Good.

04 April 1885

Miss Corson said at the Baltimore Cooking School that a Baltimore lady had written a recipe for "cooking husbands so as to make them tender and good." it was as follows: "A good many husbands are utterly spoiled by mismanagement. Some women go about it as if their husbands were bladders, and blow them up. Others keep them constantly in hot water; others let them freeze by their carelessness and indifference. Some, keep them in a stew by Irritating ways and words. Others roast them. Some keep them in a pickle all their lives. It cannot be supposed that any husband will be tender and well-managed in this way, but they are really delicious when properly treated. In selecting your husband, you should not be guided by the silvery appearance, as in buying mackerel, or by the golden tint as If you want in salmon. Be sure you select him yourself, as tastes differ. Do not go to market for him, as the best are always brought to your door. It is far better to have none unless you will patiently learn how to cook him. A preserving kettle of the finest porcelain is best, but if you have nothing but an earthenware pipkin, it will do with care. See that the linen in which you wrap him is nicely washed and mended, with the required number of buttons and strings nicely sewn on. Tie him in the kettle by a strong silk cord called "comfort", as the one called "duty" is apt to be weak. They are apt to fly out of the kettle and be burned, and crusty on the edges, since like crabs and lobsters, you have to cook them while alive. Make a clear steady fire out of love, neatness, and cheerfulness. Set him as near to this as seems to agree with him. If he sputters and fizzes, do not be anxious, some husbands do this until they are quite done. Add a little sugar, in the form of what confectioners call "kisses", but no vinegar or pepper on any account. A little spice improves them, but it must be used with judgment. Do not stick any sharp instrument into him to see if he is becoming tender. Stir him gently, watched the while lest he be too fat and close to the kettle and so become useless. You can not fail to know when he is done. If thus treated, you will find him very digestible, agreeing nicely with you, and the children, and he will keep as long as you want, unless you become careless and set him in too cold, a place. "

What to do With Dry Sponge Cake.

10 October 1885

When sponge cake becomes dry, it is nice to cut in thin slices and toast.

French Cake:**10 October 1885**

Three eggs, 2 cups of sugar, 2 1/3 cups of butter, 1 cup of sweet milk, 3 cups of flour, two heaping teaspoon foals of baking powder, flavor to suit the taste.

Baked Custard:**10 October 1885**

1 quart of milk, four eggs, a pinch of salt; sweeten and flavor to taste. Boil the milk and when cool, add the beaten eggs, salt, and flavors, and grated nutmeg on top. Bake in cups set in a pan of water, or in large dishes. Take special care not to bake too much or it will whey. The rule is to sink a spoon in the middle, if the eggs are hard and no whey rises to the top, it is properly done. Serve cold.

Hot Cabbage Salad:**10 October 1885**

Take a firm White head, shred or chop enough to nearly fill a quart dish, put it in the dish, sprinkle the top with half teaspoon full of black pepper and two or three tablespoonfuls of white sugar; put half a cup of butter in a spider [pan] [<https://www.bing.com/images/search?q=spider+pan&qpv=spider+pan&form=IGRE&first=1&cw=1117&ch=336>] when it is brown. Stir into the following mixture: half cup of sour cream, three well beaten eggs, half cup of vinegar; let it boil a moment, and pour it over the cabbage; cover and keep in a warm place until wanted.

HOW TO EAT WISELY**17 October 1875**

By eating fast, the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But, the most important reason is the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth: for like ice in a tumbler of water, the smaller the bits are, the sooner they are the dissolved. It has been seen with the naked eye that if solid food is cut up in pieces small as half a pea it digests almost as soon without being chewed at all, as if it had been well masticated.

The best plan, therefore, is for all persons to thus comminute [reduce larger pieces to smaller pieces] their food; for, even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful conversation prevents rapid eating.

Lamb Chops:**28 November 1885**

Trim carefully lay in a little warm butter for our, turning several times: then broil on a greased gridiron, taking care, they do not drip; butter, pepper, and salt each. Lay in a circle on a plate and serve.

Reviving Plush Goods.

28 November 1885

Plush goods, and all articles dyed with aniline colors, faded from exposure to light, will look bright as ever after being sponged with chloroform. The commercial chloroform will answer the purpose very well, and is much less expensive than the purified.

Layer Cake:

28 November 1885

1 cup of sugar, half a cup of butter, 1 1/2 cups of flour, half a cup of wine, 1 cup of raisins, four eggs, sugar for frosting, 1 teaspoon full of baking powder. Mix the butter and sugar together, add two eggs, well beaten, wine, flour, baking powder and raisins, beat well and bake in three layers, put frosting between and on the layer that is made with the whites of the two remaining eggs, well beaten with powdered sugar.

Rolls:

28 November 1885

2 quarts of flour, 1 pint of cold boiled milk, 1/2 cup of yeast, 1/2 cup of sugar, 1 tablespoon full of melted butter. Make a well in the middle of the flour, pour in all the above and let rise overnight; knead and let rise until the middle of the afternoon; roll out, cut them about the edges, lap over, let rise again, and bake in a hot oven 20 minutes.

ITALIAN RICE PUDDING:

09 April 1887

A teacup full of rice, the yolks of four eggs, the whites of three, beaten separately, 2 ounces pounded sugar, 2 ounces raisins, 1/4 pound suet, chopped very fine; flavoring of ratafia or vanilla; put these ingredients into a mold and boil an hour and 1/2. Serve with brandy or sweet sauce. [ratafia] a liqueur (Amaretto) flavored with almonds or the kernels of peaches, apricots, or cherries. An almond-flavored cookie like a small macaroon.

SPONGE JELLY ROLL:

09 April 1887

Four eggs, 1 1/2 cups of sugar, 1 tablespoon full baking- powder; beat the whites separately, and the sugar and yolks together until very light, then add part of the whites, then a cup of flour, then beat good, then a little more flour, the rest of the whites, and stir easy; put in and bake. Spread and roll as quickly as you can. It is very good.--- *Good Housekeeping*.

Biscuit:

09 April 1887

1 quart flour, 1 tablespoon shortening, half a teaspoon salt, and two of baking powder. Mix well together, add sufficient milk or water to form a very soft dough, as soft as can be rolled. Bake in a quick oven.

Pepper and Pepper.

04 June 1887

Take some ground pepper, the pure quill, and place it in the caster for a few weeks. At the end of that time, go to your grocer and purchase some of the finest selected Singapore or Sumatra pepper you can get if you are fortunate -- that will not affect my argument -- but get in some way. then, just before dinner, have a portion of this ground, and if you don't say that there is pepper and pepper, I will give up strolling. You will discover a most delicious and appetizing aroma from the freshly ground spice that will linger on your beefsteak or roast with a taste that you never knew before, unless you have eaten food served with freshly ground pepper. You will never again, mark my word, say that pepper and salt are the same everywhere, after having a meal served with the newly ground and stale pepper. -- Toledo *Sunday Journal*.

Virtue In Onions And Beef.

05 May 1888

What is the most strengthening food for a convalescent? Well, you know, the beef tea theory has been exploded. The most life-giving and digestible food that can be given to one just recovering from an illness is chopped beef. Just take a pound of the finest round of raw beef, cut off all the fat, sliced two onions, and add pepper and salt. Then chop the onions and meat together, turning them over and over until both are reduced almost to a pulp. Then spread on slices of rye bread and eat as sandwiches. People talk about celery being a nervine, but let me tell you that there is nothing which quiets the nerves without bad results like onions. The use of them induces sleep, and much strength is obtained from them. That is my ideal food for those convalescing or anyone who is in a weak state of health. --Kansas City *Star*.

Beef Loaf.

16 June 1888

2 pounds of lean beef, 1 cup of rolled crackers, half teaspoon of salt, two eggs; chop altogether, formed into a long roll, cover the top with small pieces of butter and bake one hour.

Chocolate Jelly.

16 June 1888

Take seven spoonful's of grated chocolate, the same of white sugar, 1 cup of sweet cream; mixed together and set over the fire and let it come to a boil. Pour it over cornstarch pudding, or put between layers of cake.

Spanish Poached Eggs.

16 June 1888

In an earthenware dish heated, knead a good sized piece of butter; putting into it a small spoon full of salt, and one of pepper and a small onion, minced very fine, with a little parsley and a pinch of sweet herbs. Break the eggs one by one into the boiling butter, and turn them as soon as they are set, being careful not to break the yolks. Send to table in the same dish in which they are cooked, and serve while still very hot.

Barley Soup

16 June 1888

Boil half a pint of pearl barley in a quart of mutton or veal broth until it is reduced to a pulp, pass it through a hair sieve, and add to it as much more well flavored, of either stock, as will give you a purée of the consistency of cream. Put the soup back on the fire, when it boils, stir into it, off the fire, the yoke of an egg, beaten up with a Gill of cream; and half a spoonful of fresh butter, and serve with small slice of fried bread.

Stuffed Potatoes

16 June 1888

Choose a dozen good size potatoes, wash them, and scrub the skins with a brush; bake them until done, about one hour. Remove them from the oven, cut a slice off one in of each, scrape out potato, mix it lightly with a small piece of butter, pepper and salt, replace it in the skin, and when all are done, return them to the oven for 10 minutes. In serving, cut a slice off the other end to make them stand upright on a flat dish, leaving the top uncovered.

Hot Cabbage Salad:

15 December 1888

Take a firm White head, shred or chop enough to nearly fill a quart dish, put it in the dish, sprinkle the top with half teaspoon full of black pepper and two or three tablespoonfuls of white sugar; put half a cup of butter in a spider [pan] when it is brown. Stir into the following mixture: half cup of sour cream, three well beaten eggs, half cup of vinegar; let it boil a moment, and pour it over the cabbage; cover and keep in a warm place until wanted. -- *The Household*.
[Follow the link I provided above, and you will get to the type of "spider" required by the above recipe. The modern-day spider is nothing like the one you need for this recipe.]

APPLE BUTTER

15 December 1888

Use apples and good, sweet cider, pressed from sound, ripe apples, in the following proportions: 12 1/2 gallons of cider to a bushel of apples. The cider should be reduced in quantity by boiling to four or 5 gallons. Peel, cut and

quarter the apples and -- keep stirring them from the time they get soft until done.

'POSSUM, AND' TATER.

29 December 1888

Did you see that suspicious looking animal hanging out in front of a Marietta Street restaurant the other day? Of course you saw it. If you pass that way. Of course you knew, even if it didn't have any hair on it, and even if it was butchered and ready for the oven, that it was a 'possum. But did you know that the 'possum market in Atlanta was not to be "sneezed" at? Did you know that "possum and taters," was one of the swell dishes at the restaurants? Well if you didn't, read along a little further and I'll give you some facts about the 'possum crop which will astonish you as they did me.

This file-tailed country animal has been a part of the South as long as there has been any South, and, like the rabbit, he is very prolific, and seems to increase instead of diminish as the years roll on. He is very fond of persimmons, from which the name of the o'possum is derived. He was nearly always caught up a persimmon tree, and years ago was known as the animal of the persimmon, which was gradually contracted into o'possum.

It is useless to say that the 'possum is a nocturnal animal and is caught by means of dogs who tree him in some small tree which is easily cut down. Strange as it may sound old 'possum hunters will tell you that the bigger the 'possum is the smaller the tree in which he is caught, and it is only the young ' possums, that climb a very large tree when pursued by the dogs.

Three or four years ago our commission merchants began buying a few 'possums from the country and selling them to a few select customers in Atlanta. Before that time a 'possum now and then found its way into the city through the agency of some great 'possum, warrior, who always found a ready sale for this toothsome animal. Everything has changed since then, and the 'possum has, through no efforts of its own, arisen to a very important place in the commercial world. One commission merchant informed me that he handled three hundred possums a month, and at Fulsome's restaurant one hundred of these animals are butchered every month and served out to those who were fond of them, and that means nearly every southern raised man.

The majority of the 'possums sold in Atlanta come from the country merchants, and a large percentage of this number come from up on the Marietta and North, Georgia Railroad, a section of the country which is regarded as the finest in the world for grapes, rye, 'possums and corn liquor. A number of countrymen living in Fulton County catch many ' possums during the season, and sometimes they bring them in by the wagon load, as they would bring in a load of chickens.

'Possums are sold at various prices, governed according to the size of the animal. The kittens bring from \$0.20-\$0.40, while the full-grown range from forty cents to one dollar. The ' possum is ripe by 1 September, and he is pulled until 1 March. The average sum paid for 'possums, a month, during the season will amount to something over five hundred dollars, making the ' possum crop worth about four thousand dollars to Atlanta.

A dish of ' possum 'n taters at the restaurant will cost you thirty cents, but if you want a 'possum supper, it will cost you from \$1.50 to \$2.00. A 'possum supper consists of a whole ' possum, baked with sweet potatoes, and then there's cornbread and coffee thrown in as extras; for the 'possum and taters to be enjoyed, must be eaten with cornbread. There is a very remarkable thing about 'possum meat, it is as greasy as the meat of a hog; but unlike that, it can be eaten with safety by persons with the weakest digestion. It won't fill you up like pork or other means, but you can eat a very large quantity of it and feel no bad effects from so doing.

'Possums are caught within 1 1/2 miles of Atlanta, and, as I said before, they are as numerous and prolific as rabbits. My brother, coming home very late one bright, moonshine night last winter met a very large and very fat old possum on Wheat Street and after a little persuasion the ' possum was induced to accompany him home. The next day that ' possum was the leading attraction at the dinner table.

If you have never tasted ' possum meat you have lived in vain; if you have never inhaled the delicious fragrance arising from a dish of ' possum and ' taters, life has been but a mockery to you and if you do not get you a 'possum and bake him with sweet potatoes for dinner tomorrow, you'll regret it even to the end of your life.

THE OATMEAL QUESTION.

05 January 1889

You can get all the opinion you want on both sides of the question, nowadays. Oatmeal had not long been reputed to be a helpful food, when some physician arose to deny it, and to assert that it produced dyspepsia. Allowance is always to be made in such a question for the variations of human stomachs and constitutions, so that what may be a good food for one person may not be for another. The truth about oatmeal for the generality of persons (and they are the only persons you can speak for) is that if it is eaten in only a partially cooked condition, it is not helpful; and neither is flour, cornmeal, and many other articles of food. Indigestion and acidity of stomach, are cause for some people by the eating of sugar or other suites on oatmeal, and they get the same effect if they eat these suites on rice or bread.

Cream, too, may be too much fat for a sensitive stomach, if put on oatmeal. In these cases it is not the oatmeal, but either it's insufficient preparation or the addition of an improper food, that causes the stomach trouble. If a person will eat a moderate amount of oatmeal, cooked and prepared as his needs may demand, there can be no question that it is helpful, digestible and highly nutritious.

English Tart.

13 April 1889

To make an English tart a good-sized deep baking dish with an edge is needed, some pastry and fruit. The pastry may be best the cook can make and the fruit of any kind that is at hand, in winter canned fruit and preserves. Almost any fruit will make a good tart, cherries, peaches, plums, apricots, green gooseberries, green gauges, green apples or a mixture of several kinds. Some even go so far as to assert that black currants make a delicious tart, but that must be an acquired taste and I cannot agree with them. The best to my liking is made of half red parents and half raspberries. Another very good is blackberry and green apple.--

To Keep Eggs Fresh.

08 June 1889

In keeping eggs, a place for storing them, which is dry and cool but above the freezing point is the first necessity. There is a difference of opinion as to which end should be placed down in packing. Most authorities recommend the smaller one, but a well-known poultry breeder gives what seems to be a sound reason for packing them with the larger end down. He says: "The air-chamber is in the larger end, and if that is placed down the yoke will not break through and touch the shell and thereby spoil. Another thing, if the air chamber is down the egg is not so liable to shrink away. There are two important reasons deducted from experiments and they materially affect the keeping of eggs. It would be a good scheme for housekeepers to try packing eggs from the same lot each way and noting results.

The favorite domestic way of packing eggs and one that keeps them well for limited periods is with salt. Put a layer of salt 2 inches deep on the bottom of a stone jar, and put in the eggs, same end down (as to which in it shall be), being careful that the shells do not touch; fill and cover well with salt and proceed as before. Another method, said to keep eggs perfectly for a year, is the same as the foregoing, except that each egg before packing is rubbed over with a piece of fried fat.

A pickle, it is said, will keep eggs perfectly for two years and which is successfully used on ships at sea, is made by adding 1 pint of salt to each 3 gallons of water; mix well. Have the barrel or tub in which they are to be kept

half full of the liquid, then with a dish gently lift the eggs down into it, tipping the dish after it fills with water so that they roll out without cracking the shell, for if the shell is cracked the egg will spoil. A piece of board should be laid over the tops of the eggs and a little lime and salt caps on it.

Other methods are to coat the shells with a thin gum Arabic varnish made by dissolving some shellac in alcohol, or with grease, and packing them in bran, oats, powdered charcoal or sawdust or, lime, and water; put the eggs in for a few moments till the lime settles into the interstices of the shells, take them out and dry them, then pack in any desired material.

Eggs for boiling may be "canned" in the following manner: put two or three dozen newly-laid eggs at a time in the deep pan, pour scalding water over them; let it stand for 30 seconds and turn each egg over. Come immediately with more scalding water, and repeat the process yet a third time. Wipe dry, and when cool, pack in bran or sawdust. The eggs prepared in this way cannot be used for cake, or anything for which they have to be beaten.

Cooking Potatoes.

14 September 1889

See that your potatoes are good to start with; otherwise, no amount of cooking will render them so. Boil them always in salted water, pouring off the water when done, and allowing the moisture to evaporate. In mashing, mash and beat very thoroughly. Serve very hot, when what ever the way of cooking be. Nothing is more unpalatable than a cold dish of potatoes. It is desirable to have variety in the cooking of so common and frequent a vegetable as this, and it is to be hoped that the ordinary cook may be induced to find a few more changes from the customary boiled or baked specimens which she, in nine cases out of ten, brings to her table twice a day, the year round. There is no vegetable which receives such insulting treatment as the potato, nor one which will so repay a little careful study as to its capabilities . --

Table Etiquette for Children.

02 November 1889

Here are a few good old rules that can be safely followed:

- Give the child a seat that shall be strictly its own;
- Teach it to take its seat quietly;
- To wait patiently to be served;
- To answer promptly;
- To say thank you; If asked to leave the table for a forgotten article, or for any purpose to do so at once;
- Never interrupt and never contradict;

-- Never to make remarks about the food, such as "I saw that Turkey killed, and how he did bleed," as I once heard a little boy remarked at a Thanksgiving dinner

-- Teach the child to keep his plate in order;

-- Not to handle the bread or to drop food on the cloth and the floor

-- To always say "Excuse me, please," to the mother when at home and to the lady-or-hostess, when visiting, if leaving the table before the rest of the party;

-- To fold its napkin

-- To put back its chair or push it close to the table before leaving;

-- After leaving the table, not to return

I know children who observe every one of these rules, and are in no way priggish, but are simply well behaved, delightful companions, and they owe it to their mother's careful training from babyhood.

Housekeeping of the Future.

23 November 1889

In cities and villages the kitchen and cooking stove and the hired girl are to be banished from the home. Clothes making, soap making, starch making, laundry, work, coffee-browning, yeast make, but are making, all are gone. Send after them -- or rather say that organized industry is already taking a long with these-- the remaining work of cooking and cleaning. This state of things is coming as sure as fate; and when it comes the deliverance will be so great that generations yet unborn shall rise up and blessed the workings of the beneficent law.

The city of the future will not build houses in squares, giving to each house an individual kitchen and prison-like backyard. It will rather build them all around an open square, and the part now disfigured with the kitchen will be given over to the household sitting room or nursery opening into a great open space, where children shall play in safety and through which the free air of heaven shall blow into the house surrounding. In every square will be found a scientifically constructed building containing a laundry and a great kitchen, supplied with every modern appliance for skilled and scientific cookery, and also for sending into every dining room any desired quantity or variety of food. The individuality of the home and the home table will be preserved, and the kitchen smells and waste, and "hired girls" will be banished.