

THE BOOK OF HOUSEHOLD MANAGEMENT;

Comprising Information for the

MISTRESS,
HOUSEKEEPER,
COOK,
KITCHEN-MAID,
BUTLER,
FOOTMAN,
COACHMAN,
VALET,
UPPER AND UNDER HOUSE-MAIDS,
LADY'S-MAID,
MAID-OF-ALL-WORK,
LAUNDRY-MAID,
NURSE AND NURSE-MAID,
MONTHLY, WET, AND SICK NURSES,
ETC. ETC.

ALSO, SANITARY, MEDICAL, & LEGAL MEMORANDA;

WITH A HISTORY OF THE ORIGIN, PROPERTIES, AND USES OF ALL
THINGS
CONNECTED WITH HOME LIFE AND COMFORT.

BY MRS. ISABELLA BEETON.

Nothing lovelier can be found
In Woman, than to study household good.--MILTON.

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PREFACE.

I must frankly own, that if I had known, beforehand, that this book would have cost me the labour which it has, I should never have been courageous enough to commence it. What moved me, in the first instance, to attempt a work like this, was the discomfort and suffering which I had seen brought upon men and women by household mismanagement. I have always thought that there is no more fruitful source of family discontent than a housewife's badly-cooked dinners and untidy ways. Men are now so well served out of doors,--at their clubs, well-ordered taverns, and dining-houses, that in order to compete with the attractions of these places, a mistress must be thoroughly acquainted with the theory and practice of cookery, as well as be perfectly conversant with all the other arts of making and keeping a comfortable home.

In this book I have attempted to give, under the chapters devoted to cookery, an intelligible arrangement to every recipe, a list of the ingredients, a plain statement of the mode of preparing each dish, and a careful estimate of its cost, the number of people for whom it is sufficient, and the time when it is seasonable. For the matter of the recipes, I am indebted, in some measure, to many correspondents of the "Englishwoman's Domestic Magazine," who have obligingly placed at my disposal their formulas for many original preparations. A large private circle has also rendered me considerable service. A diligent study of the works of the best modern writers on cookery was also necessary to the faithful fulfilment of my task. Friends in England, Scotland, Ireland, France, and Germany, have also very materially aided me. I have paid great attention to those recipes which come under the head of "COLD MEAT COOKERY." But in the department belonging to the Cook I have striven, too, to make my work something more than a Cookery Book, and have, therefore, on the best authority that I could obtain, given an account of the natural history of the animals and vegetables which we use as food. I have followed the animal from his birth to his appearance on the table; have described the manner of feeding him, and of slaying him, the position of his various joints, and, after giving the recipes, have described the modes of carving Meat, Poultry, and Game. Skilful artists have designed the numerous drawings which appear in this work,

and which illustrate, better than any description, many important and interesting items. The coloured plates are a novelty not without value.

Besides the great portion of the book which has especial reference to the cook's department, there are chapters devoted to those of the other servants of the household, who have all, I trust, their duties clearly assigned to them.

Towards the end of the work will be found valuable chapters on the "Management of Children"----"The Doctor," the latter principally referring to accidents and emergencies, some of which are certain to occur in the experience of every one of us; and the last chapter contains "Legal Memoranda," which will be serviceable in cases of doubt as to the proper course to be adopted in the relations between Landlord and Tenant, Tax-gatherer and Tax-payer, and Tradesman and Customer.

These chapters have been contributed by gentlemen fully entitled to confidence; those on medical subjects by an experienced surgeon, and the legal matter by a solicitor.

I wish here to acknowledge the kind letters and congratulations I have received during the progress of this work, and have only further to add, that I trust the result of the four years' incessant labour which I have expended will not be altogether unacceptable to some of my countrymen and countrywomen.

ISABELLA BEETON.

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Goose, roast
Grouse

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Hare, roast

Jelly, two colours of

Lobsters, dressed

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 Haunch of roast
 Saddle of roast
Mutton, shoulder of roast

Oysters, scalloped

Partridge
Pheasant
Pie, raised
Pig, sucking, roast or baked
Pigeon
Plum-pudding, Christmas, in mould

Rabbit, boiled
 Or fowl, curried
Raspberry cream
Rissoles

Salmon, boiled
Snipe
Soles, dish of filleted
Spinach and poached eggs
Strawberries, au naturel, in
 ornamental flower-pot

Tongue, cold boiled
Trifle
Turbot, or brill, boiled
Turkey, roast

Veal, fricandeau of
Vol-au-vent

Whiting, dish of, fried
Woodcock

THE BOOK OF HOUSEHOLD MANAGEMENT.

CHAPTER I.

THE MISTRESS.

"Strength, and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household; and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."--_Proverbs_, xxxi. 25-28.

I. AS WITH THE COMMANDER OF AN ARMY, or the leader of any enterprise, so is it with the mistress of a house. Her spirit will be seen through the whole establishment; and just in proportion as she performs her duties intelligently and thoroughly, so will her domestics follow in her path. Of all those acquirements, which more particularly belong to the feminine character, there are none which take a higher rank, in our estimation, than such as enter into a knowledge of household duties; for on these are perpetually dependent the happiness, comfort, and well-being of a family. In this opinion we are borne out by the author of "The Vicar of Wakefield," who says: "The modest virgin, the prudent

wife, and the careful matron, are much more serviceable in life than petticoated philosophers, blustering heroines, or virago queens. She who makes her husband and her children happy, who reclaims the one from vice and trains up the other to virtue, is a much greater character than ladies described in romances, whose whole occupation is to murder mankind with shafts from their quiver, or their eyes."

2. PURSUING THIS PICTURE, we may add, that to be a good housewife does

not necessarily imply an abandonment of proper pleasures or amusing recreation; and we think it the more necessary to express this, as the performance of the duties of a mistress may, to some minds, perhaps seem

to be incompatible with the enjoyment of life. Let us, however, now proceed to describe some of those home qualities and virtues which are necessary to the proper management of a Household, and then point out the plan which may be the most profitably pursued for the daily regulation of its affairs.

3. EARLY RISING IS ONE OF THE MOST ESSENTIAL QUALITIES which enter into

good Household Management, as it is not only the parent of health, but of innumerable other advantages. Indeed, when a mistress is an early riser, it is almost certain that her house will be orderly and well-managed. On the contrary, if she remain in bed till a late hour, then the domestics, who, as we have before observed, invariably partake somewhat of their mistress's character, will surely become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are freer from this fault than the heads of houses. The great Lord Chatham thus gave his advice in reference to this subject:--"I would have inscribed on the curtains of your bed, and the walls of your chamber, 'If you do not rise early, you can make progress in nothing.'"

4. CLEANLINESS IS ALSO INDISPENSABLE TO HEALTH, and must be studied both

in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning, unless, on account of illness or other circumstances, they should be deemed objectionable. The bathing of _children_ will be treated of under the head of "MANAGEMENT OF CHILDREN."

5. FRUGALITY AND ECONOMY ARE HOME VIRTUES, without which no household

can prosper. Dr. Johnson says: "Frugality may be termed the daughter of

Prudence, the sister of Temperance, and the parent of Liberty. He that is extravagant will quickly become poor, and poverty will enforce dependence and invite corruption." The necessity of practising economy should be evident to every one, whether in the possession of an income no more than sufficient for a family's requirements, or of a large fortune, which puts financial adversity out of the question. We must always remember that it is a great merit in housekeeping to manage a little well. "He is a good waggoner," says Bishop Hall, "that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little, than how to make it more." In this there is true wisdom, and it may be added, that those who can manage a little well, are most likely to succeed in their management of larger matters. Economy and frugality must never, however, be allowed to degenerate into parsimony and meanness.

6. THE CHOICE OF ACQUAINTANCES is very important to the happiness of a mistress and her family. A gossiping acquaintance, who indulges in the scandal and ridicule of her neighbours, should be avoided as a pestilence. It is likewise all-necessary to beware, as Thomson sings,

"The whisper'd tale,
That, like the fabling Nile, no fountain knows;--
Fair-laced Deceit, whose wily, conscious eye
Ne'er looks direct; the tongue that licks the dust
But, when it safely dares, as prompt to sting."

If the duties of a family do not sufficiently occupy the time of a mistress, society should be formed of such a kind as will tend to the mutual interchange of general and interesting information.

7. FRIENDSHIPS SHOULD NOT BE HASTILY FORMED, nor the heart given, at once, to every new-comer. There are ladies who uniformly smile at, and approve everything and everybody, and who possess neither the courage to reprehend vice, nor the generous warmth to defend virtue. The friendship of such persons is without attachment, and their love without affection or even preference. They imagine that every one who has any penetration is ill-natured, and look coldly on a discriminating judgment. It should be remembered, however, that this discernment does not always proceed from an uncharitable temper, but that those who possess a long experience and thorough knowledge of the world, scrutinize the conduct and dispositions of people before they trust themselves to the first fair appearances. Addison, who was not deficient in a knowledge of

mankind, observes that "a friendship, which makes the least noise, is very often the most useful; for which reason, I should prefer a prudent friend to a zealous one." And Joanna Baillie tells us that

"Friendship is no plant of hasty growth,
Though planted in esteem's deep-fixed soil,
The gradual culture of kind intercourse
Must bring it to perfection."

8. HOSPITALITY IS A MOST EXCELLENT VIRTUE; but care must be taken that the love of company, for its own sake, does not become a prevailing passion; for then the habit is no longer hospitality, but dissipation. Reality and truthfulness in this, as in all other duties of life, are the points to be studied; for, as Washington Irving well says, "There is an emanation from the heart in genuine hospitality, which cannot be described, but is immediately felt, and puts the stranger at once at his ease." With respect to the continuance of friendships, however, it may be found necessary, in some cases, for a mistress to relinquish, on assuming the responsibility of a household, many of those commenced in the earlier part of her life. This will be the more requisite, if the number still retained be quite equal to her means and opportunities.

9. IN CONVERSATION, TRIFLING OCCURRENCES, such as small disappointments, petty annoyances, and other every-day incidents, should never be mentioned to your friends. The extreme injudiciousness of repeating these will be at once apparent, when we reflect on the unsatisfactory discussions which they too frequently occasion, and on the load of advice which they are the cause of being tendered, and which is, too often, of a kind neither to be useful nor agreeable. Greater events, whether of joy or sorrow, should be communicated to friends; and, on such occasions, their sympathy gratifies and comforts. If the mistress be a wife, never let an account of her husband's failings pass her lips; and in cultivating the power of conversation, she should keep the versified advice of Cowper continually in her memory, that it

"Should flow like water after summer showers,
Not as if raised by mere mechanic powers."

In reference to its style, Dr. Johnson, who was himself greatly distinguished for his colloquial abilities, says that "no style is more extensively acceptable than the narrative, because this does not carry an air of superiority over the rest of the company; and, therefore, is most likely to please them. For this purpose we should store our memory with short anecdotes and entertaining pieces of history. Almost every

one listens with eagerness to extemporary history. Vanity often co-operates with curiosity; for he that is a hearer in one place wishes to qualify himself to be a principal speaker in some inferior company; and therefore more attention is given to narrations than anything else in conversation. It is true, indeed, that sallies of wit and quick replies are very pleasing in conversation; but they frequently tend to raise envy in some of the company: but the narrative way neither raises this, nor any other evil passion, but keeps all the company nearly upon an equality, and, if judiciously managed, will at once entertain and improve them all."

10. GOOD TEMPER SHOULD BE CULTIVATED by every mistress, as upon it the welfare of the household may be said to turn; indeed, its influence can hardly be over-estimated, as it has the effect of moulding the characters of those around her, and of acting most beneficially on the happiness of the domestic circle. Every head of a household should strive to be cheerful, and should never fail to show a deep interest in all that appertains to the well-being of those who claim the protection of her roof. Gentleness, not partial and temporary, but universal and regular, should pervade her conduct; for where such a spirit is habitually manifested, it not only delights her children, but makes her domestics attentive and respectful; her visitors are also pleased by it, and their happiness is increased.

11. ON THE IMPORTANT SUBJECT OF DRESS AND FASHION we cannot do better than quote an opinion from the eighth volume of the "Englishwoman's Domestic Magazine." The writer there says, "Let people write, talk, lecture, satirize, as they may, it cannot be denied that, whatever is the prevailing mode in attire, let it intrinsically be ever so absurd, it will never look as ridiculous as another, or as any other, which, however convenient, comfortable, or even becoming, is totally opposite in style to that generally worn."

12. IN PURCHASING ARTICLES OF WEARING APPAREL, whether it be a silk dress, a bonnet, shawl, or riband, it is well for the buyer to consider three things: I. That it be not too expensive for her purse. II. That its colour harmonize with her complexion, and its size and pattern with her figure. III. That its tint allow of its being worn with the other garments she possesses. The quaint Fuller observes, that the good wife is none of our dainty dames, who love to appear in a variety of suits every day new, as if a gown, like a stratagem in war, were to be used but once. But our good wife sets up a sail according to the keel of her husband's estate; and, if of high parentage, she doth not so remember

what she was by birth, that she forgets what she is by match.

To Brunettes, or those ladies having dark complexions, silks of a grave hue are adapted. For Blondes, or those having fair complexions, lighter colours are preferable, as the richer, deeper hues are too overpowering for the latter. The colours which go best together are green with violet; gold-colour with dark crimson or lilac; pale blue with scarlet; pink with black or white; and gray with scarlet or pink. A cold colour generally requires a warm tint to give life to it. Gray and pale blue, for instance, do not combine well, both being cold colours.

13. THE DRESS OF THE MISTRESS should always be adapted to her circumstances, and be varied with different occasions. Thus, at breakfast she should be attired in a very neat and simple manner, wearing no ornaments. If this dress should decidedly pertain only to the breakfast-hour, and be specially suited for such domestic occupations as usually follow that meal, then it would be well to exchange it before the time for receiving visitors, if the mistress be in the habit of doing so. It is still to be remembered, however, that, in changing the dress, jewellery and ornaments are not to be worn until the full dress for dinner is assumed. Further information and hints on the subject of the toilet will appear under the department of the "LADY'S-MAID."

The advice of Polonius to his son Laertes, in Shakspeare's tragedy of "Hamlet," is most excellent; and although given to one of the male sex, will equally apply to a "fayre ladye:"--

"Costly thy habit as thy purse can buy,
But not express'd in fancy; rich, not gaudy;
For the apparel oft proclaims the man."

14. CHARITY AND BENEVOLENCE ARE DUTIES which a mistress owes to herself

as well as to her fellow-creatures; and there is scarcely any income so small, but something may be spared from it, even if it be but "the widow's mite." It is to be always remembered, however, that it is the spirit of charity which imparts to the gift a value far beyond its actual amount, and is by far its better part.

True Charity, a plant divinely nursed,
Fed by the love from which it rose at first,
Thrives against hope, and, in the rudest scene,
Storms but enliven its unfading green;
Exub'rant is the shadow it supplies,
Its fruit on earth, its growth above the skies.

Visiting the houses of the poor is the only practical way really to understand the actual state of each family; and although there may be difficulties in following out this plan in the metropolis and other large cities, yet in country towns and rural districts these objections do not obtain. Great advantages may result from visits paid to the poor; for there being, unfortunately, much ignorance, generally, amongst them with respect to all household knowledge, there will be opportunities for advising and instructing them, in a pleasant and unobtrusive manner, in cleanliness, industry, cookery, and good management.

15. IN MARKETING, THAT THE BEST ARTICLES ARE THE CHEAPEST, may be laid

down as a rule; and it is desirable, unless an experienced and confidential housekeeper be kept, that the mistress should herself purchase all provisions and stores needed for the house. If the mistress be a young wife, and not accustomed to order "things for the house," a little practice and experience will soon teach her who are the best tradespeople to deal with, and what are the best provisions to buy. Under each particular head of FISH, MEAT, POULTRY, GAME, &c., will be described the proper means of ascertaining the quality of these comestibles.

16. A HOUSEKEEPING ACCOUNT-BOOK should invariably be kept, and kept

punctually and precisely. The plan for keeping household accounts, which we should recommend, would be to make an entry, that is, write down into a daily diary every amount paid on that particular day, be it ever so small; then, at the end of the month, let these various payments be ranged under their specific heads of Butcher, Baker, &c.; and thus will be seen the proportions paid to each tradesman, and any one month's expenses may be contrasted with another. The housekeeping accounts should be balanced not less than once a month; so that you may see that the money you have in hand tallies with your account of it in your diary. Judge Haliburton never wrote truer words than when he said, "No man is rich whose expenditure exceeds his means, and no one is poor whose incomings exceed his outgoings."

When, in a large establishment, a housekeeper is kept, it will be advisable for the mistress to examine her accounts regularly. Then any increase of expenditure which may be apparent, can easily be explained, and the housekeeper will have the

satisfaction of knowing whether her efforts to manage her department well and economically, have been successful.

17. ENGAGING DOMESTICS is one of those duties in which the judgment of the mistress must be keenly exercised. There are some respectable registry-offices, where good servants may sometimes be hired; but the plan rather to be recommended is, for the mistress to make inquiry amongst her circle of friends and acquaintances, and her tradespeople. The latter generally know those in their neighbourhood, who are wanting situations, and will communicate with them, when a personal interview with some of them will enable the mistress to form some idea of the characters of the applicants, and to suit herself accordingly.

We would here point out an error--and a grave one it is--into which some mistresses fall. They do not, when engaging a servant, expressly tell her all the duties which she will be expected to perform. This is an act of omission severely to be reprehended. Every portion of work which the maid will have to do, should be plainly stated by the mistress, and understood by the servant. If this plan is not carefully adhered to, domestic contention is almost certain to ensue, and this may not be easily settled; so that a change of servants, which is so much to be deprecated, is continually occurring.

18. IN OBTAINING A SERVANT'S CHARACTER, it is not well to be guided by a written one from some unknown quarter; but it is better to have an interview, if at all possible, with the former mistress. By this means you will be assisted in your decision of the suitableness of the servant for your place, from the appearance of the lady and the state of her house. Negligence and want of cleanliness in her and her household generally, will naturally lead you to the conclusion, that her servant has suffered from the influence of the bad example.

The proper course to pursue in order to obtain a personal interview with the lady is this:--The servant in search of the situation must be desired to see her former mistress, and ask her to be kind enough to appoint a time, convenient to herself, when you may call on her; this proper observance of courtesy being necessary to prevent any unseasonable intrusion on the part of a stranger. Your first questions should be relative to the honesty and general morality of her former servant; and if no objection is stated in that respect, her other qualifications are then to be ascertained. Inquiries should be very minute, so that you may avoid disappointment and trouble, by knowing the

weak points of your domestic.

19. THE TREATMENT OF SERVANTS is of the highest possible moment, as well

to the mistress as to the domestics themselves. On the head of the house the latter will naturally fix their attention; and if they perceive that the mistress's conduct is regulated by high and correct principles, they will not fail to respect her. If, also, a benevolent desire is shown to promote their comfort, at the same time that a steady performance of their duty is exacted, then their respect will not be unmingled with affection, and they will be still more solicitous to continue to deserve her favour.

20. IN GIVING A CHARACTER, it is scarcely necessary to say that the mistress should be guided by a sense of strict justice. It is not fair for one lady to recommend to another, a servant she would not keep herself. The benefit, too, to the servant herself is of small advantage; for the failings which she possesses will increase if suffered to be indulged with impunity. It is hardly necessary to remark, on the other hand, that no angry feelings on the part of a mistress towards her late servant, should ever be allowed, in the slightest degree, to influence her, so far as to induce her to disparage her maid's character.

21. THE FOLLOWING TABLE OF THE AVERAGE YEARLY WAGES paid to domestics, with the various members of the household placed in the order in which they are usually ranked, will serve as a guide to regulate the expenditure of an establishment:--

	When not found in Livery.	When found in Livery.
The House Steward	From £10 to £80	--
The Valet	" 25 to 50	From £20 to £30
The Butler	" 25 to 50	--
The Cook	" 20 to 40	--
The Gardener	" 20 to 40	--
The Footman	" 20 to 40	" 15 to 25
The Under Butler	" 15 to 30	" 15 to 25
The Coachman	--	" 20 to 35
The Groom	" 15 to 30	" 12 to 20
The Under Footman	--	" 12 to 20
The Page or Footboy	" 8 to 18	" 6 to 14
The Stableboy	" 6 to 12	--

When no extra

When an extra

allowance is made for Tea, Sugar, and Beer. allowance is made for Tea, Sugar, and Beer.

The Housekeeper	From £20 to £15	From £18 to £40
The Lady's-maid	" 12 to 25	" 10 to 20
The Head Nurse	" 15 to 30	" 13 to 26
The Cook	" 11 to 30	" 12 to 26
The Upper Housemaid	" 12 to 20	" 10 to 17
The Upper Laundry-maid	" 12 to 18	" 10 to 15
The Maid-of-all-work	" 9 to 14	" 7-1/2 to 11
The Under Housemaid	" 8 to 12	" 6-1/2 to 10
The Still-room Maid	" 9 to 14	" 8 to 13
The Nursemaid	" 8 to 12	" 5 to 10
The Under Laundry-maid	" 9 to 11	" 8 to 12
The Kitchen-maid	" 9 to 14	" 8 to 12
The Scullery-maid	" 5 to 9	" 4 to 8

These quotations of wages are those usually given in or near the metropolis; but, of course, there are many circumstances connected with locality, and also having reference to the long service on the one hand, or the inexperience on the other, of domestics, which may render the wages still higher or lower than those named above. All the domestics mentioned in the above table would enter into the establishment of a wealthy nobleman. The number of servants, of course, would become smaller in proportion to the lesser size of the establishment; and we may here enumerate a scale of servants suited to various incomes, commencing with--

About £1,000 a year--A cook, upper housemaid, nursemaid, under housemaid,
and a man servant.

About £750 a year--A cook, housemaid, nursemaid, and footboy.

About £500 a year--A cook, housemaid, and nursemaid.

About £300 a year--A maid-of-all-work and nursemaid.

About £200 or £150 a year--A maid-of-all-work (and girl occasionally).

22. HAVING THUS INDICATED some of the more general duties of the mistress, relative to the moral government of her household, we will now give a few specific instructions on matters having a more practical relation to the position which she is supposed to occupy in the eye of the world. To do this the more clearly, we will begin with her earliest duties, and take her completely through the occupations of a day.

23. HAVING RISEN EARLY, as we have already advised (_see_ 3), and having

given due attention to the bath, and made a careful toilet, it will be well at once to see that the children have received their proper ablutions, and are in every way clean and comfortable. The first meal of the day, breakfast, will then be served, at which all the family should be punctually present, unless illness, or other circumstances, prevent.

24. AFTER BREAKFAST IS OVER, it will be well for the mistress to make a round of the kitchen and other offices, to see that all are in order, and that the morning's work has been properly performed by the various domestics. The orders for the day should then be given, and any questions which the domestics desire to ask, respecting their several departments, should be answered, and any special articles they may require, handed to them from the store-closet.

In those establishments where there is a housekeeper, it will not be so necessary for the mistress, personally, to perform the above-named duties.

25. AFTER THIS GENERAL SUPERINTENDENCE of her servants, the mistress, if a mother of a young family, may devote herself to the instruction of some of its younger members, or to the examination of the state of their wardrobe, leaving the later portion of the morning for reading, or for some amusing recreation. "Recreation," says Bishop Hall, "is intended to the mind as whetting is to the scythe, to sharpen the edge of it, which would otherwise grow dull and blunt. He, therefore, that spends his whole time in recreation is ever whetting, never mowing; his grass may grow and his steed starve; as, contrarily, he that always toils and never recreates, is ever mowing, never whetting, labouring much to little purpose. As good no scythe as no edge. Then only doth the work go forward, when the scythe is so seasonably and moderately whetted that it may cut, and so cut, that it may have the help of sharpening."

Unless the means of the mistress be very circumscribed, and she be obliged to devote a great deal of her time to the making of her children's clothes, and other economical pursuits, it is right that she should give some time to the pleasures of literature, the innocent delights of the garden, and to the improvement of any special abilities for music, painting, and other elegant arts, which she may, happily, possess.

26. THESE DUTIES AND PLEASURES BEING PERFORMED AND ENJOYED, the hour of luncheon will have arrived. This is a very necessary meal between an early breakfast and a late dinner, as a healthy person, with good

exercise, should have a fresh supply of food once in four hours. It should be a light meal; but its solidity must, of course, be, in some degree, proportionate to the time it is intended to enable you to wait for your dinner, and the amount of exercise you take in the mean time. At this time, also, the servants' dinner will be served.

In those establishments where an early dinner is served, that will, of course, take the place of the luncheon. In many houses, where a nursery dinner is provided for the children and about one o'clock, the mistress and the elder portion of the family make their luncheon at the same time from the same joint, or whatever may be provided. A mistress will arrange, according to circumstances, the serving of the meal; but the more usual plan is for the lady of the house to have the joint brought to her table, and afterwards carried to the nursery.

27. AFTER LUNCHEON, MORNING CALLS AND VISITS may be made and received.

These may be divided under three heads: those of ceremony, friendship, and congratulation or condolence. Visits of ceremony, or courtesy, which occasionally merge into those of friendship, are to be paid under various circumstances. Thus, they are uniformly required after dining at a friend's house, or after a ball, picnic, or any other party. These visits should be short, a stay of from fifteen to twenty minutes being quite sufficient. A lady paying a visit may remove her boa or neckerchief; but neither her shawl nor bonnet.

When other visitors are announced, it is well to retire as soon as possible, taking care to let it appear that their arrival is not the cause. When they are quietly seated, and the bustle of their entrance is over, rise from your chair, taking a kind leave of the hostess, and bowing politely to the guests. Should you call at an inconvenient time, not having ascertained the luncheon hour, or from any other inadvertence, retire as soon as possible, without, however, showing that you feel yourself an intruder. It is not difficult for any well-bred or even good-tempered person, to know what to say on such an occasion, and, on politely withdrawing, a promise can be made to call again, if the lady you have called on, appear really disappointed.

28. IN PAYING VISITS OF FRIENDSHIP, it will not be so necessary to be guided by etiquette as in paying visits of ceremony; and if a lady be pressed by her friend to remove her shawl and bonnet, it can be done if it will not interfere with her subsequent arrangements. It is, however, requisite to call at suitable times, and to avoid staying too long, if

your friend is engaged. The courtesies of society should ever be maintained, even in the domestic circle, and amongst the nearest friends. During these visits, the manners should be easy and cheerful, and the subjects of conversation such as may be readily terminated. Serious discussions or arguments are to be altogether avoided, and there is much danger and impropriety in expressing opinions of those persons and characters with whom, perhaps, there is but a slight acquaintance. (_See_ 6, 7, and 9.)

It is not advisable, at any time, to take favourite dogs into another lady's drawing-room, for many persons have an absolute dislike to such animals; and besides this, there is always a chance of a breakage of some article occurring, through their leaping and bounding here and there, sometimes very much to the fear and annoyance of the hostess. Her children, also, unless they are particularly well-trained and orderly, and she is on exceedingly friendly terms with the hostess, should not accompany a lady in making morning calls. Where a lady, however, pays her visits in a carriage, the children can be taken in the vehicle, and remain in it until the visit is over.

29. FOR MORNING CALLS, it is well to be neatly attired; for a costume very different to that you generally wear, or anything approaching an evening dress, will be very much out of place. As a general rule, it may be said, both in reference to this and all other occasions, it is better to be under-dressed than over-dressed.

A strict account should be kept of ceremonial visits, and notice how soon your visits have been returned. An opinion may thus be formed as to whether your frequent visits are, or are not, desirable. There are, naturally, instances when the circumstances of old age or ill health will preclude any return of a call; but when this is the case, it must not interrupt the discharge of the duty.

30. IN PAYING VISITS OF CONDOLENCE, it is to be remembered that they should be paid within a week after the event which occasions them. If the acquaintance, however, is but slight, then immediately after the family has appeared at public worship. A lady should send in her card, and if her friends be able to receive her, the visitor's manner and conversation should be subdued and in harmony with the character of her visit. Courtesy would dictate that a mourning card should be used, and that visitors, in paying condoling visits, should be dressed in black, either silk or plain-coloured apparel. Sympathy with the affliction of

the family, is thus expressed, and these attentions are, in such cases, pleasing and soothing.

In all these visits, if your acquaintance or friend be not at home, a card should be left. If in a carriage, the servant will answer your inquiry and receive your card; if paying your visits on foot, give your card to the servant in the hall, but leave to go in and rest should on no account be asked. The form of words, "Not at home," may be understood in different senses; but the only courteous way is to receive them as being perfectly true. You may imagine that the lady of the house is really at home, and that she would make an exception in your favour, or you may think that your acquaintance is not desired; but, in either case, not the slightest word is to escape you, which would suggest, on your part, such an impression.

31. IN RECEIVING MORNING CALLS, the foregoing description of the etiquette to be observed in paying them, will be of considerable service. It is to be added, however, that the occupations of drawing, music, or reading should be suspended on the entrance of morning visitors. If a lady, however, be engaged with light needlework, and none other is appropriate in the drawing-room, it may not be, under some circumstances, inconsistent with good breeding to quietly continue it during conversation, particularly if the visit be protracted, or the visitors be gentlemen.

Formerly the custom was to accompany all visitors quitting the house to the door, and there take leave of them; but modern society, which has thrown off a great deal of this kind of ceremony, now merely requires that the lady of the house should rise from her seat, shake hands, or courtesy, in accordance with the intimacy she has with her guests, and ring the bell to summon the servant to attend them and open the door. In making a first call, either upon a newly-married couple, or persons newly arrived in the neighbourhood, a lady should leave her husband's card together with her own, at the same time, stating that the profession or business in which he is engaged has prevented him from having the pleasure of paying the visit, with her. It is a custom with many ladies, when on the eve of an absence from their neighbourhood, to leave or send their own and husband's cards, with the letters P. P. C. in the right-hand corner. These letters are the initials of the French words, "_Pour prendre congé_" meaning, "To take leave."

32. THE MORNING CALLS BEING PAID OR RECEIVED, and their etiquette

properly attended to, the next great event of the day in most establishments is "The Dinner;" and we only propose here to make a few general remarks on this important topic, as, in future pages, the whole "Art of Dining" will be thoroughly considered, with reference to its economy, comfort, and enjoyment.

33. IN GIVING OR ACCEPTING AN INVITATION FOR DINNER, the following is the form of words generally made use of. They, however, can be varied in proportion to the intimacy or position of the hosts and guests:--

Mr. and Mrs. A---- present their compliments to Mr. and Mrs. B----, and request the honour, [or hope to have the pleasure] of their company to dinner on Wednesday, the 6th of December next.

A---- STREET,
November 13th, 1859. R. S. V. P.

The letters in the corner imply "_Répondez, s'il vous plaît;_" meaning, "an answer will oblige." The reply, accepting the invitation, is couched in the following terms:--

Mr. and Mrs. B---- present their compliments to Mr. and Mrs. A---, and will do themselves the honour of, [or will have much pleasure in] accepting their kind invitation to dinner on the 6th of December next.

B---- SQUARE,
November 18th, 1859.

Cards, or invitations for a dinner-party, should be issued a fortnight or three weeks (sometimes even a month) beforehand, and care should be taken by the hostess, in the selection of the invited guests, that they should be suited to each other. Much also of the pleasure of a dinner-party will depend on the arrangement of the guests at table, so as to form a due admixture of talkers and listeners, the grave and the gay. If an invitation to dinner is accepted, the guests should be punctual, and the mistress ready in her drawing-room to receive them. At some periods it has been considered fashionable to come late to dinner, but lately *_nous avons changé tout cela_*.

34. THE HALF-HOUR BEFORE DINNER has always been considered as the great ordeal through which the mistress, in giving a dinner-party, will either pass with flying colours, or, lose many of her laurels. The anxiety to

receive her guests,--her hope that all will be present in due time,--her trust in the skill of her cook, and the attention of the other domestics, all tend to make these few minutes a trying time. The mistress, however, must display no kind of agitation, but show her tact in suggesting light and cheerful subjects of conversation, which will be much aided by the introduction of any particular new book, curiosity of art, or article of vertu, which may pleasantly engage the attention of the company. "Waiting for Dinner," however, is a trying time, and there are few who have not felt--

"How sad it is to sit and pine,
The long _half-hour_ before we dine!
Upon our watches oft to look,
Then wonder at the clock and cook,
* * * * *

"And strive to laugh in spite of Fate!
But laughter forced soon quits the room,
And leaves it in its former gloom.
But lo! the dinner now appears,
The object of our hopes and fears,
The end of all our pain!"

In giving an entertainment of this kind, the mistress should remember that it is her duty to make her guests feel happy, comfortable, and quite at their ease; and the guests should also consider that they have come to the house of their hostess to be happy. Thus an opportunity is given to all for innocent enjoyment and intellectual improvement, when also acquaintances may be formed that may prove invaluable through life, and information gained that will enlarge the mind. Many celebrated men and women have been great talkers; and, amongst others, the genial Sir Walter Scott, who spoke freely to every one, and a favourite remark of whom it was, that he never did so without learning something he didn't know before.

35. DINNER BEING ANNOUNCED, the host offers his arm to, and places on his right hand at the dinner-table, the lady to whom he desires to pay most respect, either on account of her age, position, or from her being the greatest stranger in the party. If this lady be married and her husband present, the latter takes the hostess to her place at table, and seats himself at her right hand. The rest of the company follow in couples, as specified by the master and mistress of the house, arranging the party according to their rank and other circumstances which may be known to the host and hostess.

It will be found of great assistance to the placing of a party at the dinner-table, to have the names of the guests neatly (and correctly) written on small cards, and placed at that part of the table where it is desired they should sit. With respect to the number of guests, it has often been said, that a private dinner-party should consist of not less than the number of the Graces, or more than that of the Muses. A party of ten or twelve is, perhaps, in a general way, sufficient to enjoy themselves and be enjoyed. White kid gloves are worn by ladies at dinner-parties, but should be taken off before the business of dining commences.

36. THE GUESTS BEING SEATED AT THE DINNER-TABLE, the lady begins to help the soup, which is handed round, commencing with the gentleman on her right and on her left, and continuing in the same order till all are served. It is generally established as a rule, not to ask for soup or fish twice, as, in so doing, part of the company may be kept waiting too long for the second course, when, perhaps, a little revenge is taken by looking at the awkward consumer of a second portion. This rule, however, may, under various circumstances, not be considered as binding.

It is not usual, where taking wine is *_en règle_*, for a gentleman to ask a lady to take wine until the fish or soup is finished, and then the gentleman honoured by sitting on the right of the hostess, may politely inquire if she will do him the honour of taking wine with him. This will act as a signal to the rest of the company, the gentleman of the house most probably requesting the same pleasure of the ladies at his right and left. At many tables, however, the custom or fashion of drinking wine in this manner, is abolished, and the servant fills the glasses of the guests with the various wines suited to the course which is in progress.

37. WHEN DINNER IS FINISHED, THE DESSERT is placed on the table, accompanied with finger-glasses. It is the custom of some gentlemen to wet a corner of the napkin; but the hostess, whose behaviour will set the tone to all the ladies present, will merely wet the tips of her fingers, which will serve all the purposes required. The French and other continentals have a habit of gargling the mouth; but it is a custom which no English gentlewoman should, in the slightest degree, imitate.

38. WHEN FRUIT HAS BEEN TAKEN, and a glass or two of wine passed round,
the time will have arrived when the hostess will rise, and thus give the signal for the ladies to leave the gentlemen, and retire to the drawing-room. The gentlemen of the party will rise at the same time, and he who is nearest the door, will open it for the ladies, all remaining courteously standing until the last lady has withdrawn. Dr. Johnson has a curious paragraph on the effects of a dinner on men. "Before dinner," he says, "men meet with great inequality of understanding; and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man feels himself happy, and loses that modesty, and grows impudent and vociferous; but he is not improved, he is only not sensible of his defects." This is rather severe, but there may be truth in it.

In former times, when the bottle circulated freely amongst the guests, it was necessary for the ladies to retire earlier than they do at present, for the gentlemen of the company soon became unfit to conduct themselves with that decorum which is essential in the presence of ladies. Thanks, however, to the improvements in modern society, and the high example shown to the nation by its most illustrious personages, temperance is, in these happy days, a striking feature in the character of a gentleman. Delicacy of conduct towards the female sex has increased with the esteem in which they are now universally held, and thus, the very early withdrawing of the ladies from the dining-room is to be deprecated. A lull in the conversation will seasonably indicate the moment for the ladies' departure.

39. AFTER-DINNER INVITATIONS MAY BE GIVEN; by which we wish to be understood, invitations for the evening. The time of the arrival of these visitors will vary according to their engagements, or sometimes will be varied in obedience to the caprices of fashion. Guests invited for the evening are, however, generally considered at liberty to arrive whenever it will best suit themselves,--usually between nine and twelve, unless earlier hours are specifically named. By this arrangement, many fashionable people and others, who have numerous engagements to fulfil, often contrive to make their appearance at two or three parties in the course of one evening.

40. THE ETIQUETTE OF THE DINNER-PARTY TABLE being disposed of, let us now enter slightly into that of an evening party or ball. The

invitations issued and accepted for either of these, will be written in the same style as those already described for a dinner-party. They should be sent out at least three weeks before the day fixed for the event, and should be replied to within a week of their receipt. By attending to these courtesies, the guests will have time to consider their engagements and prepare their dresses, and the hostess will, also, know what will be the number of her party.

If the entertainment is to be simply an evening party, this must be specified on the card or note of invitation. Short or verbal invitations, except where persons are exceedingly intimate, or are very near relations, are very far from proper, although, of course, in this respect and in many other respects, very much always depends on the manner in which the invitation is given. True politeness, however, should be studied even amongst the nearest friends and relations; for the mechanical forms of good breeding are of great consequence, and too much familiarity may have, for its effect, the destruction of friendship.

41. AS THE LADIES AND GENTLEMEN ARRIVE, each should be shown to a room exclusively provided for their reception; and in that set apart for the ladies, attendants should be in waiting to assist in uncloaking, and helping to arrange the hair and toilet of those who require it. It will be found convenient, in those cases where the number of guests is large, to provide numbered tickets, so that they can be attached to the cloaks and shawls of each lady, a duplicate of which should be handed to the guest. Coffee is sometimes provided in this, or an ante-room, for those who would like to partake of it.

42. AS THE VISITORS ARE ANNOUNCED BY THE SERVANT, it is not necessary for the lady of the house to advance each time towards the door, but merely to rise from her seat to receive their courtesies and congratulations. If, indeed, the hostess wishes to show particular favour to some peculiarly honoured guests, she may introduce them to others, whose acquaintance she may imagine will be especially suitable and agreeable. It is very often the practice of the master of the house to introduce one gentleman to another, but occasionally the lady performs this office; when it will, of course, be polite for the persons thus introduced to take their seats together for the time being.

The custom of non-introduction is very much in vogue in many houses, and guests are thus left to discover for themselves the position and qualities of the people around them. The servant, indeed, calls out the names of all the visitors as they arrive,

but, in many instances, mispronounces them; so that it will not be well to follow this information, as if it were an unerring guide. In our opinion, it is a cheerless and depressing custom, although, in thus speaking, we do not allude to the large assemblies of the aristocracy, but to the smaller parties of the middle classes.

43. A SEPARATE ROOM OR CONVENIENT BUFFET should be appropriated for refreshments, and to which the dancers may retire; and cakes and biscuits, with wine negus, lemonade, and ices, handed round. A supper is also mostly provided at the private parties of the middle classes; and this requires, on the part of the hostess, a great deal of attention and supervision. It usually takes place between the first and second parts of the programme of the dances, of which there should be several prettily written or printed copies distributed about the ball-room.

In private parties, a lady is not to refuse the invitation of a gentleman to dance, unless she be previously engaged. The hostess must be supposed to have asked to her house only those persons whom she knows to be perfectly respectable and of unblemished character, as well as pretty equal in position; and thus, to decline the offer of any gentleman present, would be a tacit reflection on the master and mistress of the house. It may be mentioned here, more especially for the young who will read this book, that introductions at balls or evening parties, cease with the occasion that calls them forth, no introduction, at these times, giving a gentleman a right to address, afterwards, a lady. She is, consequently, free, next morning, to pass her partner at a ball of the previous evening without the slightest recognition.

44. THE BALL IS GENERALLY OPENED, that is, the first place in the first quadrille is occupied, by the lady of the house. When anything prevents this, the host will usually lead off the dance with the lady who is either the highest in rank, or the greatest stranger. It will be well for the hostess, even if she be very partial to the amusement, and a graceful dancer, not to participate in it to any great extent, lest her lady guests should have occasion to complain of her monopoly of the gentlemen, and other causes of neglect. A few dances will suffice to show her interest in the entertainment, without unduly trenching on the attention due to her guests. In all its parts a ball should be perfect,--

"The music, and the banquet, and the wine;
The garlands, the rose-odours, and the flowers."

The hostess or host, during the progress of a ball, will courteously accost and chat with their friends, and take care that the ladies are furnished with seats, and that those who wish to dance are provided with partners. A gentle hint from the hostess, conveyed in a quiet ladylike manner, that certain ladies have remained unengaged during several dances, is sure not to be neglected by any gentleman. Thus will be studied the comfort and enjoyment of the guests, and no lady, in leaving the house, will be able to feel the chagrin and disappointment of not having been invited to "stand up" in a dance during the whole of the evening.

45. WHEN ANY OF THE CARRIAGES OF THE GUESTS ARE ANNOUNCED, or the time

for their departure arrived, they should make a slight intimation to the hostess, without, however, exciting any observation, that they are about to depart. If this cannot be done, however, without creating too much bustle, it will be better for the visitors to retire quietly without taking their leave. During the course of the week, the hostess will expect to receive from every guest a call, where it is possible, or cards expressing the gratification experienced from her entertainment. This attention is due to every lady for the pains and trouble she has been at, and tends to promote social, kindly feelings.

46. HAVING THUS DISCOURSED of parties of pleasure, it will be an interesting change to return to the more domestic business of the house, although all the details we have been giving of dinner-parties, balls, and the like, appertain to the department of the mistress. Without a knowledge of the etiquette to be observed on these occasions, a mistress would be unable to enjoy and appreciate those friendly pleasant meetings which give, as it were, a fillip to life, and make the quiet happy home of an English gentlewoman appear the more delightful and enjoyable. In their proper places, all that is necessary to be known respecting the dishes and appearance of the breakfast, dinner, tea, and supper tables, will be set forth in this work.

47. A FAMILY DINNER AT HOME, compared with either giving or going to a dinner-party, is, of course, of much more frequent occurrence, and many will say, of much greater importance. Both, however, have to be considered with a view to their nicety and enjoyment; and the latter more particularly with reference to economy. These points will be especially noted in the following pages on "Household Cookery." Here we

will only say, that for both mistress and servants, as well in large as small households, it will be found, by far, the better plan, to cook and serve the dinner, and to lay the tablecloth and the sideboard, with the same cleanliness, neatness, and scrupulous exactness, whether it be for the mistress herself alone, a small family, or for "company." If this rule be strictly adhered to, all will find themselves increase in managing skill; whilst a knowledge of their daily duties will become familiar, and enable them to meet difficult occasions with ease, and overcome any amount of obstacles.

48. OF THE MANNER OF PASSING EVENINGS AT HOME, there is none pleasanter

than in such recreative enjoyments as those which relax the mind from its severer duties, whilst they stimulate it with a gentle delight.

Where there are young people forming a part of the evening circle, interesting and agreeable pastime should especially be promoted. It is of incalculable benefit to them that their homes should possess all the attractions of healthful amusement, comfort, and happiness; for if they do not find pleasure there, they will seek it elsewhere. It ought, therefore, to enter into the domestic policy of every parent, to make her children feel that home is the happiest place in the world; that to imbue them with this delicious home-feeling is one of the choicest gifts a parent can bestow.

Light or fancy needlework often forms a portion of the evening's recreation for the ladies of the household, and this may be varied by an occasional game at chess or backgammon. It has often been remarked, too, that nothing is more delightful to the feminine members of a family, than the reading aloud of some good standard work or amusing publication. A knowledge of polite literature may be thus obtained by the whole family, especially if the reader is able and willing to explain the more difficult passages of the book, and expatiate on the wisdom and beauties it may contain. This plan, in a great measure, realizes the advice of Lord Bacon, who says, "Read not to contradict and refute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider."

49. IN RETIRING FOR THE NIGHT, it is well to remember that early rising

is almost impossible, if late going to bed be the order, or rather disorder, of the house. The younger members of a family should go early and at regular hours to their beds, and the domestics as soon as possible after a reasonably appointed hour. Either the master or the mistress of a house should, after all have gone to their separate rooms, see that all is right with respect to the lights and fires below; and no

servants should, on any account, be allowed to remain up after the heads of the house have retired.

50. HAVING THUS GONE FROM EARLY RISING TO EARLY RETIRING, there remain only now to be considered a few special positions respecting which the mistress of the house will be glad to receive some specific information.

51. WHEN A MISTRESS TAKES A HOUSE in a new locality, it will be etiquette for her to wait until the older inhabitants of the neighbourhood call upon her; thus evincing a desire, on their part, to become acquainted with the new comer. It may be, that the mistress will desire an intimate acquaintance with but few of her neighbours; but it is to be specially borne in mind that all visits, whether of ceremony, friendship, or condolence, should be punctiliously returned.

52. YOU MAY PERHAPS HAVE BEEN FAVOURED with letters of introduction from some of your friends, to persons living in the neighbourhood to which you have just come. In this case inclose the letter of introduction in an envelope with your card. Then, if the person, to whom it is addressed, calls in the course of a few days, the visit should be returned by you within the week, if possible. Any breach of etiquette, in this respect, will not readily be excused.

In the event of your being invited to dinner under the above circumstances, nothing but necessity should prevent you from accepting the invitation. If, however, there is some distinct reason why you cannot accept, let it be stated frankly and plainly, for politeness and truthfulness should be ever allied. An opportunity should, also, be taken to call in the course of a day or two, in order to politely express your regret and disappointment at not having been able to avail yourself of their kindness.

53. IN GIVING A LETTER OF INTRODUCTION, it should always be handed to your friend, unsealed. Courtesy dictates this, as the person whom you are introducing would, perhaps, wish to know in what manner he or she was spoken of. Should you receive a letter from a friend, introducing to you any person known to and esteemed by the writer, the letter should be immediately acknowledged, and your willingness expressed to do all in your power to carry out his or her wishes.

54. SUCH ARE THE ONEROUS DUTIES which enter into the position of the mistress of a house, and such are, happily, with a slight but continued attention, of by no means difficult performance. She ought always to remember that she is the first and the last, the Alpha and the Omega in the government of her establishment; and that it is by her conduct that its whole internal policy is regulated. She is, therefore, a person of far more importance in a community than she usually thinks she is. On her pattern her daughters model themselves; by her counsels they are directed; through her virtues all are honoured;--"her children rise up and call her blessed; her husband, also, and he praiseth her." Therefore, let each mistress always remember her responsible position, never approving a mean action, nor speaking an unrefined word. Let her conduct be such that her inferiors may respect her, and such as an honourable and right-minded man may look for in his wife and the mother of his children. Let her think of the many compliments and the sincere homage that have been paid to her sex by the greatest philosophers and writers, both in ancient and modern times. Let her not forget that she has to show herself worthy of Campbell's compliment when he said,--

"The world was sad! the garden was a wild!
And man the hermit sigh'd, till _woman_ smiled."

Let her prove herself, then, the happy companion of man, and able to take unto herself the praises of the pious prelate, Jeremy Taylor, who says,--"A good wife is Heaven's last best gift to man,--his angel and minister of graces innumerable,--his gem of many virtues,--his casket of jewels--her voice is sweet music--her smiles his brightest day;--her kiss, the guardian of his innocence;--her arms, the pale of his safety, the balm of his health, the balsam of his life;--her industry, his surest wealth;--her economy, his safest steward;--her lips, his faithful counsellors;--her bosom, the softest pillow of his cares; and her prayers, the ablest advocates of Heaven's blessings on his head."

Cherishing, then, in her breast the respected utterances of the good and the great, let the mistress of every house rise to the responsibility of its management; so that, in doing her duty to all around her, she may receive the genuine reward of respect, love, and affection!

Note.--Many mistresses have experienced the horrors of house-hunting, and it is well known that "three removes are as good (or bad, rather) as a fire." Nevertheless, it being quite evident that we must, in these days at least, live in houses, and are sometimes obliged to change our residences, it is well to consider some of the conditions which will add

to, or diminish, the convenience and comfort of our homes.

Although the choice of a house must be dependent on so many different circumstances with different people, that to give any specific directions on this head would be impossible and useless; yet it will be advantageous, perhaps, to many, if we point out some of those general features as to locality, soil, aspect, &c., to which the attention of all house-takers should be carefully directed.

Regarding the locality, we may say, speaking now more particularly of a town house, that it is very important to the health and comfort of a family, that the neighbourhood of all factories of any kind, producing unwholesome effluvia or smells, should be strictly avoided. Neither is it well to take a house in the immediate vicinity of where a noisy trade is carried on, as it is unpleasant to the feelings, and tends to increase any existing irritation of the system.

Referring to soils; it is held as a rule, that a gravel soil is superior to any other, as the rain drains through it very quickly, and it is consequently drier and less damp than clay, upon which water rests a far

longer time. A clay country, too, is not so pleasant for walking exercise as one in which gravel predominates.

The aspect of the house should be well considered, and it should be borne in mind that the more sunlight that comes into the house, the healthier is the habitation. The close, fetid smell which assails one on entering a narrow court, or street, in towns, is to be assigned to the want of light, and, consequently, air. A house with a south or south-west aspect, is lighter, warmer, drier, and consequently more healthy, than one facing the north or north-east.

Great advances have been made, during the last few years, in the principles of sanitary knowledge, and one most essential point to be observed in reference to a house, is its "drainage," as it has been proved in an endless number of cases, that bad or defective drainage is as certain to destroy health as the taking of poisons. This arises from its injuriously affecting the atmosphere; thus rendering the air we breathe unwholesome and deleterious. Let it be borne in mind, then, that unless a house is effectually drained, the health of its inhabitants is sure to suffer; and they will be susceptible of ague, rheumatism, diarrhoea, fevers, and cholera.

We now come to an all-important point,--that of the water supply. The value of this necessary article has also been lately more and more

recognized in connection with the question of health and life; and most houses are well supplied with every convenience connected with water. Let it, however, be well understood, that no house, however suitable in other respects, can be desirable, if this grand means of health and comfort is, in the slightest degree, scarce or impure. No caution can be too great to see that it is pure and good, as well as plentiful; for, knowing, as we do, that not a single part of our daily food is prepared without it, the importance of its influence on the health of the inmates of a house cannot be over-rated.

Ventilation is another feature which must not be overlooked. In a general way, enough of air is admitted by the cracks round the doors and windows; but if this be not the case, the chimney will smoke; and other plans, such as the placing of a plate of finely-perforated zinc in the upper part of the window, must be used. Cold air should never be admitted under the doors, or at the bottom of a room, unless it be close to the fire or stove; for it will flow along the floor towards the fireplace, and thus leave the foul air in the upper part of the room, unpurified, cooling, at the same time, unpleasantly and injuriously, the feet and legs of the inmates.

The rent of a house, it has been said, should not exceed one-eighth of the whole income of its occupier; and, as a general rule, we are disposed to assent to this estimate, although there may be many circumstances which would not admit of its being considered infallible.

[Illustration]

CHAPTER II.

THE HOUSEKEEPER.

55. AS SECOND IN COMMAND IN THE HOUSE, except in large establishments, where there is a house steward, the housekeeper must consider herself as the immediate representative of her mistress, and bring, to the management of the household, all those qualities of honesty, industry, and vigilance, in the same degree as if she were at the head of her own family. Constantly on the watch to detect any wrong-doing on the part of any of the domestics, she will overlook all that goes on in the house, and will see that every department is thoroughly attended to, and

that the servants are comfortable, at the same time that their various duties are properly performed.

Cleanliness, punctuality, order, and method, are essentials in the character of a good housekeeper. Without the first, no household can be said to be well managed. The second is equally all-important; for those who are under the housekeeper will take their "cue" from her; and in the same proportion as punctuality governs her movements, so will it theirs. Order, again, is indispensable; for by it we wish to be understood that "there should be a place for everything, and everything in its place." Method, too, is most necessary; for when the work is properly contrived, and each part arranged in regular succession, it will be done more quickly and more effectually.

56. A NECESSARY QUALIFICATION FOR A HOUSEKEEPER is, that she should thoroughly understand accounts. She will have to write in her books an accurate registry of all sums paid for any and every purpose, all the current expenses of the house, tradesmen's bills, and other extraneous matter. As we have mentioned under the head of the Mistress (see 16), a housekeeper's accounts should be periodically balanced, and examined by the head of the house. Nothing tends more to the satisfaction of both employer and employed, than this arrangement. "Short reckonings make long friends," stands good in this case, as in others.

It will be found an excellent plan to take an account of every article which comes into the house connected with housekeeping, and is not paid for at the time. The book containing these entries can then be compared with the bills sent in by the various tradesmen, so that any discrepancy can be inquired into and set right. An intelligent housekeeper will, by this means, too, be better able to judge of the average consumption of each article by the household; and if that quantity be, at any time, exceeded, the cause may be discovered and rectified, if it proceed from waste or carelessness.

57. ALTHOUGH IN THE DEPARTMENT OF THE COOK, the housekeeper does not generally much interfere, yet it is necessary that she should possess a good knowledge of the culinary art, as, in many instances, it may be requisite for her to take the superintendence of the kitchen. As a rule, it may be stated, that the housekeeper, in those establishments where there is no house steward or man cook, undertakes the preparation of the confectionary, attends to the preserving and pickling of fruits and

vegetables; and, in a general way, to the more difficult branches of the art of cookery.

Much of these arrangements will depend, however, on the qualifications of the cook; for instance, if she be an able artiste, there will be but little necessity for the housekeeper to interfere, except in the already noticed articles of confectionary, &c. On the contrary, if the cook be not so clever an adept in her art, then it will be requisite for the housekeeper to give more of her attention to the business of the kitchen, than in the former case. It will be one of the duties of the housekeeper to attend to the marketing, in the absence of either a house steward or man cook.

58. THE DAILY DUTIES OF A HOUSEKEEPER are regulated, in a great measure,

by the extent of the establishment she superintends. She should, however, rise early, and see that all the domestics are duly performing their work, and that everything is progressing satisfactorily for the preparation of the breakfast for the household and family. After breakfast, which, in large establishments, she will take in the "housekeeper's room" with the lady's-maid, butler, and valet, and where they will be waited on by the still-room maid, she will, on various days set apart for each purpose, carefully examine the household linen, with a view to its being repaired, or to a further quantity being put in hand to be made; she will also see that the furniture throughout the house is well rubbed and polished; and will, besides, attend to all the necessary details of marketing and ordering goods from the tradesmen.

The housekeeper's room is generally made use of by the lady's-maid, butler, and valet, who take there their breakfast, tea, and supper. The lady's-maid will also use this apartment as a sitting-room, when not engaged with her lady, or with some other duties, which would call her elsewhere. In different establishments, according to their size and the rank of the family, different rules of course prevail. For instance, in the mansions of those of very high rank, and where there is a house steward, there are two distinct tables kept, one in the steward's room for the principal members of the household, the other in the servants' hall, for the other domestics. At the steward's dinner-table, the steward and housekeeper preside; and here, also, are present the lady's-maid, butler, valet, and head gardener. Should any visitors be staying with the family, their servants, generally the valet and lady's-maid, will be admitted to the steward's table.

59. AFTER DINNER, the housekeeper, having seen that all the members of the establishment have regularly returned to their various duties, and that all the departments of the household are in proper working order, will have many important matters claiming her attention. She will, possibly, have to give the finishing touch to some article of confectionary, or be occupied with some of the more elaborate processes of the still-room. There may also be the dessert to arrange, ice-creams to make; and all these employments call for no ordinary degree of care, taste, and attention.

The still-room was formerly much more in vogue than at present; for in days of "auld lang syne," the still was in constant requisition for the supply of sweet-flavoured waters for the purposes of cookery, scents and aromatic substances used in the preparation of the toilet, and cordials in cases of accidents and illness. There are some establishments, however, in which distillation is still carried on, and in these, the still-room maid has her old duties to perform. In a general way, however, this domestic is immediately concerned with the housekeeper. For the latter she lights the fire, dusts her room, prepares the breakfast-table, and waits at the different meals taken in the housekeeper's room (_see_ 58). A still-room maid may learn a very great deal of useful knowledge from her intimate connection with the housekeeper, and if she be active and intelligent, may soon fit herself for a better position in the household.

60. IN THE EVENING, the housekeeper will often busy herself with the necessary preparations for the next day's duties. Numberless small, but still important arrangements, will have to be made, so that everything may move smoothly. At times, perhaps, attention will have to be paid to the breaking of lump-sugar, the stoning of raisins, the washing, cleansing, and drying of currants, &c. The evening, too, is the best time for setting right her account of the expenditure, and duly writing a statement of moneys received and paid, and also for making memoranda of any articles she may require for her storeroom or other departments.

Periodically, at some convenient time,--for instance, quarterly or half-yearly, it is a good plan for the housekeeper to make an inventory of everything she has under her care, and compare this with the lists of a former period; she will then be able to furnish a statement, if necessary, of the articles which, on account of time, breakage, loss, or other causes, it has been necessary to replace or replenish.

61. IN CONCLUDING THESE REMARKS on the duties of the housekeeper, we will briefly refer to the very great responsibility which attaches to her position. Like "Caesar's wife," she should be "above suspicion," and her honesty and sobriety unquestionable; for there are many temptations to which she is exposed. In a physical point of view, a housekeeper should be healthy and strong, and be particularly clean in her person, and her hands, although they may show a degree of roughness, from the nature of some of her employments, yet should have a nice inviting appearance. In her dealings with the various tradesmen, and in her behaviour to the domestics under her, the demeanour and conduct of the housekeeper should be such as, in neither case, to diminish, by an undue familiarity, her authority or influence.

Note.--It will be useful for the mistress and housekeeper to know the best seasons for various occupations connected with Household Management; and we, accordingly, subjoin a few hints which we think will prove valuable.

As, in the winter months, servants have much more to do, in consequence of the necessity there is to attend to the number of fires throughout the household, not much more than the ordinary every-day work can be attempted.

In the summer, and when the absence of fires gives the domestics more leisure, then any extra work that is required, can be more easily performed.

The spring is the usual period set apart for house-cleaning, and removing all the dust and dirt, which will necessarily, with the best of housewives, accumulate during the winter months, from the smoke of the coal, oil, gas, &c. This season is also well adapted for washing and bleaching linen, &c., as, the weather, not being then too hot for the exertions necessary in washing counterpanes, blankets, and heavy things in general, the work is better and more easily done than in the intense heats of July, which month some recommend for these purposes. Winter curtains should be taken down, and replaced by the summer white ones; and furs and woollen cloths also carefully laid by. The former should be well shaken and brushed, and then pinned upon paper or linen, with camphor to preserve them from the moths. Furs, &c., will be preserved in the same way. Included, under the general description of house-cleaning,

must be understood, turning out all the nooks and corners of drawers, cupboards, lumber-rooms, lofts, &c., with a view of getting rid of all unnecessary articles, which only create dirt and attract vermin; sweeping of chimneys, taking up carpets, painting and whitewashing the kitchen and offices, papering rooms, when needed, and, generally speaking, the house putting on, with the approaching summer, a bright appearance, and a new face, in unison with nature. Oranges now should be preserved, and orange wine made.

The summer will be found, as we have mentioned above, in consequence of the diminution of labour for the domestics, the best period for examining and repairing household linen, and for "putting to rights" all those articles which have received a large share of wear and tear during the dark winter days. In direct reference to this matter, we may here remark, that sheets should be turned "sides to middle" before they are allowed to get very thin. Otherwise, patching, which is uneconomical from the time it consumes, and is unsightly in point of appearance, will have to be resorted to. In June and July, gooseberries, currants, raspberries, strawberries, and other summer fruits, should be preserved, and jams and jellies made. In July, too, the making of walnut ketchup should be attended to, as the green walnuts will be approaching perfection for this purpose. Mixed pickles may also be now made, and it will be found a good plan to have ready a jar of pickle-juice (for the making of which all information will be given in future pages), into which to put occasionally some young French beans, cauliflowers, &c.

In the early autumn, plums of various kinds are to be bottled and preserved, and jams and jellies made. A little later, tomato sauce, a most useful article to have by you, may be prepared; a supply of apples laid in, if you have a place to keep them, as also a few keeping pears and filberts. Endeavour to keep also a large vegetable marrow,--it will be found delicious in the winter.

In October and November, it will be necessary to prepare for the cold weather, and get ready the winter clothing for the various members of the family. The white summer curtains will now be carefully put away, the fireplaces, grates, and chimneys looked to, and the House put in a thorough state of repair, so that no "loose tile" may, at a future day, interfere with your comfort, and extract something considerable from your pocket.

In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet old Christmas with a happy face, a contented mind, and a full larder; and in

stoning the plums, washing the currants, cutting the citron, beating the eggs, and MIXING THE PUDDING, a housewife is not unworthily greeting the genial season of all good things.

[Illustration]

CHAPTER III.

ARRANGEMENT AND ECONOMY OF THE KITCHEN.

62. "THE DISTRIBUTION OF A KITCHEN," says Count Rumford, the celebrated philosopher and physician, who wrote so learnedly on all subjects connected with domestic economy and architecture, "must always depend so much on local circumstances, that general rules can hardly be given respecting it; the principles, however, on which this distribution ought, in all cases, to be made, are simple and easy to be understood," and, in his estimation, these resolve themselves into symmetry of proportion in the building and convenience to the cook. The requisites of a good kitchen, however, demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the "weal or woe," as far as regards bodily health, depends upon the nature of the preparations concocted within its walls. A good kitchen, therefore, should be erected with a view to the following particulars. 1. Convenience of distribution in its parts, with largeness of dimension. 2. Excellence of light, height of ceiling, and good ventilation. 3. Easiness of access, without passing through the house. 4. Sufficiently remote from the principal apartments of the house, that the members, visitors, or guests of the family, may not perceive the odour incident to cooking, or hear the noise of culinary operations. 5. Plenty of fuel and water, which, with the scullery, pantry, and storeroom, should be so near it, as to offer the smallest possible trouble in reaching them.

[Illustration: _Fig_. 1.]

The kitchens of the Middle Ages, in England, are said to have been constructed after the fashion of those of the Romans. They were generally octagonal, with several fireplaces, but no chimneys; neither was there any wood admitted into the building.

The accompanying cut, fig. 1, represents the turret which was erected on the top of the conical roof of the kitchen at Glastonbury Abbey, and which was perforated with holes to allow the smoke of the fire, as well as the steam from cooking, to escape. Some kitchens had funnels or vents below the eaves to let out the steam, which was sometimes considerable, as the Anglo-Saxons used their meat chiefly in a boiled state. From this circumstance, some of their large kitchens had four ranges, comprising a boiling-place for small boiled meats, and a boiling-house for the great boiler. In private houses the culinary arrangements were no doubt different; for Du Cange mentions a little kitchen with a chamber, even in a solarium, or upper floor.

63. THE SIMPLICITY OF THE PRIMITIVE AGES has frequently been an object of poetical admiration, and it delights the imagination to picture men living upon such fruits as spring spontaneously from the earth, and desiring no other beverages to slake their thirst, but such as fountains and rivers supply. Thus we are told, that the ancient inhabitants of Argos lived principally on pears; that the Arcadians revelled in acorns, and the Athenians in figs. This, of course, was in the golden age, before ploughing began, and when mankind enjoyed all kinds of plenty without having to earn their bread "by the sweat of their brow." This delightful period, however, could not last for ever, and the earth became barren, and continued unfruitful till Ceres came and taught the art of sowing, with several other useful inventions. The first whom she taught to till the ground was Triptolemus, who communicated his instructions to his countrymen the Athenians. Thence the art was carried into Achaia, and thence into Arcadia. Barley was the first grain that was used, and the invention of bread-making is ascribed to Pan.

The use of fire, as an instrument of cookery, must have been coeval with this invention of bread, which, being the most necessary of all kinds of food, was frequently used in a sense so comprehensive as to include both meat and drink. It was, by the Greeks, baked under the ashes.

64. IN THE PRIMARY AGES it was deemed unlawful to eat flesh, and when mankind began to depart from their primitive habits, the flesh of swine was the first that was eaten. For several ages, it was pronounced unlawful to slaughter oxen, from an estimate of their great value in assisting men to cultivate the ground; nor was it usual to kill young animals, from a sentiment which considered it cruel to take away the

life of those that had scarcely tasted the joys of existence.

At this period no cooks were kept, and we know from Homer that his ancient heroes prepared and dressed their victuals with their own hands. Ulysses, for example, we are told, like a modern charwoman, excelled at lighting a fire, whilst Achilles was an adept at turning a spit. Subsequently, heralds, employed in civil and military affairs, filled the office of cooks, and managed marriage feasts; but this, no doubt, was after mankind had advanced in the art of living, a step further than roasting, which, in all places, was the ancient manner of dressing meat.

65. THE AGE OF ROASTING we may consider as that in which the use of the

metals would be introduced as adjuncts to the culinary art; and amongst these, iron, the most useful of them all, would necessarily take a prominent place. This metal is easily oxidized, but to bring it to a state of fusibility, it requires a most intense heat. Of all the metals, it is the widest diffused and most abundant; and few stones or mineral bodies are without an admixture of it. It possesses the valuable property of being welded by hammering; and hence its adaptation to the numerous purposes of civilized life.

Metallic grains of iron have been found in strawberries, and a twelfth of the weight of the wood of dried oak is said to consist of this metal. Blood owes its colour of redness to the quantity of iron it contains, and rain and snow are seldom perfectly free from it. In the arts it is employed in three states,--as cast iron, wrought iron, and steel. In each of these it largely enters into the domestic economy, and stoves, grates, and the general implements of cookery, are usually composed of it. In antiquity, its employment was, comparatively speaking, equally universal. The excavations made at Pompeii have proved this. The accompanying cuts present us with specimens of stoves, both ancient and modern. Fig. 2 is the remains of a kitchen stove found in the house of Pansa, at Pompeii, and would seem, in its perfect state, not to have been materially different from such as are in use at the present day. Fig. 3 is a self-acting, simple open range in modern use, and may be had of two qualities, ranging, according to their dimensions, from £3. 10s. and £3. 18s. respectively, up to £4. 10s. and £7. 5s. They are completely fitted up with oven, boiler, sliding cheek, wrought-iron bars, revolving shelves, and brass tap. Fig. 4, is called the Improved Leamington Kitchener, and is said to surpass any other range in use, for easy cooking

by one fire. It has a hot plate, which is well calculated for an ironing-stove, and on which as many vessels as will stand upon it, may be kept boiling, without being either soiled or injured. Besides, it has a perfectly ventilated and spacious wrought-iron roaster, with movable shelves, draw-out stand, double dripping-pan, and meat-stand. The roaster can be converted into an oven by closing the valves, when bread and pastry can be baked in it in a superior manner. It also has a large iron boiler with brass tap and steam-pipe, round and square gridirons for chops and steaks, ash-pan, open fire for roasting, and a set of ornamental covings with plate-warmer attached. It took a first-class prize and medal in the Great Exhibition of 1851, and was also exhibited, with all the recent improvements, at the Dublin Exhibition in 1853. Fig. 5 is another kitchener, adapted for large families. It has on the one side, a large ventilated oven; and on the other, the fire and roaster. The hot plate is over all, and there is a back boiler, made of wrought iron, with brass tap and steam-pipe. In other respects it resembles Fig. 4, with which it possesses similar advantages of construction. Either maybe had at varying prices, according to size, from £5. 15s. up to £23. 10s. They are supplied by Messrs. Richard & John Slack 336, Strand, London.

[Illustration: _Fig_. 2.]

[Illustration: _Fig_. 3.]

[Illustration: _Fig_. 4.]

[Illustration: _Fig_. 5.]

66. FROM KITCHEN RANGES to the implements used in cookery is but a step.

With these, every kitchen should be well supplied, otherwise the cook must not be expected to "perform her office" in a satisfactory manner. Of the culinary utensils of the ancients, our knowledge is very limited; but as the art of living, in every civilized country, is pretty much the same, the instruments for cooking must, in a great degree, bear a striking resemblance to each other. On referring to classical antiquities, we find mentioned, among household utensils, leather bags, baskets constructed of twigs, reeds, and rushes; boxes, basins, and bellows; bread-moulds, brooms, and brushes; caldrons, colanders, cisterns, and chafing-dishes; cheese-rasps, knives, and ovens of the Dutch kind; funnels and frying-pans; handmills, soup-ladles, milk-pails, and oil-jars; presses, scales, and sieves; spits of different sizes, but some of them large enough to roast an ox; spoons, fire-tongs, trays,

trenchers, and drinking-vessels; with others for carrying food, preserving milk, and holding cheese. This enumeration, if it does nothing else, will, to some extent, indicate the state of the simpler kinds of mechanical arts among the ancients.

[Illustration: _Fig_. 6.]

[Illustration: _Fig_. 7.]

[Illustration: _Fig_. 8.]

In so far as regards the shape and construction of many of the kitchen utensils enumerated above, they bore a great resemblance to our own. This will be seen by the accompanying cuts. Fig. 6 is an ancient stock-pot in bronze, which seems to have been made to hang over the fire, and was found in the buried city of Pompeii. Fig. 7 is one of modern make, and may be obtained either of copper or wrought iron, tinned inside. Fig. 8 is another of antiquity, with a large ladle and colander, with holes attached. It is taken from the column of Trajan. The modern ones can be obtained at all prices, according to size, from 13s. 6d. up to £1. 1s.

67. IN THE MANUFACTURE OF THESE UTENSILS, bronze metal seems to have been much in favour with the ancients. It was chosen not only for their domestic vessels, but it was also much used for their public sculptures and medals. It is a compound, composed of from six to twelve parts of tin to one hundred of copper. It gives its name to figures and all pieces of sculpture made of it. Brass was another favourite metal, which is composed of copper and zinc. It is more fusible than copper, and not so apt to tarnish. In a pure state it is not malleable, unless when hot, and after it has been melted twice it will not bear the hammer. To render it capable of being wrought, it requires 7 lb. of lead to be put to 1 cwt. of its own material.

The Corinthian brass of antiquity was a mixture of silver, gold, and copper. A fine kind of brass, supposed to be made by the cementation of copper plates with calamine, is, in Germany, hammered out into leaves, and is called Dutch metal in this country. It is employed in the same way as gold leaf. Brass is much used for watchworks, as well as for wire.

68. The braziers, ladles, stewpans, saucepans, gridirons, and colanders of antiquity might generally pass for those of the English manufacture of the present day, in so far as shape is concerned. In proof of this we

have placed together the following similar articles of ancient and modern pattern, in order that the reader may, at a single view, see wherein any difference that is between them, consists.

[Illustration: _Fig_. 9. Modern.]

[Illustration: _Fig_. 10. Ancient.]

[Illustration: _Fig_. 11. Modern.]

[Illustration: _Fig_. 12. Ancient.]

[Illustration: _Fig_. 13. Modern.]

[Illustration: _Fig_. 14. Ancient.]

[Illustration: _Fig_. 15. Modern.]

[Illustration: _Fig_. 16. Modern.]

[Illustration: _Fig_. 17. Ancient.]

[Illustration: _Fig_. 18. Ancient.]

Figs. 9 and 10 are flat sauce or _sauté_ pans, the ancient one being fluted in the handle, and having at the end a ram's head. Figs. 11 and 12 are colanders, the handle of the ancient one being adorned, in the original, with carved representations of a cornucopia, a satyr, a goat, pigs, and other animals. Any display of taste in the adornment of such utensils, might seem to be useless; but when we remember how much more natural it is for us all to be careful of the beautiful and costly, than of the plain and cheap, it may even become a question in the economy of a kitchen, whether it would not, in the long run, be cheaper to have articles which displayed some tasteful ingenuity in their manufacture, than such as are so perfectly plain as to have no attractions whatever beyond their mere suitability to the purposes for which they are made. Figs. 13 and 14 are saucepans, the ancient one being of bronze, originally copied from the cabinet of M. l'Abbé Charlet, and engraved in the Antiquities of Montfaucon. Figs. 15 and 17 are gridirons, and 16 and 18 dripping-pans. In all these utensils the resemblance between such as were in use 2,000 years ago, and those in use at the present day, is strikingly manifest.

69. SOME OF THE ANCIENT UTENSILS represented in the above cuts, are

copied from those found amid the ruins of Herculaneum and Pompeii.

These

Roman cities were, in the first century, buried beneath the lava of an eruption of Vesuvius, and continued to be lost to the world till the beginning of the last century, when a peasant, in digging for a well, gradually discovered a small temple with some statues. Little notice, however, was taken of this circumstance till 1736, when the king of Naples, desiring to erect a palace at Portici, caused extensive excavations to be made, when the city of Herculaneum was slowly unfolded

to view. Pompeii was discovered about 1750, and being easier cleared from the lava in which it had so long been entombed, disclosed itself as it existed immediately before the catastrophe which overwhelmed it, nearly two thousand years ago. It presented, to the modern world, the perfect picture of the form and structure of an ancient Roman city. The interior of its habitations, shops, baths, theatres, and temples, were all disclosed, with many of the implements used by the workmen in their various trades, and the materials on which they were employed, when the

doomed city was covered with the lavian stream.

70. AMONGST THE MOST ESSENTIAL REQUIREMENTS of the kitchen are scales or

weighing-machines for family use. These are found to have existed among

the ancients, and must, at a very early age, have been both publicly and privately employed for the regulation of quantities. The modern English weights were adjusted by the 27th chapter of Magna Charta, or the great charter forced, by the barons, from King John at Runnymede, in Surrey. Therein it is declared that the weights, all over England, shall be the same, although for different commodities there were two different kinds, Troy and Avoirdupois. The origin of both is taken from a grain of wheat gathered in the middle of an ear. The standard of measures was originally kept at Winchester, and by a law of King Edgar was ordained to be observed throughout the kingdom.

[Illustration: _Fig_. 19.]

[Illustration: _Fig_. 20.]

Fig. 19 is an ancient pair of common scales, with two basins and a movable weight, which is made in the form of a head, covered with the pileus, because Mercury had the weights and measures under his superintendence. It is engraved on a stone in the

gallery of Florence. Fig. 20 represents a modern weighing-machine, of great convenience, and generally in use in those establishments where a great deal of cooking is carried on.

71. ACCOMPANYING THE SCALES, or weighing-machines, there should be spice-boxes, and sugar and biscuit-canisters of either white or japanned tin. The covers of these should fit tightly, in order to exclude the air, and if necessary, be lettered in front, to distinguish them. The white metal of which they are usually composed, loses its colour when exposed to the air, but undergoes no further change. It enters largely into the composition of culinary utensils, many of them being entirely composed of tinned sheet-iron; the inside of copper and iron vessels also, being usually what is called *tinned*. This art consists of covering any metal with a thin coating of tin; and it requires the metal to be covered, to be perfectly clean and free from rust, and also that the tin, itself, be purely metallic, and entirely cleared from all ashes or refuse. Copper boilers, saucepans, and other kitchen utensils, are tinned after they are manufactured, by being first made hot and the tin rubbed on with resin. In this process, nothing ought to be used but pure grain-tin. Lead, however, is sometimes mixed with that metal, not only to make it lie more easily, but to adulterate it--a pernicious practice, which in every article connected with the cooking and preparation of food, cannot be too severely reprobated.--The following list, supplied by Messrs. Richard & John Slack, 336, Strand, will show the articles required for the kitchen of a family in the middle class of life, although it does not contain all the things that may be deemed necessary for some families, and may contain more than are required for others. As Messrs. Slack themselves, however, publish a useful illustrated catalogue, which may be had at their establishment *gratis*, and which it will be found advantageous to consult by those about to furnish, it supersedes the necessity of our enlarging that which we give:--

s. d.

1 Tea-kettle	6	6
1 Toasting-fork	1	0
1 Bread-grater	1	0
1 Pair of Brass Candlesticks	3	6
1 Teapot and Tray	6	6
1 Bottle-jack	9	6
6 Spoons	1	6
2 Candlesticks	2	6
1 Candle-box	1	4
6 Knives and Forks	5	3

2 Sets of Skewers	1	0	
1 Meat-chopper	1	9	
1 Cinder-sifter	1	3	
1 Coffee-pot	2	3	
1 Colander	1	6	
3 Block-tin Saucepans	5	9	
5 Iron Saucepans	12	0	
1 Ditto and Steamer	6	6	
1 Large Boiling-pot	10	0	
4 Iron Stewpans	8	9	
1 Dripping-pan and Stand	6	6	
1 Dustpan	1	0	
1 Fish and Egg-slice	1	9	
2 Fish-kettles	10	0	
1 Flour-box	1	0	
3 Flat-irons	3	6	
2 Frying-pans	4	0	
1 Gridiron	2	0	
1 Mustard-pot	1	0	
1 Salt-cellar	0	8	
1 Pepper-box	0	6	
1 Pair of Bellows	2	0	
3 Jelly-moulds	8	0	
1 Plate-basket	5	6	
1 Cheese-toaster	1	10	
1 Coal-shovel	2	6	
1 Wood Meat-screen	30	0	
The Set	£8	11	1

72. AS NOT ONLY HEALTH BUT LIFE may be said to depend on the cleanliness of culinary utensils, great attention must be paid to their condition generally, but more especially to that of the saucepans, stewpans, and boilers. Inside they should be kept perfectly clean, and where an open fire is used, the outside as clean as possible. With a Leamington range, saucepans, stewpans, &c., can be kept entirely free from smoke and soot on the outside, which is an immense saving of labour to the cook or scullery-maid. Care should be taken that the lids fit tight and close, so that soups or gravies may not be suffered to waste by evaporation. They should be made to keep the steam in and the smoke out, and should always be bright on the upper rim, where they do not immediately come in contact with the fire. Soup-pots and kettles should be washed

immediately After being used, and dried before the fire, and they should be kept in a dry place, in order that they may escape the deteriorating influence of rust, and, thereby, be destroyed. Copper utensils should never be used in the kitchen unless tinned, and the utmost care should be taken, not to let the tin be rubbed off. If by chance this should occur, have it replaced before the vessel is again brought into use. Neither soup nor gravy should, at any time, be suffered to remain in them longer than is absolutely necessary, as any fat or acid that is in them, may affect the metal, so as to impregnate with poison what is intended to be eaten. Stone and earthenware vessels should be provided for soups and gravies not intended for immediate use, and, also, plenty of common dishes for the larder, that the table-set may not be used for such purposes. It is the nature of vegetables soon to turn sour, when they are apt to corrode glazed red-ware, and even metals, and frequently, thereby, to become impregnated with poisonous particles. The vinegar also in pickles, by its acidity, does the same. Consideration, therefore, should be given to these facts, and great care also taken that all _sieves, jelly-bags,_ and tapes for collared articles, be well scalded and kept dry, or they will impart an unpleasant flavour when next used. To all these directions the cook should pay great attention, nor should they, by any means, be neglected by the _mistress of the household_, who ought to remember that cleanliness in the kitchen gives health and happiness to home, whilst economy will immeasurably assist in preserving them.

73. WITHOUT FUEL, A KITCHEN might be pronounced to be of little use; therefore, to discover and invent materials for supplying us with the means of domestic heat and comfort, has exercised the ingenuity of man. Those now known have been divided into five classes; the first comprehending the fluid inflammable bodies; the second, peat or turf; the third, charcoal of wood; the fourth, pit-coal charred; and the fifth, wood or pit-coal in a crude state, with the capacity of yielding a copious and bright flame. The first may be said seldom to be employed for the purposes of cookery; but _peat_, especially amongst rural populations, has, in all ages, been regarded as an excellent fuel. It is one of the most important productions of an alluvial soil, and belongs to the vegetable rather than the mineral kingdom. It may be described as composed of wet, spongy black earth, held together by decayed vegetables. Formerly it covered extensive tracts in England, but has greatly disappeared before the genius of agricultural improvement. _Charcoal_ is a kind of artificial coal, used principally where a strong and clear fire is desired. It is a black, brittle, insoluble, inodorous, tasteless substance, and, when newly-made, possesses the remarkable property of absorbing certain quantities of the different gases. Its dust, when used as a polishing powder, gives great brilliancy to metals.

It consists of wood half-burned, and is manufactured by cutting pieces of timber into nearly the same size, then disposing them in heaps, and covering them with earth, so as to prevent communication with the air, except when necessary to make them burn. When they have been sufficiently charred, the fire is extinguished by stopping the vents through which the air is admitted. Of coal there are various species; as, pit, culm, slate, cannel, Kilkenny, sulphurous, bovey, jet, &c. These have all their specific differences, and are employed for various purposes; but are all, more or less, used as fuel.

The use of coal for burning purposes was not known to the Romans. In Britain it was discovered about fifty years before the birth of Christ, in Lancashire, not far from where Manchester now stands; but for ages after its discovery, so long as forests abounded, wood continued to be the fuel used for firing. The first public notice of coal is in the reign of Henry III., who, in 1272, granted a charter to the town of Newcastle, permitting the inhabitants to dig for coal. It took some centuries more, however, to bring it into common use, as this did not take place till about the first quarter of the seventeenth century, in the time of Charles I. A few years after the Restoration, we find that about 200,000 chaldrons were consumed in London. Although several countries possess mines of coal, the quality of their mineral is, in general, greatly inferior to that of Great Britain, where it is found mostly in undulating districts abounding with valleys, and interspersed with plains of considerable extent. It lies usually between the strata of other substances, and rarely in an horizontal position, but with a dip or inclination to one side. Our cut, Fig. 21, represents a section of coal as it is found in the stratum.

[Illustration: Fig. 21.]

74. TO BE ACQUAINTED WITH THE PERIODS when things are in season, is one of the most essential pieces of knowledge which enter into the "Art of Cookery." We have, therefore, compiled the following list, which will serve to show for every month in the year the

TIMES WHEN THINGS ARE IN SEASON.

JANUARY.

FISH.--Barbel, brill, carp, cod, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whittings.

MEAT.--Beef, house lamb, mutton, pork, veal, venison.

POULTRY.--Capons, fowls, tame pigeons, pullets, rabbits, turkeys.

GAME.--Grouse, hares, partridges, pheasants, snipe, wild-fowl, woodcock.

VEGETABLES.--Beetroot, broccoli, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, lettuces, parsnips, potatoes, savoys, spinach, turnips,--various herbs.

FRUIT.--Apples, grapes, medlars, nuts, oranges, pears, walnuts, crystallized preserves (foreign), dried fruits, such as almonds and raisins; French and Spanish plums; prunes, figs, dates.

FEBRUARY.

FISH.--Barbel, brill, carp, cod may be bought, but is not so good as in January, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whiting.

MEAT.--Beef, house lamb, mutton, pork, veal.

POULTRY.--Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild-fowl, though now not in full season.

GAME.--Grouse, hares, partridges, pheasants, snipes, woodcock.

VEGETABLES.--Beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney-beans, lettuces, parsnips, potatoes, savoys, spinach, turnips,--various herbs.

FRUIT.--Apples (golden and Dutch pippins), grapes, medlars, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits (foreign), such as almonds and raisins; French and Spanish plums; prunes, figs, dates, crystallized preserves.

MARCH.

FISH.--Barbel, brill, carp, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whiting.

MEAT.--Beef, house lamb, mutton, pork, veal.

POULTRY.--Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild-fowl, though now not in full season.

GAME.--Grouse, hares, partridges, pheasants, snipes, woodcock.

VEGETABLES.--Beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney-beans, lettuces, parsnips, potatoes, savoys, sea-kale, spinach, turnips,--various herbs.

FRUIT.--Apples (golden and Dutch pippins), grapes, medlars, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits (foreign), such as almonds and raisins; French and Spanish plums; prunes, figs, dates, crystallized preserves.

APRIL.

FISH.--Brill, carp, cockles, crabs, dory, flounders, ling, lobsters, red and gray mullet, mussels, oysters, perch, prawns, salmon (but rather scarce and expensive), shad, shrimps, skate, smelts, soles, tench, turbot, whittings.

MEAT.--Beef, lamb, mutton, veal.

POULTRY.--Chickens, ducklings, fowls, leverets, pigeons, pullets, rabbits.

GAME.--Hares.

VEGETABLES.--Broccoli, celery, lettuces, young onions, parsnips, radishes, small salad, sea-kale, spinach, sprouts,--various herbs.

FRUIT.--Apples, nuts, pears, forced cherries, &c. for tarts, rhubarb, dried fruits, crystallized preserves.

MAY.

FISH.--Carp, chub, crabs, crayfish, dory, herrings, lobsters, mackerel, red and gray mullet, prawns, salmon, shad, smelts, soles, trout, turbot.

MEAT.--Beef, lamb, mutton, veal.

POULTRY.--Chickens, ducklings, fowls, green geese, leverets, pullets, rabbits.

VEGETABLES.--Asparagus, beans, early cabbages, carrots, cauliflowers, creases, cucumbers, lettuces, pease, early potatoes, salads, sea-kale,--various herbs.

FRUIT.--Apples, green apricots, cherries, currants for tarts, gooseberries, melons, pears, rhubarb, strawberries.

JUNE.

FISH.--Carp, crayfish, herrings, lobsters, mackerel, mullet, pike, prawns, salmon, soles, tench, trout, turbot.

MEAT.--Beef, lamb, mutton, veal, buck venison.

POULTRY.--Chickens, ducklings, fowls, green geese, leverets, plovers, pullets, rabbits, turkey poults, wheatears.

VEGETABLES.--Artichokes, asparagus, beans, cabbages, carrots, cucumbers, lettuces, onions, parsnips, pease, potatoes, radishes, small salads, sea-kale, spinach,--various herbs.

FRUIT.--Apricots, cherries, currants, gooseberries, melons, nectarines, peaches, pears, pineapples, raspberries, rhubarb, strawberries.

JULY.

FISH.--Carp, crayfish, dory, flounders, haddocks, herrings, lobsters, mackerel, mullet, pike, plaice, prawns, salmon, shrimps, soles, sturgeon, tench, thornback.

MEAT.--Beef, lamb, mutton, veal, buck venison.

POULTRY.--Chickens, ducklings, fowls, green geese, leverets, plovers, pullets, rabbits, turkey poults, wheatears, wild ducks (called flappers).

VEGETABLES.--Artichokes, asparagus, beans, cabbages, carrots, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, pease, radishes, small salading, sea-kale, sprouts, turnips, vegetable marrow,--various herbs.

FRUIT.--Apricots, cherries, currants, figs, gooseberries, melons, nectarines, pears, pineapples, plums, raspberries, strawberries, walnuts in high season, and pickled.

AUGUST.

FISH.--Brill, carp, chub, crayfish, crabs, dory, eels, flounders, grigs, herrings, lobsters, mullet, pike, prawns, salmon, shrimps, skate, soles, sturgeon, thornback, trout, turbot.

MEAT.--Beef, lamb, mutton, veal, buck venison.

POULTRY.--Chickens, ducklings, fowls, green geese, pigeons, plovers, pullets, rabbits, turkey poults, wheatears, wild ducks.

GAME.--Leverets, grouse, blackcock.

VEGETABLES.--Artichokes, asparagus, beans, carrots, cabbages, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, pease, potatoes, radishes, sea-bale, small salading, sprouts, turnips, various kitchen herbs, vegetable marrows.

FRUIT.--Currants, figs, filberts, gooseberries, grapes, melons, mulberries, nectarines, peaches, pears, pineapples, plums, raspberries, walnuts.

SEPTEMBER.

FISH.--Brill, carp, cod, eels, flounders, lobsters, mullet, oysters, plaice, prawns, skate, soles, turbot, whiting, whitebait.

MEAT.--Beef, lamb, mutton, pork, veal.

POULTRY.--Chickens, ducks, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys.

GAME.--Blackcock, buck venison, grouse, hares, partridges, pheasants.

VEGETABLES.--Artichokes, asparagus, beans, cabbage sprouts, carrots, celery, lettuces, mushrooms, onions, pease, potatoes, salading, sea-kale, sprouts, tomatoes, turnips, vegetable marrows,--various herbs.

FRUIT.--Bullaces, damsons, figs, filberts, grapes, melons, morella-cherries, mulberries, nectarines, peaches, pears, plums, quinces, walnuts.

OCTOBER.

FISH.--Barbel, brill, cod, crabs, eels, flounders, gudgeons, haddocks, lobsters, mullet, oysters, plaice, prawns, skate, soles, tench, turbot, whiting.

MEAT.--Beef, mutton, pork, veal, venison.

POULTRY.--Chickens, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild ducks.

GAME.--Blackcock, grouse, hares, partridges, pheasants, snipes, woodcocks, doe venison.

VEGETABLES.--Artichokes, beets, cabbages, cauliflowers, carrots, celery, lettuces, mushrooms, onions, potatoes, sprouts, tomatoes, turnips, vegetable marrows,--various herbs.

FRUIT.--Apples, black and white bullaces, damsons, figs, filberts, grapes, pears, quinces, walnuts.

NOVEMBER.

FISH.--Brill, carp, cod, crabs, eels, gudgeons, haddocks, oysters, pike, soles, tench, turbot, whiting.

MEAT.--Beef, mutton, veal, doe venison.

POULTRY.--Chickens, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild duck.

GAME.--Hares, partridges, pheasants, snipes, woodcocks.

VEGETABLES.--Beetroot, cabbages, carrots, celery, lettuces, late cucumbers, onions, potatoes, saladings, spinach, sprouts,--various herbs.

FRUIT.--Apples, bullaces, chestnuts, filberts, grapes, pears, walnuts.

DECEMBER.

FISH.--Barbel, brill, carp, cod, crabs, eels, dace, gudgeons, haddocks, herrings, lobsters, oysters, perch, pike, shrimps, skate, sprats, soles, tench, thornback, turbot, whiting.

MEAT.--Beef, house lamb, mutton, pork, venison.

POULTRY.--Capons, chickens, fowls, geese, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild ducks.

GAME.--Hares, partridges, pheasants, snipes, woodcocks.

VEGETABLES.--Broccoli, cabbages, carrots, celery, leeks, onions, potatoes, parsnips, Scotch kale, turnips, winter spinach.

FRUIT.--Apples, chestnuts, filberts, grapes, medlars, oranges, pears, walnuts, dried fruits, such as almonds and raisins, figs, dates, &c.,--crystallized preserves.

75. WHEN FUEL AND FOOD ARE PROCURED, the next consideration is, how the latter may be best preserved, with a view to its being suitably dressed. More waste is often occasioned by the want of judgment, or of necessary care in this particular, than by any other cause. In the absence of proper places for keeping provisions, a hanging safe, suspended in an airy situation, is the best substitute. A well-ventilated larder, dry and shady, is better for meat and poultry, which require to be kept for some time; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular. Though it is advisable that annual food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated, and, as a wholesome comestible, it has lost many of its qualities conducive to health. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months, it is difficult to procure meat that is not either tough or

tainted. It should, therefore, be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well washed. In very cold weather, meat and vegetables touched by the frost, should be brought into the kitchen early in the morning, and soaked in cold water. In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef, when bruised, should not be purchased. All these things ought to enter into the consideration of every household manager, and great care should be taken that nothing is thrown away, or suffered to be wasted in the kitchen, which might, by proper management, be turned to a good account. The shank-bones of mutton, so little esteemed in general, give richness to soups or gravies, if well soaked and brushed before they are added to the boiling. They are also particularly nourishing for sick persons. Roast-beef bones, or shank-bones of ham, make excellent stock for pea-soup.--When the whites of eggs are used for jelly, confectionary, or other purposes, a pudding or a custard should be made, that the yolks may be used. All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, or in canisters, as we have already directed (72). Not more of these should be purchased at a time than are likely to be used in the course of a month. Much waste is always prevented by keeping every article in the place best suited to it. Vegetables keep best on a stone floor, if the air be excluded; meat, in a cold dry place; as also salt, sugar, sweet-meats, candles, dried meats, and hams. Rice, and all sorts of seed for puddings, should be closely covered to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept.

[Illustration]

CHAPTER IV.

INTRODUCTION TO COOKERY.

76. AS IN THE FINE ARTS, the progress of mankind from barbarism to civilization is marked by a gradual succession of triumphs over the rude materialities of nature, so in the art of cookery is the progress gradual from the earliest and simplest modes, to those of the most complicated and refined. Plain or rudely-carved stones, tumuli, or

mounds of earth, are the monuments by which barbarous tribes denote the events of their history, to be succeeded, only in the long course of a series of ages, by beautifully-proportioned columns, gracefully-sculptured statues, triumphal arches, coins, medals, and the higher efforts of the pencil and the pen, as man advances by culture and observation to the perfection of his facilities. So is it with the art of cookery. Man, in his primitive state, lives upon roots and the fruits of the earth, until, by degrees, he is driven to seek for new means, by which his wants may be supplied and enlarged. He then becomes a hunter and a fisher. As his species increases, greater necessities come upon him, when he gradually abandons the roving life of the savage for the more stationary pursuits of the herdsman. These beget still more settled habits, when he begins the practice of agriculture, forms ideas of the rights of property, and has his own, both defined and secured. The forest, the stream, and the sea are now no longer his only resources for food. He sows and he reaps, pastures and breeds cattle, lives on the cultivated produce of his fields, and revels in the luxuries of the dairy; raises flocks for clothing, and assumes, to all intents and purposes, the habits of permanent life and the comfortable condition of a farmer. This is the fourth stage of social progress, up to which the useful or mechanical arts have been incidentally developing themselves, when trade and commerce begin. Through these various phases, *_only to live_* has been the great object of mankind; but, by-and-by, comforts are multiplied, and accumulating riches create new wants. The object, then, is not only to *_live_*, but to live economically, agreeably, tastefully, and well. Accordingly, the art of cookery commences; and although the fruits of the earth, the fowls of the air, the beasts of the field, and the fish of the sea, are still the only food of mankind, yet these are so prepared, improved, and dressed by skill and ingenuity, that they are the means of immeasurably extending the boundaries of human enjoyments.

Everything that is edible, and passes under the hands of the cook, is more or less changed, and assumes new forms. Hence the influence of that functionary is immense upon the happiness of a household.

77. In order that the duties of the Cook may be properly performed, and that he may be able to reproduce esteemed dishes with certainty, all terms of indecision should be banished from his art. Accordingly, what is known only to him, will, in these pages, be made known to others. In them all those indecisive terms expressed by a bit of this, some of that, a small piece of that, and a handful of the other, shall never be made use of, but all quantities be precisely and explicitly stated. With a desire, also, that all ignorance on this most essential part of the

culinary art should disappear, and that a uniform system of weights and measures should be adopted, we give an account of the weights which answer to certain measures.

A TABLE-SPOONFUL is frequently mentioned in a recipe, in the prescriptions of medical men, and also in medical, chemical, and gastronomical works. By it is generally meant and understood a measure or bulk equal to that which would be produced by half an ounce of water.

A DESSERT-SPOONFUL is the half of a table-spoonful; that is to say, by it is meant a measure or bulk equal to a quarter of an ounce of water.

A TEA-SPOONFUL is equal in quantity to a drachm of water.

A DROP.--This is the name of a vague kind of measure, and is so called on account of the liquid being dropped from the mouth of a bottle. Its quantity, however, will vary, either from the consistency of the liquid or the size and shape of the mouth of the bottle. The College of Physicians determined the quantity of a drop to be one grain, 60 drops making one fluid drachm. Their drop, or sixtieth part of a fluid drachm, is called a minim.

[Illustration: Fig. 22.]

Graduated class measures can be obtained at any chemist's, and they save much trouble. One of these, containing a wine pint, is divided into 16 oz., and the oz, into 8 drachms of water; by which, any certain weight mentioned in a recipe can be accurately measured out. Home-made measures of this kind can readily be formed by weighing the water contained in any given measure, and marking on any tall glass the space it occupies. This mark can easily be made with a file. It will be interesting to many readers to know the basis on which the French found their system of weights and measures, for it certainly possesses the grandeur of simplicity. The metre, which is the basis of the whole system of French weights and measures, is the exact measurement of one forty-millionth part of a meridian of the earth.

78. EXCELLENCE IN THE ART OF COOKERY, as in all other things, is only attainable by practice and experience. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art. It is in the large establishments of princes, noblemen, and very affluent families alone, that the man cook is found in this

country. He, also, superintends the kitchens of large hotels, clubs, and public institutions, where he, usually, makes out the bills of fare, which are generally submitted to the principal for approval. To be able to do this, therefore, it is absolutely necessary that he should be a judge of the season of every dish, as well as know perfectly the state of every article he undertakes to prepare. He must also be a judge of every article he buys; for no skill, however great it may be, will enable him to, make that good which is really bad. On him rests the responsibility of the cooking generally, whilst a speciality of his department, is to prepare the rich soups, stews, ragouts, and such dishes as enter into the more refined and complicated portions of his art, and such as are not usually understood by ordinary professors. He, therefore, holds a high position in a household, being inferior in rank, as already shown (21), only to the house steward, the valet, and the butler.

In the luxurious ages of Grecian antiquity, Sicilian cooks were the most esteemed, and received high rewards for their services. Among them, one called Trimalcio was such an adept in his art, that he could impart to common fish both the form and flavour of the most esteemed of the piscatory tribes. A chief cook in the palmy days of Roman voluptuousness had about £800 a year, and Antony rewarded the one that cooked the supper which pleased Cleopatra, with the present of a city. With the fall of the empire, the culinary art sank into less consideration. In the middle ages, cooks laboured to acquire a reputation for their sauces, which they composed of strange combinations, for the sake of novelty, as well as singularity.

79. THE DUTIES OF THE COOK, THE KITCHEN AND THE SCULLERY MAIDS, are so

intimately associated, that they can hardly be treated of separately. The cook, however, is at the head of the kitchen; and in proportion to her possession of the qualities of cleanliness, neatness, order, regularity, and celerity of action, so will her influence appear in the conduct of those who are under her; as it is upon her that the whole responsibility of the business of the kitchen rests, whilst the others must lend her, both a ready and a willing assistance, and be especially tidy in their appearance, and active, in their movements.

In the larger establishments of the middle ages, cooks, with the authority of feudal chiefs, gave their orders from a high chair in which they ensconced themselves, and commanded a view of all that was going on throughout their several domains. Each held a long wooden spoon, with which he tasted, without leaving his seat, the various comestibles that were cooking on the stoves,

and which he frequently used as a rod of punishment on the backs of those whose idleness and gluttony too largely predominated over their diligence and temperance.

80. IF, AS WE HAVE SAID (3), THE QUALITY OF EARLY RISING be of the first

importance to the mistress, what must it be to the servant! Let it, therefore, be taken as a long-proved truism, that without it, in every domestic, the effect of all things else, so far as work is concerned, may, in a great measure, be neutralized. In a cook, this quality is most essential; for an hour lost in the morning, will keep her toiling, absolutely toiling, all day, to overtake that which might otherwise have been achieved with ease. In large establishments, six is a good hour to rise in the summer, and seven in the winter.

81. HER FIRST DUTY, in large establishments and where it is requisite, should be to set her dough for the breakfast rolls, provided this has not been done on the previous night, and then to engage herself with those numerous little preliminary occupations which may not inappropriately be termed laying out her duties for the day. This will bring in the breakfast hour of eight, after which, directions must be given, and preparations made, for the different dinners of the household and family.

82. IN THOSE NUMEROUS HOUSEHOLDS where a cook and housemaid are only

kept, the general custom is, that the cook should have the charge of the dining-room. The hall, the lamps and the doorstep are also committed to her care, and any other work there may be on the outside of the house. In establishments of this kind, the cook will, after having lighted her kitchen fire, carefully brushed the range, and cleaned the hearth, proceed to prepare for breakfast. She will thoroughly rinse the kettle, and, filling it with fresh water, will put it on the fire to boil. She will then go to the breakfast-room, or parlour, and there make all things ready for the breakfast of the family. Her attention will next be directed to the hall, which she will sweep and wipe; the kitchen stairs, if there be any, will now be swept; and the hall mats, which have been removed and shaken, will be again put in their places.

The cleaning of the kitchen, pantry, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready, and the whole house should wear a comfortable aspect when the heads of the house and members of the family make their appearance. Nothing, it may be depended on, will so please the mistress of an establishment, as to notice that, although she

has not been present to see that the work was done, attention to smaller matters has been carefully paid, with a view to giving her satisfaction and increasing her comfort.

83. BY THE TIME THAT THE COOK has performed the duties mentioned above, and well swept, brushed, and dusted her kitchen, the breakfast-bell will most likely summon her to the parlour, to "bring in" the breakfast. It is the cook's department, generally, in the smaller establishments, to wait at breakfast, as the housemaid, by this time, has gone up-stairs into the bedrooms, and has there applied herself to her various duties. The cook usually answers the bells and single knocks at the door in the early part of the morning, as the tradesmen, with whom it is her more special business to speak, call at these hours.

84. IT IS IN HER PREPARATION OF THE DINNER that the cook begins to feel the weight and responsibility of her situation, as she must take upon herself all the dressing and the serving of the principal dishes, which her skill and ingenuity have mostly prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, ragouts, &c. Stock, or what the French call *_consommé_*, being the basis of most made dishes, must be always at hand, in conjunction with her sweet herbs and spices for seasoning. "A place for everything, and everything in its place," must be her rule, in order that time may not be wasted in looking for things when they are wanted, and in order that the whole apparatus of cooking may move with the regularity and precision of a well-adjusted machine;--all must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and in order that they may be suitable, the smallest oversight must not be made in their preparation. When the dinner-hour has arrived, it is the duty of the cook to dish-up such dishes as may, without injury, stand, for some time, covered on the hot plate or in the hot closet; but such as are of a more important or *_recherché_* kind, must be delayed until the order "to serve" is given from the drawing-room. Then comes haste; but there must be no hurry,--all must work with order. The cook takes charge of the fish, soups, and poultry; and the kitchen-maid of the vegetables, sauces, and gravies. These she puts into their appropriate dishes, whilst the scullery-maid waits on and assists the cook. Everything must be timed so as to prevent its getting cold, whilst great care should be taken, that, between the first and second courses, no more time is allowed to elapse than is necessary, for fear that the company in the dining-room lose all relish for what has yet to come of the dinner. When the dinner has been served, the most important feature in the daily life

of the cook is at an end. She must, however, now begin to look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the gravies, milk, or meat that may be there. These are the principal duties of a cook in a first-rate establishment.

In smaller establishments, the housekeeper often conducts the higher department of cooking (_see_ 58, 59, 60), and the cook, with the assistance of a scullery-maid, performs some of the subordinate duties of the kitchen-maid.

When circumstances render it necessary, the cook engages to perform the whole of the work of the kitchen, and, in some places, a portion of the house-work also.

85. WHILST THE COOK IS ENGAGED WITH HER MORNING DUTIES, the kitchen-maid is also occupied with hers. Her first duty, after the fire is lighted, is to sweep and clean the kitchen, and the various offices belonging to it. This she does every morning, besides cleaning the stone steps at the entrance of the house, the halls, the passages, and the stairs which lead to the kitchen. Her general duties, besides these, are to wash and scour all these places twice a week, with the tables, shelves, and cupboards. She has also to dress the nursery and servants'-hall dinners, to prepare all fish, poultry, and vegetables, trim meat joints and cutlets, and do all such duties as may be considered to enter into the cook's department in a subordinate degree.

86. THE DUTIES OF THE SCULLERY-MAID are to assist the cook; to keep the scullery clean, and all the metallic as well as earthenware kitchen utensils.

The position of scullery-maid is not, of course, one of high rank, nor is the payment for her services large. But if she be fortunate enough to have over her a good kitchen-maid and clever cook, she may very soon learn to perform various little duties connected with cooking operations, which may be of considerable service in fitting her for a more responsible place. Now, it will be doubtless thought by the majority of our readers, that the fascinations connected with the position of the scullery-maid, are not so great as to induce many people to leave a comfortable home in order to work in a scullery. But we are acquainted with one instance in which the desire, on the part of a young girl, was so strong to become connected with the

kitchen and cookery, that she absolutely left her parents, and engaged herself as a scullery-maid in a gentleman's house. Here she showed herself so active and intelligent, that she very quickly rose to the rank of kitchen-maid; and from this, so great was her gastronomical genius, she became, in a short space of time, one of the best women-cooks in England. After this, we think, it must be allowed, that a cook, like a poet, *_nascitur, non fit_*.

87. MODERN COOKERY stands so greatly indebted to the gastronomic propensities of our French neighbours, that many of their terms are adopted and applied by English artists to the same as well as similar preparations of their own. A vocabulary of these is, therefore, indispensable in a work of this kind. Accordingly, the following will be found sufficiently complete for all ordinary purposes:--

EXPLANATION OF FRENCH TERMS USED IN MODERN HOUSEHOLD COOKERY.

ASPIC.--A savoury jelly, used as an exterior moulding for cold game, poultry, fish, &c. This, being of a transparent nature, allows the bird which it covers to be seen through it. This may also be used for decorating or garnishing.

ASSIETTE (plate).--*_Assiettes_* are the small *_entrées_* and *_hors-d'oeuvres_*, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts, biscuits, &c., if served upon a plate, are termed *_assiettes_*.--ASSIETTE VOLANTE is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese soufflés and different dishes, which ought to be served very hot, are frequently made *_assielles volantes_*.

AU-BLEU.--Fish dressed in such a manner as to have a *_bluish_* appearance.

BAIN-MARIE.--An open saucepan or kettle of nearly boiling water, in which a smaller vessel can be set for cooking and warming. This is very useful for keeping articles hot, without altering their quantity or quality. If you keep sauce, broth, or soup by the fireside, the soup reduces and becomes too strong, and the sauce thickens as well as reduces; but this is prevented by using the *_bain-marie_*, in which the water should be very hot, but not boiling.

BÉCHAMEL.--French white sauce, now frequently used in English cookery.

BLANCH.--To whiten poultry, vegetables, fruit, &c., by plunging them into boiling water for a short time, and afterwards plunging them into cold water, there to remain until they are cold.

BLANQUETTE.--A sort of fricassee.

BOUILLI.--Beef or other meat boiled; but, generally speaking, boiled beef is understood by the term.

BOUILLIE.--A French dish resembling hasty-pudding.

BOUILLON.--A thin broth or soup.

BRAISE.--To stew meat with fat bacon until it is tender, it having previously been blanched.

BRAISIÈRE.--A saucepan having a lid with ledges, to put fire on the top.

BRIDER.--To pass a packthread through poultry, game, &c., to keep together their members.

CARAMEL (burnt sugar).--This is made with a piece of sugar, of the size of a nut, browned in the bottom of a saucepan; upon which a cupful of stock is gradually poured, stirring all the time a glass of broth, little by little. It may be used with the feather of a quill, to colour meats, such as the upper part of fricandeaux; and to impart colour to sauces. Caramel made with water instead of stock may be used to colour compôtes and other entremets.

CASSEROLE.--A crust of rice, which, after having been moulded into the form of a pie, is baked, and then filled with a fricassee of white meat or a purée of game.

COMPOTE.--A stew, as of fruit or pigeons.

CONSOMMÉ.--Rich stock, or gravy.

CROQUETTE.--Ball of fried rice or potatoes.

CROUTONS.--Sippets of bread.

DAUBIÈRE.--An oval stewpan, in which daubes are cooked; daubes being meat or fowl stewed in sauce.

DÉSOSSER.--To bone, or take out the bones from poultry, game, or fish.

This is an operation requiring considerable experience.

ENTRÉES.--Small side or corner dishes, served with the first course.

ENTREMETS.--Small side or corner dishes, served with the second course.

ESCALOPES.--Collops; small, round, thin pieces of tender meat, or of fish, beaten with the handle of a strong knife to make them tender.

FEUILLETAGE.--Puff-paste.

FLAMBER.--To singe fowl or game, after they have been picked.

FONCER.--To put in the bottom of a saucepan slices of ham, veal, or thin broad slices of bacon.

GALETTE.--A broad thin cake.

GÂTEAU.--A cake, correctly speaking; but used sometimes to denote a pudding and a kind of tart.

GLACER.--To glaze, or spread upon hot meats, or larded fowl, a thick and rich sauce or gravy, called glaze. This is laid on with a feather or brush, and in confectionary the term means to ice fruits and pastry with sugar, which glistens on hardening.

HORS-D'OEUVRES.--Small dishes, or assiettes volantes of sardines, anchovies, and other relishes of this kind, served to the guests during the first course. (See ASSIETTES VOLANTES.)

LIT.--A bed or layer; articles in thin slices are placed in layers, other articles, or seasoning, being laid between them.

MAIGRE.--Broth, soup, or gravy, made without meat.

MATELOTE.--A rich fish-stew, which is generally composed of carp, eels, trout, or barbel. It is made with wine.

MAYONNAISE.--Cold sauce, or salad dressing.

MENU.--The bill of fare.

MERINGUE.--A kind of icing, made of whites of eggs and sugar, well beaten.

MIROTON.--Larger slices of meat than collops; such as slices of beef for a vinaigrette, or ragout or stew of onions.

MOUILLER.--To add water, broth, or other liquid, during the cooking.

PANER.--To cover over with very fine crumbs of bread, meats, or any other articles to be cooked on the gridiron, in the oven, or frying-pan.

PIQUER.--To lard with strips of fat bacon, poultry, game, meat, &c. This should always be done according to the vein of the meat, so that in carving you slice the bacon across as well as the meat.

POËLÉE.--Stock used instead of water for boiling turkeys, sweetbreads, fowls, and vegetables, to render them less insipid. This is rather an expensive preparation.

PURÉE.--Vegetables, or meat reduced to a very smooth pulp, which is afterwards mixed with enough liquid to make it of the consistency of very thick soup.

RAGOUT.--Stew or hash.

REMOULADE.--Salad dressing.

RISSOLES.--Pastry, made of light puff-paste, and cut into various forms, and fried. They may be filled with fish, meat, or sweets.

ROUX.--Brown and white; French thickening.

SALMI.--Ragout of game previously roasted.

SAUCE PIQUANTE.--A sharp sauce, in which somewhat of a vinegar flavour predominates.

SAUTER.--To dress with sauce in a saucepan, repeatedly moving it about.

TAMIS.--Tammy, a sort of open cloth or sieve through which to strain broth and sauces, so as to rid them of small bones, froth, &c.

TOURTE.--Tart. Fruit pie.

TROUSSER.--To truss a bird; to put together the body and tie the wings and thighs, in order to round it for roasting or boiling, each being tied then with packthread, to keep it in the required form.

VOL-AU-VENT.--A rich crust of very fine puff-paste, which may be filled with various delicate ragouts or fricassees, of fish, flesh, or fowl. Fruit may also be inclosed in a _vol-au-vent_.

[Illustration]

SOUPS.

CHAPTER V.

GENERAL DIRECTIONS FOR MAKING SOUPS.

88. LEAN, JUICY BEEF, MUTTON, AND VEAL, form the basis of all good soups; therefore it is advisable to procure those pieces which afford the richest succulence, and such as are fresh-killed. Stale meat renders them bad, and fat is not so well adapted for making them. The principal art in composing good rich soup, is so to proportion the several ingredients that the flavour of one shall not predominate over another, and that all the articles of which it is composed, shall form an agreeable whole. To accomplish this, care must be taken that the roots and herbs are perfectly well cleaned, and that the water is proportioned to the quantity of meat and other ingredients. Generally a quart of water may be allowed to a pound of meat for soups, and half the quantity for gravies. In making soups or gravies, gentle stewing or simmering is incomparably the best. It may be remarked, however, that a really good soup can never be made but in a well-closed vessel, although, perhaps, greater wholesomeness is obtained by an occasional exposure to the air. Soups will, in general, take from three to six hours doing, and are much better prepared the day before they are wanted. When the soup is cold, the fat may be much more easily and completely removed; and when it is poured off, care must be taken not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve. A tamis is the best strainer, and if the soup is strained while it is hot, let the tamis or cloth be previously soaked in cold water. Clear soups must be perfectly transparent, and thickened soups about the consistence of cream. To thicken and give body to soups and gravies,

potato-mucilage, arrow-root, bread-raspings, isinglass, flour and butter, barley, rice, or oatmeal, in a little water rubbed well together, are used. A piece of boiled beef pounded to a pulp, with a bit of butter and flour, and rubbed through a sieve, and gradually incorporated with the soup, will be found an excellent addition. When the soup appears to be *_too thin_* or *_too weak_*, the cover of the boiler should be taken off, and the contents allowed to boil till some of the watery parts have evaporated; or some of the thickening materials, above mentioned, should be added. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh scalded pans or tureens, and placed in a cool cellar. In temperate weather, every other day may be sufficient.

89. VARIOUS HERBS AND VEGETABLES are required for the purpose of making

soups and gravies. Of these the principal are,--Scotch barley, pearl barley, wheat flour, oatmeal, bread-raspings, pease, beans, rice, vermicelli, macaroni, isinglass, potato-mucilage, mushroom or mushroom ketchup, champignons, parsnips, carrots, beetroot, turnips, garlic, shalots, and onions. Sliced onions, fried with butter and flour till they are browned, and then rubbed through a sieve, are excellent to heighten the colour and flavour of brown soups and sauces, and form the basis of many of the fine relishes furnished by the cook. The older and drier the onion, the stronger will be its flavour. Leeks, cucumber, or burnet vinegar; celery or celery-seed pounded. The latter, though equally strong, does not impart the delicate sweetness of the fresh vegetable; and when used as a substitute, its flavour should be corrected by the addition of a bit of sugar. Cress-seed, parsley, common thyme, lemon thyme, orange thyme, knotted marjoram, sage, mint, winter savoury, and basil. As fresh green basil is seldom to be procured, and its fine flavour is soon lost, the best way of preserving the extract is by pouring wine on the fresh leaves.

90. FOR THE SEASONING OF SOUPS, bay-leaves, tomato, tarragon, chervil, burnet, allspice, cinnamon, ginger, nutmeg, clove, mace, black and white pepper, essence of anchovy, lemon-peel, and juice, and Seville orange-juice, are all taken. The latter imparts a finer flavour than the lemon, and the acid is much milder. These materials, with wine, mushroom ketchup, Harvey's sauce, tomato sauce, combined in various proportions, are, with other ingredients, manipulated into an almost endless variety of excellent soups and gravies. Soups, which are intended to constitute

the principal part of a meal, certainly ought not to be flavoured like sauces, which are only designed to give a relish to some particular dish.

SOUP, BROTH AND BOUILLON.

91. IT HAS BEEN ASSERTED, that English cookery is, nationally speaking, far from being the best in the world. More than this, we have been frequently told by brilliant foreign writers, half philosophers, half _chefs_, that we are the _worst_ cooks on the face of the earth, and that the proverb which alludes to the divine origin of food, and the precisely opposite origin of its preparers, is peculiarly applicable to us islanders. Not, however, to the inhabitants of the whole island; for, it is stated in a work which treats of culinary operations, north of the Tweed, that the "broth" of Scotland claims, for excellence and wholesomeness, a very close second place to the _bouillon_, or common soup of France. "_Three_ hot meals of broth and meat, for about the price of ONE roasting joint," our Scottish brothers and sisters get, they say; and we hasten to assent to what we think is now a very well-ascertained fact. We are glad to note, however, that soups of vegetables, fish, meat, and game, are now very frequently found in the homes of the English middle classes, as well as in the mansions of the wealthier and more aristocratic; and we take this to be one evidence, that we are on the right road to an improvement in our system of cookery. One great cause of many of the spoilt dishes and badly-cooked meats which are brought to our tables, arises, we think, and most will agree with us, from a non-acquaintance with "common, every-day things."

Entertaining this view, we intend to preface the chapters of this work with a simple scientific _résumé_ of all those causes and circumstances which relate to the food we have to prepare, and the theory and chemistry of the various culinary operations. Accordingly, this is the proper place to treat of the quality of the flesh of animals, and describe some of the circumstances which influence it for good or bad. We will, therefore, commence with the circumstance of _age_, and examine how far this affects the quality of meat.

92. DURING THE PERIOD BETWEEN THE BIRTH AND MATURITY OF ANIMALS, their flesh undergoes very considerable changes. For instance, when the animal is young, the fluids which the tissues of the muscles contain, possess a large proportion of what is called _albumen_. This albumen, which is

also the chief component of the white of eggs, possesses the peculiarity of coagulating or hardening at a certain temperature, like the white of a boiled egg, into a soft, white fluid, no longer soluble, or capable of being dissolved in water. As animals grow older, this peculiar animal matter gradually decreases, in proportion to the other constituents of the juice of the flesh. Thus, the reason why veal, lamb, and young pork are white, and without gravy when cooked, is, that the large quantity of albumen they contain hardens, or becomes coagulated. On the other hand, the reason why beef and mutton are brown, and have gravy, is, that the proportion of albumen they contain, is small, in comparison with their greater quantity of fluid which is soluble, and not coagulable.

93. THE QUALITY OF THE FLESH OF AN ANIMAL is considerably influenced by the nature of the food on which it has been fed; for the food supplies the material which produces the flesh. If the food be not suitable and good, the meat cannot be good either; just as the paper on which these words are printed, could not be good, if the rags from which it is made, were not of a fine quality. To the experienced in this matter, it is well known that the flesh of animals fed on farinaceous produce, such as corn, pulse, &c., is firm, well-flavoured, and also economical in the cooking; that the flesh of those fed on succulent and pulpy substances, such as roots, possesses these qualities in a somewhat less degree; whilst the flesh of those whose food contains fixed oil, as linseed, is greasy, high coloured, and gross in the fat, and if the food has been used in large quantities, possessed of a rank flavour.

94. IT IS INDISPENSABLE TO THE GOOD QUALITY OF MEAT, that the animal should be perfectly healthy at the time of its slaughter. However slight the disease in an animal may be, inferiority in the quality of its flesh, as food, is certain to be produced. In most cases, indeed, as the flesh of diseased animals has a tendency to very rapid putrefaction, it becomes not only unwholesome, but absolutely poisonous, on account of the absorption of the virus of the unsound meat into the systems of those who partake of it. The external indications of good and bad meat will be described under its own particular head, but we may here premise that the layer of all wholesome meat, when freshly killed, adheres firmly to the bone.

95. ANOTHER CIRCUMSTANCE GREATLY AFFECTING THE QUALITY OF MEAT, is the animal's treatment before it is slaughtered. This influences its value

and wholesomeness in no inconsiderable degree. It will be easy to understand this, when we reflect on those leading principles by which the life of an animal is supported and maintained. These are, the digestion of its food, and the assimilation of that food into its substance. Nature, in effecting this process, first reduces the food in the stomach to a state of pulp, under the name of chyme, which passes into the intestines, and is there divided into two principles, each distinct from the other. One, a milk-white fluid,--the nutritive portion,--is absorbed by innumerable vessels which open upon the mucous

membrane, or inner coat of the intestines. These vessels, or absorbents, discharge the fluid into a common duct, or road, along which it is conveyed to the large veins in the neighbourhood of the heart. Here it is mixed with the venous blood (which is black and impure) returning from every part of the body, and then it supplies the waste which is occasioned in the circulating stream by the arterial (or pure) blood having furnished matter for the substance of the animal. The blood of the animal having completed its course through all parts, and having had

its waste recruited by the digested food, is now received into the heart, and by the action of that organ it is urged through the lungs, there to receive its purification from the air which the animal inhales. Again returning to the heart, it is forced through the arteries, and thence distributed, by innumerable ramifications, called capillaries, bestowing to every part of the animal, life and nutriment. The other principle--the innutritive portion--passes from the intestines, and is thus got rid of. It will now be readily understood how flesh is affected for bad, if an animal is slaughtered when the circulation of its blood has been increased by over-driving, ill-usage, or other causes of excitement, to such a degree of rapidity as to be too great for the capillaries to perform their functions, and causing the blood to be congealed in its minuter vessels. Where this has been the case, the meat will be dark-coloured, and become rapidly putrid; so that self-interest and humanity alike dictate kind and gentle treatment of all animals destined to serve as food for man.

THE CHEMISTRY AND ECONOMY OF SOUP-MAKING.

96. STOCK BEING THE BASIS of all meat soups, and, also, of all the principal sauces, it is essential to the success of these culinary operations, to know the most complete and economical method of extracting, from a certain quantity of meat, the best possible stock or broth. The theory and philosophy of this process we will, therefore, explain, and then proceed to show the practical course to be adopted.

97. AS ALL MEAT is principally composed of fibres, fat, gelatine, osmazome, and albumen, it is requisite to know that the FIBRES are inseparable, constituting almost all that remains of the meat after it has undergone a long boiling.

98. FAT is dissolved by boiling; but as it is contained in cells covered by a very fine membrane, which never dissolves, a portion of it always adheres to the fibres. The other portion rises to the surface of the stock, and is that which has escaped from the cells which were not whole, or which have burst by boiling.

99. GELATINE is soluble: it is the basis and the nutritious portion of the stock. When there is an abundance of it, it causes the stock, when cold, to become a jelly.

100. OSMAZOME is soluble even when cold, and is that part of the meat which gives flavour and perfume to the stock. The flesh of old animals contains more osmazome than that of young ones. Brown meats contain more than white, and the former make the stock more fragrant. By roasting meat, the osmazome appears to acquire higher properties; so, by putting the remains of roast meats into your stock-pot, you obtain a better flavour.

101. ALBUMEN is of the nature of the white of eggs; it can be dissolved in cold or tepid water, but coagulates when it is put into water not quite at the boiling-point. From this property in albumen, it is evident that if the meat is put into the stock-pot when the water boils, or after this is made to boil up quickly, the albumen, in both cases, hardens. In the first it rises to the surface, in the second it remains in the meat, but in both it prevents the gelatine and osmazome from dissolving; and hence a thin and tasteless stock will be obtained. It ought to be known, too, that the coagulation of the albumen in the meat, always takes place, more or less, according to the size of the piece, as the parts farthest from the surface always acquire that degree of heat which congeals it before entirely dissolving it.

102. BONES ought always to form a component part of the stock-pot. They are composed of an earthy substance,--to which they owe their solidity,--of gelatine, and a fatty fluid, something like marrow. Two ounces of them contain as much gelatine as one pound of meat; but in them, this is so incased in the earthy substance, that boiling water can dissolve only the surface of whole bones. By breaking them, however, you can dissolve more, because you multiply their surfaces; and by reducing

them to powder or paste, you can dissolve them entirely; but you must not grind them dry. We have said (99) that gelatine forms the basis of stock; but this, though very nourishing, is entirely without taste; and to make the stock savoury, it must contain *_osmazome_*. Of this, bones do not contain a particle; and that is the reason why stock made entirely of them, is not liked; but when you add meat to the broken or pulverized bones, the osmazome contained in it makes the stock sufficiently savoury.

103. In concluding this part of our subject, the following condensed hints and directions should be attended to in the economy of soup-making:--

I. BEEF MAKES THE BEST STOCK; veal stock has less colour and taste; whilst mutton sometimes gives it a tallowy smell, far from agreeable, unless the meat has been previously roasted or broiled. Fowls add very little to the flavour of stock, unless they be old and fat. Pigeons, when they are old, add the most flavour to it; and a rabbit or partridge is also a great improvement. From the freshest meat the best stock is obtained.

II. IF THE MEAT BE BOILED solely to make stock, it must be cut up into the smallest possible pieces; but, generally speaking, if it is desired to have good stock and a piece of savoury meat as well, it is necessary to put a rather large piece into the stock-pot, say sufficient for two or three days, during which time the stock will keep well in all weathers. Choose the freshest meat, and have it cut as thick as possible; for if it is a thin, flat piece, it will not look well, and will be very soon spoiled by the boiling.

III. NEVER WASH MEAT, as it deprives its surface of all its juices; separate it from the bones, and tie it round with tape, so that its shape may be preserved, then put it into the stock-pot, and for each pound of meat, let there be one pint of water; press it down with the hand, to allow the air, which it contains, to escape, and which often raises it to the top of the water.

IV. PUT THE STOCK-POT ON A GENTLE FIRE, so that it may heat gradually.

The albumen will first dissolve, afterwards coagulate; and as it is in this state lighter than the liquid, it will rise to the surface; bringing with it all its impurities. It is this which makes *_the scum_*. The rising of the hardened albumen has the same effect in clarifying stock as the white of eggs; and, as a rule, it may be said that the more scum there is, the clearer will be the stock. Always take care that the

fire is very regular.

V. REMOVE THE SCUM when it rises thickly, and do not let the stock boil, because then one portion of the scum will be dissolved, and the other go to the bottom of the pot; thus rendering it very difficult to obtain a clear broth. If the fire is regular, it will not be necessary to add cold water in order to make the scum rise; but if the fire is too large at first, it will then be necessary to do so.

VI. WHEN THE STOCK IS WELL SKIMMED, and begins to boil, put in salt and vegetables, which may be two or three carrots, two turnips, one parsnip, a bunch of leeks and celery tied together. You can add, according to taste, a piece of cabbage, two or three cloves stuck in an onion, and a tomato. The latter gives a very agreeable flavour to the stock. If fried onion be added, it ought, according to the advice of a famous French _chef_, to be tied in a little bag: without this precaution, the colour of the stock is liable to be clouded.

VII. BY THIS TIME we will now suppose that you have chopped the bones which were separated from the meat, and those which were left from the roast meat of the day before. Remember, as was before pointed out, that the more these are broken, the more gelatine you will have. The best way to break them up is to pound them roughly in an iron mortar, adding, from time to time, a little water, to prevent them getting heated. It is a great saving thus to make use of the bones of meat, which, in too many English families, we fear, are entirely wasted; for it is certain, as previously stated (No. 102), that two ounces of bone contain as much gelatine (which is the nutritive portion of stock) as one pound of meat. In their broken state tie them up in a bag, and put them in the stock-pot; adding the gristly parts of cold meat, and trimmings, which can be used for no other purpose. If, to make up the weight, you have received from the butcher a piece of mutton or veal, broil it slightly over a clear fire before putting it in the stock-pot, and be very careful that it does not contract the least taste of being smoked or burnt.

VIII. ADD NOW THE VEGETABLES, which, to a certain extent, will stop the boiling of the stock. Wait, therefore, till it simmers well up again, then draw it to the side of the fire, and keep it gently simmering till it is served, preserving, as before said, your fire always the same. Cover the stock-pot well, to prevent evaporation; do not fill it up, even if you take out a little stock, unless the meat is exposed; in which case a little boiling water may be added, but only enough to cover

it. After six hours' slow and gentle simmering, the stock is done; and it should not be continued on the fire, longer than is necessary, or it will tend to insipidity.

Note.--It is on a good stock, or first good broth and sauce, that excellence in cookery depends. If the preparation of this basis of the culinary art is intrusted to negligent or ignorant persons, and the stock is not well skimmed, but indifferent results will be obtained. The stock will never be clear; and when it is obliged to be clarified, it is deteriorated both in quality and flavour. In the proper management of the stock-pot an immense deal of trouble is saved, inasmuch as one stock, in a small dinner, serves for all purposes. Above all things, the greatest economy, consistent with excellence, should be practised, and the price of everything which enters the kitchen correctly ascertained. The _theory_ of this part of Household Management may appear trifling; but its practice is extensive, and therefore it requires the best attention.

[Illustration]

RECIPES.

CHAPTER VI.

FRUIT AND VEGETABLE SOUPS.

[It will be seen, by reference to the following Recipes, that an entirely original and most intelligible system has been pursued in explaining the preparation of each dish. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner, or other meal, to follow precisely the order in which the recipes are given. Thus, let them first place on their table all the INGREDIENTS necessary; then the modus operandi, or MODE of preparation, will be easily managed. By a careful reading, too, of the recipes, there will not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the TIME the cooling of each dish will occupy, of the periods at which it is SEASONABLE, as also of its_ AVERAGE COST.

_The addition of the natural history, and the description of the various

properties of the edible articles in common use in every family, will be serviceable both in a practical and an educational point of view._

Speaking specially of the Recipes for Soups, it may be added, that by the employment of the BEST, MEDIUM, _or_ COMMON STOCK, _the quality of the Soups and their cost may be proportionately increased or lessened._]

STOCKS FOR ALL KINDS OF SOUPS.

RICH STRONG STOCK.

104. INGREDIENTS.--4 lbs. of shin of beef, 4 lbs. of knuckle of veal, 3/4 lb. of good lean ham; any poultry trimmings; 3 small onions, 3 small carrots, 3 turnips (the latter should be omitted in summer, lest they ferment), 1 head of celery, a few chopped mushrooms, when obtainable; 1 tomato, a bunch of savoury herbs, not forgetting parsley; 1-1/2 oz. of salt, 12 white peppercorns, 6 cloves, 3 small blades of mace, 4 quarts of water.

Mode.--Line a delicately clean stewpan with the ham cut in thin broad slices, carefully trimming off all its rusty fat; cut up the beef and veal in pieces about 3 inches square, and lay them on the ham; set it on the stove, and draw it down, and stir frequently. When the meat is equally browned, put in the beef and veal bones, the poultry trimmings, and pour in the cold water. Skim well, and occasionally add a little cold water, to stop its boiling, until it becomes quite clear; then put in all the other ingredients, and simmer very slowly for 5 hours. Do not let it come to a brisk boil, that the stock be not wasted, and that its colour may be preserved. Strain through a very fine hair sieve, or tammy, and it will be fit for use.

Time.--5 hours. _Average cost_, 1s. 3d. per quart.

MEDIUM STOCK.

105. INGREDIENTS.--4 lbs. of shin of beef, or 4 lbs. of knuckle of veal, or 2 lbs. of each; any bones, trimmings of poultry, or fresh meat, 1/2 a lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with 3 cloves; 1 turnip, 3 carrots, 1/2 a leek, 1 head of celery, 2 oz. of salt, 1/2 a teaspoonful of whole pepper, 1 large blade of mace, 1 small bunch of savoury herbs, 4 quarts and 1/2 pint of cold water.

Mode.--Cut up the meat and bacon or ham into pieces about 3 inches square; rub the butter on the bottom of the stewpan; put in 1/2 a pint of water, the meat, and all the other ingredients. Cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add 4 quarts of cold water, and simmer very gently for 5 hours. As we have said before, do not let it boil quickly. Skim off every particle of grease whilst it is doing, and strain it through a fine hair sieve.

This is the basis of many of the soups afterwards mentioned, and will be found quite strong enough for ordinary purposes.

Time.--5-1/2 hours. Average cost, 9d. per quart.

ECONOMICAL STOCK.

106. INGREDIENTS.--The liquor in which a joint of meat has been boiled, say 4 quarts; trimmings of fresh meat or poultry, shank-bones, &c., roast-beef bones, any pieces the larder may furnish; vegetables, spices, and the same seasoning as in the foregoing recipe.

Mode.--Let all the ingredients simmer gently for 6 hours, taking care to skim carefully at first. Strain it off, and put by for use.

Time.--6 hours. Average cost, 3d. per quart.

WHITE STOCK.

(To be Used in the Preparation of White Soups.)

107. INGREDIENTS.--4 lbs. of knuckle of veal, any poultry trimmings, 4 slices of lean ham, 1 carrot, 2 onions, 1 head of celery, 12 white peppercorns, 1 oz. of salt, 1 blade of mace, 1 oz. butter, 4 quarts of water.

Mode.--Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with 1/2 a pint of water, and simmer till the gravy begins to flow. Then add the 4 quarts of water and the remainder of the ingredients; simmer for 5 hours. After skimming and straining it carefully through a very fine hair sieve, it will be ready for use.

Time.--5-1/2 hours. Average cost, 9d. per quart.

Note.--When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey has been boiled, is an excellent addition to all white stock or soups.

BROWNING FOR STOCK.

108. INGREDIENTS.--2 oz. of powdered sugar, and 1/2 a pint of water.

Mode.--Place the sugar in a stewpan over a slow fire until it begins to melt, keeping it stirred with a wooden spoon until it becomes black, then add the water, and let it dissolve. Cork closely, and use a few drops when required.

Note.--In France, burnt onions are made use of for the purpose of browning. As a general rule, the process of browning is to be discouraged, as apt to impart a slightly unpleasant flavour to the stock, and, consequently, all soups made from it.

TO CLARIFY STOCK.

109. INGREDIENTS.--The whites of 2 eggs, 1/2 pint of water, 2 quarts of stock.

Mode.--Supposing that by some accident the soup is not quite clear, and that its quantity is 2 quarts, take the whites of 2 eggs, carefully separated from their yolks, whisk them well together with the water, and add gradually the 2 quarts of boiling stock, still whisking. Place the soup on the fire, and when boiling and well skimmed, whisk the eggs with it till nearly boiling again; then draw it from the fire, and let it settle, until the whites of the eggs become separated. Pass through a fine cloth, and the soup should be clear.

Note.--The rule is, that all clear soups should be of a light straw colour, and should not savour too strongly of the meat; and that all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot. All purées should be somewhat thicker.

ALMOND SOUP.

110. INGREDIENTS.--4 lbs. of lean beef or veal, 1/2 a scrag of mutton, 1 oz. of vermicelli, 4 blades of mace, 6 cloves, 1/2 lb. of sweet almonds,

the yolks of 6 eggs, 1 gill of thick cream, rather more than 2 quarts of water.

Mode.--Boil the beef, or veal, and the mutton, gently in water that will cover them, till the gravy is very strong, and the meat very tender; then strain off the gravy, and set it on the fire with the specified quantities of vermicelli, mace, and cloves, to 2 quarts. Let it boil till it has the flavour of the spices. Have ready the almonds, blanched and pounded very fine; the yolks of the eggs boiled hard; mixing the almonds, whilst pounding, with a little of the soup, lest the latter should grow oily. Pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup until they are thoroughly mixed together. Let the soup be cool when mixing, and do it perfectly smooth. Strain it through a sieve, set it on the fire, stir frequently, and serve hot. Just before taking it up, add the cream.

Time.--3 hours. Average cost per quart, 2s. 3d.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: ALMOND & BLOSSOM.]

THE ALMOND-TREE.--This tree is indigenous to the northern parts of Asia and Africa, but it is now cultivated in Europe, especially in the south of France, Italy, and Spain. It flowers in spring, and produces its fruit in August. Although there are two kinds of almonds, the sweet and the bitter, they are considered as only varieties of the same species. The best sweet almonds brought to England, are called the Syrian or Jordan, and come from Malaga; the inferior qualities are brought from Valentia and Italy. Bitter almonds come principally from Magadore. Anciently, the almond was much esteemed by the nations of the East. Jacob included it among the presents which he designed for Joseph. The Greeks called it the Greek or Thasian nut, and the Romans believed that by eating half a dozen of them, they were secured against drunkenness, however deeply they might imbibe. Almonds, however, are considered as very indigestible. The bitter contain, too, principles which produce two violent poisons,--prussic acid and a kind of volatile oil. It is consequently dangerous to eat them in large quantities. Almonds pounded together with a little sugar and water, however, produce a milk similar to that which is yielded by animals. Their oil is used for making fine soap, and their cake as a cosmetic.

APPLE SOUP.

111. INGREDIENTS.--2 lbs. of good boiling apples, 3/4 teaspoonful of white pepper, 6 cloves, cayenne or ginger to taste, 3 quarts of medium stock.

Mode.--Peel and quarter the apples, taking out their cores; put them into the stock, stew them gently till tender. Rub the whole through a strainer, add the seasoning, give it one boil up, and serve.

Time.--1 hour. Average cost per quart, 1s.

Seasonable from September to December.

Sufficient for 10 persons.

[Illustration: APPLE AND BLOSSOM.]

THE APPLE.--This useful fruit is mentioned in Holy Writ; and Homer describes it as valuable in his time. It was brought from the East by the Romans, who held it in the highest estimation. Indeed, some of the citizens of the "Eternal city" distinguished certain favourite apples by their names. Thus the Manlians were called after Manlius, the Claudians after Claudius, and the Appians after Appius. Others were designated after the country whence they were brought; as the Sidonians, the Epirotes, and the Greeks. The best varieties are natives of Asia, and have, by grafting them upon others, been introduced into Europe. The crab, found in our hedges, is the only variety indigenous to Britain; therefore, for the introduction of other kinds we are, no doubt, indebted to the Romans. In the time of the Saxon heptarchy, both Devon and Somerset were distinguished as the apple country; and there are still existing in Herefordshire some trees said to have been planted in the time of William the Conqueror. From that time to this, the varieties of this precious fruit have gone on increasing, and are now said to number upwards of 1,500. It is peculiar to the temperate zone, being found neither in Lapland, nor within the tropics. The best baking apples for early use are the Colvilles; the best for autumn are the rennets and pearmains; and the best for winter and spring are russets. The best table, or eating apples, are the Margarets for early use; the Kentish codlin and summer pearmain for summer; and for autumn, winter, or spring, the Dowton, golden and other pippins, as the ribstone, with small russets. As a food, the apple cannot be considered to rank high,

as more than the half of it consists of water, and the rest of its properties are not the most nourishing. It is, however, a useful adjunct to other kinds of food, and, when cooked, is esteemed as slightly laxative.

ARTICHOKE (JERUSALEM) SOUP.

(A White Soup.)

112. INGREDIENTS.--3 slices of lean bacon or ham, 1/2 a head of celery, 1 turnip, 1 onion, 3 oz. of butter, 4 lbs. of artichokes, 1 pint of boiling milk, or 1/2 pint of boiling cream, salt and cayenne to taste, 2 lumps of sugar, 2-1/2 quarts of white stock.

Mode.--Put the bacon and vegetables, which should be cut into thin slices, into the stewpan with the butter. Braise these for 1/4 of an hour, keeping them well stirred. Wash and pare the artichokes, and after cutting them into thin slices, add them, with a pint of stock, to the other ingredients. When these have gently stewed down to a smooth pulp, put in the remainder of the stock. Stir it well, adding the seasoning, and when it has simmered for five minutes, pass it through a strainer. Now pour it back into the stewpan, let it again simmer five minutes, taking care to skim it well, and stir it to the boiling milk or cream. Serve with small sippets of bread fried in butter.

Time.--1 hour. Average cost per quart, 1s. 2d.

Seasonable from June to October.

Sufficient for 8 persons.

ASPARAGUS SOUP.

I.

113. INGREDIENTS.--5 lbs. of lean beef, 3 slices of bacon, 1/2 pint of pale ale, a few leaves of white beet, spinach, 1 cabbage lettuce, a little mint, sorrel, and marjoram, a pint of asparagus-tops cut small, the crust of 1 French roll, seasoning to taste, 2 quarts of water.

Mode.--Put the beef, cut in pieces and rolled in flour, into a stewpan, with the bacon at the bottom; cover it close, and set it on a slow fire, stirring it now and then till the gravy is drawn. Put in the water and ale, and season to taste with pepper and salt, and let it stew

gently for 2 hours; then strain the liquor, and take off the fat, and add the white beet, spinach, cabbage lettuce, and mint, sorrel, and sweet marjoram, pounded. Let these boil up in the liquor, then put in the asparagus-tops cut small, and allow them to boil till all is tender. Serve hot, with the French roll in the dish.

Time--Altogether 3 hours. _Average cost_ per quart, 1s. 9d.

Seasonable from May to August.

Sufficient for 8 persons.

II.

114. INGREDIENTS.--1-1/2 pint of split peas, a teacupful of gravy, 4 young onions, 1 lettuce cut small, 1/2 a head of celery, 1/2 a pint of asparagus cut small, 1/2 a pint of cream, 3 quarts of water: colour the soup with spinach juice.

Mode--Boil the peas, and rub them through a sieve; add the gravy, and then stew by themselves the celery, onions, lettuce, and asparagus, with the water. After this, stew altogether, and add the colouring and cream, and serve.

Time--Peas 2-1/2 hours, vegetables 1 hour; altogether 4 hours.

Average cost per quart, 1s.

[Illustration: ASPARAGUS.]

ASPARAGUS.--The ancients called all the sprouts of young vegetables asparagus, whence the name, which is now limited to a particular species, embracing artichoke, alisander, asparagus, cardoon, rampion, and sea-kale. They are originally mostly wild seacoast plants; and, in this state, asparagus may still be found on the northern as well as southern shores of Britain. It is often vulgarly called, in London, _sparrowgrass_; and, in it's cultivated form, hardly bears any resemblance to the original plant. Immense quantities of it are raised for the London market, at Mortlake and Deptford; but it belongs rather to the classes of luxurious than necessary food. It is light and easily digested, but is not very nutritious.

BAKED SOUP.

115. INGREDIENTS.--1 lb. of any kind of meat, any trimmings or odd pieces; 2 onions, 2 carrots, 2 oz. of rice, 1 pint of split peas, pepper and salt to taste, 4 quarts of water.

Mode.--Cut the meat and vegetables in slices, add to them the rice and peas, season with pepper and salt. Put the whole in a jar, fill up with the water, cover very closely, and bake for 4 hours.

Time.--4 hours. _Average cost_, 2-1/2d. per quart.

Seasonable at any time.

Sufficient for 10 or 12 persons.

Note.--This will be found a very cheap and wholesome soup, and will be convenient in those cases where baking is more easily performed than boiling.

BARLEY SOUP.

116. INGREDIENTS.--2 lbs. of shin of beef, 1/4 lb. of pearl barley, a large bunch of parsley, 4 onions, 6 potatoes, salt and pepper, 4 quarts of water.

Mode.--Put in all the ingredients, and simmer gently for 3 hours.

Time.--3 hours. _Average cost_, 2-1/2d. per quart.

Seasonable all the year, but more suitable for winter.

[Illustration: BARLEY.]

BARLEY.--This, in the order of cereal grasses, is, in Britain, the next plant to wheat in point of value, and exhibits several species and varieties. From what country it comes originally, is not known, but it was cultivated in the earliest ages of antiquity, as the Egyptians were afflicted with the loss of it in the ear, in the time of Moses. It was a favourite grain with the Athenians, but it was esteemed as an ignominious food by the Romans. Notwithstanding this, however, it was much used by them, as it was in former times by the English, and still is, in the Border counties, in Cornwall, and also in Wales. In other parts of England, it is used mostly for malting purposes. It is less nutritive than wheat; and in 100 parts, has of starch 79, gluten

6, saccharine matter 7, husk 8. It is, however, a lighter and less stimulating food than wheat, which renders a decoction of it well adapted for invalids whose digestion is weak.

BREAD SOUP.

(_Economical_.)

117. INGREDIENTS.--1 lb. of bread crusts, 2 oz. butter, 1 quart of common stock.

Mode.--Boil the bread crusts in the stock with the butter; beat the whole with a spoon, and keep it boiling till the bread and stock are well mixed. Season with a little salt.

Time.--Half an hour. _Average cost_ per quart, 4d.

Seasonable at any time.

Sufficient for 4 persons.

Note.--This is a cheap recipe, and will be found useful where extreme economy is an object.

[Illustration: QUERN, or GRINDING-MILL.]

BREAD.--The origin of bread is involved in the obscurity of distant ages. The Greeks attributed its invention to Pan; but before they, themselves, had an existence, it was, no doubt, in use among the primitive nations of mankind. The Chaldeans and the Egyptians were acquainted with it, and Sarah, the companion of Abraham, mixed flour and water together, kneaded it, and covered it with ashes on the hearth. The Scriptures inform us that leavened bread was known to the Israelites, but it is not known when the art of fermenting it was discovered. It is said that the Romans learnt it during their wars with Perseus, king of Macedon, and that it was introduced to the "imperial city" about 200 years before the birth of Christ. With them it no doubt found its way into Britain; but after their departure from the island, it probably ceased to be used. We know that King Alfred allowed the unfermented cakes to burn in the neatherd's cottage; and that, even in the sixteenth century, unfermented cakes, kneaded by the women, were the only kind of bread known to the inhabitants of Norway and Sweden. The Italians of this day consume the greater portion of their flour in the form of _polenta_, or soft pudding, vermicelli, and macaroni; and, in

the remoter districts of Scotland, much unfermented bread is still used. We give a cut of the quern grinding-mill, which, towards the end of the last century, was in use in that country, and which is thus described by Dr. Johnson in his "Journey to the Hebrides:"--"It consists of two stones about a foot and half in diameter; the lower is a little convex, to which the concavity of the upper must be fitted. In the middle of the upper stone is a round hole, and on one side is a long handle. The grinder sheds the corn gradually into the hole with one hand, and works the handle round with the other. The corn slides down the convexity of the lower stone, and by the motion of the upper, is ground in its passage." Such a primitive piece of machinery, it may safely be said, has entirely disappeared from this country.--In other parts of this work, we shall have opportunities of speaking of bread and bread-making, which, from its great and general use in the nourishment of mankind, has emphatically been called the "staff of life." The necessity, therefore, of having it both pure and good is of the first importance.

CABBAGE SOUP.

118. INGREDIENTS.--1 large cabbage, 3 carrots, 2 onions, 4 or 5 slices of lean bacon, salt and pepper to taste, 2 quarts of medium stock No. 105.

Mode.--Scald the cabbage, exit it up and drain it. Line the stewpan with the bacon, put in the cabbage, carrots, and onions; moisten with skimmings from the stock, and simmer very gently, till the cabbage is tender; add the stock, stew softly for half an hour, and carefully skim off every particle of fat. Season and serve.

Time.--1-1/2 hour. Average cost, 1s. per quart.

Seasonable in winter.

Sufficient for 8 persons.

[Illustration: CABBAGE SEEDING.]

THE CABBAGE.--It is remarkable, that although there is no country in the world now more plentifully supplied with fruits and vegetables than Great Britain, yet the greater number of these had no existence in it before the time of Henry VIII. Anderson, writing under the date of 1548, says, "The English cultivated scarcely any vegetables before the last two

centuries. At the commencement of the reign, of Henry VIII. neither salad, nor carrots, nor cabbages, nor radishes, nor any other comestibles of a like nature, were grown in any part of the kingdom; they came from Holland and Flanders." The original of all the cabbage tribe is the wild plant sea-colewort, which is to be found wasting whatever sweetness it may have on the desert air, on many of the cliffs of the south coast of England. In this state, it scarcely weighs more than half an ounce, yet, in a cultivated state, to what dimensions can it be made to grow! However greatly the whole of the tribe is esteemed among the moderns, by the ancients they were held in yet higher estimation. The Egyptians adored and raised altars to them, and the Greeks and Romans ascribed many of the most exalted virtues to them. Cato affirmed, that the cabbage cured all diseases, and declared, that it was to its use that the Romans were enabled to live in health and without the assistance of physicians for 600 years. It was introduced by that people into Germany, Gaul, and, no doubt, Britain; although, in this last, it may have been suffered to pass into desuetude for some centuries. The whole tribe is in general wholesome and nutritive, and forms a valuable adjunct to animal food.

SOUP A LA CANTATRICE.

(An Excellent Soup, very Beneficial for the Voice.)

119. INGREDIENTS.--3 oz. of sago, 1/2 pint of cream, the yolks of 3 eggs, 1 lump of sugar, and seasoning to taste, 1 bay-leaf (if liked), 2 quarts of medium stock No. 105.

Mode.--Having washed the sago in boiling water, let it be gradually added to the nearly boiling stock. Simmer for 1/2 an hour, when it should be well dissolved. Beat up the yolks of the eggs, add to them the boiling cream; stir these quickly in the soup, and serve immediately. Do not let the soup boil, or the eggs will curdle.

Time.--40 minutes. Average cost, 1s. 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.--This is a soup, the principal ingredients of which, sago and eggs, have always been deemed very beneficial to the chest and throat. In various quantities, and in different preparations, these have been partaken of by the principal singers of the day, including the

celebrated Swedish Nightingale, Jenny Lind, and, as they have always avowed, with considerable advantage to the voice, in singing.

CARROT SOUP.

I.

120. INGREDIENTS.--4 quarts of liquor in which a leg of mutton or beef has been boiled, a few beef-bones, 6 large carrots, 2 large onions, 1 turnip; seasoning of salt and pepper to taste; cayenne.

Mode.--Put the liquor, bones, onions, turnip, pepper, and salt, into a stewpan, and simmer for 3 hours. Scrape and cut the carrots thin, strain the soup on them, and stew them till soft enough to pulp through a hair sieve or coarse cloth; then boil the pulp with the soup, which should be of the consistency of pea-soup. Add cayenne. Pulp only the red part of the carrot, and make this soup the day before it is wanted.

Time.--4-1/2 hours. Average cost per quart, 1-1/2d.

Seasonable from October to March.

Sufficient for 10 persons.

II.

121. INGREDIENTS.--2 lbs. of carrots, 3 oz. of butter, seasoning to taste of salt and cayenne, 2 quarts of stock or gravy soup.

Mode.--Scrape and cut out all specks from the carrots, wash, and wipe them dry, and then reduce them into quarter-inch slices. Put the butter into a large stewpan, and when it is melted, add 2 lbs. of the sliced carrots, and let them stew gently for an hour without browning. Add to them the soup, and allow them to simmer till tender,--say for nearly an hour. Press them through a strainer with the soup, and add salt and cayenne if required. Boil the whole gently for 5 minutes, skim well, and serve as hot as possible.

Time.--1-1/4 hour. Average cost per quart, 1s. 1d.

[Illustration: TAZZA AND CARROT LEAVES.]

THE CARROT.--There is a wild carrot which grows in England; but it is white and small, and not much esteemed. The garden carrot

in general use, was introduced in the reign of Queen Elizabeth, and was, at first, so highly esteemed, that the ladies wore leaves of it in their head-dresses. It is of great value in the culinary art, especially for soups and stews. It can be used also for beer instead of malt, and, in distillation, it yields a large quantity of spirit. The carrot is proportionably valuable as it has more of the red than the yellow part. There is a large red variety much used by the farmers for colouring butter. As a garden vegetable, it is what is called the orange-carrot that is usually cultivated. As a fattening food for cattle, it is excellent; but for man it is indigestible, on account of its fibrous matter. Of 1,000 parts, 95 consist of sugar, and 3 of starch.--The accompanying cut represents a pretty winter ornament, obtained by placing a cut from the top of the carrot-root in a shallow vessel of water, when the young leaves spring forth with a charming freshness and fullness.

CELERY SOUP.

122. INGREDIENTS.--9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar, 1/2 pint of strong stock, a pint of cream, and 2 quarts of boiling water.

Mode.--Cut the celery into small pieces; throw it into the water, seasoned with the nutmeg, salt, and sugar. Boil it till sufficiently tender; pass it through a sieve, add the stock, and simmer it for half an hour. Now put in the cream, bring it to the boiling point, and serve immediately.

Time.--1 hour. _Average cost_, 1s. per quart.

Seasonable from September to March.

Sufficient for 10 persons.

Note.--This soup can be made brown, instead of white, by omitting the cream, and colouring it a little. When celery cannot be procured, half a drachm of the seed, finely pounded, will give a flavour to the soup, if put in a quarter of an hour before it is done. A little of the essence of celery will answer the same purpose.

CELERY.--This plant is indigenous to Britain, and, in its wild state, grows by the side of ditches and along some parts of the seacoast. In this state it is called *_smallaqe_*, and, to some extent, is a dangerous narcotic. By cultivation, however, it has been brought to the fine flavour which the garden plant

possesses. In the vicinity of Manchester it is raised to an enormous size. When our natural observation is assisted by the accurate results ascertained by the light of science, how infinitely does it enhance our delight in contemplating the products of nature! To know, for example, that the endless variety of colour which we see in plants is developed only by the rays of the sun, is to know a truism sublime by its very comprehensiveness. The cause of the whiteness of celery is nothing more than the want of light in its vegetation, and in order that this effect may be produced, the plant is almost wholly covered with earth; the tops of the leaves alone being suffered to appear above the ground.

CHANTILLY SOUP.

123. INGREDIENTS.--1 quart of young green peas, a small bunch of parsley, 2 young onions, 2 quarts of medium stock No. 105.

Mode.--Boil the peas till quite tender, with the parsley and onions; then rub them through a sieve, and pour the stock to them. Do not let it boil after the peas are added, or you will spoil the colour. Serve very hot.

Time.--Half an hour. Average cost, 1s. 6d. per quart.

Seasonable from June to the end of August.

Sufficient for 8 persons.

Note.--Cold peas pounded in a mortar, with a little stock added to them, make a very good soup in haste.

Parsley.--Among the Greeks, in the classic ages, a crown of parsley was awarded, both in the Nemeian and Isthmian games, and the voluptuous Anacreon pronounces this beautiful herb the emblem of joy and festivity. It has an elegant leaf, and is extensively used in the culinary art. When it was introduced to Britain is not known. There are several varieties,--the plain-leaved and the curled-leaved, celery-parsley, Hamburg parsley, and purslane. The curled is the best, and, from the form of its leaf, has a beautiful appearance on a dish as a garnish. Its flavour is, to many, very agreeable in soups; and although to rabbits, hares, and sheep it is a luxury, to parrots it is a poison. The celery-parsley is used as a celery, and the Hamburg is cultivated only for its roots, which are used as parsnips or carrots, to eat with meat. The purslane is a

native of South America, and is not now much in use.

CHESTNUT (SPANISH) SOUP.

124. INGREDIENTS.--3/4 lb. of Spanish chestnuts, 1/4 pint of cream; seasoning to taste of salt, cayenne, and mace; 1 quart of stock No. 105.

Mode.--Take the outer rind from the chestnuts, and put them into a large pan of warm water. As soon as this becomes too hot for the fingers to remain in it, take out the chestnuts, peel them quickly, and immerse them in cold water, and wipe and weigh them. Now cover them with good stock, and stew them gently for rather more than 3/4 of an hour, or until they break when touched with a fork; then drain, pound, and rub them through a fine sieve reversed; add sufficient stock, mace, cayenne, and salt, and stir it often until it boils, and put in the cream. The stock in which the chestnuts are boiled can be used for the soup, when its sweetness is not objected to, or it may, in part, be added to it; and the rule is, that 3/4 lb. of chestnuts should be given to each quart of soup.

Time.--rather more than 1 hour. Average cost per quart, 1s. 6d.

Seasonable from October to February.

Sufficient for 4 persons.

[Illustration: CHESTNUT.]

THE CHESTNUT.--This fruit is said, by some, to have originally come from Sardis, in Lydia; and by others, from Castanea, a city of Thessaly, from which it takes its name. By the ancients it was much used as a food, and is still common in France and Italy, to which countries it is, by some, considered indigenous. In the southern part of the European continent, it is eaten both raw and roasted. The tree was introduced into Britain by the Romans; but it only flourishes in the warmer parts of the island, the fruit rarely arriving at maturity in Scotland. It attains a great age, as well as an immense size. As a food, it is the least oily and most farinaceous of all the nuts, and, therefore, the easiest of digestion. The tree called the horse chestnut is very different, although its fruit very much resembles that of the other. Its "nuts," though eaten by horses and some other animals, are unsuitable for human food.

COCOA-NUT SOUP.

125. INGREDIENTS.--6 oz. of grated cocoa-nut, 6 oz. of rice flour, 1/2 a teaspoonful of mace; seasoning to taste of cayenne and salt; 1/4 of a pint of boiling cream, 3 quarts of medium stock No. 105.

Mode.--Take the dark rind from the cocoa-nut, and grate it down small on a clean grater; weigh it, and allow, for each quart of stock, 2 oz. of the cocoa-nut. Simmer it gently for 1 hour in the stock, which should then be strained closely from it, and thickened for table.

Time.--2-1/4 hours. _Average cost_ per quart, 1s. 3d.

Seasonable in Autumn.

Sufficient for 10 persons.

[Illustration: COCOA-NUT PALM.]

[Illustration: NUT & BLOSSOM.]

THE COCOA-NUT.--This is the fruit of one of the palms, than which it is questionable if there is any other species of tree marking, in itself, so abundantly the goodness of Providence, in making provision for the wants of man. It grows wild in the Indian seas, and in the eastern parts of Asia; and thence it has been introduced into every part of the tropical regions. To the natives of those climates, its bark supplies the material for creating their dwellings; its leaves, the means of roofing them; and the leaf-stalks, a kind of gauze for covering their windows, or protecting the baby in the cradle. It is also made into lanterns, masks to screen the face from the heat of the sun, baskets, wicker-work, and even a kind of paper for writing on. Combs, brooms, torches, ropes, matting, and sailcloth are made of its fibers. With these, too, beds are made and cushions stuffed. Oars are supplied by the leaves; drinking-cups, spoons, and other domestic utensils by the shells of the nuts; milk by its juice, of which, also, a kind of honey and sugar are prepared. When fermented, it furnishes the means of intoxication; and when the fibres are burned, their ashes supply an alkali for making soap. The buds of the tree bear a striking resemblance to cabbage when boiled; but when they are cropped, the tree dies. In a fresh state, the kernel is eaten raw, and its juice is a most agreeable and refreshing beverage. When the nut is imported to this country, its fruit is, in general, comparatively dry, and is considered indigestible. The tree is one of the least productive of the palm tribe.

SOUP A LA CRECY.

126. INGREDIENTS.--4 carrots, 2 sliced onions, 1 cut lettuce, and chervil; 2 oz. butter, 1 pint of lentils, the crumbs of 2 French rolls, half a teacupful of rice, 2 quarts of medium stock No. 105.

Mode.--Put the vegetables with the butter in the stewpan, and let them simmer 5 minutes; then add the lentils and 1 pint of the stock, and stew gently for half an hour. Now fill it up with the remainder of the stock, let it boil another hour, and put in the crumb of the rolls. When well soaked, rub all through a tammy. Have ready the rice boiled; pour the soup over this, and serve.

Time.--1-3/4 hour. Average cost, 1s. 2d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: THE LENTIL.]

THE LENTIL.--This belongs to the legumious or pulse kind of vegetables, which rank next to the corn plants in their nutritive properties. The lentil is a variety of the bean tribe, but in England is not used as human food, although considered the best of all kinds for pigeons. On the Continent it is cultivated for soups, as well as for other preparations for the table; and among the presents which David received from Shobi, as recounted in the Scriptures, were beans, lentils, and parched pulse. Among the Egyptians it was extensively used, and among the Greeks, the Stoics had a maxim, which declared, that "a wise man acts always with reason, and prepares his own lentils." Among the Romans it was not much esteemed, and from them the English may have inherited a prejudice against it, on account, it is said, of its rendering men indolent. It takes its name from lentus 'slow,' and, according to Pliny, produces mildness and moderation of temper.

CUCUMBER SOUP (French Recipe).

127. INGREDIENTS.--1 large cucumber, a piece of butter the size of a walnut, a little chervil and sorrel cut in large pieces, salt and pepper to taste, the yolks of 2 eggs, 1 gill of cream, 1 quart of medium stock No. 105.

Mode.--Pare the cucumber, quarter it, and take out the seeds; cut it

in thin slices, put these on a plate with a little salt, to draw the water from them; drain, and put them in your stewpan, with the butter. When they are warmed through, without being browned, pour the stock on them. Add the sorrel, chervil, and seasoning, and boil for 40 minutes. Mix the well-beaten yolks of the eggs with the cream, which add at the moment of serving.

Time--1 hour. _Average cost_, 1s. 2d. per quart.

Seasonable from June to September.

Sufficient for 4 persons.

THE CUCUMBER.--The antiquity of this fruit is very great. In the sacred writings we find that the people of Israel regretted it, whilst sojourning in the desert; and at the present time, the cucumber, and other fruits of its class, form a large portion of the food of the Egyptian people. By the Eastern nations generally, as well as by the Greeks and Romans, it was greatly esteemed. Like the melon, it was originally brought from Asia by the Romans, and in the 14th century it was common in England, although, in the time of the wars of "the Roses," it seems no longer to have been cultivated. It is a cold food, and of difficult digestion when eaten raw. As a preserved sweetmeat, however, it is esteemed one of the most agreeable.

EGG SOUP.

128. INGREDIENTS.--A tablespoonful of flour, 4 eggs, 2 small blades of finely-pounded mace, 2 quarts of stock No. 105.

Mode--Beat up the flour smoothly in a teaspoonful of cold stock, and put in the eggs; throw them into boiling stock, stirring all the time. Simmer for 1/4 of an hour. Season and serve with a French roll in the tureen, or fried sippets of bread.

Time 1/2 an hour. _Average cost_, 11d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

SOUP A LA FLAMANDE (Flemish).

I.

129. INGREDIENTS.--1 turnip, 1 small carrot, 1/2 head of celery, 6 green onions shred very fine, 1 lettuce cut small, chervil, 1/4 pint of asparagus cut small, 1/4 pint of peas, 2 oz. butter, the yolks of 4 eggs, 1/2 pint of cream, salt to taste, 1 lump of sugar, 2 quarts of stock No. 105.

Mode.--Put the vegetables in the butter to stew gently for an hour with a teacupful of stock; then add the remainder of the stock, and simmer for another hour. Now beat the yolks of the eggs well, mix with the cream (previously boiled), and strain through a hair sieve. Take the soup off the fire, put the eggs, &c. to it, and keep stirring it well. Bring it to a boil, but do not leave off stirring, or the eggs will curdle. Season with salt, and add the sugar.

Time.--24 hours. _Average cost_, 1s. 9d. per quart.

Seasonable from May to August.

Sufficient for 8 persons.

CHERVIL.--Although the roots of this plant are poisonous, its leaves are tender, and are used in salads. In antiquity it made a relishing dish, when prepared with oil, wine, and gravy. It is a native of various parts of Europe; and the species cultivated in the gardens of Paris, has beautifully frizzled leaves.

II.

130. INGREDIENTS.--5 onions, 5 heads of celery, 10 moderate-sized potatoes, 3 oz. butter, 1/2 pint of water, 1/2 pint of cream, 2 quarts of stock No. 105.

Mode.--Slice the onions, celery, and potatoes, and put them with the butter and water into a stewpan, and simmer for an hour. Then fill up the stewpan with stock, and boil gently till the potatoes are done, which will be in about an hour. Rub all through a tammy, and add the cream (previously boiled). Do not let it boil after the cream is put in.

Time.--2-1/2 hours. _Average cost_, 1s. 4d. per quart.

Seasonable from September to May.

Sufficient for 8 persons.

Note.--This soup can be made with water instead of stock.

SOUP A LA JULIENNE.

[Illustration: STRIPS OF VEGETABLE.]

131. INGREDIENTS.--1/2 pint of carrots, 1/2 pint of turnips, 1/4 pint of onions, 2 or 3 leeks, 1/2 head of celery, 1 lettuce, a little sorrel and chervil, if liked, 2 oz. of butter, 2 quarts of stock No. 105.

Mode.--Cut the vegetables into strips of about 1-1/4 inch long, and be particular they are all the same size, or some will be hard whilst the others will be done to a pulp. Cut the lettuce, sorrel, and chervil into larger pieces; fry the carrots in the butter, and pour the stock boiling to them. When this is done, add all the other vegetables, and herbs, and stew gently for at least an hour. Skim off all the fat, pour the soup over thin slices of bread, cut round about the size of a shilling, and serve.

Time.--1-1/2 hour. _Average cost_, 1s. 3d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.--In summer, green peas, asparagus-tops, French beans, &c. can be added. When the vegetables are very strong, instead of frying them in butter at first, they should be blanched, and afterwards simmered in the stock.

SORREL.--This is one of the _spinaceous_ plants, which take their name from spinach, which is the chief among them. It is little used in English cookery, but a great deal in French, in which it is employed for soups, sauces, and salads. In English meadows it is usually left to grow wild; but in France, where it is cultivated, its flavour is greatly improved.

KALE BROSE (a Scotch Recipe).

132. INGREDIENTS.--Half an ox-head or cow-heel, a teacupful of toasted oatmeal, salt to taste, 2 handfuls of greens, 3 quarts of water.

Mode.--Make a broth of the ox-head or cow-heel, and boil it till oil

floats on the top of the liquor, then boil the greens, shred, in it. Put the oatmeal, with a little salt, into a basin, and mix with it quickly a teacupful of the fat broth: it should not run into one doughy mass, but form knots. Stir it into the whole, give one boil, and serve very hot.

Time--4 hours. _Average cost_, 8d. per quart.

Seasonable all the year, but more suitable in winter.

Sufficient for 10 persons.

LEEK SOUP.

I.

133. INGREDIENTS.--A sheep's head, 3 quarts of water, 12 leeks cut small, pepper and salt to taste, oatmeal to thicken.

Mode--Prepare the head, either by skinning or cleaning the skin very nicely; split it in two; take out the brains, and put it into boiling water; add the leeks and seasoning, and simmer very gently for 4 hours. Mix smoothly, with cold water, as much oatmeal as will make the soup tolerably thick; pour it into the soup; continue stirring till the whole is blended and well done, and serve.

Time--4-1/2 hours. _Average cost_, 4d. per quart.

Seasonable in winter.

Sufficient for 10 persons.

II.

COMMONLY CALLED COCK-A-LEEKIE.

134. INGREDIENTS.--A capon or large fowl (sometimes an old cock, from which the recipe takes its name, is used), which should be trussed as for boiling; 2 or 3 bunches of fine leeks, 5 quarts of stock No. 105, pepper and salt to taste.

Mode--Well wash the leeks (and, if old, scald them in boiling water for a few minutes), taking off the roots and part of the heads, and cut them into lengths of about an inch. Put the fowl into the stock, with, at first, one half of the leeks, and allow it to simmer gently. In half

an hour add the remaining leeks, and then it may simmer for 3 or 4 hours longer. It should be carefully skimmed, and can be seasoned to taste. In serving, take out the fowl, and carve it neatly, placing the pieces in a tureen, and pouring over them the soup, which should be very thick of leeks (a purée of leeks the French would call it).

Time.--4 hours. Average cost, 1s. 6d. per quart; or, with stock No. 106, 1s.

Seasonable in winter.

Sufficient for 10 persons.

Note.--Without the fowl, the above, which would then be merely called leek soup, is very good, and also economical. Cock-a-leekie was largely consumed at the Burns Centenary Festival at the Crystal Palace, Sydenham, in 1859.

[Illustration: LEEKS.]

THE LEEK.--As in the case of the cucumber, this vegetable was bewailed by the Israelites in their journey through the desert. It is one of the alliaceous tribe, which consists of the onion, garlic, chive, shallot, and leek. These, as articles of food, are perhaps more widely diffused over the face of the earth than any other genus of edible plants. It is the national badge of the Welsh, and tradition ascribes to St. David its introduction to that part of Britain. The origin of the wearing of the leek on St. David's day, among that people, is thus given in "BEETON'S DICTIONARY of UNIVERSAL INFORMATION:"--"It probably originated from the custom of Cymhortha, or the friendly aid, practised among farmers. In some districts of South Wales, all the neighbours of a small farmer were wont to appoint a day when they attended to plough his land, and the like; and, at such time, it was the custom for each to bring his portion of leeks with him for making the broth or soup." (See ST. DAVID.) Others derive the origin of the custom from the battle of Cressy. The plant, when grown in Wales and Scotland, is sharper than it is in England, and its flavour is preferred by many to that of the onion in broth. It is very wholesome, and, to prevent its tainting the breath, should be well boiled.

MACARONI SOUP.

135. INGREDIENTS.--3 oz. of macaroni, a piece of butter the size of a

walnut, salt to taste, 2 quarts of clear stock No. 105.

Mode.--Throw the macaroni and butter into boiling water, with a pinch of salt, and simmer for 1/2 an hour. When it is tender, drain and cut it into thin rings or lengths, and drop it into the boiling stock. Stew gently for 15 minutes, and serve grated Parmesan cheese with it.

Time.--3/4 hour. _Average cost_, 1s. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: MACARONI.]

MACARONI.--This is the favourite food of Italy, where, especially among the Neapolitans, it may be regarded as the staff of life. "The crowd of London," says Mr. Forsyth, "is a double line in quick motion; it is the crowd of business. The crowd of Naples consists in a general tide rolling up and down, and in the middle of this tide, a hundred eddies of men. You are stopped by a carpenter's bench, you are lost among shoemakers' stalls, and you dash among the _pots of a macaroni stall_." This article of food is nothing more than a thick paste, made of the best wheaten flour, with a small quantity of water. When it has been well worked, it is put into a hollow cylindrical vessel, pierced with holes of the size of tobacco-pipes at the bottom. Through these holes the mass is forced by a powerful screw bearing on a piece of wood made exactly to fit the inside of the cylinder. Whilst issuing from the holes, it is partially baked by a fire placed below the cylinder, and is, at the same time, drawn away and hung over rods placed about the room, in order to dry. In a few days it is fit for use. As it is both wholesome and nutritious, it ought to be much more used by all classes in England than it is. It generally accompanies Parmesan cheese to the tables of the rich, but is also used for thickening soups and making puddings.

SOUP MAIGRE (i.e. without Meat).

136. INGREDIENTS.--6 oz. butter, 6 onions sliced, 4 heads of celery, 2 lettuces, a small bunch of parsley, 2 handfuls of spinach, 3 pieces of bread-crust, 2 blades of mace, salt and pepper to taste, the yolks of 2 eggs, 3 teaspoonfuls of vinegar, 2 quarts of water.

Mode.--Melt the butter in a stewpan, and put in the onions to stew

gently for 3 or 4 minutes; then add the celery, spinach, lettuces, and parsley, cut small. Stir the ingredients well for 10 minutes. Now put in the water, bread, seasoning, and mace. Boil gently for 1-1/2 hour, and, at the moment of serving, beat in the yolks of the eggs and the vinegar, but do not let it boil, or the eggs will curdle.

Time--2 hours. _Average cost_, 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: LETTUCE.]

THE LETTUCE.--This is one of the acetarious vegetables, which comprise a large class, chiefly used as pickles, salads, and other condiments. The lettuce has in all antiquity been distinguished as a kitchen-garden plant. It was, without preparation, eaten by the Hebrews with the Paschal lamb; the Greeks delighted in it, and the Romans, in the time of Domitian, had it prepared with eggs, and served in the first course at their tables, merely to excite their appetites. Its botanical name is *Lactuca*, so called from the milky juice it exudes when its stalks are cut. It possesses a narcotic virtue, noticed by ancient physicians; and even in our day a lettuce supper is deemed conducive to repose. Its proper character, however, is that of a cooling summer vegetable, not very nutritive, but serving as a corrective, or diluent of animal food.

MILK SOUP (a Nice Dish for Children).

137. INGREDIENTS.--2 quarts of milk, 1 saltspoonful of salt, 1 teaspoonful of powdered cinnamon, 3 teaspoonfuls of pounded sugar, or more if liked, 4 thin slices of bread, the yolks of 6 eggs.

Mode--Boil the milk with the salt, cinnamon, and sugar; lay the bread in a deep dish, pour over it a little of the milk, and keep it hot over a stove, without burning. Beat up the yolks of the eggs, add them to the milk, and stir it over the fire till it thickens. Do not let it curdle. Pour it upon the bread, and serve.

Time--3/4 of an hour. _Average cost_, 8d. per quart.

Seasonable all the year.

Sufficient for 10 children.

ONION SOUP.

138. INGREDIENTS.--6 large onions, 2 oz. of butter, salt and pepper to taste, 1/4 pint of cream, 1 quart of stock No. 105.

Mode.--Chop the onions, put them in the butter, stir them occasionally, but do not let them brown. When tender, put the stock to them, and season; strain the soup, and add the boiling cream.

Time.--1-1/2 hour. _Average cost_, 1s. per quart.

Seasonable in winter.

Sufficient for 4 persons.

CHEAP ONION SOUP.

139. INGREDIENTS.--8 middling-sized onions, 3 oz. of butter, a tablespoonful of rice-flour, salt and pepper to taste, 1 teaspoonful of powdered sugar, thickening of butter and flour, 2 quarts of water.

Mode.--Cut the onions small, put them in the stewpan with the butter, and fry them well; mix the rice-flour smoothly with the water, add the onions, seasoning, and sugar, and simmer till tender. Thicken with butter and flour, and serve.

Time.--2 hours. _Average cost_, 4d. per quart.

Seasonable in winter.

Sufficient for 8 persons.

[Illustration: ONION.]

THE ONION.--Like the cabbage, this plant was erected into an object of worship by the idolatrous Egyptians 2,000 years before the Christian era, and it still forms a favourite food in the country of these people, as well as in other parts of Africa. When it was first introduced to England, has not been ascertained; but it has long been in use, and esteemed as a favourite seasoning plant to various dishes. In warmer climates it is much milder in its flavour; and such as are grown in Spain and Portugal, are, comparatively speaking, very large, and are

often eaten both in a boiled and roasted state. The Strasburg is the most esteemed; and, although all the species have highly nutritive properties, they impart such a disagreeable odour to the breath, that they are often rejected even where they are liked. Chewing a little raw parsley is said to remove this odour.

PAN KAIL.

140. INGREDIENTS.--2 lbs. of cabbage, or Savoy greens; 1/4 lb. of butter or dripping, salt and pepper to taste, oatmeal for thickening, 2 quarts of water.

Mode.--Chop the cabbage very fine, thicken the water with oatmeal, put in the cabbage and butter, or dripping; season and simmer for 1-1/2 hour. It can be made sooner by blanching and mashing the greens, adding any good liquor that a joint has been boiled in, and then further thicken with bread or pounded biscuit.

Time--1-1/2 hour. Average cost, 1-1/2d. per quart.

Seasonable all the year, but more suitable in winter.

Sufficient for 8 persons.

THE SAVOY.--This is a close-hearted wrinkle-leaved cabbage, sweet and tender, especially the middle leaves, and in season from November to spring. The yellow species bears hard weather without injury, whilst the dwarf kind are improved and rendered more tender by frost.

PARSNIP SOUP.

141. INGREDIENTS.--1 lb. of sliced parsnips, 2 oz. of butter, salt and cayenne to taste, 1 quart of stock No. 106.

Mode.--Put the parsnips into the stewpan with the butter, which has been previously melted, and simmer them till quite tender. Then add nearly a pint of stock, and boil together for half an hour. Pass all through a fine strainer, and put to it the remainder of the stock. Season, boil, and serve immediately.

Time.--2 hours. Average cost, 6d. per quart.

Seasonable from October to April.

Sufficient for 4 persons.

THE PARSNIP.--This is a biennial plant, with a root like a carrot, which, in nutritive and saccharine matter, it nearly equals. It is a native of Britain, and, in its wild state, may be found, in many parts, growing by the road-sides. It is also to be found, generally distributed over Europe; and, in Catholic countries, is mostly used with salt fish, in Lent. In Scotland it forms an excellent dish, when beat up with butter and potatoes; it is, also, excellent when fried. In Ireland it is found to yield, in conjunction with the hop, a pleasant beverage; and it contains as much spirit as the carrot, and makes an excellent wine. Its proportion of nutritive matter is 99 parts in 1,000; 9 being mucilage and 90 sugar.

PEA SOUP (GREEN).

142. INGREDIENTS.--3 pints of green peas, 1/4 lb. of butter, 2 or three thin slices of ham, 6 onions sliced, 4 shredded lettuces, the crumb of 2 French rolls, 2 handfuls of spinach, 1 lump of sugar, 2 quarts of common stock.

Mode.--Put the butter, ham, 1 quart of the peas, onions, and lettuces, to a pint of stock, and simmer for an hour; then add the remainder of the stock, with the crumb of the French rolls, and boil for another hour. Now boil the spinach, and squeeze it very dry. Rub the soup through a sieve, and the spinach with it, to colour it. Have ready a pint of _young_ peas boiled; add them to the soup, put in the sugar, give one boil, and serve. If necessary, add salt.

Time.--2-1/2 hours. _Average cost_, 1s. 9d. per quart.

Seasonable from June to the end of August.

Sufficient for 10 persons.

Note.--It will be well to add, if the peas are not quite young, a little sugar. Where economy is essential, water may be used instead of stock for this soup, boiling in it likewise the pea-shells; but use a double quantity of vegetables.

WINTER PEA SOUP (YELLOW).

143. INGREDIENTS.--1 quart of split peas, 2 lbs. of shin of beef, trimmings of meat or poultry, a slice of bacon, 2 large carrots, 2 turnips, 5 large onions, 1 head of celery, seasoning to taste, 2 quarts of soft water, any bones left from roast meat, 2 quarts of common stock, or liquor in which a joint of meat has been boiled.

Mode.--Put the peas to soak over-night in soft water, and float off such as rise to the top. Boil them in the water till tender enough to pulp; then add the ingredients mentioned above, and simmer for 2 hours, stirring it occasionally. Pass the whole through a sieve, skim well, season, and serve with toasted bread cut in dice.

Time.--4 hours. Average cost, 6d. per quart. Seasonable all the year round, but more suitable for cold weather. Sufficient for 12 persons.

[Illustration: PEA.]

THE PEA.--It is supposed that the common gray pea, found wild in Greece, and other parts of the Levant, is the original of the common garden pea, and of all the domestic varieties belonging to it. The gray, or field pea, called bisallie by the French, is less subject to run into varieties than the garden kinds, and is considered by some, perhaps on that account, to be the wild plant, retaining still a large proportion of its original habit. From the tendency of all other varieties "to run away" and become different to what they originally were, it is very difficult to determine the races to which they belong. The pea was well known to the Romans, and, probably, was introduced to Britain at an early period; for we find peas mentioned by Lydgate, a poet of the 15th century, as being hawked in London. They seem, however, for a considerable time, to have fallen out of use; for, in the reign of Queen Elizabeth, Fuller tells us they were brought from Holland, and were accounted "fit dainties for ladies, they came so far and cost so dear." There are some varieties of peas which have no lining in their pods, which are eaten cooked in the same way as kidney-beans. They are called sugar peas, and the best variety is the large crooked sugar, which is also very good, used in the common way, as a culinary vegetable. There is also a white sort, which readily splits when subjected to the action of millstones set wide apart, so as not to grind them. These are used largely for soups, and especially for sea-stores. From the quantity of farinaceous and saccharine

matter contained in the pea, it is highly nutritious as an article of food.

PEA SOUP (inexpensive).

144. INGREDIENTS.--1/4 lb. of onions, 1/4 lb. of carrots, 2 oz. of celery, 3/4 lb. of split peas, a little mint, shred fine; 1 tablespoonful of coarse brown sugar, salt and pepper to taste, 4 quarts of water, or liquor in which a joint of meat has been boiled.

Mode.--Fry the vegetables for 10 minutes in a little butter or dripping, previously cutting them up in small pieces; pour the water on them, and when boiling add the peas. Let them simmer for nearly 3 hours, or until the peas are thoroughly done. Add the sugar, seasoning, and mint; boil for 1/4 of an hour, and serve.

Time.--3-1/2 hours. _Average cost_, 1-1/2d. per quart.

Seasonable in winter.

Sufficient for 12 persons.

POTATO SOUP.

I.

145. INGREDIENTS.--4 lbs. of mealy potatoes, boiled or steamed very dry, pepper and salt to taste, 2 quarts of stock No. 105.

Mode.--When the potatoes are boiled, mash them smoothly, that no lumps remain, and gradually put them to the boiling stock; pass it through a sieve, season, and simmer for 5 minutes. Skim well, and serve with fried bread.

Time.--1/2 hour. _Average cost_, 10d. per quart.

Seasonable from September to March.

Sufficient for 8 persons.

II.

146. INGREDIENTS.--1 lb. of shin of beef, 1 lb. of potatoes, 1 onion, 1/2 a pint of peas, 2 oz. of rice, 2 heads of celery, pepper and salt to taste, 3 quarts of water.

Mode.--Cut the beef into thin slices, chop the potatoes and onion, and put them in a stewpan with the water, peas, and rice. Stew gently till the gravy is drawn from the meat; strain it off, take out the beef, and pulp the other ingredients through a coarse sieve. Put the pulp back in the soup, cut up the celery in it, and simmer till this is tender. Season, and serve with fried bread cut into it.

Time.--3 hours. _Average cost_, 4d. per quart.

Seasonable from September to March.

Sufficient for 12 persons.

III.

(_Very Economical_.)

147. INGREDIENTS.--4 middle-sized potatoes well pared, a thick slice of bread, 6 leeks peeled and cut into thin slices as far as the white extends upwards from the roots, a teacupful of rice, a teaspoonful of salt, and half that of pepper, and 2 quarts of water.

Mode.--The water must be completely boiling before anything is put into it; then add the whole of the ingredients at once, with the exception of the rice, the salt, and the pepper. Cover, and let these come to a brisk boil; put in the others, and let the whole boil slowly for an hour, or till all the ingredients are thoroughly done, and their several juices extracted and mixed.

Time.--2-1/2 hours. _Average cost_, 3d. per quart.

Sufficient for 8 persons.

Seasonable in winter.

[Illustration: POTATOES.]

THE POTATO.--Humboldt doubted whether this root was a native of South America; but it has been found growing wild both in Chili and Buenos Ayres. It was first brought to Spain from the

neighbourhood of Quito, in the early part of the sixteenth century, first to England from Virginia, in 1586, and first planted by Sir Walter Raleigh, on his estate of Youghal, near Cork, in Ireland. Thence it was brought and planted in Lancashire, in England, and was, at first, recommended to be eaten as a delicate dish, and not as common food. This was in 1587. Nutritious Properties.--Of a thousand parts of the potato, Sir H. Davy found about a fourth nutritive; say, 200 mucilage or starch, 20 sugar, and 30 gluten.

PRINCE OF WALES'S SOUP.

148. INGREDIENTS.--12 turnips, 1 lump of sugar, 2 spoonfuls of strong veal stock, salt and white pepper to taste, 2 quarts of very bright stock, No. 105.

Mode.--Peel the turnips, and with a cutter cut them in balls as round as possible, but very small. Put them in the stock, which must be very bright, and simmer till tender. Add the veal stock and seasoning. Have little pieces of bread cut round, about the size of a shilling; moisten them with stock; put them into a tureen and pour the soup over without shaking, for fear of crumbling the bread, which would spoil the appearance of the soup, and make it look thick.

Time.--2 hours.

Seasonable in the winter.

Sufficient for 8 persons.

THE PRINCE OF WALES.--This soup was invented by a philanthropic friend of the Editress, to be distributed among the poor of a considerable village, when the Prince of Wales attained his majority, on the 9th November, 1859. Accompanying this fact, the following notice, which appears in "BEETON'S DICTIONARY OF UNIVERSAL INFORMATION" may appropriately be introduced, premising that British princes attain their majority in their 18th year, whilst mortals of ordinary rank do not arrive at that period till their 21st.--"ALBERT EDWARD, Prince of Wales, and heir to the British throne, merits a place in this work on account of the high responsibilities which he is, in all probability, destined to fulfil as sovereign of the British empire. On the 10th of November, 1858, he was gazetted as having been invested with the rank of a colonel in the army. Speaking of this circumstance, the Times said,--'The significance of this event is, that it marks the period when the heir to the

British throne is about to take rank among men, and to enter formally upon a career, which every loyal subject of the queen will pray may be a long and a happy one, for his own sake and for the sake of the vast empire which, in the course of nature, he will one day be called to govern. The best wish that we can offer for the young prince is, that in his own path he may ever keep before him the bright example of his royal mother, and show himself worthy of her name.' There are few in these realms who will not give a fervent response to these sentiments. B. November 9th, 1841."

POTAGE PRINTANIER, OR SPRING SOUP.

149. INGREDIENTS.--1/2 a pint of green peas, if in season, a little chervil, 2 shredded lettuces, 2 onions, a very small bunch of parsley, 2 oz. of butter, the yolks of 3 eggs, 1 pint of water, seasoning to taste, 2 quarts of stock No. 105.

Mode.--Put in a very clean stewpan the chervil, lettuces, onions, parsley, and butter, to 1 pint of water, and let them simmer till tender. Season with salt and pepper; when done, strain off the vegetables, and put two-thirds of the liquor they were boiled in to the stock. Beat up the yolks of the eggs with the other third, give it a toss over the fire, and at the moment of serving, add this, with the vegetables which you strained off, to the soup.

Time.--3/4 of an hour. _Average cost_, 1s. per quart.

Seasonable from May to October.

Sufficient for 8 persons.

RICE SOUP.

I.

150. INGREDIENTS.--4 oz. of Patna rice, salt, cayenne, and mace, 2 quarts of white stock.

Mode.--Throw the rice into boiling water, and let it remain 5 minutes; then pour it into a sieve, and allow it to drain well. Now add it to the stock boiling, and allow it to stew till it is quite tender; season to taste. Serve quickly.

Time.--1 hour. _Average cost_, 1s. 3d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: EARS OF RICE.]

RICE.--This is a plant of Indian origin, and has formed the principal food of the Indian and Chinese people from the most remote antiquity. Both Pliny and Dioscorides class it with the cereals, though Galen places it among the vegetables. Be this as it may, however, it was imported to Greece, from India, about 286 years before Christ, and by the ancients it was esteemed both nutritious and fattening. There are three kinds of rice,--the Hill rice, the Patna, and the Carolina, of the United States. Of these, only the two latter are imported to this country, and the Carolina is considered the best, as it is the dearest. The nourishing properties of rice are greatly inferior to those of wheat; but it is both a light and a wholesome food. In combination with other foods, its nutritive qualities are greatly increased; but from its having little stimulating power, it is apt, when taken in large quantities alone, to lie long on the stomach.

II.

151. INGREDIENTS.--6 oz. of rice, the yolks of 4 eggs, 1/2 a pint of cream, rather more than 2 quarts of stock No. 105.

Mode.--Boil the rice in the stock, and rub half of it through a tammy; put the stock in the stewpan, add all the rice, and simmer gently for 5 minutes. Beat the yolks of the eggs, mix them with the cream (previously boiled), and strain through a hair sieve; take the soup off the fire, add the eggs and cream, stirring frequently. Heat it gradually, stirring all the time; but do not let it boil, or the eggs will curdle.

Time.--2 hours. _Average cost_, 1s. 4d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

SAGO SOUP.

152. INGREDIENTS.--5 oz. of sago, 2 quarts of stock No. 105.

Mode.--Wash the sago in boiling water, and add it, by degrees, to the boiling stock, and simmer till the sago is entirely dissolved, and forms a sort of jelly.

Time.--Nearly an hour. _Average cost_, 10d. per quart.

Sufficient for 8 persons.

Seasonable all the year.

Note.--The yolks of 2 eggs, beaten up with a little cream, previously boiled, and added at the moment of serving, much improves this soup.

[Illustration: SAGO PALM.]

SAGO.--The farinaceous food of this name constitutes the pith of the SAGO tree (the _Sagus farinifera_ of Linnaeus), which grows spontaneously in the East Indies and in the archipelago of the Indian Ocean. There it forms the principal farinaceous diet of the inhabitants. In order to procure it, the tree is felled and sawn in pieces. The pith is then taken out, and put in receptacles of cold water, where it is stirred until the flour separates from the filaments, and sinks to the bottom, where it is suffered to remain until the water is poured off, when it is taken out and spread on wicker frames to dry. To give it the round granular form in which we find it come to this country, it is passed through a colander, then rubbed into little balls, and dried. The tree is not fit for felling until it has attained a growth of seven years, when a single trunk will yield 600 lbs. weight; and, as an acre of ground will grow 430 of these trees, a large return of flour is the result. The best quality has a slightly reddish hue, and easily dissolves to a jelly, in hot water. As a restorative diet, it is much used.

SEMOLINA SOUP.

153. INGREDIENTS.--5 oz. of semolina, 2 quarts of boiling stock, No. 105, or 106.

Mode.--Drop the semolina into the boiling stock, and keep stirring, to prevent its burning. Simmer gently for half an hour, and serve.

Time.--1/2 an hour. _Average cost_, 10d. per quart, or 4d.

Seasonable all the year.

Sufficient for 8 persons.

SEMOLINA.--This is the heart of the _grano duro_ wheat of Italy, which is imported for the purpose of making the best vermicelli. It has a coarse appearance, and may be purchased at the Italian warehouses. It is also called _soojee;_ and _semoletta_ is another name for a finer sort.

SOUP A LA SOLFERINO (Sardinian Recipe).

154. INGREDIENTS.--4 eggs, 1/2 pint of cream, 2 oz. of fresh butter, salt and pepper to taste, a little flour to thicken, 2 quarts of bouillon, No. 105.

Mode.--Beat the eggs, put them into a stewpan, and add the cream, butter, and seasoning; stir in as much flour as will bring it to the consistency of dough; make it into balls, either round or egg-shaped, and fry them in butter; put them in the tureen, and pour the boiling bouillon over them.

Time.--1 hour. _Average cost_, 1s. 3d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.--This recipe was communicated to the Editress by an English gentleman, who was present at the battle of Solferino, on June 24, 1859, and who was requested by some of Victor Emmanuel's troops, on the day before the battle, to partake of a portion of their _potage_. He willingly enough consented, and found that these clever campaigners had made a most palatable dish from very easily-procured materials. In sending the recipe for insertion in this work, he has, however, Anglicised, and somewhat, he thinks, improved it.

SPINACH SOUP (French Recipe).

155. INGREDIENTS.--As much spinach as, when boiled, will half fill a vegetable-dish, 2 quarts of very clear medium stock, No. 105.

Mode.--Make the cooked spinach into balls the size of an egg, and slip them into the soup-tureen. This is a very elegant soup, the green of the spinach forming a pretty contrast to the brown gravy.

Time--1 hour. _Average cost_, 1s. per quart.

Seasonable from October to June.

[Illustration: SPINACH.]

SPINACH.--This plant was unknown by the ancients, although it was cultivated in the monastic gardens of the continent in the middle of the 14th century. Some say, that it was originally brought from Spain; but there is a wild species growing in England, and cultivated in Lincolnshire, in preference to the other. There are three varieties in use; the round-leaved, the triangular-leaved, and Flanders spinach, known by its large leaves. They all form a useful ingredient in soup; but the leaves are sometimes boiled alone, mashed, and eaten as greens.

TAPIOCA SOUP.

156. INGREDIENTS.--5 oz. of tapioca, 2 quarts of stock No. 105 or 106.

Mode--Put the tapioca into cold stock, and bring it gradually to a boil. Simmer gently till tender, and serve.

Time--Rather more than 1 hour. Average cost. 1s. or 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

TAPIOCA.--This excellent farinaceous food is the produce of the pith of the cassava-tree, and is made in the East Indies, and also in Brazil. It is, by washing, procured as a starch from the tree, then dried, either in the sun or on plates of hot iron, and afterwards broken into grains, in which form it is imported into this country. Its nutritive properties are large, and as a food for persons of delicate digestion, or for children, it is in great estimation. "No amylaceous substance," says Dr. Christison, "is so much relished by infants about the time of weaning; and in them it is less apt to become sour during digestion than any other farinaceous food, even arrowroot not excepted."

TURNIP SOUP.

157. INGREDIENTS.--3 oz. of butter, 9 good-sized turnips, 4 onions, 2 quarts of stock No. 106, seasoning to taste.

Mode.--Melt the butter in the stewpan, but do not let it boil; wash, drain, and slice the turnips and onions very thin; put them in the butter, with a teacupful of stock, and stew very gently for an hour. Then add the remainder of the stock, and simmer another hour. Rub it through a tammy, put it back into the stewpan, but do not let it boil. Serve very hot.

Time.--2-1/2 hours. _Average cost_, 8d. per quart.

Seasonable from October to March.

Sufficient for 8 persons.

Note.--By adding a little cream, this soup will be much improved.

[Illustration: TURNIP.]

THE TURNIP.--Although turnips grow wild in England, they are not the original of the cultivated vegetable made use of in this country. In ancient times they were grown for cattle by the Romans, and in Germany and the Low Countries they have from time immemorial been raised for the same purpose. In their cultivated state, they are generally supposed to have been introduced to England from Hanover, in the time of George I.; but this has been doubted, as George II. caused a description of the Norfolk system to be sent to his Hanoverian subjects, for their enlightenment in the art of turnip culture. As a culinary vegetable, it is excellent, whether eaten alone, mashed, or mixed with soups und stews. Its nutritious matter, however, is small, being only 42 parts in 1,000.

VEGETABLE-MARROW SOUP.

158. INGREDIENTS.--4 young vegetable marrows, or more, if very small, 1/2 pint of cream, salt and white pepper to taste, 2 quarts of white stock, No. 107.

Mode.--Pare and slice the marrows, and put them in the stock boiling. When done almost to a mash, press them through a sieve, and at the moment of serving, add the boiling cream and seasoning.

Time.--1 hour. _Average cost_, 1s. 2d. per quart.

Seasonable in summer.

Sufficient for 8 persons.

[Illustration: VEGETABLE MARROW.]

THE VEGETABLE MARROW.--This is a variety of the gourd family, brought from Persia by an East-India ship, and only recently introduced to Britain. It is already cultivated to a considerable extent, and, by many, is highly esteemed when fried with butter. It is, however, dressed in different ways, either by stewing or boiling, and, besides, made into pies.

VEGETABLE SOUP.

I.

159. INGREDIENTS.--7 oz. of carrot, 10 oz. of parsnip, 10 oz. of potato, cut into thin slices; 1-1/4 oz. of butter, 5 teaspoonfuls of flour, a teaspoonful of made mustard, salt and pepper to taste, the yolks of 2 eggs, rather more than 2 quarts of water.

Mode.--Boil the vegetables in the water 2-1/2 hours; stir them often, and if the water boils away too quickly, add more, as there should be 2 quarts of soup when done. Mix up in a basin the butter and flour, mustard, salt, and pepper, with a teacupful of cold water; stir in the soup, and boil 10 minutes. Have ready the yolks of the eggs in the tureen; pour on, stir well, and serve.

Time.--3 hours. _Average cost_, 4d. per quart.

Seasonable in winter.

Sufficient for 8 persons.

II.

160. INGREDIENTS.--Equal quantities of onions, carrots, turnips; 1/4 lb. of butter, a crust of toasted bread, 1 head of celery, a faggot of herbs, salt and pepper to taste, 1 teaspoonful of powdered sugar, 2 quarts of common stock or boiling water. Allow 3/4 lb. of vegetables to 2 quarts of stock, No. 105.

Mode.--Cut up the onions, carrots, and turnips; wash and drain them well, and put them in the stewpan with the butter and powdered sugar. Toss the whole over a sharp fire for 10 minutes, but do not let them

brown, or you will spoil the flavour of the soup. When done, pour the stock or boiling water on them; add the bread, celery, herbs, and seasoning; stew for 3 hours; skim well and strain it off. When ready to serve, add a little sliced carrot, celery, and turnip, and flavour with a spoonful of Harvey's sauce, or a little ketchup.

Time--3-1/2 hours. _Average cost_,6d. per quart.

Seasonable all the year. _Sufficient_ for 8 persons.

III.

(_Good and Cheap, made without Meat_)

161. INGREDIENTS.--6 potatoes, 4 turnips, or 2 if very large; 2 carrots, 2 onions; if obtainable, 2 mushrooms; 1 head of celery, 1 large slice of bread, 1 small saltspoonful of salt, 1/4 saltspoonful of ground black pepper, 2 teaspoonfuls of Harvey's sauce, 6 quarts of water.

Mode--Peel the vegetables, and cut them up into small pieces; toast the bread rather brown, and put all into a stewpan with the water and seasoning. Simmer gently for 3 hours, or until all is reduced to a pulp, and pass it through a sieve in the same way as pea-soup, which it should resemble in consistence; but it should be a dark brown colour. Warm it up again when required; put in the Harvey's sauce, and, if necessary, add to the flavouring.

Time--3 hours, or rather more. _Average cost_,1d. per quart.

Seasonable at any time. _Sufficient_ for 16 persons.

Note--This recipe was forwarded to the Editress by a lady in the county of Durham, by whom it was strongly recommended.

VERMICELLI SOUP.

I.

162. INGREDIENTS.--1-1/2 lb. of bacon, stuck with cloves; 1/2 oz. of butter, worked up in flour; 1 small fowl, trussed for boiling; 2 oz. of vermicelli, 2 quarts of white stock, No. 107.

Mode--Put the stock, bacon, butter, and fowl into the stewpan, and stew for 3/4 of an hour. Take the vermicelli, add it to a little of the

stock, and set it on the fire, till it is quite tender. When the soup is ready, take out the fowl and bacon, and put the bacon on a dish. Skim the soup as clean as possible; pour it, with the vermicelli, over the fowl. Cut some bread thin, put in the soup, and serve.

Time--2 hours. _Average cost_, exclusive of the fowl and bacon, 10d. per quart.

Seasonable in winter.

Sufficient for 4 persons.

[Illustration: VERMICELLI.]

VERMICELLI.--This is a preparation of Italian origin, and is made in the same way as macaroni, only the yolks of eggs, sugar, saffron, and cheese, are added to the paste.

II.

163. INGREDIENTS.--1/4 lb. of vermicelli, 2 quarts of clear gravy stock, No. 169.

Mode--Put the vermicelli in the soup, boiling; simmer very gently for 1/2 an hour, and stir frequently.

Time--1/2 an hour. _Average cost_, 1s. 3d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

WHITE SOUP.

164. INGREDIENTS.--1/4 lb. of sweet almonds, 1/4 lb. of cold veal or poultry, a thick slice of stale bread, a piece of fresh lemon-peel, 1 blade of mace, pounded, 3/4 pint of cream, the yolks of 2 hard-boiled eggs, 2 quarts of white stock, No. 107.

Mode--Reduce the almonds in a mortar to a paste, with a spoonful of water, and add to them the meat, which should be previously pounded with the bread. Beat all together, and add the lemon-peel, very finely chopped, and the mace. Pour the boiling stock on the whole, and simmer for an hour. Rub the eggs in the cream, put in the soup, bring it to a

boil, and serve immediately.

Time--1-1/2 hour. _Average cost_, 1s. 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note--A more economical white soup may be made by using common veal stock, and thickening with rice, flour, and milk. Vermicelli should be served with it.

Average cost, 5d. per quart.

USEFUL SOUP FOR BENEVOLENT PURPOSES.

165. INGREDIENTS.--An ox-cheek, any pieces of trimmings of beef, which may be bought very cheaply (say 4 lbs.), a few bones, any pot-liquor the larder may furnish, 1/4 peck of onions, 6 leeks, a large bunch of herbs, 1/2 lb. of celery (the outside pieces, or green tops, do very well); 1/2 lb. of carrots, 1/2 lb. of turnips, 1/2 lb. of coarse brown sugar, 1/2 a pint of beer, 4 lbs. of common rice, or pearl barley; 1/2 lb. of salt, 1 oz. of black pepper, a few raspings, 10 gallons of water.

Mode--Cut up the meat in small pieces, break the bones, put them in a copper, with the 10 gallons of water, and stew for 1/2 an hour. Cut up the vegetables, put them in with the sugar and beer, and boil for 4 hours. Two hours before the soup is wanted, add the rice and raspings, and keep stirring till it is well mixed in the soup, which simmer gently. If the liquor reduces too much, fill up with water.

Time--6-1/2 hours. _Average cost_, 1-1/2d. per quart.

Note--The above recipe was used in the winter of 1858 by the Editress, who made, each week, in her copper, 8 or 9 gallons of this soup, for distribution amongst about a dozen families of the village near which she lives. The cost, as will be seen, was not great; but she has reason to believe that the soup was very much liked, and gave to the members of those families, a dish of warm, comforting food, in place of the cold meat and piece of bread which form, with too many cottagers, their usual meal, when, with a little more knowledge of the "cooking." art, they might have, for less expense, a warm dish, every day.

MEAT, POULTRY, AND GAME SOUPS.

BRILLA SOUP.

166. INGREDIENTS.--4 lbs. of shin of beef, 3 carrots, 2 turnips, a large sprig of thyme, 2 onions, 1 head of celery, salt and pepper to taste, 4 quarts water.

Mode.--Take the beef, cut off all the meat from the bone, in nice square pieces, and boil the bone for 4 hours. Strain the liquor, let it cool, and take off the fat; then put the pieces of meat in the cold liquor; cut small the carrots, turnips, and celery; chop the onions, add them with the thyme and seasoning, and simmer till the meat is tender. If not brown enough, colour it with browning.

Time.--6 hours. Average cost, 5d. per quart.

Seasonable all the year.

Sufficient for 10 persons.

THYME.--This sweet herb was known to the Romans, who made use of it in culinary preparations, as well as in aromatic liqueurs. There are two species of it growing wild in Britain, but the garden thyme is a native of the south of Europe, and is more delicate in its perfume than the others. Its young leaves give an agreeable flavour to soups and sauces; they are also used in stuffings.

CALF'S-HEAD SOUP.

167. INGREDIENTS.--1/2 a calf's head, 1 onion stuck with cloves, a very small bunch of sweet herbs, 2 blades of mace, salt and white pepper to taste, 6 oz. of rice-flour, 3 tablespoonfuls of ketchup, 3 quarts of white stock, No. 107, or pot-liquor, or water.

Mode.--Rub the head with salt, soak it for 6 hours, and clean it thoroughly; put it in the stewpan, and cover it with the stock, or pot-liquor, or water, adding the onion and sweet herbs. When well skimmed and boiled for 1-1/2 hour, take out the head, and skim and strain the soup. Mix the rice-flour with the ketchup, thicken the soup with it, and simmer for 5 minutes. Now cut up the head into pieces about two inches long, and simmer them in the soup till the meat and fat are

quite tender. Season with white pepper and mace finely pounded, and serve very hot. When the calf's head is taken out of the soup, cover it up, or it will discolour.

Time.--2-1/2 hours. _Average cost_.1s. 9d. per quart, with stock No. 107.

Seasonable from May to October.

Sufficient for 10 persons.

Note.--Force-meat balls can be added, and the soup may be flavoured with a little lemon-juice, or a glass of sherry or Madeira. The bones from the head may be stewed down again, with a few fresh vegetables, and it will make a very good common stock.

GIBLET SOUP.

168. INGREDIENTS.--3 sets of goose or duck giblets, 2 lbs. of shin of beef, a few bones, 1 ox-tail, 2 mutton-shanks, 2 large onions, 2 carrots, 1 large faggot of herbs, salt and pepper to taste, 1/4 pint of cream, 1 oz. of butter mixed with a dessert-spoonful of flour, 3 quarts of water.

Mode.--Scald the giblets, cut the gizzards in 8 pieces, and put them in a stewpan with the beef, bones, ox-tail, mutton-shanks, onions, herbs, pepper, and salt; add the 3 quarts of water, and simmer till the giblets are tender, taking care to skim well. When the giblets are done, take them out, put them in your tureen, strain the soup through a sieve, add the cream and butter, mixed with a dessert-spoonful of flour, boil it up a few minutes, and pour it over the giblets. It can be flavoured with port wine and a little mushroom ketchup, instead of cream. Add salt to taste.

Time.--3 hours. _Average cost_.9d. per quart.

Seasonable all the year.

Sufficient for 10 persons.

GRAVY SOUP.

169. INGREDIENTS.--6 lbs. of shin of beef, a knuckle of veal weighing 5

lbs., a few pieces or trimmings, 2 slices of nicely-flavoured lean, ham; 1/4 lb. of butter, 2 onions, 2 carrots, 1 turnip, nearly a head of celery, 1 blade of mace, 6 cloves, a hunch of savoury herb with endive, seasoning of salt and pepper to taste, 3 lumps of sugar, 5 quarts of boiling soft water. It can be flavoured with ketchup, Leamington sauce (see SAUCES), Harvey's sauce, and a little soy.

Mode.--Slightly brown the meat and ham in the butter, but do not let them burn. When this is done, pour to it the water, and as the scum rises, take it off; when no more appears, add all the other ingredients, and let the soup simmer slowly by the fire for 6 hours without stirring it any more from the bottom; take it off, and let it settle; skim off all the fat you can, and pass it through a tammy. When perfectly cold, you can remove all the fat, and leave the sediment untouched, which serves very nicely for thick gravies, hashes, &c.

Time.--7 hours. Average cost, 1s. per quart.

Seasonable all the year.

Sufficient for 14 persons.

ENDIVE.--This plant belongs to the acetarious tribe of vegetables, and is supposed to have originally come from China and Japan. It was known to the ancients; but was not introduced to England till about the middle of the 16th century. It is consumed in large quantities by the French, and in London,--in the neighbourhood of which it is grown in abundance;--it is greatly used as a winter salad, as well as in soups and stews.

HARE SOUP.

I.

170. INGREDIENTS.--A hare fresh-killed, 1 lb. of lean gravy-beef, a slice of ham, 1 carrot, 2 onions, a faggot of savoury herbs, 1/4 oz. of whole black pepper, a little browned flour, 1/4 pint of port wine, the crumb of two French rolls, salt and cayenne to taste, 3 quarts of water.

Mode.--Skin and paunch the hare, saving the liver and as much blood as possible. Cut it in pieces, and put it in a stewpan with all the ingredients, and simmer gently for 8 hours. This soup should be made the day before it is wanted. Strain through a sieve, put the best parts of the hare in the soup, and serve.

OR,

II.

Proceed as above; but, instead of putting the joints of the hare in the soup, pick the meat from the bones, pound it in a mortar, and add it, with the crumb of two French rolls, to the soup. Rub all through a sieve; heat slowly, but do not let it boil. Send it to table immediately.

Time.-8 hours. _Average cost_, 1s. 9d. per quart.

Seasonable from September to February.

Sufficient for 10 persons.

[Illustration: HARE.]

THE COMMON HARE.--This little animal is found throughout Europe, and, indeed, in most of the northern parts of the world; and as it is destitute of natural weapons of defence, Providence has endowed it with an extraordinary amount of the passion of fear. As if to awaken the vigilance of this passion, too, He has furnished it with long and tubular ears, in order that it may catch the remotest sounds; and with full, prominent eyes, which enable it to see, at one and the same time, both before and behind it. The hare feeds in the evenings, and sleeps, in its form, during the day; and, as it generally lies on the ground, its feet, both below and above, are protected with a thick covering of hair. Its flesh, though esteemed by the Romans, was forbidden by the Druids and by the earlier Britons. It is now, though very dark and dry, and devoid of fat, much esteemed by Europeans, on account of the peculiarity of its flavour. In purchasing this animal, it ought to be remembered that both hares and rabbits, when old, have their claws rugged and blunt, their haunches thick, and their ears dry and tough. The ears of a young hare easily tear, and it has a narrow cleft in the lip; whilst its claws are both smooth and sharp.

HESSIAN SOUP.

171. INGREDIENTS.--Half an ox's head, 1 pint of split peas, 3 carrots, 6 turnips, 6 potatoes, 6 onions, 1 head of celery, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of mace, a little allspice, 4

cloves, the crumb of a French roll, 6 quarts of water.

Mode.--Clean the head, rub it with salt and water, and soak it for 5 hours in warm water. Simmer it in the water till tender, put it into a pan and let it cool; skim off all the fat; take out the head, and add the vegetables cut up small, and the peas which have been previously soaked; simmer them without the meat, till they are done enough to pulp through a sieve. Add the seasoning, with pieces of the meat cut up; give one boil, and serve.

Time.--4 hours. Average cost, 6d. per quart.

Seasonable in winter.

Sufficient for 16 persons.

Note.--An excellent hash or ragoût can be made by cutting up the nicest parts of the head, thickening and seasoning more highly a little of the soup, and adding a glass of port wine and 2 tablespoonfuls of ketchup.

MOCK TURTLE.

I.

172. INGREDIENTS.--1/2 a calf's head, 1/4 lb. of butter, 1/4 lb. of lean ham, 2 tablespoonfuls of minced parsley, a little minced lemon thyme, sweet marjoram, basil, 2 onions, a few chopped mushrooms (when obtainable), 2 shallots, 2 tablespoonfuls of flour, 1/4 bottle of Madeira or sherry, force-meat balls, cayenne, salt and mace to taste, the juice of 1 lemon and 1 Seville orange, 1 dessert-spoonful of pounded sugar, 3 quarts of best stock, No. 104.

Mode.--Scald the head with the skin on, remove the brain, tie the head up in a cloth, and let it boil for 1 hour. Then take the meat from the bones, cut it into small square pieces, and throw them into cold water. Now take the meat, put it into a stewpan, and cover with stock; let it boil gently for an hour, or rather more, if not quite tender, and set it on one side. Melt the butter in another stewpan, and add the ham, cut small, with the herbs, parsley, onions, shallots, mushrooms, and nearly a pint of stock; let these simmer slowly for 2 hours, and then dredge in as much flour as will dry up the butter. Fill up with the remainder of the stock, add the wine, let it stew gently for 10 minutes, rub it through a tammy, and put it to the calf's head; season with cayenne, and, if required, a little salt; add the juice of the orange and lemon;

and when liked, 1/4 teaspoonful of pounded mace, and the sugar. Put in the force-meat balls, simmer 5 minutes, and serve very hot.

Time--4-1/2 hours. _Average cost_, 3s. 6d. per quart, or 2s. 6d. without wine or force-meat balls.

Seasonable in winter.

Sufficient for 10 persons.

Note--The bones of the head should be well stewed in the liquor it was first boiled in, and will make good white stock, flavoured with vegetables, etc.

II.

(_More Economical_.)

173. INGREDIENTS.--A knuckle of veal weighing 5 or 6 lbs., 2 cow-heels, 2 large onions stuck with cloves, 1 bunch of sweet herbs, 3 blades of mace, salt to taste, 12 peppercorns, 1 glass of sherry, 24 force-meat balls, a little lemon-juice, 4 quarts of water.

Mode--Put all the ingredients, except the force-meat balls and lemon-juice, in an earthen jar, and stew for 6 hours. Do not open it till cold. When wanted for use, skim off all the fat, and strain carefully; place it on the fire, cut up the meat into inch-and-a-half squares, put it, with the force-meat balls and lemon-juice, into the soup, and serve. It can be flavoured with a tablespoonful of anchovy, or Harvey's sauce.

Time--6 hours. _Average cost_, 1s. 4d. per quart.

Seasonable in winter.

Sufficient for 10 persons.

THE CALF--The flesh of this animal is called veal, and when young, that is, under two months old, yields a large quantity of soluble extract, and is, therefore, much employed for soups and broths. The Essex farmers have obtained a celebrity for fattening calves better than any others in England, where they are plentifully supplied with milk, a thing impossible to be done in the immediate neighbourhood of London.

MARJORAM.--There are several species of this plant; but that which is preferred for cookery is a native of Portugal, and is called sweet or knotted marjoram. When its leaves are dried, they have an agreeable aromatic flavour; and hence are used for soups, stuffings, &c.

BASIL.--This is a native of the East Indies, and is highly aromatic, having a perfume greatly resembling that of cloves. It is not much employed in English cookery, but is a favourite with French cooks, by whom its leaves are used in soups and salads.

MULLAGATAWNY SOUP.

174. INGREDIENTS.--2 tablespoonfuls of curry powder, 6 onions, 1 clove of garlic, 1 oz. of pounded almonds, a little lemon-pickle, or mango-juice, to taste; 1 fowl or rabbit, 4 slices of lean bacon; 2 quarts of medium stock, or, if wanted very good, best stock.

Mode.--Slice and fry the onions of a nice colour; line the stewpan with the bacon; cut up the rabbit or fowl into small joints, and slightly brown them; put in the fried onions, the garlic, and stock, and simmer gently till the meat is tender; skim very carefully, and when the meat is done, rub the curry powder to a smooth batter; add it to the soup with the almonds, which must be first pounded with a little of the stock. Put in seasoning and lemon-pickle or mango-juice to taste, and serve boiled rice with it.

Time.--2 hours. _Average cost_., 1s. 6d. per quart, with stock No. 105.

Seasonable in winter.

Sufficient for 8 persons.

Note.--This soup can also be made with breast of veal, or calf's head. Vegetable Mullagatawny is made with veal stock, by boiling and pulping chopped vegetable marrow, cucumbers, onions, and tomatoes, and seasoning with curry powder and cayenne. Nice pieces of meat, good curry powder, and strong stock, are necessary to make this soup good.

[Illustration: CORIANDER.]

CORIANDER.--This plant, which largely enters into the composition of curry powder with turmeric, originally comes from the East; but it has long been cultivated in England, especially in Essex, where it is reared for the use of confectioners and

druggists. In private gardens, it is cultivated for the sake of its tender leaves, which are highly aromatic, and are employed in soups and salads. Its seeds are used in large quantities for the purposes of distillation.

A GOOD MUTTON SOUP.

175. INGREDIENTS.--A neck of mutton about 5 or 6 lbs., 3 carrots, 3 turnips, 2 onions, a large bunch of sweet herbs, including parsley; salt and pepper to taste; a little sherry, if liked; 3 quarts of water.

Mode.--Lay the ingredients in a covered pan before the fire, and let them remain there the whole day, stirring occasionally. The next day put the whole into a stewpan, and place it on a brisk fire. When it commences to boil, take the pan off the fire, and put it on one side to simmer until the meat is done. When ready for use, take out the meat, dish it up with carrots and turnips, and send it to table; strain the soup, let it cool, skim off all the fat, season and thicken it with a tablespoonful, or rather more, of arrowroot; flavour with a little sherry, simmer for 5 minutes, and serve.

Time.--15 hours. Average cost, including the meat, 1s. 3d. per quart.

Seasonable at any time.

Sufficient for 8 persons.

THE SHEEP.--This animal formed the principal riches of the patriarchs, in the days of old, and, no doubt, multiplied, until its species were spread over the greater part of Western Asia; but at what period it was introduced to Britain is not known. It is now found in almost every part of the globe, although, as a domestic animal, it depends almost entirely upon man for its support. Its value, however, amply repays him for whatever care and kindness he may bestow upon it; for, like the ox, there is scarcely a part of it that he cannot convert to some useful purpose. The fleece, which serves it for a covering, is appropriated by man, to serve the same end to himself, whilst its skin is also applied to various purposes in civilized life. Its entrails are used as strings for musical instruments, and its bones are calcined, and employed as tests in the trade of the refiner. Its milk, being thicker than that of the cow, yields a greater quantity of butter and cheese, and its flesh is among the most wholesome and nutritive that can be eaten. Thomson has beautifully described the appearance of the sheep,

when bound to undergo the operation of being shorn of its wool.

"Behold, where bound, and of its robe bereft
By needy man, that all-depending lord,
How meek, how patient, the mild creature lies!
What softness in his melancholy face,
What dumb complaining innocence appears!"

OX-CHEEK SOUP.

176. INGREDIENTS.--An ox-cheek, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 parsnip, 3 carrots, 2 onions, 3 heads of celery, 3 blades of mace, 4 cloves, a faggot of savoury herbs, 1 bay-leaf, a teaspoonful of salt, half that of pepper, 1 head of celery, browning, the crust of a French roll, 6 quarts of water.

Mode.--Lay the ham in the bottom of the stewpan, with the butter; break the bones of the cheek, wash it clean, and put it on the ham. Cut the vegetables small, add them to the other ingredients, and set the whole over a slow fire for 1/4 of an hour. Now put in the water, and simmer gently till it is reduced to 4 quarts; take out the fleshy part of the cheek, and strain the soup into a clean stewpan; thicken with flour, put in a head of sliced celery, and simmer till the celery is tender. If not a good colour, use a little browning. Cut the meat into small square pieces, pour the soup over, and serve with the crust of a French roll in the tureen. A glass of sherry much improves this soup.

Time.--3 to 4 hours. Average cost, 8d. per quart.

Seasonable in winter.

Sufficient for 12 persons.

THE OX.--Of the quadrupedal animals, the flesh of those that feed upon herbs is the most wholesome and nutritious for human food. In the early ages, the ox was used as a religious sacrifice, and, in the eyes of the Egyptians was deemed so sacred as to be worthy of exaltation to represent Taurus, one of the twelve signs of the zodiac. To this day, the Hindoos venerate the cow, whose flesh is forbidden to be eaten, and whose fat, supposed to have been employed to grease the cartridges of the Indian army, was one of the proximate causes of the great Sepoy rebellion of 1857. There are no animals of greater use to man than the tribe to which the ox belongs. There is hardly a part of them that does not enter into some of the arts and purposes of civilized life. Of their horns are made

combs, knife-handles, boxes, spoons, and drinking-cups. They are also made into transparent plates for lanterns; an invention ascribed, in England, to King Alfred. Glue is made from their gristles, cartilages, and portions of their hides. Their bones often form a substitute for ivory; their skins, when calves, are manufactured into vellum; their blood is the basis of Prussian blue; their sinews furnish fine and strong threads, used by saddlers; their hair enters into various manufactures; their tallow is made into candles; their flesh is eaten, and the utility of the milk and cream of the cow is well known.

OX-TAIL SOUP.

177. INGREDIENTS.--2 ox-tails, 2 slices of ham, 1 oz. of butter, 2 carrots, 2 turnips, 3 onions, 1 leek, 1 head of celery, 1 bunch of savoury herbs, 1 bay-leaf, 12 whole peppercorns, 4 cloves, a tablespoonful of salt, 2 tablespoonfuls of ketchup, 1/2 glass of port wine, 3 quarts of water.

Mode.--Cut up the tails, separating them at the joints; wash them, and put them in a stewpan, with the butter. Cut the vegetables in slices, and add them, with the peppercorns and herbs. Put in 1/2 pint of water, and stir it over a sharp fire till the juices are drawn. Fill up the stewpan with the water, and, when boiling, add the salt. Skim well, and simmer very gently for 4 hours, or until the tails are tender. Take them out, skim and strain the soup, thicken with flour, and flavour with the ketchup and port wine. Put back the tails, simmer for 5 minutes, and serve.

Time.--4-1/2 hours. Average cost, 1s. 3d. per quart.

Seasonable in winter.

Sufficient for 10 persons.

PARTRIDGE SOUP.

178. INGREDIENTS.--2 partridges, 3 slices of lean ham, 2 shred onions, 1 head of celery, 1 large carrot, and 1 turnip cut into any fanciful shapes, 1 small lump of sugar, 2 oz. of butter, salt and pepper to taste, 2 quarts of stock No. 105, or common, No. 106.

Mode.--Cut the partridges into pieces, and braise them in the butter and ham until quite tender; then take out the legs, wings, and breast,

and set them by. Keep the backs and other trimmings in the braise, and add the onions and celery; any remains of cold game can be put in, and 3 pints of stock. Simmer slowly for 1 hour, strain it, and skim the fat off as clean as possible; put in the pieces that were taken out, give it one boil, and skim again to have it quite clear, and add the sugar and seasoning. Now simmer the cut carrot and turnip in 1 pint of stock; when quite tender, put them to the partridges, and serve.

Time.--2 hours. Average cost, 2s. or 1s. 6d. per quart.

Seasonable from September to February.

Sufficient for 8 persons.

Note.--The meat of the partridges may be pounded with the crumb of a French roll, and worked with the soup through a sieve. Serve with stewed celery cut in slices, and put in the tureen.

THE PARTRIDGE.--This is a timorous bird, being easily taken. It became known to the Greeks and Romans, whose tables it helped to furnish with food. Formerly, the Red was scarce in Italy, but its place was supplied by the White, which, at considerable expense, was frequently procured from the Alps. The Athenians trained this bird for fighting, and Severus used to lighten the cares of royalty by witnessing the spirit of its combats. The Greeks esteemed its leg most highly, and rejected the other portions as unfashionable to be eaten. The Romans, however, ventured a little further, and ate the breast, whilst we consider the bird as wholly palatable. It is an inhabitant of all the temperate countries of Europe, but, on account of the geniality of the climate, it abounds most in the Ukraine.

PHEASANT SOUP.

179. INGREDIENTS.--2 pheasants, 1/4 lb. of butter, 2 slices of ham, 2 large onions sliced, 1/2 head of celery, the crumb of two French rolls, the yolks of 2 eggs boiled hard, salt and cayenne to taste, a little pounded mace, if liked; 3 quarts of stock No. 105.

Mode.--Cut up the pheasants, flour and braise them in the butter and ham till they are of a nice brown, but not burnt. Put them in a stewpan, with the onions, celery, and seasoning, and simmer for 2 hours. Strain the soup; pound the breasts with the crumb of the roll previously soaked, and the yolks of the eggs; put it to the soup, give one boil, and serve.

Time.--2-1/2 hours. _Average cost_, 2s. 10d. per quart, or, if made with fragments of gold game, 1s.

Seasonable from October to February.

Sufficient for 10 persons.

Note.--Fragments, pieces and bones of cold game, may be used to great advantage in this soup, and then 1 pheasant will suffice.

PORTABLE SOUP.

180. INGREDIENTS.--2 knuckles of veal, 3 shins of beef, 1 large faggot of herbs, 2 bay-leaves, 2 heads of celery, 3 onions, 3 carrots, 2 blades of mace, 6 cloves, a teaspoonful of salt, sufficient water to cover all the ingredients.

Mode.--Take the marrow from the bones; put all the ingredients in a stock-pot, and simmer slowly for 12 hours, or more, if the meat be not done to rags; strain it off, and put it in a very cool place; take off all the fat, reduce the liquor in a shallow pan, by setting it over a sharp fire, but be particular that it does not burn; boil it fast and uncovered for 8 hours, and keep it stirred. Put it into a deep dish, and set it by for a day. Have ready a stewpan of boiling water, place the dish in it, and keep it boiling; stir occasionally, and when the soup is thick and ropy, it is done. Form it into little cakes by pouring a small quantity on to the bottom of cups or basins; when cold, turn them out on a flannel to dry. Keep them from the air in tin canisters.

Average cost of this quantity, 16s.

Note.--Soup can be made in 5 minutes with this, by dissolving a small piece, about the size of a walnut, in a pint of warm water, and simmering for 2 minutes. Vermicelli, macaroni, or other Italian pastes, may be added.

THE LAUREL or BAY.--The leaves of this tree frequently enter into the recipes of cookery; but they ought not to be used without the greatest caution, and not at all unless the cook is perfectly aware of their effects. It ought to be known, that there are two kinds of bay-trees,--the Classic laurel, whose leaves are comparatively harmless, and the Cherry-laurel, which is the one whose leaves are employed in cookery. They have a kernel-like flavour, and are used in blanc-mange, puddings,

custards &c.; but when acted upon by water, they develop prussic acid, and, therefore, but a small number of the leaves should be used at a time.

RABBIT SOUP.

181. INGREDIENTS.--2 large rabbits, or 3 small ones; a faggot of savoury herbs, 1/2 head of celery, 2 carrots, 1 onion, 1 blade of mace, salt and white pepper to taste, a little pounded mace, 1/2 pint of cream, the yolks of 2 eggs boiled hard, the crumb of a French roll, nearly 3 quarts of water.

Mode.--Make the soup with the legs and shoulders of the rabbit, and keep the nice pieces for a dish or entrée. Put them into warm water, and draw the blood; when quite clean, put them in a stewpan, with a faggot of herbs, and a teacupful, or rather more, of veal stock or water. Simmer slowly till done through, and add the 3 quarts of water, and boil for an hour. Take out the rabbit, pick the meat from the bones, covering it up to keep it white; put the bones back in the liquor, add the vegetables, and simmer for 2 hours; skim and strain, and let it cool. Now pound the meat in a mortar, with the yolks of the eggs, and the crumb of the roll previously soaked; rub it through a tammy, and gradually add it to the strained liquor, and simmer for 15 minutes. Mix arrowroot or rice-flour with the cream (say 2 dessert-spoonfuls), and stir in the soup; bring it to a boil, and serve. This soup must be very white, and instead of thickening it with arrowroot or rice-flour, vermicelli or pearl barley can be boiled in a little stock, and put in 5 minutes before serving.

Time.--Nearly 4 hours. Average cost, 1s. per quart.

Seasonable from September to March.

Sufficient for 10 persons.

REGENCY SOUP.

182. Ingredients.--Any bones and remains of any cold game, such as of pheasants, partridges, &c.; 2 carrots, 2 small onions, 1 head of celery, 1 turnip, 1/4 lb. of pearl barley, the yolks of 3 eggs boiled hard, 1/4 pint of cream, salt to taste, 2 quarts of stock No. 105, or common stock, No. 106.

Mode.--Place the bones or remains of game in the stewpan, with the vegetables sliced; pour over the stock, and simmer for 2 hours; skim off

all the fat, and strain it. Wash the barley, and boil it in 2 or 3 waters before putting it to the soup; finish simmering in the soup, and when the barley is done, take out half, and pound the other half with the yolks of the eggs. When you have finished pounding, rub it through a clean tammy, add the cream, and salt if necessary; give one boil, and serve very hot, putting in the barley that was taken out first.

Time.--2-1/2 hours. Average cost, 1s. per quart, if made with medium stock, or 6d. per quart, with common stock.

Seasonable from September to March.

Sufficient for 8 persons.

SOUP A LA REINE.

I.

183. INGREDIENTS.--1 large fowl, 1 oz. of sweet almonds, the crumb of 1 1/2 French roll, 1/2 pint of cream, salt to taste, 1 small lump of sugar, 2 quarts of good white veal stock, No. 107.

Mode.--Boil the fowl gently in the stock till quite tender, which will be in about an hour, or rather more; take out the fowl, pull the meat from the bones, and put it into a mortar with the almonds, and pound very fine. When beaten enough, put the meat back in the stock, with the crumb of the rolls, and let it simmer for an hour; rub it through a tammy, add the sugar, 1/2 pint of cream that has boiled, and, if you prefer, cut the crust of the roll into small round pieces, and pour the soup over it, when you serve.

Time.--2 hours, or rather more. Average cost, 2s. 7d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.--All white soups should be warmed in a vessel placed in another of boiling water. (See BAIN MARIE, No. 87.)

II. (Economical.)

184. INGREDIENTS.--Any remains of roast chickens, 1/2 teacupful of rice,
salt and pepper to taste, 1 quart of stock No. 106.

Mode.--Take all the white meat and pound it with the rice, which has been slightly cooked, but not much. When it is all well pounded, dilute with the stock, and pass through a sieve. This soup should neither be too clear nor too thick.

Time.--1 hour. _Average cost_, 4d. per quart.

Seasonable all the year.

Sufficient for 4 persons.

Note.--If stock is not at hand, put the chicken-bones in water, with an onion, carrot, a few sweet herbs, a blade of mace, pepper and salt, and stew for 3 hours.

STEW SOUP OF SALT MEAT.

185. INGREDIENTS.--Any pieces of salt beef or pork, say 2 lbs.; 4 carrots, 4 parsnips, 4 turnips, 4 potatoes, 1 cabbage, 2 oz. of oatmeal or ground rice, seasoning of salt and pepper, 2 quarts of water.

Mode.--Cut up the meat small, add the water, and let it simmer for 23/4 hours. Now add the vegetables, cut in thin small slices; season, and boil for 1 hour. Thicken with the oatmeal, and serve.

Time.--2 hours. _Average cost_, 3d. per quart without the meat.

Seasonable in winter.

Sufficient for 6 persons.

Note.--If rice is used instead of oatmeal, put it in with the vegetables.

STEW SOUP.

I.

186. INGREDIENTS.--2 lbs. of beef, 5 onions, 5 turnips, 3/4 lb. of _rice_, a large bunch of parsley, a few sweet herbs, pepper and salt, 2

quarts of water.

Mode.--Cut the beef up in small pieces, add the other ingredients, and boil gently for 2 1/2 hours. Oatmeal or potatoes would be a great improvement.

Time.--2 1/2 hours. _Average cost_, 6d. per quart.

Seasonable in winter.

Sufficient for 6 persons.

II.

187. INGREDIENTS.--1/2 lb. of beef, mutton, or pork; 1/2 pint of split peas, 4 turnips, 8 potatoes, 2 onions, 2 oz. of oatmeal or 3 oz. of rice, 2 quarts of water.

Mode.--Cut the meat in small pieces, as also the vegetables, and add them, with the peas, to the water. Boil gently for 3 hours; thicken with the oatmeal, boil for another 1/4 hour, stirring all the time, and season with pepper and salt.

Time.--3-1/4 hours. _Average cost_, 4d. per quart.

Seasonable in winter.

Sufficient for 8 persons.

Note.--This soup may be made of the liquor in which tripe has been boiled, by adding vegetables, seasoning, rice, &c.

TURKEY SOUP (a Seasonable Dish at Christmas).

188. INGREDIENTS.--2 quarts of medium stock, No. 105, the remains of a cold roast turkey, 2 oz. of rice-flour or arrowroot, salt and pepper to taste, 1 tablespoonful of Harvey's sauce or mushroom ketchup.

Mode.--Cut up the turkey in small pieces, and put it in the stock; let it simmer slowly until the bones are quite clean. Take the bones out, and work the soup through a sieve; when cool, skim well. Mix the rice-flour or arrowroot to a batter with a little of the soup; add it with the seasoning and sauce, or ketchup. Give one boil, and serve.

Time.--4 hours. _Average cost_, 10d. per quart.

Seasonable at Christmas.

Sufficient for 8 persons.

Note.--Instead of thickening this soup, vermicelli or macaroni may be served in it.

THE TURKEY.--The common turkey is a native of North America, and was thence introduced to England, in the reign of Henry VIII. According to Tusser's "Five Hundred Points of Good Husbandry," about the year 1585 it begun to form a dish at our rural Christmas feasts.

"Beef, mutton, and pork, shred pies of the best,
Pig, veal, goose, and capon, and turkey well dress'd,
Cheese, apples, and nuts, jolly carols to hear,
As then in the country is counted good cheer."

It is one of the most difficult birds to rear, of any that we have; yet, in its wild state, is found in great abundance in the forests of Canada, where, it might have been imagined that the severity of the climate would be unfavourable to its ever becoming plentiful. They are very fond of the seeds of nettles, and the seeds of the foxglove poison them.

TURTLE SOUP (founded on M. Ude's Recipe).

189. INGREDIENTS.--A turtle, 6 slices of ham, 2 knuckles of veal, 1 large bunch of sweet herbs, 3 bay-leaves, parsley, green onions, 1 onion, 6 cloves, 4 blades of mace, 1/4 lb. of fresh butter, 1 bottle of Madeira, 1 lump of sugar. For the _Quenelles à Tortue_, 1 lb. of veal, 1 lb. of bread crumbs, milk, 7 eggs, cayenne, salt, spices, chopped parsley, the juice of 2 lemons.

Mode.--To make this soup with less difficulty, cut off the head of the turtle the preceding day. In the morning open the turtle by leaning heavily with a knife on the shell of the animal's back, whilst you cut this off all round. Turn it upright on its end, that all the water, &c. may run out, when the flesh should be cut off along the spine, with the knife sloping towards the bones, for fear of touching the gall, which sometimes might escape the eye. When all the flesh about the members is obtained, wash these clean, and let them drain. Have ready, on the fire,

a large vessel full of boiling water, into which put the shells; and when you perceive that they come easily off, take them out of the water, and prick them all, with those of the back, belly, fins, head, &c. Boil the back and belly till the bones can be taken off, without, however, allowing the softer parts to be sufficiently done, as they will be boiled again in the soup. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten all the sauces.

All the flesh of the interior parts, the four legs and head, must be drawn down in the following manner:--Lay the slices of ham on the bottom

of a very large stewpan, over them the knuckles of veal, according to the size of the turtle; then the inside flesh of the turtle, and over the whole the members. Now moisten with the water in which you are boiling the shell, and draw it down thoroughly. It may now be ascertained if it be thoroughly done by thrusting a knife into the fleshy part of the meat. If no blood appears, it is time to moisten it again with the liquor in which the bones, &c. have been boiling. Put in a large bunch of all such sweet herbs as are used in the cooking of a turtle,--sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with 6 cloves. Let the whole be thoroughly done. With respect to the members, probe them, to see whether they are done, and if so, drain and send them to the larder, as they are to make their appearance only when the soup is absolutely completed. When the flesh is

also completely done, strain it through a silk sieve, and make a very thin white roux; for turtle soup must not be much thickened. When the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor, keeping it over the fire till it boils.

Ascertain that the sauce is neither too thick nor too thin; then draw the stewpan on the side of the stove, to skim off the white scum, and all the fat and oil that rise to the surface of the sauce. By this time all the softer parts will be sufficiently cold; when they must be cut to about the size of one or two inches square, and thrown into the soup, which must now be left to simmer gently. When done, skim off all the fat and froth. Take all the leaves of the herbs from the stock,--sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion cut in four pieces, with a few blades of mace. Put these in a stewpan, with about 1/4 lb. of fresh butter, and let it simmer on a slow fire till quite melted, when pour in 1 bottle of good Madeira, adding a small bit of sugar, and let it boil gently for 1 hour. When done, rub it

through a tammy, and add it to the soup. Let this boil, till no white scum rises; then take with a skimmer all the bits of turtle out of the sauce, and put them in a clean stewpan: when you have all out, pour the soup over the bits of turtle, through a tammy, and proceed as follows:--

QUENELLES À TORTUE.--Make some *_quenelles à tortue_*, which being substitutes for eggs, do not require to be very delicate. Take out the fleshy part of a leg of veal, about 1 lb., scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar, with the veal, a small quantity of calf's udder, a little butter, the yolks of 4 eggs, boiled hard, a little cayenne pepper, salt, and spices, and pound the whole very fine; then thicken the mixture with 2 whole eggs, and the yolk of another. Next try this *_farce_* or stuffing in boiling-hot water, to ascertain its consistency: if it is too thin, add the yolk of an egg. When the *_farce_* is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in salt and boiling water, and when very hard, drain on a sieve, and put it into the turtle. Before you send up, squeeze the juice of 2 or 3 lemons, with a little cayenne pepper, and pour that into the soup. THE FINS may be served as a *_plat d'entrée_* with a little turtle sauce; if not, on the following day you may warm the turtle *_au bain marie_*, and serve the members entire, with a *_matelote_* sauce, garnished with mushrooms, cocks' combs, *_quenelles_*, &c. When either lemon-juice or cayenne pepper has been introduced, no boiling must take place.

Note.--It is necessary to observe, that the turtle prepared a day before it is used, is generally preferable, the flavour being more uniform. Be particular, when you dress a very large turtle, to preserve the green fat (be cautious not to study a very brown colour,--the natural green of the fish is preferred by every epicure and true connoisseur) in a separate stewpan, and likewise when the turtle is entirely done, to have as many tureens as you mean to serve each time. You cannot put the whole in a large vessel, for many reasons: first, it will be long in cooling; secondly, when you take some out, it will break all the rest into rags. If you warm in a *_bain marie_*, the turtle will always retain the same taste; but if you boil it often, it becomes strong, and loses the delicacy of its flavour.

THE COST OF TURTLE SOUP.--This is the most expensive soup brought to table. It is sold by the quart,--one guinea being the standard price for that quantity. The price of live turtle ranges from 8d. to 2s. per lb.,

according to supply and demand. When live turtle is dear, many cooks use the tinned turtle, which is killed when caught, and preserved by being put in hermetically-sealed canisters, and so sent over to England. The cost of a tin, containing 2 quarts, or 4 lbs., is about £2, and for a small one, containing the green fat, 7s. 6d. From these about 6 quarts of good soup may be made.

[Illustration: THE TURTLE.]

THE GREEN TURTLE.--This reptile is found in large numbers on the coasts of all the islands and continents within the tropics, in both the old and new worlds. Their length is often five feet and upwards, and they range in weight from 50 to 500 or 600 lbs. As turtles find a constant supply of food on the coasts which they frequent, they are not of a quarrelsome disposition, as the

submarine meadows in which they pasture, yield plenty for them all. Like other species of amphibia, too, they have the power of living many months without food; so that they live harmlessly and peaceably together, notwithstanding that they seem to have no common bond of association, but merely assemble in the same places as if entirely by accident. England is mostly supplied with them from the West Indies, whence they are brought alive and in tolerable health. The green turtle is highly prized on account of the delicious quality of its flesh, the fat of the upper and lower shields of the animal being esteemed the richest and most delicate parts. The soup, however, is apt to disagree with weak stomachs. As an article of luxury, the turtle has only come into fashion within the last 100 years, and some hundreds of tureens of turtle soup are served annually at the lord mayor's dinner in Guildhall.

A GOOD FAMILY SOUP.

190. INGREDIENTS.--Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water, 1/2 teacupful of rice; salt and pepper to taste.

Mode.--Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts o