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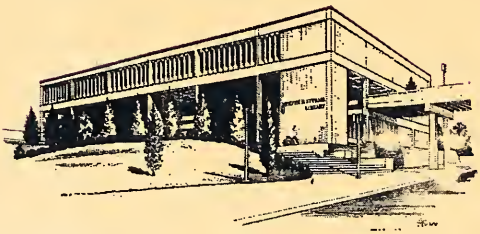

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LADIES'
INDISPENSABLE ASSISTANT.

BEING A COMPANION FOR THE

SISTER, MOTHER, AND WIFE.

CONTAINING MORE INFORMATION FOR THE PRICE THAN ANY OTHER WORK UPON THE SUBJECT.

HERE ARE THE VERY BEST DIRECTIONS FOR THE

BEHAVIOR AND ETIQUETTE OF

LADIES AND GENTLEMEN,

LADIES' TOILETTE TABLE,

DIRECTIONS FOR MANAGING CANARY BIRDS;

ALSO,

SAFE DIRECTIONS FOR THE MANAGEMENT OF CHILDREN;

INSTRUCTIONS FOR

LADIES UNDER VARIOUS CIRCUMSTANCES;

A GREAT VARIETY OF VALUABLE RECIPES, FORMING A COMPLETE SYSTEM OF

FAMILY MEDICINE.

THUS ENABLING EACH PERSON TO BECOME HIS OR HER OWN PHYSICIAN:

TO WHICH IS ADDED ONE OF THE BEST SYSTEMS OF

COOKERY

EVER PUBLISHED;

MANY OF THESE RECIPES ARE ENTIRELY NEW AND SHOULD BE IN THE POSSESSION OF EVERY PERSON IN THE LAND.

17311

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1851.

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CONTENTS.

A.

	Page
Ague	34
Air	8
Asiatic Cholera	28
Asthma, Cure of	12

B.

Bilious Cholic	42
Bilious Complaints	41
Bite of Poisonous Creatures	38
Bleeding at the Lungs	40
" " Stomach	53
" from the Nose	15
Bloody Urine	39
Boils	34
Bowel Complaints in Children	48
Burn or Scald	32
Burns	56

C.

Cancer	47
Callus	35
Catarrh	35
Certain Cure for a Cold	29
Chicken-Pock	19
Chilblain	37
Cholera, Morbus	15
Consumption, No. 1.	13
Consumption, No. 2.	52
Consumptive Cough	52
Continued Fever	18
Convulsion Fits	49
Corns	37
Costiveness in Children	8
Coughs and Colds do.	8
Cough	50
Cough, simple Remedy	55
Cough, Recipe for	28
Courses, Painful	38
Cow-Pox	27
Cramp in the Stomach	35
Croup, No. 1.	11
Croup, No. 2.	43
Cutting Teeth	49

D.

Deafness	39
Delirium Tremens	31
Diabetes	47
Diarrhœa	14
Distress after Eating	51
Dropsy	40
Dropsy of the Head	9
Drowning, recovery from	31
Dysentery	14
Dyspepsia	41

E.

Earache, No. 1.	35
Earache, No. 2.	49
Elecampane for a Cough	30
Epileptic Fits	50
Erysipelas	48
Eyes, Inflammation of	30
Eyes, Sore and [illegible]	42
Eyes, Wea[illegible]ng	55

F.

Falling of the Bowels in Children	24

CONTENTS.

	Page
Felon	51
Felon in the Eye	33
Felon on the Hand	43
Female Obstructions	14
Fever and Ague	32
Fever Sore	33
Fits or Convulsions in Children	8
Flaxseed Tea	30
Fluor Albus	43
Food for Children	7
Food for Infants brought up by hand	8
Frost Bite	56

G.

Gleets	53
Good Remedy for Fits	54
Gout	42
Gravel or Stone, No. 1	44
Gravel or Stone, No. 2	49

H.

Headache, Sick	33
Hiccough	34
Hoarseness	53
Humors, No. 1	41
Humors, No. 2	53
Hysterics	56

I.

Inflammatory Fever	16
Itch	36

J.

Jaundice	37
Joints, Stiffened	54

K.

Keeping Children clean	7
King's Evil	54

L.

	Page
Lame Feet	56
Liver Complaint, No. 1	44
" " No. 2	48
" " No. 3	55
Locked Jaw	57

M.

Measles	19
Medicine for Children	7
Menstrual Discharges	36
Mortification	45
Mumps	32

N.

Nervous Affections	39
Nipples Sore	51
Numb Palsy	39
Old and inveterate Sores	49
Old Sores to cure	55

P.

Pains	34
Painter's Cholic	49
Palpitation of the Heart	46
Pectoral Syrup for Coughs	30
Piles	48
Piles, bleeding	50
Pimples	55
Poisons, taking, Tartar emetic	52
Poisons, Saltpetre	52
" Laudanum	52
" Lunar Caustic	53
" Corros. Sublimate	53
Polypus	42

R.

Raising Blood	38
Rattlesnake Bites	29
Rattles in Children	33
Recipe for Rheumatism	18
Remedy for dropsy in the head	9

	Page
Rheumatism	13
Rheumatic Plaster	28
Rickets, symptoms of	9
Rickets, Remedy for	9
Ring Worm	47
Rupture	43

S.

Salt Rheum	40
Scarlet Fever	20
Scrofula, Symptoms of	10
Scrofula	40
Scurvy	33
Sleep, to procure it	54
Smallpox, Distinct form	23
Smallpox, Confluent form	24
Sore Throat, common	50
Sore Throat, putrid	18
Sore Legs	38
Sore Lips	50
Spine Complaints	55
Sprains	35
St. Anthony's Fire	41
Stomach Sickness	39
Strained Stomach	45
St. Vitus' dance	43
Sweat	53
Swellings, to reduce them	30
Swellings, No. 2	35

T.

Tape Worm	52
Teething and Diarrhœa in Children	8
Tic Doloreux	22
Toothache, No. 1	48
" No. 2	45
" No. 3	56
Treatment of Children	7
Typhus Fever	17

U.

Ulcer	50
Ulcer, Inward	51
Universal Cure all	57
Urinary Discharges, too free	44
Urinary Obstructions	34

V.

Varioloid	26
Volatile Liniment	31
Vomiting prevented	52
Warts, No. 1	29
Warts, No. 2	51
Weak Eyes	56
Weak Limbs	34
Weak Stomach	46
Wen	46
White mixture for a Cough, No. 1	31
No. 2	30
Whites	55
White Swelling	39
Whooping Cough, No. 1	12
Whooping Cough, No. 2	46
Windy Stomach	53
Worms	45

Medical Properties of Plants.

A.

Aloes	59
Arrow Head	59
Avens or Chocolate Root	59

B.

Black Alder Bark	60
Blackberry Root	60
Black Snake Root	60
Blood Root	60
Blue Flag Root	60
Butter or Oil Nut	61
Butter Cup or Crow's foot	61

C.

Camomile	61
Canada Snake Root	62
Caraway	61

	Page
Carrots	61
Catnip	62
Checkerberry	61
Comfrey	62
Currants	63
D.	
Dandelion	62
Dragon's Claw or Fever-root	63
Dwarf Elderberries	63
E.	
Elder blows, bark and berries	63
Elecampane	63
F.	
Fever-root	64
Fir Balsam	64
Foxglove	64
G.	
Garlic	65
Gentian	65
Ginger	64
Golden Thread	65
Gum Arabic	65
H.	
Hemlock bark	66
Hoarhound	66
Hops	66
Horse Radish	66
Hyssop	66
I.	
Iceland Moss	66
Indian Hemp	66
J.	
Juniper bush	67
K.	
Knot Grass	67
L.	
Lady's Slipper	68
Liquorice	68
Liverwort	69
Lobelia	67
M.	
Mosses	69
Motherwort	69
Mouse Ear	69
Mullen	68
Mustard (garden)	70
P.	
Plantain	70
Pennyroyal	70
Poplar Bark (root)	71
Prickly Ash	70
Q.	
Quassia	70
R.	
Red Cedar	68
S.	
Sassafras	71
Smart-weed	71
Spikenard	72
Sumach	71
T.	
Thorn-apple	72

MEDICAL PREPARATIONS.

Elixir	72
Vegetable Powder	72

MARRIED LADIES'
INDISPENSABLE COMPANION
AND
FAMILY PHYSICIAN.

TREATMENT OF CHILDREN.

It is of the greatest importance that mothers should understand the management of their offspring. The newly-born child should be kept warm and not exposed to sudden changes of temperature or currents of air. It should not be handled but kept as quiet as possible.

Food.

It should receive its food at regular hours, three or four times a day, and it should not be permitted to take so much as to cause vomiting. The stomach of a new-born infant is very small, not larger than a common-sized thimble, so that there is great danger of giving it too much food.

Keep the Child clean.

Wash it every morning in warm water, and never, as some have done, plunge it in cold water.

Medicine.

Never give medicine to a very young child. Many have thus lost darling children. It will, if not murdered, be permanently injured. It cries often on account of tight clothes or the pricking of pins. If medicine must be given at all, give it to the nurse.

Air.

Let children have pure air, but keep the room warm.

If the mother is much diseased, rather than run much risk, bring the child up by hand.

Food for Infants brought up by Hand.

Take two parts of good cow's milk to one part of water, and sweeten it a little with loaf sugar. Warm it so as to be of the temperature of milk just taken from the cow.

Teething and Diarrhœa.

When the teeth begin to appear, an irritation is produced, and a diarrhœa often sets in to carry it off, in order to keep it from the brain. Let it run while the discharges have the natural color; when the color of the discharges changes, lance the gums of the child if there is much heat about them. If the head becomes unusually warm, keep cloths around it wet with moderately cold water. If still the diarrhœa continues, a little arrow-root gruel will generally check it; sometimes it will be necessary to add a tea-spoonful of powdered chalk to a cupful of the gruel.

Costiveness.

Administer a little barley-water and it will remove it.

Coughs and Colds.

To prevent these, let children wear flannel undergarments. Sometimes it may be necessary to induce redness on the chest by a mustard plaster placed between two cloths.

Fits or Convulsions.

Put them into warm baths. Do not have the water

too hot as their skin is tender. Take them out after a little time and put strong mustard-plasters on the soles of their feet, and ice-water on the head. If the fit has been caused by something eaten, give an emetic of five grains of Ipecac., if the child is under the age of two years and a half, and eight grains if over that age. Vomiting will throw all of the medicine up so that the child will not be injured. If the fit arises from other causes, half a table-spoonful of Epsom-salts, dissolved in a fourth of a glass of water for a child two years of age.

Dropsy of the Head.

Symptoms of the disease in a child.—He rolls his head often from side to side; has pain; a stupid look; perhaps sickness at the stomach and vomiting; slow pulse; and frequent convulsions. When children are thirteen years of age, they are rarely attacked with it. It is often induced by falls or blows, and it is almost impossible to cure it.

Remedy for Dropsy of the Head.—Take considerable blood from the temples by leeches, give powerful cathartics, shave the head and apply to it ice in bladders, apply mustard to the feet and inside of the thighs, and make the diet light, mostly of barley. This is about all that can be done.

Rickets.

Symptoms.—Breast-bone protruded, large head, very prominent forehead; large, puffed-up belly; joints large; system weak and movement slow. Finally a slow fever, cough, and troubled breathing ensue, and death often closes the scene.

Remedy for Rickets.—Rectify the general health, give simple, nourishing diet. In case of poor appetite, give five grains of Ipecac. as an emetic. If costive give a little Rhubarb. Wear flannel and be in the open air, and apply warm fomentations to the belly. After each meal half a drop of Lugol's solution of Iodine may be given three times a day.

Scrofula.

Symptoms.—A smooth fine skin, almost transparent fair hair, rosy cheeks, joints large, upper lip prominent, and eyes often very bright. Little round or egg-shaped tumors under the skin appear on the sides of the neck, in winter and spring. The tumors sometimes continue through life without any apparent alteration; but finally they become larger, of a purple or livid color, form matter and break, not at one point, but into many little holes from which a thickish watery discharge oozes, in which is mixed little substances resembling milk curds. Open sores remain for some time afterwards, eating their way in various directions: sometimes after continuing in this way for years, all dry up and disappear. In other cases, blindness results, and deafness ensues: the joints also enlarge, and produce white swelling.

Remedy for Scrofula.

The great object in the treatment is to improve the general health; for this purpose, the means recommended in rickets may be advantageously used; but the main reliance in every case must be placed in the preparations of Iodine, particularly Lugol's solution. Treat scrofulous sores like other sores.

Rickets.—By another Physician.

Easily known by the large head and protruded breast bone, the forehead stares out prominently; the ribs are flattened; the belly is very large and puffed out: the muscles soft: the joints very large in proportion to what they should be: the whole system is very weak, and every movement is made slowly and with difficulty.

As the disease progresses the belly becomes harder and the bowels very loose; a slow fever succeeds with cough and trouble in breathing, until death finally comes to the relief of the sufferer.

It generally attacks children between the ages of nine

months and two years. The object of the treatment is to build up the general health. Look well to the child's diet, let it be simple and nourishing: if the appetite is poor an emetic of 5 grains of Ipecac. will be useful; if the bowels are too much bound, gentle doses of rhubarb is the best medicine to open them, as it strengthens at the same time. As the bones and the spine of the back are often distorted, means must be used to give support wherever needed. The child should wear flannel, and be much out in the open air. Warm fomentations applied to the belly will often be attended with considerable benefit. I have given in this disease Lugol's solution of Iodine, half a drop three times a day, with marked success: it must be given immediately after each meal.

Croup.

This disease mostly attacks infants. Some days previous the child appears drowsy, inactive and fretful, the eyes are watery and heavy; there is a cough exactly resembling the barking of a young dog. As the disease advances, the cough agitates the little sufferer more and more, the face is flushed and swelled, the eyes protrude, and a general tremor takes place, and there is a kind of convulsive endeavor to renew the respiration at the close of each fit; the head is often thrown back, in the agony of attempting to escape suffocation; the breathing becomes more and more hissing. The cough is generally dry, and if any thing is spit up, it looks like matter, or else consists of films, as of pieces of membrane; when vomiting is induced the same kind of matter comes up, showing that the child has been swallowing it instead of spitting it out. There are cases in which a fatal termination has taken place in 24 hours, but more generally it runs on for four or five days.

Leeches should immediately be applied to the upper part of the breast-bone near the neck: it is often difficult to stop the bleeding when applied to the neck itself, as there is nothing to make pressure on; then give a

strong ipecac. emetic, mixed, if possible, with a grain or two of powdered squill. A hot bath is very useful, by inducing nausea quickly. A large dose of purgative medicine, as Epsom salts, may now be administered. Ipecac. in doses of one or two grains, or hot boneset tea should be given, to keep up a strong perspiration. A large blister is sometimes useful, put on the upper part of the chest, and dressed with some irritating ointment, as savine, to keep up a discharge. Mustard draughts may be applied to the feet.

As the patient gets better, there will follow a great deal of expectoration; to promote this as much as possible is advisable: inhaling steam, if done with caution, will be found useful; the nauseating medicines, as the ipecac. and squill, should be continued, and the mouth if possible, gargled with an infusion of chamomile flowers or Mayweed.

Whooping Cough.

Known by a convulsive, choking cough, with whooping, returning by fits, which are usually terminated by vomiting: it is contagious. Perhaps one of the most effectual means of cure is removing the child to another part of the town or country.

In common cases little more is required than giving a drink, such as flax-seed tea, to allay the cough, and keeping the bowels open. If the disease, however, does not abate, but increases in intensity, an ipecac. emetic should be given, and followed by small doses of syrup of squill, with a few drops of paregoric in each dose. This will promote perspiration and afford relief.

A strong mustard plaster to the chest has often a useful effect; as has the cold bath where there is no local disease: flannel should be worn all the while. Nurses sometimes frighten the child to cure it, but it is a bad plan.

For the Cure of Asthma.

Take the root of skunk cabbage, and boil it until very

strong, then strain off the liquor; to which add, one table-spoonful of garlic juice to one pint of the liquor, and simmer them together. Dose, one table-spoonful, three times a day; or,

Take two ounces of spikenard root, two ounces of sweet flag root, two ounces of elecampane root, and two ounces of chalk; beat them fine, adding one pound of honey, and mix all well together. Dose, one tea-spoonful three times a day; or,

Take two ounces of nitre, one ounce of sulphur, one ounce of cream of tartar, half an ounce of magnesia, four ounces of ball liquorice; put them all into one of water, and mix well together. Dose, one table-spoonful morning, noon and night; or,

Take a table-spoonful of English or white mustard seed, in molasses or water, morning and evening.

Rheumatism

Take one drachm of gum guaiacum, rosin one drachm, and one drachm of soap, half a drachm of oil of juniper, —make into about thirty pills, and take one of them night and morning; or,

Take an ounce of gum guaiacum, half an ounce of gum myrrh, and two drachms of nitre; put into one quart of best gin; take one table-spoonful in cold water morning, noon, and night; or,

Take an ounce of saltpetre, one gill of vinegar, one gill of new rum; simmer together; wash the affected parts while it is hot; or,

Take ten drops of oil of sassafras on sugar; at the same time wash the parts with salt and vinegar, hot as you can bear it; or,

Take of blue flag root, prickly ash bark, sweet flag root, blood root, each four ounces; powder and steep in brandy. Dose, from one table-spoonful to a wine-glass, three times a day.

Consumption.

Dissolve chloride of lime in soft water, add a little

vinegar, and snuff it up the nose three or four times a day; or,

Take one pound of hops to two quarts of water; reduce by boiling to one quart; add of molasses and gin each one gill; take one table-spoonful morning, noon, and night. And at ten o'clock, A. M., and four o'clock, P. M., a pill may be taken, made as follows: extract of cicuta, one ounce; oxide of zinc, half an ounce; if this does not afford relief, nothing will; or,

Take every morning, half a pint of new milk and the juice of hoarhound, mixed; or,

Take sumach leaves, make into a tea, and drink freely; or,

Of the tincture of gum guaiacum, take a table-spoonful at night; and two or three spoonfuls during the day.

Female Obstructions.

Take one table-spoonful tincture of guaiacum in half a cup of milk, at the full of the moon; or,

Take a strong tea made of Seneca snakeroot, as much as the stomach will bear; or,

Take of borax, saffron, myrrh, each ten grains; salt of amber, four grains; this may be taken at one dose.

Diarrhœa.

Take of opium, gum guaiacum, camphor, each one part; gum kino and ipecac. each half a part; mix into common sized pills. Dose, from one to four per day; or,

Take prepared chalk two drachms, loaf sugar one drachm, add one ounce of gum Arabic, eight ounces of water, oil of lavender one drachm, laudanum thirty drops. Shake it well when you use it. Dose, one table-spoonful every hour; oftener if necessary.

Dysentery.

Take of cherry-rum and brandy, each half a pint, half a pound of loaf sugar, two ounces of essence of peppermint Dose, one spoonful two or three times a day; or,

Make a strong tincture of Rhubarb and of opium, and a strong solution of white vitriol; mix together equal parts. Dose, twenty drops; in one hour, ten drops; and then five—this is a dose for children; or,

Take of laudanum, tincture of camphor, tincture of guaiacum, tincture gum kino, each one drachm. Dose, tea-spoonful three times a day.

Cholera Morbus.

Take of carbonate of potash, rhubarb, each half a drachm; of essence of peppermint, and sugar, each one spoonful; add a tea-cup of boiling water; of this, take two table-spoonfuls every time you vomit; or,

Make a tea of burdock root and mullen leaves, with elder berries; drink freely: or,

Take a tumbler of sour cider, put into it a large tea-spoonful of hard wood-ashes; let it settle, and take one table-spoonful every half hour till relieved, and then every hour till well.

Bleeding from the Nose.

The idea of this proceeding from the ruptured blood-vessel is ridiculous; it is a means taken by nature of thoroughly depleting a part so as to cure disease. It was no doubt in consequence of observing these sanguineous depletions of nature, that the idea originated of doing it artificially, and thence the introduction of blood-letting in all its various forms of abstraction.

If bleeding from the nose proceeds to an alarming extent, it can generally be stopped by plugging up the nostrils with cotton, wet in cold alum water. Sometimes all local means prove ineffectual, nature must have blood escape, and the only method of preventing a flow from the nostrils will be by making one from the arm.

The water-cure method of getting rid of coughs and colds is to wrap the body up in a wet sheet, until perspiration is induced, drinking all the time plenty of cold water.

Inflammatory Fever.

This fever comes on by a sense of weakness and inactivity, succeeded by dizziness, shiverings, and pains extending over the whole body, particularly the chest and back; these symptoms are shortly followed by redness of the face and eyes, great restlessness, intense heat, unquenchable thirst, oppressed breathing and nausea. The skin is dry and parched; the tongue of a scarlet color at the sides, furred with white in the centre; the urine red and scanty; bowels costive: there is a quickness and hardness in the pulse which is not affected by pressure. If allowed to proceed, these symptoms become rapidly more intense, stupor and delirium succeed, with violent raving. At the end of fourteen days it terminates in a crisis, either by sweating, looseness of bowels, bleeding from the nose, or a deposit in the urine, which produces a copious sediment: the pulse softens gradually toward the fourteenth day.

The danger is generally proportioned to the violence of the delirium; if there is picking at the bed-clothes starting of the tendons, involuntary passages by stool and urine, it will certainly terminate fatally.

Bleeding from the arm, with the patient in an upright position, to fainting, will often cut short the disease at once. The bowels should be well purged with salts and senna, or jalap and cream of tartar, (ten grains of jalap and thirty of cream of tartar to the dose). Perspiration should be induced by giving three grains of James' powder and two of nitre, every two hours until it is freely established—then giving it at longer intervals. The patient must be put in a cool room, where it is rather dark and perfectly quiet. The diet should mainly consist of barley-water, with a very little nitre dissolved in it to quench the thirst; for this latter purpose, also, pieces of ice may be taken in the mouth and allowed to melt. The clothing should be of the lightest kind. It is proper to repeat the bleeding the second day, if there is no remission of symptoms.

Sometimes a particular organ, as the brain or lungs,

becomes affected: in such cases, besides the general treatment, use the same means as if inflammation of such organ were alone the matter.

Typhus Fever.

This first comes on with great weakness, low spirits, excessive weariness and general soreness, with pains in the head, back, and extremities, succeeded by shiverings; the eyes appear full, heavy, yellowish, and often a little inflamed: the arteries at the temple throb violently; the tongue is dry and parched, breathing laborious, interrupted with deep sighing; the breath is hot and offensive, urine pale, bowels costive; the pulse quick, small, hard and unequal. Sometimes a great heat, load, and pain is felt at the pit of the stomach, followed by profuse bilious vomiting. As the disease advances, the pulse becomes more frequent, the fever higher, breathing difficult, with anxiety, sighing and moaning; the thirst increases; the inside of the mouth becomes covered with a sticky brownish or black fur—speaking becomes difficult, and then not understood; and muttering and delirium ensue. Finally, as it proceeds, all the symptoms become worse; there is bleeding from the gums and various parts of the body; livid spots appear on the surface, and hiccup ushers in death. In warm climates, this fever seldom continues above a week; but in colder ones it lasts three or four.

An emetic of twenty grains of Ipecac. and one of tartar emetic, may be at once administered: let the bowels then be emptied by a large dose of castor oil: then give small doses of Ipecac. and Squills to promote perspiration. In cases where the skin keeps hot and dry, sponge it from head to foot with cold water in which a little vinegar is mixed; but where the patient is very low, and the skin cold, the tepid bath will better assist the sweating. A very light vegetable diet should be pursued, except where there is positive sinking, and then it must be more nutritious, wine is allowed in such cases, given according to urgency: wine whey is also useful,

Virginia Snakeroot or Camomile infusions are given to strengthen the system : also a few drops of oil of vitriol in every pitcher of water that is drunk. Ripe fruits, such as have a sour taste, are highly recommended. Keeping the bowels open by gentle medicines or injections, and being careful that extreme cleanliness and ventilation is attended to, will complete the cure. If spots appear in the mouth, gargles of goldthread and honey, with a little alum, are useful to remove them.

If there is much mental anxiety or tremors mustard plasters should be applied to the feet, or these bathed as high as the knees in mustard and hot water ; and a tea-spoonful of ether or ten grains of Dover's powder taken to induce rest.

I have heard of typhus fever in which all hope was gone, and yet the patients recovered by yeast given by the wine-glassful every three hours.

Continued Fever,

Is so called, when it begins in the same manner as the inflammatory fever, but ends in typhus, seeming to be a blending of both. As it assumes the appearance of one or the other, it must be treated accordingly.

Yellow Fever and *Ship Fever* are names for varieties of Typhus.

Recipe for Rheumatism.

Take 4 ounces Castile soap ; 2 ounces Camphor ; half an ounce Oil Rosemary ; 3 pints Alcohol.

Soak the soap three days in the Alcohol and then add the other ingredients.

Recipe for Putrid Sore Throat.

Mix one gill of strong apple vinegar, one table-spoonful of common salt, one table-spoonful of drained honey and a half pod of red pepper together, boil them to a proper consistency, then pour it into half pint of strong sage tea, take a tea-spoonful occasionally and it will be found an infallible cure.

Chicken-pock.

Known by a moderate fever, ushering in an eruption of pimples, bearing some resemblance to the smallpox, they quickly form pustules, containing a watery matter, and after three or four days from their first appearance fall off in little scales.

The bowels should be kept open by castor oil, and boneset tea administered to keep up the perspiration. If the stomach is foul at the commencement of the disease an emetic of ipecac. should be given. The diet low, as a matter of course.

Measles.

This disease comes on with the ordinary symptoms of fever in grown persons, but in children, beside these, with soreness in the throat. Its characteristic symptoms are heaviness about the eyes, inflammation, and gushing of sharp tears; the eyes extremely acute, and unable to bear the light without pain; with all this is a discharge of watery humor from the nostrils that produces sneezing. The fever and other symptoms increase rapidly: a frequent and short dry cough comes on, with stuffing, great oppression, and oftentimes a disposition to vomit; violent pains in the lungs, and sometimes a looseness. At other times, there is great sweating, a foul and dry tongue, and great thirst. The eruption comes on generally the fourth day; three days afterwards the redness diminishes, the spots dry up, the old skin peels off and is replaced by a new one. By the tenth or eleventh day no traces of redness are to be found, and the skin looks quite natural. As cough, headache and fever continue during the eruption, the patient, at the end of it, is worse off than before, and these symptoms continue, often become aggravated, and lay the foundation for a host of other evils.

The bowels should be kept open during the progress of the disease; castor oil is excellent for this purpose; where the disease sets in with great violence, moderate

bleeding is highly serviceable, and will prevent much after trouble. Two grains of James' powder, and half a grain of Ipecac. mixed in a powder, may be given every two hours, to promote sweating. When there is much wheezing, give an emetic occasionally. The cough may be relieved by flaxseed tea or any similar soothing drink. The diet should be light. Throughout the whole course of this disease, look occasionally to the lungs and bowels, if either become affected, remedies may be found under their proper heads, as also if symptoms of typhus appear.

If, by any means, the eruption has been imprudently checked, and the usual distress follows, put the patient at once into a warm bath; give hot catnep or hoarhound tea, and if much sinking occurs, a little ether or brandy; these means will generally suffice to hurry it on.

Avoid exposure of all kinds, for some time after recovery; wear warm clothing, and be attentive to the diet and state of the bowels.

Scarlet Fever.

This begins with languor, inactivity, confused ideas, and chills and shivering, alternating with fits of heat. There is much thirst; a dry skin, anxiety, nausea, and vomiting. About the third day, a scarlet efflorescence appears on the skin, the fever at most times still continuing; in three or four days this departs; a general sweat breaks out, the fever subsides, the outer skin falls off in small scales, and the patient becomes well. Sometimes a dropsical swelling will replace the reddening, and cover the whole body, lasting, however, but a short time.

When it comes on in a more violent manner, the above symptoms, at the commencement, run still higher: there is vomiting of bilious matter, soreness of throat, and inflammation, succeeded by ulceration of the tonsils, the breathing is frequent and laborious, and the pulse small and depressed. The reddening on the third day only aggravates the existing symptoms, and often brings out worse ones; in its progress, a universal redness, without pustules, pervades the face, body and limbs, caus-

ing those parts to swell. The eyes and nostrils are also reddened; in proportion as the eyes have an inflamed appearance, so does the tendency to delirium increase. From the first, the inside of the throat is very much inflamed; grayish sloughs soon appear, giving the throat a speckled appearance, and making the breath smell very bad. The patient is often cut off in a few days: if recovery ensues at all, it will be slow; dropsy is apt to follow, as well as enormous swellings around the glands of the neck, which form matter very slowly and completely exhaust whatever little strength the patient may have left.

The worst form of the disease puts on at its commencement symptoms the same in kind as the others, but more intense; the pulse is small and indistinct, and irregular; the tongue, teeth and lips covered with a brown or black crust; the eyes of a dull red; dark red flushing of the cheeks; deafness, delirium or insensible sleep; the breath smells extremely bad; the respiration is rattling and performed with difficulty, in some measure arising from thick phlegm clogging the parts behind the mouth; swallowing is painful and difficult; the neck is swelled and of a livid color, and the head is drawn back. Ulcerations may be observed on the tonsils covered with dark sloughs; the tongue has the skin removed from it by the slightest touch, and is painfully tender. An acrid discharge flows from the nostrils, raising blisters and chaps about the nose and lips: at first this discharge is thin, but afterwards thick and yellowish. The rash is generally very faint except in a few patches, and it soon changes to a dark or livid red color; it appears late; is uncertain in the period of it, staying and often mixed with livid spots; sometimes goes away the first three hours after forming and does not return for three days. In an advanced stage, bleedings take place from various parts of the body.

When this disease is going off, the fiery redness abates gradually; a brownish color succeeds, the swellings go down and health is gradually restored. Where it is to prove fatal, the fever runs high from the start; the skin

is hot and dry, the pulse frequent and small; great thirst prevails; the reddening appears on the second day, or sooner, and on the third or fourth is interspersed with livid spots; a high degree of delirium arises; bleedings take place from various parts, and the patient is cut off the sixth or eighth day. In some instances a purging arises which takes the patient off at once. Some again get over all this, become dropsical, fall into a decline and are carried off in a few weeks.

In the first or simple form of the disease we have mentioned, nothing is required beyond keeping the bowels open; inducing a perspiration; making the diet light and removing the patient to a cool, quiet room. Cold water in all diseases where there is thirst, may be used moderately, except, of course, in cases where its mere bulk would cause trouble, as in inflammation of the stomach and bowels, and then the thirst may be removed by sponging the mouth and throat and allowing ice to melt in it. In all cases the patient should be removed to a cool, quiet room, if possible. Where the skin is very hot and dry, sponging its surface with cold water will give immediate relief.

Where the throat is affected and the fever runs higher we must be guided by the symptoms as to whether they point to an inflammatory or typhoid character, and treat accordingly. In general, an emetic of 20 grains ipecac. and one of tartar emetic, will prove serviceable by clearing the stomach, reducing the fever, and relieving the throat. A large dose of castor oil should succeed this; but it should be kept in mind that where the fever is high and the throat much affected, an occasional emetic, such as mentioned, is extremely useful. Ipecac. and squill may be given in small doses to promote sweating, (ipecac. 2 grains; squill, half a grain.) Boneset and catnep teas are also useful for this. When the skin continues permanently hot and there is much fever, immediate relief can be afforded by sponging the body from head to feet with cold water, until the patient feels better: this method is inexpressibly grateful and refreshing. Where the inflammation in the throat runs

high leeches should be applied to the outside freely, followed by blistering behind the neck and ears: the mouth and throat should be freely gargled; balm or any mild herb tea is good for this purpose, with saltpetre dissolved in it. I have found great benefit in the use of a gargle made by putting a few drops of aquafortis or nitric acid into a pitcher of water, or enough to make it taste very slightly sour, and often and freely rinsing the throat and mouth with it.

When the disorder puts on a typhus character and there is much sinking, a more generous diet is allowed · wine is sometimes given in alarming cases, with strengthening medicines, as infusion of columbo, (one ounce to the pint of hot water, allowed to stand two hours, strained, and a table-spoonful taken for a dose.) Alarming symptoms often spring up which require immediate alleviation. Vomiting should be relieved by soda water, or an effervescing draught made by adding a tea-spoonful of salaeratus to a tea-spoonful of lemon juice, in half a glass of water, and drink while foaming. A strong mustard plaster, or blister, to the stomach, is also useful if there is much tenderness on pressure. Looseness should be stopped by half grain doses of opium and ipecac. given every two hours. Dropsy and all other local diseases treated as directed under their separate heads.

After the scarlet fever had gone off, I have seen the glands on the throat swell to an alarming size, so that the neck could not be distinguished; the respiration wheezing, and suffocation threatened every instant; the skin hot, and fever. I have applied a number of leeches at once to the outside of the throat; or where these were not convenient, given a strong emetic and immediate relief has generally been obtained. After the immediate danger is over, the formation of matter hould be assisted by poultices.

Smallpox.

D t: ot Form.—When this disease has arisen naturally, t e eruption is commonly preceded by redness in the

eyes, soreness in the throat, pains in the head, back and loins, weariness and faintness, fits of heat and chillness, thirst, nausea, sometimes vomiting and a quick pulse Sometimes these symptoms are extremely violent, at others quite mild; very young children often have convulsions.

On the fourth morning from the seizure, the eruption shows itself in little red spots on the face, neck, and breast, and these continue to increase in number and size for three days longer, at which time they are to be observed dispersed over various parts of the body; if the pustules are not very numerous, they will be much abated or entirely cease. The determination to the skin often brings out little spots of the nature of erysipelas, but these usually disappear as soon as matter begins to form in the pustules, which is generally the fifth or sixth day, at which period a minute bladder containing a watery matter, may be seen on the top of each pimple. If the pustules are perfectly distinct from each other, they will be filled by the ninth day with thick yellow matter; but if they run into each other, it will take a longer time to effect this filling.

When the pustules are very thick on the face, it is apt to become swelled, and the eyelids closed, before which the voice is hoarse, swallowing is difficult, and a considerable quantity of thick spittle is discharged. On the eleventh day, the swelling goes down to settle on the hands and feet, and the pustules break, and the matter runs out; the pustules become dry and fall in crusts, leaving the skin for some days after of a brownish red color. Where the pustules are large, and late in falling off, they are apt to leave pits behind them, but where they are small, few in number and form matter quickly, no marks are left, or much disturbance occasioned in the system.

Confluent Form.—In that form of the disease where the pustules run into each other, the fever that precedes them is much more violent, and there is often drowsiness or delirium. In infants, violent convulsions occur, which often prove fatal before the eruption. The pustules

come out on the third day, frequently preceded or accompanied with a rosy flush, like the measles; the fever does not go off, and although it diminishes a little, yet increases on the fifth or sixth day, and continues through the rest of the disease. There is a considerable flow of spittle in adults, and in children a looseness of bowels. The little bladders on the top of the pustules are perceived sooner than in the other form of the disease, but instead of rising up, they are usually flattening, and the matter in the pimples, instead of becoming yellow, is of a brown color. When the swelling of the face ceases, and that of the hands and feet begins, the pimples pour out a liquor that forms into black or brown crusts, which upon falling off, leave pits that mark for life, and by the running in of the pimples together, often scar and disfigure the face; sometimes when the disease is exceedingly violent, livid spots are seen among the pustules, and discharges of blood take place by urine, stool, and from various parts of the body. The fever becomes more violent when the pustules are filled with brown matter; it is called secondary fever, and is the most dangerous stage of the disease.

It has been noticed as a remarkable fact, that smallpox is apt to appear before or after the prevalence of measles; and that this last disease will seize a patient affected with smallpox, and run through its course, allowing the smallpox then to continue its progress. Between the eighth and eleventh day, is the time for this disease to prove fatal, but it is now and then protracted to the sixteenth day.

The treatment varies according to the kind of disease. In the distinct form, where the constitution is good, and habit stout, a little blood has been taken. If the stomach is not tender, an Ipecac. emetic is advisable, and then clearing the bowels with a strong dose of Castor Oil; sweating remedies should then be used, as boneset or catnep tea, or Ipecac. in small doses. The patient should be freely exposed to the cold air, and where there is great heat and redness of skin, the body sponged with either warm or cold water, the most preferable to the

patient's feelings being chosen. The diet should be light. When the eruption appears, there is little occasion for further treatment.

In the confluent form, an emetic may be given, the bowels opened, and of course kept open by gentle means, and sweating induced. If the head is affected, soak the feet in warm water, in which mustard is mixed, and apply mustard plasters to the soles of the feet and thighs. Where the skin is pale and cold, and the pulse weak, the tepid bath is useful in hastening the eruption; when at a more advanced period the pustules flatten, and alarming symptoms follow, ether, wine, or laudanum may be given. When the disease takes on a debilitating appearance or typhoid character, use the remedies recommended in typhus fever, for strengthening the system. Diarrhœa during the secondary fever, should be moderated by a powder composed of

Dover's powder, 6 grains.
Powdered chalk, 6 grains,

And repeated, if the bowels continue as loose as before. In violent and continued vomiting, give

Powdered opium, 3-4 of a grain.
" Camphor, 1 1-2 grains.

In the form of a powder, repeating, if necessary. The eyes may be kept from injury, by placing against them pieces of linen wet in cold water; it is very effectual and agreeable. By the last accounts it is said that blistering the pustules, and thus breaking them, and scattering their contents, will prevent the pitting.

Varioloid, or Modified Smallpox.

This disease occurs in consequence of exposure to smallpox contagion of a constitution previously acted upon by the cowpox. Persons may take the smallpox twice, and such cases I have seen personally, but they

can never take it if properly vaccinated—the only disease with which they can then be affected is the varioloid.

The varioloid, in the majority of cases, is preceded by a slight fever, though instances occur in which it is as violent as in severe smallpox: the eruption then appears in successive clusters, coming out in no certain period, in different cases of disease, but varying from the fever, so that the patient often gets up when the pustules come out. A red flush or rash, resembling measles, not unfrequently comes out before the pimples; these much resemble the milder cases of chicken-pock, and many times the small, firm red, raised spots are changed to little watery bladders, in the course of the first or second day; many times, however, they dry off at once. Sometimes the little bladders become filled with a fluid resembling matter, and are a little flattened in the centre, but change by the third or fourth day into thin dark scabs, which separate, and drop off by the seventh day. The vesicles rarely or never pit the skin, though warty substances have remained after them.

This disease, of course, requires only a light diet, free access of air, and open bowels, to get well of itself; if any other symptoms arise, directions for the treatment may be found under the head of smallpox.

Cowpox—Vaccination.

A clearly defined circular space, not very large, with appearances of lines running from the centre to the edges, and full of punctures—will mark the genuine cowpox sore. The seventh day is the best time for taking out the matter: slightly cut the edge of the pustule and press it gently out, then rolling the quills in it and allowing the lymph to dry on them.

In order to vaccinate, cut a piece of one of the quills to a sharp point, and having first pushed the lancet or blade of a penknife a little way under the skin, insert the quill in the incision, and allow it to remain there some five or ten minutes, that will be sufficient.

If inflammation of the arm follows, treat it on the ordinary plan.

Toothache.

Equal proportions of Cajeput Oil and Olive Oil, dropped on cotton and placed in the cavity of the tooth, or even round the tooth, generally gives relief.

Recipe for a Cough.

Take equal quantities of Hoarhound and Liquorice Root, make a strong decoction, and to three-fourths of a pint of this liquor, add the following ingredients:—

A drachm and a half of dried Squills, half drachm of pure Opium; half drachm of Benzoin; half drachm of Camphor; half drachm of Oil of Aniseed, and two ounces of Honey, simmer it in an earthen vessel, until reduced to a half pint, and when strained and cold, add half a pint of good Old Rum. Take a tea-spoonful any time the cough is troublesome.

Rheumatic Plaster.

Half a pound of Rosin, and half a pound of Sulphur, melt them by a slow fire, then add one ounce of Cayenne and half an ounce of Camphor-gum; stir well till it is mixed, and temper it with Neats' foot oil.

Asiatic Cholera.

Take Spirits of Camphor, 3 drachms; Spirits of Turpentine, 3 drachms; Laudanum, 3 drachms; Oil of Peppermint, 50 drops; mix all together and shake it well before using it. Dose, one tea-spoonful in some brandy and sugar. This may be taken every half hour for four or five times in succession, till the patient is relieved; but besides this, rubbing with camphor spirits, and flax-seed tea for drink, must be used, and dry heat in the room and around the body to get him in a per-

spiration ; by commencing in this manner, and then calling in a doctor as soon as possible, every one will be safe that may be attacked. The writer has been an eye witness to many cases affected in this way. He says the cases commence by sudden cramps, with a cold sensation. Others with a severe dysentery and vomiting. Others with severe griping or colics. The above is a certain cure in all these cases

Half a pint best French Brandy ; 12 drops Oil Peppermint ; 24 drops Laudanum ; a table-spoonful every ten minutes till recovered.

Or, equal parts of Laudanum and Spirits Camphor.

Or, equal parts of Laudanum, Spirits Camphor, and strong essence of Peppermint.

To Cure Rattle-Snake Bites.

Chew and swallow, or drink, dissolved in water alum, the size of a hickory nut.

Put thoroughwort leaves pounded on and keep wetting them with water. If the person is very sick, black or purple, let him drink a little of the juice. Renew the application after 2 hours.

Warts.

These troublesome and often painful excrescences, covering the hands sometimes to the number of a hundred or two, may be destroyed by a simple, safe and certain application. Dissolve as much common washing soda as the water will take up, then wash the hands or warts with this for a minute or two, and allow them to dry without being wiped. This repeated for two or three days, will gradually destroy the most irritable wart.

Certain Cure for a Cold.

Take three cents' worth of liquorice, three of rock candy, three of gum-arabic, and put them into a quart of

water; simmer them till thoroughly dissolved, then add three cents' worth of paregoric, and a like quantity of antimonial wine.

Pectoral Syrup for Coughs.

Gum-arabic, two ounces; Syrup of Tolu, 1 ounce; Paregoric, 2 drachms; Wine of Ipecac., half an ounce.

The White Mixture No. 2 for the Same.

Five ounces of Lac Ammoniac; Syrup of Tolu, one ounce; Wine of Ipecac., half an ounce; Paregoric, half an ounce.

Cough Elecampane.

Make a syrup by slicing the fresh root, covering them with sugar, and baking them for an hour or two.

To take down Swelling.

White beans merely stewed soft, and put in thin muslin bags. A poultice of the roots of Yellow Water Lily is very powerful in drawing tumors to a head.

For Inflamed Eyes.

Stir the whites of two eggs briskly with a lump of alum till they coagulate, placed on the closed lid at night.

Flax-Seed Tea.

For severe colds, attended with feverish symptoms, the following is an excellent remedy: Hot flax-seed tea, with lemon-juice and sugar, and fifteen drops of Wine of Ipecac., taken when getting into a warm bed. A few spoonfuls should be taken whenever there is an inclination to cough. Some add two or three spoonfuls of White Mixture or one tea-spoonful of Paregoric, to a tumbler full.

White Mixture No. 1, For a Cough.

Gum Ammoniac, one-fourth of an ounce rubbed in water, two ounces; add Paregoric, half an ounce; Antimonial Wine, half an ounce; Syr. Bals. Tolu, one ounce. Dose, a table-spoonful once, twice, or thrice a day, as occasion may require. Sweeten with loaf-sugar.

Volatile Liniment.

Two-thirds sweet-oil, and one-third hartshorn, shaken well and corked very tight. Rubbed on stiff necks, rheumatic limbs, and to prevent sore-throat.

Delirium Tremens.

When the fever is violent, and there is considerable determination to the head, it is well to lower the general tone of the system, by giving nauseating doses of ipecac. as 2 grains every hour, or a tea-spoonful of antimonial wine every hour and a half, until sickness at the stomach is felt. Then give from a half to a whole tea-spoonful of laudanum, and induce sleep.

Recovery from Drowning.

There have been many extraordinary recoveries where the body has lain for hours under water; but in general there is not much hope after an immersion of ten minutes.

After the body is taken out of the water, use it as gently as possible; let no violence of any kind, such as rolling on a barrel, be permitted: of course, incline the head at first, that the water may run off; place the body in a warm bed and cover with a warm blanket; hot bricks, or bottles of water should be placed to the feet and hands; and while one or two persons are rubbing assiduously the body with the palms of the hands, let another try to fill the lungs with air: to do this, close the nostrils of the subject, and fitting your mouth to his, blow steadily and forcibly until the chest is full of air.

then press the bowels upwards, that it may be ejected. this should be repeated a number of times until some signs of life are shown. An injection, in which there is spirits of turpentine, may be thrown up. Gentle stimulants may be given on recovery.

Mumps.

This is a swelling, on the sides of the cheek and under the jaw, of the glands that produce saliva; it sometimes renders swallowing and breathing difficult; it goes off on the fourth day.

Flannel should be kept over the part, the diet light, and the bowels regular, with doses of castor oil; when other organs are attacked, the treatment must be for inflammation of those organs.

Tic Doloreux.

This dreadful disease is treated by strengthening the general system, and the use of tonic medicines, as quinine and salacine.

Mesmerism, or Fascination, is the only cure that promises much relief; to those who wish information on the subject, I must refer Fascination, or the Philosophy of Charming, by J. B. Newman, published by Fowler & Wells, of this city.

Burn or Scald.

Spread a plaster of Turner's cerate, and apply it to the wound twice a day; or,

Burn the inside sole of an old shoe to ashes and sprinkle the ashes on the affected parts.

Fever and Ague.

Take of cloves and cream of tartar, each half an ounce, and one ounce of peruvian bark, mix in a little tea, molasses or honey, and take it on the well days in such quantities as the stomach will bear.

Felon in the Eye.

Take of lime water and sal. ammoniac equal parts, add a very little verdigris, enough to color it slightly, and use it as a wash; or,

Rub on the eye, with a soft hair pencil, the gall of an eel.

Scurvy.

Take three ounces of nitre, and dissolve it in one quart of good vinegar. Dose, one table-spoonful, if the stomach will bear it, if not take less.

Fever Sore.

Take of hoarhound, low balm, sarsaparilla, loaf sugar, aloes, honey, gum camphor, spikenard, spirits of turpentine, each one ounce. Dose, one table-spoonful, three mornings, missing three; and for a wash, make a strong tea of sumach, washing the affected parts frequently, and keeping the bandage well wet; or,

Take two and a half drachms of blue vitric ... drachms of alum, six drachms of loaf sugar, and put them into a pint of good vinegar, adding three table-spoonfuls of honey. This is an excellent wash for fever sores, and scrofulous humors.

Rattles in Children.

Administer a small tea-spoonful of powdered bloodroot in molasses; and if this does not afford speedy relief, repeat the dose in half an hour.

Sick Headache.

Take a tea-spoonful of powdered charcoal in molasses every morning, and wash it down with a little tea; or,

Drink half a glass of raw rum or gin, and drink freely of mayweed tea.

Ague.

Make a poultice of ginger and flour, and apply it warm to the face.

Falling of the Bowels, in Children.

Apply the oil of hen's eggs to the parts—put them in their proper place—then roast an egg, and lay it on as hot as can be borne.

Weak Limbs.

Take the shavings of leather, and cumfrey root equal parts, steep them in proof brandy, and use it as a wash

Pains.

Steep marigold in good cider-vinegar, and frequently wash the affected parts; this will afford speedy relief; or

Take half a pound of tar, and half a pound of tobacco, and boil them down separately to a thick substance, then simmer them together; spread a plaster, and apply it to the affected parts, and it will afford immediate relief.

Urinary Obstructions

Steep pumpkin seeds in gin, and drink about three glasses a day; or,

Administer half a drachm of uva ursi, every morning, and a dose of paregoric every evening.

Hiccough.

Take five drops of the oil of amber in mint tea, every ten minutes, until they cease.

Boils.

Make a poultice of ginger and flour, and lay it on the boil; this will soon draw it to a head.

Ear-ache.

Roast a piece of lean mutton, squeeze out the juice and drop it into the ear as hot as it can be borne ; or,

Roast an onion, and put it into the ear, as hot as it can be borne.

Catarrh.

Take the bark of sassafras root, dry and pound it, use it as a snuff, taking two or three pinches a day.

Sprains.

Take of spirits of turpentine, proof brandy, neats-foot oil, urine, and beef's gall, each one glass, adding one tea-spoonful of fine salt ; mix, and simmer them together, and rub it on the affected parts as hot as can be borne ; or,

Take one ounce of ginger, the whites of two eggs, and one tea-spoonful of fine salt; make these into a poultice and lay it on the parts affected.

Reduce a Swelling.

Take of rum half a pint, warm it, then add half an ounce of tinc. of camphor, half an ounce of laudanum, and put them into a bottle ; and by frequently rubbing the parts affected with this mixture, hot as can be borne it will soon reduce the worst kind of swellings.

Cramp in the Stomach.

Take ten drops of lavender on sugar, and repeat the dose every ten minutes, until relieved.

Callus.

Take of brandy, pig's-foot oil, beef's gall, and spirits of turpentine, each one gill; simmer all together, and rub on the parts, as hot as can be borne, about three times a day.

Menstrual Discharges. (See Fem. Obstruct.)

In order to check the too free discharge, take of burnt alum, three drachms, dragon's blood one drachm; and make into pills. Dose, four or five, night and morning; or,

Make a tea of snake weed, or yarrow, and drink freely; or,

In order to help the discharge, take one tea-spoonful of the tincture of gum guaiacum in a tumbler of new milk on going to bed, two or three nights before the full of the moon; and at the same time, make a strong tea of snakeroot, and drink in the course of the day as much as the stomach will bear. This may be depended upon as an infallible remedy.

Itch.

In one pint of gin, steep of black cherry-tree bark, prickly ash, and yellow dock root, each one ounce, adding half a pint of water; and drink two glasses a day. Rub on the hams or anus, mercurial yellow ointment.

Palpitation of the Heart.

This disease consists in a vehement and irregular motion of the heart, and is induced by organic affections, a morbid enlargement of the heart itself, or of the large vessels, a diminution of the cavities of its ventricles from inflammation or other causes, polypi, ossification of the aorta or other vessels, plethora, debility or mobility of the system, malconformation of the thorax, and many of the causes inducing syncope.

During the attacks the motion of the heart is performed with greater rapidity, and generally with more force than usual, which is not only to be felt with the hand, but may often be perceived by the eye, and in a few instances even be heard; there is frequently a purplish hue of the lips and cheeks, and a great variety of anxious and painful sensations.

In some instances the complaint has terminated in death, but in many others it is merely symptomatic of hysteria and other nervous disorders.

In the treatment of this disease, it should be our study, if possible, to find out the exciting cause, and to remove this. If it arises from plethora, bleeding with purgatives should be adopted; if from debility, bitters with chalybeates and cold bathing, &c. will be proper; when symptomatic of any nervous disorder, æther, castor, musk, and other antispasmodics, conjoined with tonics, will be advisable.

As the disease, however, arises from an organic affection of the heart itself in many instances, or of the aorta, or other large vessels connected with it, all that may be in our power in such cases will be to caution the patient against exposing herself or himself to such circumstances as may increase the action of the sanguiferous system, particularly fits of passion, sudden surprises, violent exercise, or great exertions of the body.

Chilblains.

Wash the parts in strong alum water, applied as hot as can be borne.

Corns.

Spread a plaster made of gum ammoniac, and lay it over the corn; or,

Boil tobacco down to an extract, then mix with it a quantity of white-pine pitch; and apply it to the corn, renewing it once a week until the corn disappears.

Jaundice.

Take whites of two hen's eggs, beat them up well in a gill of water; take this, a little every morning; it will soon do good; it also creates an appetite, and strengthens the stomach; or,

Take the yolk of a hen's egg, a tea-spoonful of lemon juice, a tea-spoonful of sugar; mix; take this three mornings, and then miss three; repeat it, if necessary; or

Take of black cherry-tree bark, two ounces; blood root and goldthread, each half an ounce; put into a pint of brandy. Dose, from a tea-spoonful to a table-spoonful, morning and night.

Strengthening Plaster.

Take of tar and hemlock gum, equal parts; stir in a tea-spoonful of sulphur: it is fit for use.

Bite of Poisonous Creatures.

Snake.—Apply juice of onions mixed with fine salt; or apply Spanish flies, until a blister is raised.

Mad dog.—Take two table-spoonfuls of fresh chloride of lime; mix with water; wash the wound often.

Bites or Stings.—Make a strong tincture of lobelia, and apply it often; this is an infallible cure.

Sore legs.

Apply to the sore a batch of common tow, and keep it wet with new milk; or,

Take wormwood, smart-weed, blue vervine; boil in weak lye; apply with a soft brush or feather.

Monthly Course—Painful.

Take a teaspoonful of flax-seed three times a day.

Raising Blood.

Make a tea of white oak bark, and drink freely during the day; or,

Take half a pound of yellow dock root, boil in new milk, say one quart; drink one gill three times a day; and take one pill of white pine pitch every day, to heal the wound or leak.

Deafness.

Take ants' eggs and onion juice; mix, and drop into the ear: or,

Drop into the ear, at night, six or eight drops of warm chamber lye.

Stomach Sickness.

Drink three or four times a day, of the steep made from the bark of white poplar roots.

Bloody Urine.

Dissolve one ounce of gum Arabic in one gill of water; in a glass of this, drop in ten drops of vitriol oil; take of it two or three times a day.

Numb Palsy.

Take of ether, four ounces; oil of lavender, half an ounce; rub this mixture on; give one tea-spoonful when you commence the application, night and morning.

Nervous Affections.—Sick Headache.

Make a tea of mullen seed and drink freely; or,

Take powdered charcoal (one tea-spoonful) in molasses, every day; wash it down with a little tea. This is good for sick headache; or,

Take three or four drops of nitric acid, in half a tumbler of cold water.

White Swelling.

Draw a blister on the inside of the leg, below the knee; keep it running with ointment made of hen manure—by simmering it in hog's lard with onions; rub the knee with the following kind of ointment; bits of peppermint, oil of sassafras, checkerberry, juniper,

one drachm each; simmer in half a pint of neat's foot oil; rub on the knee three times a day.

Bleeding at the Lungs.

Take three or four drops of oil of golden rod.

Scrofula—Humor.

Administer one drachm of Peruvian bark; half in the morning and half at night; also, give the patient twenty drops of the oil of tar, at eleven o'clock, A. M. and four o'clock, P. M.

Take of powdered egg-shells one tea-spoonful, (or oyster-shells,) mixed with Peruvian bark, one eighth part, two or three times a day.

Salt Rheum.

Make a strong tea of elm root bark; drink the tea freely; and wash the affected part in the same; or,

Take one ounce of blue flag root, steep it in half a pint of gin; take a tea-spoonful three times a day morning, noon, and night; and wash with the same; or,

Take one ounce of oil of tar, one drachm of oil of checker berry; mix. Take from five to twenty drops, morning and night, as the stomach will bear.

Cutting Teeth.

Make a necklace of the bean called Job's tears, and let the child wear it around its neck.

Dropsy.

Take of cream of tartar, borax, ginger, gum myrrh, each one ounce; put into one pint of best gin; take one table-spoonful three times a day; or,

Take one drachm powdered broom-seed, put into one and a half glass of wine; take it early in the morning, fasting, one or two days or,

Take blue flag root, half a pound; elecampane root, half a pound; boil in two gallons of water, down to one quart; add one pint of molasses and half a pint of gin. Take a wine-glassful three times a day; or,

Take as much as the stomach will bear, (say about a wine-glass,) of the inner bark of common elder in strong wine, morning, noon, and night.

Bilious Complaints.

Take dandelion (root and branch) and poplar tree root, each half a pound; steep out all the strength; simmer it down thick; add molasses, and take one tea-spoonful four times a day; or,

Take a quarter of a pound of black cherry-tree bark, one ounce of bloodroot; steep in a pint and a half of brandy three days; then add one gill of water and one gill of molasses; let it steep three days, and it is fit for use. Dose, from a table-spoonful to half a wine-glassful two or three times a day; if it should brace the stomach too much, take less; if not, take a little more.

Humors.

Take saffron and Seneca snakeroot, equal parts; make a strong tea; drink half a pint per day, and this will drive out all humors from the system.

St. Anthony's Fire.

Dissolve two ounces of saltpetre in one pint of water; take from one tea spoonful to a table-spoonful night and morning; wash in the same; or,

Take one glass of rum, and one glass spirits of turpentine; mix, and wash; and when the inflammation is gone, rub the parts with mutton tallow.

Dyspepsia.

Take bark of white poplar root, boil it thick, add a little spirit; lay it on the stomach; or,

Take wintergreen and black cherry-tree bark, and yellow dock; put into two quarts of water; boil down to three pints; take two or three glasses a day.

Bilious Cholic

Mix two table-spoonfuls of Indian meal in half a pint of cold water; drink it at two draughts; or,

Take W. I. rum, molasses, hog's fat, wine, each one gill; mix all together, and take it at discretion.

Gout

Dissolve half an ounce of camphor in three ounces of alcohol; add one gill of boiling water; rub it on as hot as can be borne; or,

Take oil of lavender, half an ounce; Sul. ether, four ounces; alcohol, two ounces. Rub on the affected parts; you will soon find relief.

Sore and Weak Eyes.

Eye water: take white vitriol, one ounce; bray salt, one ounce; pour on a quart of boiling lime water; let it settle, and it is fit for use; or if too strong, weaken with lime water.

Use the *Harlem oil*, according to directions; or,

Take white vitriol, one ounce; sugar of lead, one ounce; gunpowder, two ounces; put into one quart of lime water; let it settle twenty-four hours, and it is then fit for use.

Polypus.

Take two ounces of bloodroot, two drachms of cinnamon, two ounces of coak root, one drachm of borax, ten grains of sublimate; mix together, and take four or five pinches, as a snuff, per day; when it grows small, snuff up a little beet juice; this will oftentimes blow it out; or,

Take of bloodroot one part; shunk cabbage, half a part; lobelia, one part; Corr. sublimate, five grains

snakeroot, two parts; slippery elm, three parts; common snuff, one part; take a pinch four times a day.

Felon on the Hand.

Take of blue flag-root and hellebore equal parts; boil in milk and water; soak the hand in this, as hot as you can bear it, say twenty minutes; then bind the roots on your fingers one hour, and a cure will be the result.

Rupture.

Rub on angle-worm ointment, morning and evening; make a plaster of the yolk of three eggs, mixed with a gill of brandy; simmer together, and use it as a plaster; at the same time drink freely of white oak bark tea, and keep up your rupture with a good truss.

Croup. No. 2.

Apply a plaster of yellow snuff to the throat; take a little physic; soak your feet in hot water, and apply onion poultice to your feet; or,

Take ten grains of white vitriol, ten drops of oil of vitriol, one ounce lime water; mix; take from five to twenty drops every hour; lay a plaster of yellow snuff on the throat; and when you think the bladder is almost full, give a vomit of bloodroot and lobelia, equal parts; this will cause the bladder to break, and the child will be cured.

Fluor Albus.

Put one ounce of borax into a pint of wine; take half a wine-glass three times a day; and drink a tea made of hackmetack bark.

St. Vitus's Dance.

Purge with fleur d'luce; then take camphor and bloodroot, and steep them in spirit; take a tea-spoonful three

times a day; then take a tea made of sage, rue, pennyroyal; drink freely; or,

Pour cold water, from the height of four or five feet on the patient's head, three or four times a day; at the same time, take of ether one ounce; oil of lavender one drachm; mix and rub on the wrists and back of the neck a tea-spoonful night and morning.

Urinary Discharges (too free.)

Take two ounces of Peruvian bark; steep it in one quart of wine twenty-four hours; add two drachms of alum. Dose, from a spoonful to a wine-glassful two or three times a day.

Liver Complaint.

Drop into a quart of cold water aquafortis enough to make it a pleasant sour, and drink (through a quill, on account of the teeth) freely, through the day; or,

Take of tincture of guaiacum and oil of tar, each one ounce, mixed. Dose, from five to twenty drops

Rub on the side, oil of lavender one drachm, ether two ounces, oil of sassafras one drachm.

Gravel, or Stone.

Take of lobelia, violets, camomile cleavers, smartweed, each one ounce; boil in two quarts of water down to one quart; add one quart of common lye, one quart of Holland gin. Dose, drink half a pint per day, and at night take half a wine-glassful, and the same quantity of onion juice, when going to bed; drink nettle tea for a common drink; or,

Use Harlem oil, according to the directions; or,

Take spirits of turpentine, sweet spirits of nitre, oil of juniper, balsam of sulphur, each half an ounce; mix; and take fifteen drops in a strong tea made from the bark of the high blackberry bush. Drink a tea made from horsemint, freely, as a common drink; or,

Take castile soap, eight ounces; quick lime, one ounce; oil of tartar, one drachm; mix into five-grain pills, and take three or four per day; or,

Make of bean leaves a strong tea, and drink freely; or,

Take of uvi ursa any quantity; powder it fine. Dose, from half a drachm to a whole drachm, morning, noon and night.

Mortification.

Make a strong decoction of white oak bark; thicken with powdered charcoal and Indian meal; and apply it to the parts affected. Try it every two hours; or,

Make a strong tea from Indigo weed; bathe the part affected till well.

Worms.

Take one ounce of powdered snake-head (herb), one drachm of aloes, and one drachm of prickly ash bark; powder these, and to half a tea-spoonful of this powder add a tea-spoonful of boiling water, and a tea-spoonful of molasses, and take this as a dose, night or morning, more or less, as the symptoms require; or,

Take tobacco leaves, pound them up with honey, and lay them on the belly of the child, or grown person, at the same time administering a dose of some good physic; or,

Take garden parsley; make into a tea; and let the patient drink freely of it; or,

Take the scales that fall around the blacksmith's anvil, powder them fine, and put them in some sweetened rum Shake them when you take them, and give a tea-spoonful three times a day.

Toothache.

Make an extract from white poplar bark; mix with it a little rum; put into your tooth, and you will soon find relief; or,

Take the bark of white poplar roots, boil it down to the thickness of tar; take a tea-spoonful of this extract, put into a glass of spirit, shake it well, and apply to the tooth.

Wen.

Take clean linen rags; burn them on a pewter plate, wipe off the oil on lint, and lay the lint on the wen; it will soon drop out of itself; or,

Take equal parts of alum and salt; simmer them together, and wash the parts three or four times a day.

Whooping Cough.

Take of sweet oil, garlic, onions, each a gill; simmer together half an hour; then add a glass of honey, a tea-spoonful of paregoric, and a tea-spoonful of tincture of camphor. Dose, one tea-spoonful three or four times a day; or,

Take of elecampane, four ounces; honey, half a pound; set it in a warm place until it forms a syrup. Dose. one tea-spoonful three times a day.

Palpitation of the Heart.

Take of the root of Indian hemp, dry and powder it, and for a dose take an even tea-spoonful, three times a day; or,

Take of oil of lavender half an ounce; ether, four ounces; tincture of bloodroot and of valerian, each one ounce. Dose, one tea-spoonful three times per day; and rub some of it on near the heart, at the same time; or,

Make a strong tea of motherwort herb and drink it freely; or take a tea-spoonful of the powdered leaves, in a little tea or molasses, night and morning.

Weak Stomach.

Take of gum mastic, and spermaceti, each two ounces; melt them together over a slow fire; then stir in

brown sugar, say two pounds; make into small balls, size of a walnut, and take three per day on an empty stomach; or,

Take garden wormwood, tansy, balm of Gilead buds, buds of pitch pine, each half an ounce; steep in one quart of spirits. Dose, from a table-spoonful to half a wine-glassful, morning and evening.

Cancer.

Boil down the inner bark of white and red oak, to the consistency of molasses; apply as a plaster, shifting it once a week; or,

Burn red oak bark to ashes; sprinkle it on the sore, till it is eaten out, and then apply a plaster of tar; or,

Take garget berries, and leaves of stramonium; simmer them together, in equal parts of neat's foot oil and the tops of cicuta or hemlock; mix well together, and apply it to the parts affected; at the same time make a tea of wintergreen (root and branch); put about a handful into two quarts of water; add two ounces of sulphur of brimstone, and drink of this tea freely during the day.

Ringworms

Boil three figs of tobacco in one pint of urine, add one gill of vinegar, and one gill of lye; and rub this wash on frequently; or,

Take carbold and pulverize it fine, mix it with gin, and apply it with a feather.

Diabetes.

Take of loaf sugar, rosin and alum, equal parts; and take as much as the point of a penknife will contain three times a day; or,

Steep one ounce of ginger in one pint of good wine, and drink two or three glasses a day; or,

Dissolve in one quart of proof brandy, one ounce of spruce gum, and half an ounce of ginger. Dose, from

one table spoonful to half a wine-glassful, three times a day.

Piles.

Take one ounce of garget root, and one ounce of burdock root, put them into a pint of boiling water, and let it steep awhile; when cool, add a little gin to prevent its souring, bottle it tight, and take from two to four table spoonfuls daily; or,

Simmer sunflower seeds in cream, and make it into an ointment; and rub this ointment on the inside and outside, and for an injection use strong Castile soap-suds; or,

Take equal parts of the pitch of white pine and fir-balsam, make this into pills, and take four or five per day; or,

Take the Harlem Oil, according to the directions; or,

If external, rub on linseed oil; or, if internal, take a tea-spoonful of the same, three times a day; or,

Take of sulphur one ounce, hog's fat four ounces, strong tobacco-juice half a pint, and simmer them together into an ointment; and apply it.

Liver Complaint.

Make a strong tea or syrup of burdock, wormwood, and dandelion, and drink freely.

Erysipelas.

Dissolve five ounces of salt in one pint of good brandy, and take two table-spoonfuls, three times a day.

Bowel Complaints in Children.

Take of prepared chalk one ounce, tinct. of kino one ounce, Epsom salts one ounce, and water one pint; mix all well together, and shake well before using. Dose,

for a child one year of age, one table-spoonful morning, noon and night, and increase the dose as the symptoms may require.

Gravel. (*See Stone.*)

Make a strong tea of the herb called heart's ease, and drink freely; or,

Make of Jacob's ladder a strong tea, and drink freely.

Painter's Cholic.

Make of tartaric acid a syrup similar to that of lemon syrup; add a sufficient quantity of water, and drink two or three glasses a day.

Earache.

Take a table-spoonful of fine salt, and tie it up in a little bag, heat it quite hot, and lay it on the ear, shifting it several times; and it will afford speedy relief.

Old and Inveterate Sores.

Take one ounce of copperas, two ounces of white vitriol, two ounces of rock-salt, two ounces of linseed oil, and eight ounces of molasses; boil them all together over a slow fire, and then add a pint of urine, and when cool, add half an ounce of the oil of vitriol, four ounces of the spirits of turpentine, and two ounces of the oil of tar; mix all well together, and the salve is fit for use.

Convulsion Fits

May be cured by taking twenty drops of digitalis, ten at night and ten in the morning; and at the same time pour, in a small stream, about one quart of cold water from the height of two or three feet upon the fore part of the patient's head, and rub the back part of the neck with the following mixture: take of the oil of lavender two drachms, ether two ounces, alcohol one ounce; and when

the fit is on, dash cold water in the patient's face as quick as possible, thus checking the spasms, and affording speedy relief.

Cough.

Take of paregoric half an ounce, syrup of squills one ounce, antimonial wine two drachms, water six ounces. Dose, one tea-spoonful every ten minutes, and doubling the dose if judged necessary.

Common Sore Throat.

Mix a glass of calcined magnesia with honey, and take one tea-spoonful every hour.

Epileptic Fits.

Take of the root of comfrey, sassafras, burdock, elecampane and horse-radish, and of hoarhound, and raspberry leaves, equal parts; make these into a strong tea, and to an adult administer one gill, to a child a proportionably less quantity per day.

Sore Lips

Wash the lips with a strong tea made from the bark of white oak.

Bleeding Piles.

Make a strong tea of yarrow, and drink freely; or,
Take a piece of garget-root about the size of a hen's egg, put it into a pint of boiling water, and let it steep a few hours, when cool, take from one to three tablespoonfuls, as the stomach will best bear daily, before eating.

Ulcer

Boil the leaves of the walnut tree in soft water, and

frequently wash the sore with it, keeping a cloth wet with the wash on the parts all the time.

Felon.

Take of blue flag-root and white hellebore equal parts, and boil them in milk and water; hold the finger in this as hot as can be borne about fifteen minutes, then lay the hot roots on the felon about one hour, and it will soon disappear.

Distress after Eating.

Take of soda two parts, and of rhubarb one part, mix them well together, and take an even tea-spoonful, fifteen minutes after eating, in water.

Warts. No. 2.

Make a strong solution of corrosive sublimate, and rub it on the warts two or three times a day.

Inward Ulcers.

Take of the bark of sassafras-root two ounces, blood-root one ounce, colts-foot two ounces, gum-myrrh one ounce, winter-bark one ounce, and aloes one ounce; steep them together in two quarts of rum, let them steep awhile, and when cool, drink one glass every morning before eating.

Sore Nipples.

Spread a plaster of fir balsam, and apply it to the breast after the child has nursed.

Phthisic.

Take four ounces of hen's fat, and with it simmer a little of the root of skunk-cabbage. Dose, one tea spoonful, three times a day.

Vomiting Prevented.

Pour boiling water on a piece of camphor, and take one dessert-spoonful every ten minutes, until the vomiting ceases.

Consumption.

Take one table spoonful of tar, and the yolks of three hen's eggs, beat them well together, and then add half a pint of wine, and shake all well together. Dose, one table-spoonful morning, noon and night.

Consumptive Cough, with Distress.

Take of the extract of cicuta one ounce, and oxide of zinc half an ounce; make them into a common sized pill, and take one night and morning.

Tape Worm.

Boil the stem of pomegranate very strong, and when cool, drink freely of the tea; or,

Take of spirits of turpentine and rum, each half a wine glass, and sweeten with molasses; take a little of this every hour, and afterwards take a smart dose of physic.

Taking Poisons.

1. When a person has through mistake taken *Oil of Vitriol*, administer large doses of magnesia, or soap and water.

2. *Tartar Emetic.* Let the patient drink a tea made from Peruvian bark, very strong.

3. *Saltpetre.* Give the patient one tea-spoonful of mustard seed in water, and after vomiting, give him a little laudanum.

4. *Laudanum.* Give a tea-spoonful of mustard seed, and increase the quantity, until it operates, and keep the patient moving.

5. *Lunar Caustic.* Administer a tea-spoonful of common salt, at different times, until it operates.

6. *Corrosive Sublimate.* Take the white of eggs in water, until vomiting is produced, and apply slices of onions to all parts of the body.

7. And in any other case of the kind, administer a table-spoonful of powdered charcoal, and in fifteen minutes afterwards give a dose of physic.

Bleeding at the Stomach.

Take a table-spoonful of camomile tea every ten minutes until the bleeding stops.

Hoarseness.

Make a strong tea of horse-radish and yellow dock roots, sweeten with honey, and drink freely.

Windy Stomach.

Chew saffron leaves, and swallow the spittle.

Gleets.

Make of turpentine a four-grain pill, and take three a day.

Sweat.

Take of nitre half a drachm, snake's head (herb) one ounce, ipecac. half an ounce, saffron one ounce, camphor one ounce, snake-root one ounce, seneca-root one ounce, bark of sassafras-root one ounce, opium half an ounce; put the above into three quarts of Holland gin, and take a table-spoonful in catnip tea every ten minutes, until it produces a free sweat.

Humors.

For any kind of humors—take of checkerberry and

the essence of tar, each one ounce, mix them well together, and give to an adult from five to fifteen drops, and to a child from three to ten drops, morning and evening; and at the same time, let the patient drink freely of juniper-tea; and if he chooses, he may take the drops in a little of this tea.

Good Remedy for Fits.

Take of the tinct. of foxglove, ten drops at each time twice a day, and increase one drop at each time as long as the stomach will bear it, or it causes a nauseous feeling.

Strained Stomach.

Take of white-pine pitch and of sulphur, each a quarter of a pound, and of honey three ounces; simmer them well together, make into pills, and take four of these pills in the course of the day.

Stiffened Joints.

Take of the bark of white oak and sweet apple-trees, equal parts; boil them down to a thick substance, and then add the same quantity of goose-grease or oil, simmer all together, and then rub it on the parts warm.

To procure Sleep.

Wash the head in a decoction of dill seed, and smell of it frequently.

King's Evil.

Take of antimony and salt, equal parts, melt them in a crucible one hour, let it cool, and then break the crucible and rub this composition with corrosive sublimate equal parts, until it be well mixed, then make into pills, and take from two to four a day; and take a portion of some good physic weekly.

Simple Remedy for Cough.

Take of paregoric half an ounce, syrup of squills one ounce, antimonial wine two drachms, water four ounces. Dose, one tea-spoonful every fifteen minutes, until relieved.

Whites in Women.

Make a strong syrup of yarrow, and take from one table-spoonful to two thirds of a wine-glassful, three times a day.

Weeping Eyes.

Wash them in camomile tea, night and morning.

Spine Complaints.

Mix beef-gall with vinegar, and bathe the back with this wash night and morning.

Liver Complaint.

Make a strong tea of snake's-head (herb), and drink freely.

Cure for Old Sores.

Take of copperas one ounce, white vitriol two ounces, salt two ounces, linseed oil two ounces, molasses eight ounces, and urine one pint; mix them well together, and then boil the mixture over a slow fire fifteen minutes; when cool, add one ounce of the oil of vitriol, and four ounces of the spirits of turpentine; and apply it to the sore with a soft brush.

Pimples.

Take a tea-spoonful of the tinct. of gum guaiacum, and one tea-spoonful of vinegar; mix, and apply it to the affected parts.

Cure for Toothache.

Mix alum and salt together; or powdered alum and spirits of ether; and apply it on a small wad to the affected tooth.

Lame Feet.

Take one pint of urine, one table-spoonful of fine salt, and one fig of tobacco; simmer strong, and apply it as a wash, as hot as can be borne every night; and when about to commence bathing the feet take one tea-spoonful of the tinct. of guaiacum; and in using the wash, if it should cause nausea, take one more tea-spoonful of the tincture, and cease bathing.

Frost Bite.

Dissolve half a pound of alum in one gallon of hot water, or less quantities in proportion; and apply with hot cloths laid on the parts, keeping them wet with the wash.

Burns.

Take of fir-balsam one ounce, sweet oil two ounces; mix, and apply with a feather, and then wet a cloth with it and lay it on the sore, keeping the cloth wet all the time.

Sore, or Weak Eyes.

Take of white vitriol ten drops, mix in lime water, and take from five to twenty drops, as the stomach will bear.

Hysterics.

Take the leaves of motherwort and thoroughwort, and the bark of poplar root equal parts, mix them in molasses, and take four of them when the first symptoms of the disorder are felt, and they will effecnally check it.

Locked-jaw.

If the wound be occasioned by running a nail or something of the kind into the foot or hand, let the parts be well soaked in weak lye, and keep them bound up until the sore is quite healed; or,

When there is any appearance of the disease, let the patient take one table-spoonful of elixir, (See page 72,) in a wine-glassful of hot water. If this dose does not allay the symptoms, give the patient a thorough lobelia emetic. If the jaws become locked before the emetic is given, let the patient take half a table-spoonful of the tincture of lobelia seeds, and fill the spoon up with the elixir; and if the jaws are closed tight, put the above on one side of the mouth, and let it run down by the sides of the teeth and cheek; it will soon find way to the roots of the tongue, will relax the muscles, and the mouth will open without any force; and in fifteen minutes repeat the dose, giving, in half an hour afterwards, one tea-spoonful of vegetable powders, (See page 72,) in a tea-cupful of pennyroyal tea, this causes the patient to vomit, and to be relieved. If the spasms should continue, let this treatment be repeated.

Universal Cure-all.

I have thus named this valuable composition, at the suggestion of an eminent physician at the South, who, as his letter to me states, has through its instrumentality, in very many cases, performed some very remarkable cures. In his letter to me he says, "You state in your letter, that you paid thirty dollars for this recipe—but my opinion is, that on account of its great efficacy in the cure of some of the worst of complaints and diseases that the human flesh is heir too, it is a duty you owe to your fellow-creatures to make it a public thing. I am at a loss where to begin, in order to inform you of the many cases of positive and permanent cures that have come under my own observation in its use; I will at this time mention but two instances; the first being that of a lady,

that had lost the entire use of her limbs, and who had not been able to either feed herself, or to walk a step for upwards of one year, was restored to perfect health and strength in about six weeks, by frequently rubbing different parts of her body with this composition; the quantity I prescribed during that time was about forty-eight ounces. The other case, was that of a young man, who had lost the use of his limbs by a shock of the palsy, (as it was thought,) and who, after suffering for four years, was cured in a few weeks, by its use; the quantity I used in both of these cases weekly, was about six or eight ounces."

I have proved it to be a permanent cure in very many difficult cases; viz., in case of a young man, who had lost the use of his hand, and who by continuing its use for three days, was completely cured. A woman who had suffered much from weakness and debility after child-birth, was restored to perfect health and strength, by frequently rubbing her body with this composition in a few days.

Rubbing this composition on, and in the vicinity of the parts affected, will be found to be very efficacious in the liver complaint, consumption, broken breasts, sore or weak eyes, burns, (rubbing it around, but not on the sore, or the eye,) bilious or cramp cholic, stoppages in the bowels (mixed with goose-oil, and then giving a little physic) chilblains, and by taking one or two tea-spoonfuls in a little sweetened tea, it will cure pains in the side, and stomach, and in short, it will be found efficacious in almost every kind of disease. The recipe is as follows: Take of the oil of lavender half an ounce, sulph. ether three ounces, alcohol one ounce, and laudanum two drachms; mix all well together, and it is fit for use.

MEDICAL PROPERTIES OF PLANTS.

Aloes.

It is cathartic, operating slowly, but certainly and has a particular affinity for the large intestines.

It slightly stimulates the stomach and is an excellent remedy in habitual costiveness, attended with torpor of the digestive organs, administered in minute doses. It is generally given in doses from five to fifteen grains. The best way, however, of administering it is in pills, combined with other articles

Avens, or Chocolate Root.

An eminent physician observes, "that it is an excellent remedy in all cases of the first stages of consumption, and in debility." It is preferable to Peruvian bark in the cure of intermittents, dysentery, chronic diarrhœa, wind, cholic, affections of the stomach, asthmatic symptoms, and in cases of debility, whites, flooding, sore throat.

It is good for fevers. After the proper evacuations, it may be given till the fever is broken up. The doses are daily, a pint of weak decoction, or about sixty grains of the powder, divided into three equal parts, and mixed with honey. It is good for the cure of salt rheum, and scald head; make a strong tea of the root, and drink freely; and wash the humor frequently every day.

Arrow Head.

Made into a strong decoction, it is good as a drink, and as a wash, in case of being bit by a mad dog.

Black Snakeroot.

It is an astringent, promotes urinary evacuations, and general healthy action, aids menstrual discharges, is efficacious in removing pains, sickness of the stomach, and heartburn in pregnancy. Administer it in tea; take two ounces of the root, add a pint of boiling water, keep it in a warm place, and drink occasionally two or three swallows at a time, through the day. It may be used in connection with slippery elm before child-birth, as it generally assists nature in such cases. It is excellent in bowel complaints, especially in children.

Blood Root.

It is excellent in coughs and croup. It is an emetic, and narcotic; produces perspiration, and menstrual discharges; is good in influenza, hooping cough, and phthisic. It is good in bilious complaints, combined with Black cherry-tree bark, also in cases of scarlet fever and in catarrh.

Blackberry Root.

This root mixed with gold-thread, and boiled down strong; is a sure remedy for canker in the mouth, throat or stomach; wash the mouth with it, and take inwardly a table-spoonful daily. It will give great relief in cases of gravel and dysentery, if taken often during the day.

Black Alder Bark.

A syrup made from it is good for indigestion and it is good for jaundice. The tags of it, are good (as a wash) for all kinds of spontaneous swellings. The bark powdered is good for worms. Dose, half a teaspoonful in molasses.

Blue Flag Root.

This root has effected wonderful cures in aggravated

rheumatic complaints. Give, after eating, a tea-spoonful, three times a day, of a decoction of the root made into a tincture (by putting one oz. of the dried root into half a pint of gin); decrease the quantity if slight pains in the head or breast are produced. It is excellent in removing humor from the system—much more so than the outrageous mercury, and much more safe. For a cathartic take half a tea-spoonful of the powder in molasses.

Butter. or Oil Nut.

Extract from the bark makes a mild cathartic, like rhubarb. It is good in costiveness and dysentery. Dose from fifteen to thirty grains.

Butter-cup, or Crow's foot.

It is good for drawing blisters, for corns on the feet, and made into a tea, it is excellent in cases of asthma.

Camomile.

Used as a tea, it is good for relieving the stomach in cases of vomiting, and steeped strong, it stops bleeding in the stomach.

Caraway.

When steeped in water it is very good for children, to remove wind from the bowels.

Checkerberry.

It is good for salt-rheum simmered with neat's foot oil and rubbing it on the parts affected.

Carrots.

Boiled in milk and water and applied as a poultice to old sores, it is excellent. Bathe the sore well with the liquor before applying the poultice; it draws out all inflammation.

Canada Snake Root.

It is aromatic, stimulant and tonic; very good for catarrh and pain in the stomah, coughs, colds, and pulmonary complaints.

Red Cedar.

The oil, combined with oil of spearmint, is good for gravel, disease of the kidneys, scalding of the urine. Combined with sarsaparilla, yellow dock, and burdock, and made into a syrup, adding to a pint of this syrup one ounce of gum guaiacum, it is very good in all venereal complaints. Dose from a table-spoonful to a wine-glass, as you can best bear. The berries simmered in neat's foot oil are good ointment for rheumatism, lame back, &c.

Comfrey.

It is a mucilage, well adapted to allay irritation; good in dysentery, diarrhœa, consumptive complaints, and coughs

Catnip.

Steeped and sweetened with loaf sugar, it is good for sore throats; mixed with fresh butter and sugar, good for fresh wounds, swelled bowels in children, by bathing; it is also useful in fevers, producing perspiration without increasing the heat of the body.

Dandelion

The root and branch of this plant should be steeped in soft water a sufficient length of time to extract all its virtues; then strain the liquor and simmer until it becomes quite thick; and then, for all bilious complaints, from one to three glasses a day may be taken with decidedly beneficial effects. It can also be made into pills

It is a good medicine for complaints of the liver, dropsy, &c.

Currants.

A tea made of the leaves of this bush is good in dropsical complaints; and taken as a common drink, it promotes a free passage for the discharge of the urine; it is also good for the stone or gravel.

Dragon's Claw, or Fever Root.

It is useful in fevers, as it keeps up a moisture of the skin, without producing excitement. To one tea-spoonful of the root, add half a pint of boiling water, and drink freely when it is blood-warm.

Dwarf Elder Berries.

They are excellent in rheumatic and dropsical complaints, also in cases of swollen limbs. The berries must be steeped in spirits, and taken in small doses just before eating.

Elecampane.

It is used in cases of suppression of the menses, diseases of the chest, and general debility arising from weakness in the digestive organs; it is also useful in dropsy. Of the decoction, one or two fluid ounces may be taken at a time. It is sometimes used in coughs, and pulmonary affections.

Elder Blows, Bark and Berries.

The flowers are good for the scurvy, taken in a strong tea; for bowel complaints in children they are excellent. They are laxative, and purify the blood; are also good for the gout, steeped in vinegar and salt, a table-spoonful mixed with the vinegar, rubbed on as hot as the patient can bear it. For erysipelas it is good steeped in vinegar

and rum; also for St. Anthony's fire; add a spoonful of fine salt to a pint of the steep; take a spoonful, and at the same time bathe the parts.

Foxglove.

It produces a free discharge of urine, is good in dropsy of the chest, reduces inflammation by lessening the action of the heart, reduces frequency of the pulse; is good in consumptive complaints, especially inflammation of the lungs. It is a poison, and too large a dose will produce spasms, vertigo and death. A dose of the powder is one grain, to be taken two or three times a day, and gradually increased until it affects the head, stomach, pulse or kidneys. It is said to be of use in case of convulsion fits; and made into an ointment, it helps scrofula sores.

Fir Balsam.

It is good for sore nipples, fluor albus, fresh wounds and weakness of the stomach. Dose, twenty or thirty drops taken on loaf sugar, molasses, or anything most convenient.

Fever Root.

It is good in the typhus fever as well as others; keeping the skin moist without producing excitement. To a tea-spoonful of the powdered root, add half a pint of boiling water, and drink freely.

Ginger.

It is good in cholic, pain in the stomach, dyspepsia; promotes perspiration, warms the whole system. It is, prepared with gentian root, an excellent stomach powder Dose, one ounce of gentian root and one drachm of ginger, mixed together, and take a spoonful in molasses every morning.

Golden Thread.

It is a tonic, promoting digestion, and is good for dyspepsia and sore mouth. Combined with camomile, it is good for sore lips, chapped hands, and chilblains on the feet; mixed with black cherry-tree bark it is good for jaundice.

Garlic.

Draughts made of garlics, and applied to the feet at night, are good to remove feverish symptoms and equalize the circulations. It is very good in all inflammatory diseases; also for discussing indolent tumors, coughs, colds, asthma.

Gentian.

It is a valuable tonic, excites the appetite, invigorates the system, and increases moderately the temperature of the body. It is good for debility of the digestive organs, gout, hysteria, scrofula and dyspepsia. Dose, from ten to forty grains.

Gum Arabic.

It is nutritive, and soothing to irritated parts; good to prevent bleeding in dysentery, hoarseness, whooping cough, and suppression of urine. Take a handful of English barley, gum Arabic, a piece about the size of a walnut, with a little slippery-elm; pour upon it a pint of boiling water, steep it and sweeten with loaf sugar. This is excellent where the patient has not much appetite and cannot bear solid food.

Horse Radish.

It promotes appetite, and invigorates the digestive powers. It is useful in hoarseness, when made into a syrup.

Hyssop.

It is very useful in producing expectoration, or discharge of mucus from the lungs, for catarrh, especially in old people, and as a gargle in sore throats. Make a tea, and drink at discretion.

Hops.

Hops are tonic, good in dysentery, nervous tremors, weakness and tremors of inebriates. A pillow made of hops wet with rum, is good to produce sleep, and allay nervous irritation, good in after-pains of women and valuable in fermentations.

Hoarhound.

It strengthens the lungs; a cold tea of it is good to prevent children from coughing, and loosens phlegm in the stomach. Mixed with colt's foot, it is fine for lung complaints.

Hemlock (Bark).

It is a powerful astringent. It is good for a bath in cases of falling of the body, falling of the womb, weak joints, &c. When the bath is used, about one third of brandy ought to be added. The gum, mixed with Burgundy pitch, makes an excellent plaster.

Iceland Moss.

It is good for a cough. It is bracing and nourishing.

Indian Hemp.

It is one of the best remedies for the palpitation of the heart that is to be found, and it is a powerful nervine, very good in old standing nervous complaints of women. Take an even tea-spoonful of the powdered root, in molasses, three or four times a day, for a few weeks.

It is a fine substitute for opium without its *effects*, or tendency to costiveness and inaction.

Juniper Bush.

Its berries are a very excellent counter-poison, and also a great resister of pestilence. They are efficacious in the cure of wounds occasioned by the bite or sting of any beast or serpent of a poisonous nature. They are very good in cases of urinary suppressions, and strangury. A lye made from the ashes and used as a drink, will cure the dropsy. They expel wind, strengthen the stomach and eyesight, repress fluxes, good for piles, palsy, and falling sickness. Eating eight or ten of the berries every morning fasting, is good for a bad cough, shortness of breath, and consumptive complaints.

Knot Grass.

The juice of this herb or grass is excellent to stop bleeding at the nose or stomach—being of a very cooling nature. Made into powder and taken in wine it is a remedy in case of being bitten by any venomous creature. It is also good to expel worms. It is also said to be a sovereign remedy in all cases of inflammation, gangrene, canker, ulcer, broken joints and ruptures, and dysentery.

Lobelia.

It must be dried, pulverized, put into bottles, and very tightly corked—otherwise, its strength will soon evaporate. This herb, if properly administered, will invariable break up diseases of very long standing. By its powerful action upon the great sympathetic nerve, it allays irritation and inflammation ; it is peculiary adapted to the following cases, viz. cholera, hydrophobia, bite of rabid animals, lockjaw, asthma, fits, spasmodic affections, whooping cough, tightness in the chest, difficulty in breathing, bilious complaints, and consumption.

Lobelia will penetrate and equalize the system, remove all obstruction, cleanse the stomach and bowels, purify the blood, remove disease from the lungs and the liver, in a manner far superior to what calomel ever could, or ever will do. Dose, one tea-spoonful at a time—sometimes it requires two or three, depending upon the constitution of the patient, and the nature of the disease.

When taken as an emetic, mix it with an equal quantity of blood-root. This is fine in case of bilious cholic. When made into a pill, dampen it with balsam capivi, adding a small quantity of Castile soap. Take three pills for a dose, and if the patient does not obtain speedy relief, repeat the dose in about six minutes. By applying the powdered herb to an aching tooth, it will soon afford relief. A tincture made from lobelia, is an excellent remedy in case of being stung by a bee or wasp, and is good in all kinds of poisonous affections, venereal complaints, St. Anthony's fire, &c.

Liquorice.

It is good for a cough. Take a large tea spoonful of linseed oil, one ounce of stick liquorice, four ounces of best raisins, put the ingredients into two quarts of soft water, boil this down to one quart, then add a quarter of a pound of brown sugar, and one table-spoonful of lemon juice. Drink half a pint of this on going to bed, and take a swallow or two when your cough is troublesome day and night."

Lady's Slipper.

The root of this plant has a tendency to lessen the animal energy, and to allay nervous affections, and is anti-spasmodic. It may be used in all cases instead of valerian; and is also in most cases far preferable to opium, as it is destitute of any narcotic effect. It promotes sleep, and allays the headache. Dose, one tea-spoonful in warm water, adding a little sugar.

Liverwort.

The root is excellent in all diseases of the liver, inflammation, yellow jaundice, chronic coughs; and will check the spread of ring-worms and running sores. Made into beer and drank freely, it will reduce the heat of the liver and kidneys. It is both cleansing and cooling.

Motherwort.

It is excellent in all nervous and hypochondriacal affections, dizziness in the head, &c. A strong tea, made of it and drank freely, will raise the spirits and impart new life and vigor to the whole system.

Mosses.

The ground moss, bruised and boiled in water, will ease all inflammation and pain caused by heat. Tree moss is also of a cooling, mollifying, digesting nature. The powder of this moss, taken in a drink, is good for the dropsy, and strengthens the sinews; and, with oil of roses, will cure the headache. Stone moss is good in the cure of the phthisic and asthma, by making into a tea and drinking freely.

Mullen.

Steep the leaves in vinegar, and it is good for a lame side, and internal bruises. The centre leaves, steeped in milk and sweetened with sugar, are excellent for dysentery, especially in children. With strawberry-leaves and cleavers, steeped, it is good in cases of kidney complaints and obstructions of the urine.

Mouse Ear.

This herb is one of the best things known for the dysentery. Boil a handful of the leaves in milk and water, sweeten it with loaf sugar, and drink it freely.

Mustard (Garden).

It promotes digestion, creates appetite, removes pain from the stomach and bowels. The white mustard is good for dyspepsia; it may be taken whole, a tea-spoonful being the usual dose. It is good applied to the feet as draughts; it is also often used in cases where blistering is said to be needed. A tea-spoonful of the seed is good for the cholic; a tea-spoonful of the seed bruised, acts as an emetic; a tea-spoonful of the seed powdered, and taken in warm water, will expel poison from the stomach very promptly.

Prickly Ash.

The bark and berries are very stimulating, tonic, and invigorating. It is good for chronic rheumatism, for the toothache, scrofulous humors, and ulcerated sore legs.

Pennyroyal.

It is gently stimulant, and will produce universal perspiration if taken in large quantities hot. It is considered one of the best medicines in sudden suppression of the menses, prepared in the following manner; take an even tea-spoonful of black pepper powdered fine, put it into a tumbler of this tea, and drink when going to bed, after soaking the feet in weak lye; this remedy is almost infallible.

Plantain.

If poisoned by dogwood, boil plantain strong, and wash in the tea; if poisoned by ivy, do the same; and if you have an old sore do the same.

Quassia.

It is a well known tonic as well as bitter, and

is universally employed in medicine. It is a large, lofty tree, and strongly resembles our common ash; the leaves are of a bright red color, and every part of the tree is very bitter.

Poplar Bark (Root).

It is a sovereign remedy for the toothache: take the bark of the root, boil it in water down to an extract, mix with a little spirit, and put it into your tooth, and it performs a speedy cure in nine cases out of ten. A plaster, made in like manner, will cure the rheumatism, or any other pain.

Sassafras.

The bark cures the chronic rheumatism, is good for inward ulcers, sores, dropsy. With a tincture of the bark of the root, wash the sore, and if it smarts badly, wash round it until you can bear to have it applied to the sore. It is good for cuts, or green wounds; dress the wound and keep it wet with this tincture, and in about ten days you will find it entirely or very nearly healed.

Sumach.

The bark of the root, and berries, are good for canker in the mouth or throat. Make it into a strong tea, and wash the throat and mouth with it. A strong tea made with both bark and root sweetened with honey, will cure a cough, and has been known to cure a consumption.

Smart Weed.

This herb or plant is one of the most powerful sudorifics, or swelling-remedies that I ever used. It is an excellent help in breaking up a fever. It can be made into a tea and drank freely at any time.

Spikenard.

This is said to be a valuable remedy in cases o all kinds of sores and ulcers; and is very good in coughs and colds.

Thorn Apple.

It is used for cancerous sores, rheumatism, and spasmodic asthma, it makes an excellent ointment for the piles, or burns. By using the root, in smoking it with a pipe, it helps to breathe easy, and has cured many cases of asthma, after every other remedy had failed.

MEDICAL PREPARATIONS.

Elixir.

This elixir is made by adding one pound of best gum myrrh, and three ounces of African cayenne, to one gallon of alcohol, or fourth proof brandy. It may be taken from a tea-spoonful to a table-spoonful at a time, in water sweetened with molasses or sugar. It is efficacious in very many diseases used either internally or externally; especially in colds, coughs, consumption, pains in the bowels or stomach, rheumatism, inflammations, headache, toothache, cramp, cold feet, &c.

Vegetable Powder.

Take one pound of baberry bark, eight ounces of ginger, three ounces of cayenne, and four ounces of hemlock bark; mix, and for a dose, take one tea spoonful.

LADIES'

COOKING ASSISTANT

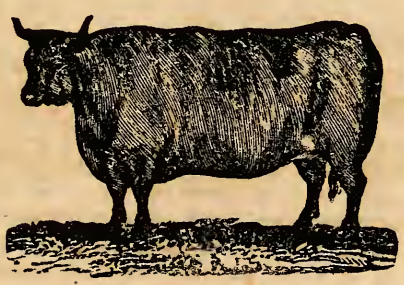
AND

FAMILY FRIEND;

CONTAINING A SELECT NUMBER OF

IMPORTANT FAMILY RECIPES,

MANY OF WHICH HAVE NEVER BEEN BEFORE THE PUBLIC.



BY AN EXPERIENCED HOUSEWIFE.

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CONTENTS.

Cakes, Bread, Yeast, &c.

A

Apple Snow, - - - 31

B

Baker's Ginger Bread, - 19
Best Cup Cake, - - 18
Best Sponge Cake, - - 31
Breakfast Butter Cakes - 16
Brown, or Dyspepsia Bread, 32
Buckwheat Cakes, - - 16
Butter Cakes for Tea, - 16

C

Cake without Eggs, - 28
Common Ginger Bread, - 18
Common Plum Cake, - 15
Composition Cake - - 15
Cream Cup Cake, - - 38
Cream Cake, No. 1, - 16
Cream Cake, No. 2, - 19
Cup Cake, No. 1, - - 17
Cup Cake, No. 2, - - 28

D

Dyspepsia Cake, - - 17

G

Ginger Bread, - - - 18
Ginger Nuts, No. 1, - 29
Ginger Nuts, No. 2, - - 29
Ginger Cookies, - - 29
Ginger Snaps, No. 1, - 29
Ginger Snaps, No. 2, - 30
Good Family Cake, - - 29

H

Hard Wafers, - - - 17
Hoe Cake, - - - - 30

I

Icing for Cakes, - - 18
Indian Cakes, - - 17
Indian Corn Cakes, - - 31
Indian Griddle Cakes, - 15

J

Jelly Cake, - - - 29
Jumbles, No. 1, - - - 30
Jumbles, No. 2, - - - 30
Jumbles, No. 3, - - - 30

L

Lemon Cake, - - - 28
Light Cake to be baked in Cups, 15
Loaf Cake. - - - 17

M

Measure Cake, No. 1, - 18
Measure Cake, No. 2, - 28

N

New-York Cup Cake, - 28

P

Plain Indian Cakes, - 16
Plain Jumbles, - - 30
Plum Cake, - - - 38
Pound Cake, - - - 15

R

Rich Jumbles, - - 30
Rolls, - - - - - 17
Rye and Indian Bread, - 32

S

Seed Cakes, - - - 19
Sugar Ginger Bread, - - 19
Symballs, - - - 19

T

Tea Cakes, No. 1, - - 15
Tea Cakes, No. 2, - - 17
Tea Cakes, No. 3, - - - 19

Y

Yeast—to make it good, - 20
do —Milk, - - - 20
do of Cream Tartar and Saleratus, - - - 31

Pies, Preserves, Jellies, Sauce, &c.

A

Apple Sauce, - - - 19
Arrow Root Custard, - 18

B

Barberries—to Preserve, - 20
Black Currant Jelly, - 21
Blanc-Mange, - - - 17

C

Calf's-foot Jelly, - - 21
Conserve Roses, - - 20
Currant Jelly, - - - 21

D

Damsons—to Preserve, - 36

F

Family Mince Pie, - - 35

P

Peach Jam, - - - 36
Pumpkin Pie, - - 35

R

Raspberry Jam, - - 36
Rice Jelly, - - - 18

S

Squash Pie, - - - 35
Strawberry Jam, - - 36

T

Tomato Catsup, - - 37
Tomato Sauce, - - 36

Puddings.

A

Arrow Root Pudding, - - 33

B

Boiled Indian Pudding, - 18
Bird's Nest Pudding, . 20

C

Christmas Plum Pudding, - 39

D

Damson Pudding, - - 33

I

Indian Fruit Pudding, - 35

O

Orange Pudding, - - 19

P

Plum Pudding, - - 39

R

Rice Pudding, baked or boiled, 34
Rich Apple Pudding, - 34

S

Sago Pudding - - - 34
Sauce for Pudding, - 20

T

Tapioca Pudding, - - 34

Meats, Fish, Gravies, &c.

B

Boiled Beef, - - - 23
Boiled Ham, - - - 25
Boiled Salmon, - - 44
Bread Sauce, - - - 37
Broiled Cod, - - - 45
Broiled Ham, - - 25
Broiled Salmon, - - 44
Broiled Salmon Dried, - 44

C

Cabbage Soup, - - 40
Caper Sauce, . . . 37
Chicken—good way to Prepare, 22
Chicken Pot Pie, . . 24
Chicken Salad, . . . 39
Chicken Soup, No. 1, . 41
Chicken Soup, No. 2, . . 42
Chowder—how to make, . 23
Codfish, salt, Stewed, . 45
Codfish, Salt, . . . 45
Cod, or other Fish, to Fry, . 22
Codfish Cakes, . . . 46
Cold Boiled Cod—to make a dish, 45
Cold Slaw, . . . 22

D

Dried Codfish, . . . 45
Dried Cod—a small dish, . 46
Dried Salmon, . . . 44

E

Egg Sauce, . . . 37

F

Fish—Remarks on, . . 42
Fried Cod, . . . 45
Fresh Mackerel Soused, . 46
Fried Sausages, . . 25
Fried Shad, . . . 46

H

Haddock, ... 45

L

Lobster Soup, . . . 40

M

Mackerel, Salt, . . 46
Melted Butter, . . 36
Minced Meat, . . . 24
Mock Turtle Soup, . 42
Mutton Broth, . . . 39
Mutton—to boil Leg of, . 26

O

Oyster Mouth Soup, . . 40
Oysters—to Fry, . . 23
Oyster Sauce, . . 37

P

Parsley & Butter, . . 36
Pig—to Roast, . . . 25
Pork Steak, . . . 26

R

Roast Pork, . . . 24

S

Sandwiches, . . . 38
Sausage Meat, . . 25
Salmon, ... 44
Salmon—to Broil, . . 21
Savoy Soup, . . . 40
Shad—to Broil, . . 22
Shad, ... 46
Shell Fish, . . . 21
Spare Rib, . . . 24
Stewed Lobsters, . . 23
Stewed Oysters, . . 23
Stock for Gravy Soup or Soup, 42

T

Turtle Soup, . . . 41

W

White Sauce for boiled Fowl, 37

Vegetables, &c.

Cabbage, ... 27
Coffee—how to Make, . 38

G

Green Peas, . . . 27

M

Mashed Potatoes, . . 27

O

Onions, ... 27
Potatoes, 26—To Boil, 26—Roast 27
Turnips, ... 27

ADDITIONAL CONTENTS.

	Page
Beef Balls	7
Beef, Cold Tenderloin	8
Beef, Cold Steaks to warm	9
Beef, Minced	9
Beef Steaks broiled	8
Blacking, to make fine polish	14
Britannia, for cleaning of	14
Cake, Rich small	7
Chicken Pie	11
Curries	11
Curry Powder	12
Dough Nuts	7
Dyspepsia Bread	14
Green Corn Cake	12
Lemon Pie	13
Molasses Dough Cake	12
Muffins	12
Mutton Chops	9
Mutton, to stew shoulder of	9
Red Ants, to keep out	14
Rice Waffles	13
Sausages	10
Savoy Cakes	13
Summer Drink	14
Sweet Bread, Liver and Heart	10
Tripe	10

COOKERY FOR THE SICK.

	Page
Broth, Calves' Foot	48
Broth, Chicken	48
Broth, of Beef, Mutton and Veal	47
Broth, quick made	47
Broth, very nourishing of Veal	47
Jelly Arrowroot	48
Jelly Tapioca	48
Tea, Beef	48

THE LADY'S WORK-BOX.

	Page.
Bead Work,	135
Berlin Stitch	135
Cross Stitch,	134
Czar Stitch	135
Fire Side Caps	136
Gothic Chairs,	136
Irish Stitch	135
Josephine Stitch,	134
Materials for working,	133
Pavilion Stitch,	134
Perforated Card,	135
Rug Bordering	135
Sofa Pillows	136
Settees,	136
Slippers	136
Straight Cross Stitch,	134
Tent Stitch,	134
To dress a frame for cross Stitch	133
To dress a frame for cloth work	133
Weight Cushions,	136
Windsor stitch,	134
Wire Baskets,	136

ADDITIONAL CONTENTS

ETIQUETTE FOR LADIES AND GENTLEMEN.

	PAGE.
Behavior in the Street,	123
Behavior at Dinner,	124
Conversation,	126
Dress,	121
General Rules of Behavior,	126
How to commence your Addresses,	127
Introductions.	124
Love Letters	128
Preliminaries for Marriage,	127
Popping the Question,	128
The Person,	121
Visiting,	123

LADIES' TOILETTE TABLE.

	PAGE
Dress,	131
Evening Dresses,	131
Flounces,	131
High-necked Dresses,	131
Lotion for Promoting the Growth of the Hair, and Preventing it from Turning Grey,	130
Style of Bonnet,	131
Short Cloak,	131
To prevent Loosening of the Hair,	130
To cure Ringworm,	130

CANARY BIRDS.

	PAGE.
General Directions,	132
How to Distinguish the Male from the Female,	132
Letter Writer,	133

VALUABLE RECIPES.

Rich Small Cake

Three eggs; three table-spoonfuls of butter, ditto of sugar; three cups of flour; one tea-spoonful of essence of lemon, and half a nutmeg; work these together, roll it thin, cut it in small cakes and bake.

Doughnuts.

Take one pound of flour; a quarter of a pound of butter; three-quarters of a pound of brown sugar, rolled fine; one nutmeg, grated; one tea-spoonful of ground cinnamon; one table-spoonful of brewer's yeast; make it into a dough with warm milk; sprinkle flour over it, and cover it with a cloth; set it in a warm place to rise, for one hour or more. When light, roll it out to half an inch thickness; cut it in squares or diamonds. Have a small iron kettle half filled with lard; let it be boiling hot. Drop in a bit of the dough to try it; if it is a fine color, drop in two or three of the cakes at once; keep the kettle in motion all the time the cakes are in, else the lard will burn; when the cakes are a fine color, take them out with a skimmer, and lay them on a sieve to drain.

Beef Balls.

Mince very finely a piece of tender beef, fat and lean; mince an onion, with some parsley; add grated bread crumbs, and season with pepper, salt, grated nutmeg, and lemon-peel; mix all together, and moisten it with an egg

beaten; roll it into balls; flour and fry them in boiling fresh dripping. Serve them with fried bread crumbs, or with a thickened brown gravy.

Beef Steaks broiled.

The inside of the sirloin is the best steak—but all are cooked in the same manner. Cut them about half an inch thick—do not beat them · it breaks the cells in which the gravy of the meat is contained and renders it drier and more tasteless.

Have the gridiron hot and the bars rubbed with suet —the fire clear and brisk; sprinkle a little salt over the fire, lay on the steaks, and turn them often. Keep a dish close to the fire, into which you must drain the gravy from the top of the steak as you lift it to turn. The gridiron should be set in a slanting direction on the coals, to prevent the fat from dropping into the fire and making a smoke. But should a smoke occur, take off the gridiron a moment, till it is over. With a good fire of coals, steaks will be thoroughly done in fifteen minutes. These are much healthier for delicate stomachs than *rare done steaks*.

When done lay them in a hot plate, put a small slice of good butter on each piece—sprinkle *a little* salt, pour the gravy from the dish by the fire, and serve them hot as possible Pickles and finely scraped horse-radish are served with them.

I have now given the most important recipes for cooking beef.—The re-cooking requires skill and judgment which experience only can give. When well done it makes excellent dishes, and is economical in housekeeping. The following are good recipes.

Beef, cold Tenderloin.

Cut off entire the inside of a large sirloin of beef, brown it all over in a stewpan, and then add a quart of water, two table-spoonfuls of vinegar, some pepper, salt, and a large onion finely minced; cover the pan closely, and let

it stew till the beef be very tender. Garnish with pickles.

Beef, cold Steaks to warm

Lay them in a stewpan, with one large onion cut in quarters, six berries of alspice, the same of black pepper, cover the steaks with boiling water, let them stew gently one hour, thicken the liquor with flour and butter rubbed together on a plate; if a pint of gravy, about one ounce of flour, and the like weight of butter, will do; put it into the stewpan, shake it well over the fire for five minutes, and it is ready; lay the steaks and onions on a dish and pour the gravy through a sieve over them.

Beef Minced.

Mince your beef very small; put it into a saucepan with a little gravy and a little of the fat of fowl or any other fat, season according to your taste, then let it simmer over a gentle fire till it is sufficiently done.

Boiled beef, when thoroughly done, is excellent to eat cold, as a relish at breakfast. The slices should be cut even and very thin.

To stew a shoulder of Mutton.

Bone and flatten a shoulder of mutton, sprinkle over it pepper and salt, roll it up tightly, bind it with tape, and put it into a stewpan that will just hold it, pour over it a well seasoned gravy made with the bones, cover the pan closely, and let it stew till tender; before serving take off the tape, thicken the gravy. It will take about three hours to stew the shoulders.

Mutton Chops.

Cut the chops off a loin or the best end of a neck of mutton; pare off the fat, dip them in a beaten egg and strew over them grated bread, seasoned with salt and fine

ly minced parsley—then fry them in a little butter, and make a gravy, or broil them over coals and butter them, in a hot dish. Garnish with fried parsley.

Sweet Bread, Liver, and Heart.

A very good way to cook the sweet bread is to fry three or four slices of pork till brown, then take them up and put in the sweet bread, and fry it over a moderate fire. When you have taken up the sweet bread, mix a couple of tea-spoonfuls of flour with a little water, and stir it into the fat—let it boil, then turn it over the sweet bread. Another way is to parboil them, and let them get cold, then, cut them in pieces about an inch thick, dip them in the yolk of an egg, and fine bread crumbs, sprinkle salt, pepper, and sage on them, before dipping them in the egg, fry them a light brown. Make a gravy after you have taken them up, by stirring a little flour and water mixed smooth into the fat, add spices and wine if you like. The liver and heart are good cooked in the same manner, or broiled.

Tripe,

After being scoured, should be soaked in salt and water seven or eight days, changing the water every other day, then boil it till tender, which will take eight or ten hours. It is then fit for broiling, frying, or pickling. It is pickled in the same manner as souse.

Sausages.

Chop fresh pork very fine, the lean and fat together, (there should be rather more of the lean than the fat,) season it highly with salt, pepper, sage, and other sweet herbs, if you like them—a little saltpetre tends to preserve them. To tell whether they are seasoned enough, do up a little into a cake, and fry it. If not seasoned enough, add more seasoning, and fill your skins, which should be previously cleaned thoroughly. A little flour

mixed in with the meat, tends to prevent the fat from running out when cooked. Sausage-meat is good, done up in small cakes and fried. In summer, when fresh pork cannot be procured, very good sausage-cakes may be made of raw beef, chopped fine with salt pork, and seasoned with pepper and sage. When sausages are fried, they should not be pricked, and they will cook ni cer, to have a little fat put with them. They should be cooked slowly. If you do not like them very fat, take them out of the pan when nearly done, and finish cooking them on a gridiron. Bologna sausages are made of equal weight each, of ham, veal, and pork, chopped very fine, seasoned high, and boiled in casings, till tender, then dried.

Curries.

Chickens, pigeons, mutton chops, lobsters and veal, all make good curries. If the curry dish is to be made of fowls, they should be jointed. Boil the meat till tender, in just sufficient water to cover it, and add a little salt. Just before the meat is boiled enough to take up, fry three or four slices of pork till brown—take them up, and put in the chickens. Let them brown, then add part of the liquor in which they were boiled, one or two tea spoonfuls of curry powder, and the fried pork. Mix a tea spoonful of curry powder with a tea cup of boiled rice, or a litte flour and water mixed—turn it on to the curry, and let it stew a few minutes.

Chicken Pie.

Joint the chickens, which should be young and tender —boil them in just sufficient water to cover them. When nearly tender, take them out of the liquor, and lay them in a deep pudding dish, lined with pie crust. To each layer of chicken, put three or four slices of pork—add a little of the liquor in which they were boiled, and a couple of ounces of butter, cut into small pieces—sprinkle a little flour over the whole, cover it with nice

pie crust, and ornament the top with some of your pastry. Bake it in a quick oven one hour.

Curry Powder.

Mix an ounce of ginger, one of mustard, one of pepper, three of coriander seed, the same quantity of turmeric, a quarter of an ounce of cayenne pepper, half an ounce of cardamums, and the same of cummin seed and cinnamon. Pound the whole fine, sift and keep it in a bottle corked tight.

Green Corn Cake.

Mix a pint of grated green corn with three table-spoonfuls of milk, a tea-cup of flour, half a tea-cup of melted butter, one egg, a tea-spoonful of salt, and half a tea-spoonful of pepper. Drop this mixture into hot butter by the spoonful, let the cakes fry eight or ten minutes. These cakes are nice served up with meat for dinner

Muffins.

Mix a quart of wheat flour smoothly with a pint and a half of luke-warm milk, half a tea-cup of yeast, a couple of beaten eggs, a heaping tea-spoonful of salt, and a couple of table-spoonfuls of luke-warm melted butter. Set the batter in a warm place to rise. When light, butter your muffin cups, turn in the mixture and bake the muffins till a light brown.

Molasses Dough Cake.

Melt half a tea-cup of butter, mix it with a tea-cup of molasses, the juice and chopped rind of a fresh lemon, a tea-spoonful of cinnamon—work the whole with the hand into three tea-cups of raised dough, together with a couple of beaten eggs. Work it with the hand for ten or twelve minutes, then put it into buttered pans. Let it remain ten or fifteen minutes before baking it.

Rice Waffles.

Take a tea-cup and a half of boiled rice—warm it with a pint of milk, mix it smooth, then take it from the fire, stir in a pint of cold milk, and a tea-spoonful of salt. Beat four eggs, and stir them in, together with sufficient flour to make it a thick batter.

Savoy Cakes.

Beat eight eggs to a froth—the whites and yolks should be beaten separately, then mixed together, and a pound of powdered white sugar stirred in gradually. Beat the whole well together, for eight or ten minutes, then add the grated rind of a fresh lemon, and half the juice, a couple of table-spoonfuls of coriander seed. Drop this mixture by the large spoonful on two buttered baking plates, several inches apart, sift white sugar over them, and bake them immediately in a quick. but not a furiously hot oven.

Lemon Pie.

For one pie, take a couple of good sized fresh lemons, squeeze out the juice, and mix it with half a pint of molasses, or sufficient sugar to make the juice sweet. Chop the peel fine, line deep pie plates with your pastry, then sprinkle on a layer of your chopped lemon peel, turn in part of the mixed sugar or molasses and juice, then cover the whole with pie crust, rolled very thin—put in another layer of peel, sweetened juice, and crust, and so, till all the lemon is used, Cover the whole with a thick crust, and bake the pie about half an hour.

Miscellaneous

To make fine polish Blacking.

Take of ivory black and molasses each twelve ounces, spermaceti oil four ounces, white wine vinegar four pints, mix all together.

Summer Drink.

Three pound of sugar, 5 gills of molasses, 2 ounces of tartaric acid, 3 pints of water.

For cleaning Britannia.

Rub the article all over with a piece of woolen cloth, moistened with sweet oil, then apply a little pounded rotten-stone, or polishing paste, with the finger, till the polish is produced, after which wash it well with soap and hot water, and when dry, wipe off smartly with soft wash leather and a little fine whiting.

To keep out Red Ants.

Place in the closet, or wherever they appear, a small quantity of green sage.

Dyspepsia Bread.

Three quarts of unbolted wheat meal; 1 quart of soft warm water; a gill of fresh yeast, a gill of molasses, 1 tea-spoonful of saleratus. This will make 2 loaves, and should remain in the oven at least 2 hours. It will need from 8 to 12 hours to rise.

VALUABLE RECIPES.

A Light Cake, to be Baked in Cups.

Take a pint bowl full and a half of sugar, one and a half cups of butter rubbed in two pint bowls of flour, two cups of sour cream, a tea-spoonful of salæratus, table-spoonful of rose water, four eggs well beaten, and a little nutmeg.

Composition Cake.

Take four cups of flour, four of sugar, two cups of butter, five eggs, half pint of cream, tea-spoonful of salæratus, spice to suit your taste. Beat all well together, and bake in a butter tin or in cups.

Indian Griddle Cakes.

Take one pint of Indian meal and one cup of flour, a little salt and ginger, a table-spoonful of molasses, a tea-spoonful of salæratus,sour milk enough to make a stiff batter. Bake them on a griddle like buckwheat cakes.

Common Plum Cake.

Mix five cups of butter with ten cups of flour, five cups of sugar, add six cups stoned raisins, a little cinnamon and mace finely powdered, half a cup of good yeast put into a pint of new milk, warm and mix the dough, let it stand till it is light.

Pound Cake.

One pound dried sifted flour, the same of loaf sugar, and the whites of twelve eggs and the yolks of seven. Beat the butter to a cream, add the sugar by degrees, then the eggs and flour ; beat it all well together for an hour, mixing a table-spoonful of rose-water, a little nutmeg or cinnamon, two cups of cream, and a tea-spoonful of salæratus. To be baked in a quick oven.

Tea Cakes.

A quart of flour, one pint of sour cream, tea-spoonful salæratus, two cups of molasses, a little cinnamon and salt, make a stiff paste, and bake in a moderate oven.

Breakfast Butter Cakes.

One quart of sour milk, one tea-spoonful salæratus. a little salt, one and a half cups of boiled rice, two table-spoonsful molasses or half cup of sugar, a little ginger, and flour enough to make a stiff batter.

Buck-Wheat Cakes.

Take one quart of buck-wheat meal, half a cup of new yeast, a tea-spoonful of salæratus, a little salt and sufficient new milk or cold water to make a thick batter. Put it in a warm place to rise. When it has risen sufficiently, bake it on a griddle or in a spider. The griddle must be well buttered, and the cakes are better to be small and thin.

Plain Indian Cakes.

Take a quart of sifted Indian meal, sprinkle a little salt over it, mix it with scalding water, stirring it well; bake on a tin in a stove oven. Indian Cake is made with butter-milk, or sour milk, with a little cream or butter rubbed nto the meal, and a tea-spoonful of salæratus.

Butter Cakes for Tea.

Beat two eggs. put them in half pint of milk, and a tea-cup of cream, with half a tea-spoonful of salæratus dissolved in the cream, a little salt, cinnamon and a little rose-water if you like, stir in sifted flour till the batter is smooth and thick. Bake them on a griddle or in a pan. Butter the pan well, drop the batter in small round cakes and quite thin. They must be turned and nicely browned. Lay them on a plate, in a pile, with a little butter between each layer.

Cream Cakes.

In the country where cream is plenty, this is a favorite cake at the tea-table. One quart of flour, one pint of cream, a little sour cream, one tea-spoonful of salæratus dissolved in the sour cream. If the flour is not made sufficiently wet with the above quantity of cream, add more sweet cream.

Tomato Sauce.

Peel and slice twelve tomatoes, picking out the seeds—add three powdered crackers, pepper and salt to your taste; stew twenty minutes.

Rolls.

Rub into a pound of flour half a tea-cup full of butter; add half a tea-cup of sweet yeast, a little salt, and sufficient warm milk to make a stiff dough, cover and put it where it will be kept warm, and it will rise in two hours. Then make into rolls or round cakes. They will bake in a quick oven in fifteen minutes.

Cup Cake.

Take one cup of butter, two cups of sugar, three cups of flour, and four eggs. Tea-spoonful of salæratus, nutmeg and rose-water.

Tea Cake.

To four cups of flour add three cups of sugar, three eggs, one cup of butter, one cup of milk, and one spoonful of dissolved pearlash.

Dyspepsia Cake.

Take five cups of flour, two of sugar, two cups of milk, a little salt, and one tea-spoonful of salæratus.

Indian Cake.

Take three cups of Indian meal, two cups of flour, one half a tea-cup of molasses, a little salt, one tea-spoonful of salæratus, and mix them with cold water.

Hard Wafers.

Take half a pound of butter, half a pound of sugar, three eggs, one table-spoonful of cinnamon, two table-spoonsful of rose water, and flour enough to make it a thick dough.

Blanc-Mange.

Take half an ounce of Iceland moss, and one quart of new milk. Simmer them together until they become a jelly. Add half a tea-cup of rose water, let them scald half an hour and strain.

Loaf Cake.

Two pounds of flour, half a pound of sugar, quarter of butter, three eggs, one gill of milk, half a tea-cup sweet emptyings. cinnamon and rose water.

Common Ginger-Bread.

Take a quart bowlful of flour, and rub in a tea-cup of sweet butter, two cups of sugar, three of molasses, tea-cup of cream, tea-spoonful salæratus, ginger to your taste. Make it stiff batter, bake in a quick oven.

Ginger-Bread.

Four cups of flour, three eggs, one cup of butter, two of sugar, one of cream, ginger, nutmeg, salæratus.

Arrow-root Custards.

Four eggs, one dessert spoonful of arrow-root, one pint of milk sweetened, and spiced to the taste.

Rice Jelley.

Boil one-fourth pound of rice flour with half a pound of loaf sugar in one quart of water, until the whole becomes one glutinous mass. Then strain off the jelly and let it stand to cool.

Measure Cake.

One cup of cream, one of sugar, two and a half of flour, two eggs, a tea-spoonful of salæratus, nutmeg.

Boiled Indian Pudding.

One quart of sour milk, a tea-spoonful of salæratus, half a cup of molasses, a tea-cupful of chopped suet, meal enough to make it stiff.

Best Cup Cake.

Five cups of flour, three of sugar, one of milk, three eggs, one tea-spoonful of salæratus, raisins, one cup of butter, nutmeg, rose-water.

Icing for Cake.

Four pounds of loaf sugar, the whites of nineteen eggs, one table spoonful of starch, half ounce gum-arabic, table spoonful rose-water

Seed Cakes.

Four cups of flour, one and a half of cream or milk, half of butter, three eggs, half a cup of seeds, two cups of sugar, a tea-spoonful of salæratus, and rose-water.

Sugar Ginger-Bread.

Take two pounds of flour, one of butter and one of sugar, five eggs well beaten, two ounces of powdered ginger, and a tea-spoonful of salæratus, with nutmeg and rose-water.

Apple-Sauce.

Three pecks of apples, one peck of quinces, one quart of water, three quarts of molasses—put the molasses in first, then a layer of each; boil it eight hours over a slow fire without stirring.

Bakers' Ginger-Bread.

Three-fourths of a pound of flour, one cup of molasses, one-fourth of butter, one ounce of salæratus and one of ginger.

Symballs.

Four cups of flour, a cup and a half of sugar, half a cup of butter, three eggs, a cup of sour cream, a tea-spoonful of salæratus, a little nutmeg, ginger, salt, and a tea-spoonful of rose-water.

Tea Cake.

One quart of sour milk, half a tea-cup of molasses, a tea-spoonful of salæratus; break into the milk two eggs, a little ginger, a little salt, and nutmeg; stir in flour till it becomes a thick batter; then turn it into a well greased pan, and bake twenty minutes.

Cream Cake.

One pound of flour, one pound of sugar, half a pound of butter, half a pint of cream, four eggs, one pound of currants, a tea-spoonful of salæratus, a table-spoonful of rose water, or a glass of brandy: spice to your taste.

Orange Pudding.

Four oranges, eight ounces of butter, eight ounces of sugar, and eight eggs.

Bird's-nest Pudding.

Put into three pints of boiling milk six crackers pounded fine and one pint of raisins: when cool add four eggs well beaten, a little sugar, and five good sized apples pared, with the core carefully removed. To be eaten with warm sauce.

Pudding Sauce.

One pint of sugar, a table-spoonful of vinegar, a piece of butter the size of an egg boiled fifteen minutes: add a table-spoonful of rose-water and a little nutmeg: boil with the sugar, in nearly a pint of water, a large table-spoonful of flour.

Conserve Roses.

Bruise the leaves of red roses in a mortar; to every pound add a pound of sugar: mix the sugar well with the roses in alternate layers: pack it light in an earthen vessel, and cover it from the air.

To Preserve Barberries.

To one pound of the berries add one pound of sugar, a pint and a half of molasses; and simmer them together half an hour or more, until they become soft.

To Make Good Yeast.

Take as many hops as you can hold in your hand twice, put them into three pints of cold water; put them over the fire, and let them boil twenty minutes: then strain the water into an earthen or stone jar, and stir in while the water is scalding hot flour enough to make a stiff batter: let it stand till about milk-warm; then add a tea-cupful of old yeast to make it rise, and a tea-spoonful of salæratus dissolved in the old yeast; stir it well and put the jar in a warm place to rise. Some add Indian meal enough (after it has risen well) to make it into cakes and dry it on a board in the sun. This is very convenient, especially in hot weather,—a small cake soaked in a little warm water is enough to make a large pan of dough rise.

Milk Yeast.

One pint of new milk, one tea-spoonful of fine salt, and a large spoonful of flour; stir these well together, set the mixture by the fire, and keep it just lukewarm—it will be

fit for use in an hour. Twice the quantity of common yeast is necessary: it will not keep long. Bread made of this yeast dries very soon; but in summer it is sometimes convenient to make this kind when yeast is needed suddenly.

Yeast should not be kept in a tin vessel. If you find the old yeast sour, and have not time to prepare new, put in salæratus, a tea-spoonful to a pint of yeast, when ready to use it. If it foams up lively, it will raise the bread; if it does not, never use it.

Shell Fish.

Oysters and clams generally agree well with those who like them; but lobsters should be eaten cautiously, as they are very hard to digest.

Calf's-Foot Jelly.

Boil four feet, nicely cleaned, in a gallon of water, till reduced to one quart; strain it, and when cool take off the top. In taking out the jelly avoid the settlings. Add a half-pound of sugar, the juice of two lemons, and, if you please, the whites of four eggs to make it clear: boil all together a few minutes, and strain it through a cloth.

Currant Jelly.

Place a jar of currants in a kettle of boiling water till the currants become wilted; then squeeze them through a cloth. Add a pint of sugar to a pint of juice; boil it slowly till it becomes ropy. It should be frequently stirred and skimmed while simmering.

Black Currant Jelly.

Make in the same way. Good for a sore throat.

To Broil Salmon.

Cut in slices an inch or an inch and a half thick, dry it in a clean cloth, sprinkle over it a little salt, put your gridiron over good live coals, rub the bars with a little lard, lay the salmon on with the skin next to the gridiron, and when done on one side, lay a dish over the salmon, turn the gridiron over, rub the bars again with lard; then slip the salmon from the dish on to the gridiron. In that way you will not break up the fish by turning it.

A very good Way to Prepare a Chicken.

Wash, and cut the chicken into joints; scald, and take off the skin; put the pieces in a stew-pan, with very little parsely, thyme, salt and pepper; add a quart of water, and a piece of butter the size of an egg; stew it an hour and a half; take up the chicken, and if there is no gravy, add another piece of butter, very little water, and sprinkle in a table-spoonful of flour, and let it boil ten minutes.

Cold Slaw.

Take off seven or eight outside leaves of a cabbage, and cut off as much of the stump as can be got off; then cut the small head in two, wash it well, and cut it up very fine; put it in a dish with a pint of good vinegar and a little salt.

Tomato Sauce.

Peel and slice twelve tomatoes, picking out the seeds; add three pounded crackers, and pepper and salt to your taste: stew twenty minutes.

To Fry Cod, or other Fish.

It is much more difficult to fry fish than meat. Lard or dripping is better than butter, because the latter burns so easily. The fat fried from salt pork is the best of all: the fire must be clear and hot, but not furious; the fat hot when the fish is put in; and there should be sufficient to cover the fish. Skim the fat before laying in the fish. Cut the cod in slices, half or three-quarters of an inch thick; rub them with Indian meal to prevent breaking. Fry it thoroughly. Trout and perch are fried in the same manner, only do not rub Indian meal on them. Dip in the white of an egg and bread crumbs, or dust with flour.

To Broil Shad.

This is a very fine, delicious fish. Clean, wash, and split the shad, let it dry a few minutes, put it on the grid-iron with the fleshy part up, and put it over good lively coals to cook ten minutes, then turn it in the same way that you do salmon. When it is done, take it up, sprinkle on a little salt and pepper, and lay on two or three pieces of butter to moisten it.

To Make a Chowder.

Cut three or four slices of fat pork; fry them a very little; lay them in the bottom of a stew-kettle. Cut a fresh cod into thin slices; place two slices of fish on the pork; then put in a layer of split crackers; pare and wash eight potatoes, and cut them into thin slices; put on a layer of the sliced potatoes, then alternately the other materials, till the kettle is full; season with pepper and a little salt. Mix one table-spoonful of flour with a tea-cupful of cold water, and pour in after the chowder begins to stew. Put in a quart of water, cover the stew-kettle very tight, and let it stew three hours.

To Fry Oysters.

Make a batter, as for pancakes; put one or two oysters into a spoonful of the batter, and fry them to a light brown. Fry them in hot fat, the same as pancakes.

Stewed Oysters.

Three quarts are enough for a small family dinner. Put them into a stew-pan, with a piece of butter the size of an egg; stew them well ten minutes: toast three or four slices of bread, cut them, lay them in the bottom of a dish, and pour the oysters over them.

Stewed Lobsters.

A middling sized lobster is best; pick all the meat from the shells as whole as possible; put it in a stew-pan with a piece of butter the size of a large egg, a little pepper, salt, and a tea-cupful of weak vinegar: stew about twenty minutes. It should be eaten when very hot.

Boiled Beef.

To have it very tender, it should boil slowly, and the pot be well skimmed. The meat should be well covered with water, so that the skim may be removed easily. When beef is very salt, it should boil three-quarters of an hour: then take it up, throw away the water it has boiled in, fill up the pot with fresh water, replace the beef, and let it boil gently three hours. The *round* is the best piece to boil—then the *H-bone*. Observe to take off all the scum as it rises.

Minced Meat.

Take cold boiled beef, removing all bones and gristle, with a good proportion of cold boiled potatoes; chop them middling fine; fry three slices of salt pork in a spider; when the pork is brown, take it up, and put in the minced meat and potatoes. Let it cook twenty minutes. Take it up in a covered dish, with the slices of pork placed on the top of the dish.

Roast Pork.

Take a leg of pork; one weighing eight pounds will require full three hours and a half to roast. Wash it clean, and dry it with a cloth. Make a stuffing of crackers powdered fine, with half a pint of thick cream, two eggs, a little salt, pepper, sweet marjoram, and summer savory; cook about ten minutes. Put this under the skin of the knuckle, and in deep incisions made in the thick part of the leg.

Do not put it too near the fire; it must be floured, and moistened often with the drippings until it is done; then skim the fat from the gravy, add a little flour, and boil it well a few minutes. Apple-sauce or currant jelly is proper to accompany roasted pork; also potatoes, mashed squash, turnips and pickles.

Spare Rib.

If large and thick it will require two or three hours to roast. A very thin one may roast in an hour. Lay the thick end to the fire; when you put it down, put into the vessel a pint of water and a table-spoonful of salt. It should be floured, and basted often with the drippings. The shoulder, loin and chine are roasted in the same way. A shoulder is the most economical to buy, and is excellent boiled. Pork is always salted before it is boiled.

Chicken Pot Pie.

Wash and cut the chicken into joints; take out the breast bone; boil them about twenty minutes; take them up, wash out your kettle; fry two or three slices of fat salt pork, and put in the bottom of the kettle; then put in the chicken, with about three pints of water, a piece of butter the size of an egg; sprinkle in a tea-spoonful of pepper, and cover over the top with a light crust. It will require an hour to cook.

Broiled Ham.

Ham should be cut in thin slices, and broiled quick on a gridiron, set over good live coals. If the ham is too salt, soak it in hot water before broiling: if it is necessary to do this, dry it well with a cloth before putting it on the gridiron. Fry what eggs you want in a part good sweet lard, and a part butter; put an egg on each slice of ham.

Boiled Ham.

A ham, if dry, should be soaked twelve hours in warm water. Then put it on in cold water, and let it simmer, and boil five or six hours. It is best when quite cold.—Boiled ham is very good to broil.

Fried Sausages.

Sausages are best when quite fresh. Fry two or three slices of fat pork; then put the sausages into the hot fat, pricking them several times with a fork. Fry them over a slow fire till they are a nice brown.

Sausage Meat.

Chop two pounds of lean beef, with one of fat pork, very fine; mix with this three tea-spoonsful of salt, five of powdered sage, five of sweet marjoram, three of black pepper. To make this into small cakes, and fry in the same manner as sausages, is very good for breakfast.

To Roast a Pig.

A pig about three weeks old is the best. It should be killed in the morning, if it is to be eaten for dinner. Make a stuffing with about six powdered crackers, one table-spoonful of sage, two of sweet marjoram, half a pint of cream, two eggs, and a little salt and pepper. Mix these well together, and let it stew about fifteen minutes. Wash the pig in cold water; cut off the petti-toes, leaving the skin long to wrap around the ends of the legs; then fill the belly with the stuffing, and sew it up. The liver and heart should be boiled with five or six pepper corns, and chopped fine for the gravy. When the pig is put down to roast, put in a pint of water, and a table-spoonful of salt: when it begins to roast, flour it well, and baste it with the drippings and continue to do so until it is done. It requires const eare A small pig will roast in three hours.

Pork Steak.

Cut them off a neck or loin; broil them over good live coals, turning them frequently: they broil in ten minutes. Sprinkle with salt and pepper when put in the dish, and add a small piece of sweet butter to every piece of steak.

To Boil a Leg of Mutton.

Cut off the shank bone, and trim the knuckle: if it weigh nine pounds it will require three hours to cook it.—Parsley and butter, or capen-sauce should be served with it—onion-sauce, turnips, spinage and potatoes are all good.

Potatoes.

Potatoes should be kept in the cellar, covered, and carefully sprouted as soon as the spring opens. The middling sized potatoes are the best; the white, mealy kind are better than the colored.

To Boil Potatoes

In the best manner, is a great perfection in cooking. The following way is a good one. Take potatoes as equal in size as possible; wash, but do not pare or cut them; put them into a pot, the largest potatoes at the bottom; cover them with cold water, about an inch over; too much water injures them very much; throw in a spoonful of salt, and let them boil about five minutes; then take off the pot, and set it where it will simmer slowly for thirty minutes; then try the potatoes with a fork; if it pass easily through they are done; if not, let them simmer until they are; then pour off the water, place the pot where the potatoes will keep hot, but not burn, and let them stand uncovered till the moisture shall have evaporated. They will then be mealy and in perfection.

Another Way.

Pare, wash, and throw them into a pan of cold water: then put them on to boil in a clean pot with cold water sufficient to cover them, and sprinkle over a little salt; then let them boil slowly, uncovered, till you can pass a fork through them; pour off the water, and put them where they will keep hot till wanted. When done in this way they will be very mealy and dry. Potatoes, either boiled or roasted, should *never be covered* to keep them hot.

Another Way to Roast Potatoes.

Choose all of a size, wash clean, and rinse; put them on a tin, and bake them in a stove or Dutch oven. It takes nearly two hours: send them to the table with the skins on. They are excellent with cold meat, and are wholesome for children, mashed with a little salt and gravy, or cream.

Mashed Potatoes.

When old, potatoes are best boiled and mashed, with a little butter, salt and cream, or milk; they may be also sliced, and fried raw, in hot salt pork fat, or after they are boiled. Both these dishes are relished. But a plain boiled or roasted potato, when well cooked, is the best and most wholesome: and although not a substitute for bread, is one of the most useful vegetable productions.

Turnips

Should be pared, put into water with a little salt, and boiled till tender; then squeeze them thoroughly from the water, mash them smooth, and add a piece of butter and a little pepper and salt.

Cabbage

Requires to be well washed before it is cooked; boil it in a large quantity of water, with a little salt, till it is soft and tender; skim the water carefully when it first boils. If the head is large, cut it; but a small head is best.

Onions.

Peel and put them into boiling milk and water,—(water alone will do, but it is not so good.) When tender, take them up, and salt them, and turn a little melted butter over them.

Green Peas

Should be young and fresh shelled; wash them clean; put them into a bag, and that into plenty of boiling water, with a little salt, and a tea-spoonful of pounded loaf sugar; boil them till tender. Green peas are a most delicious vegetable when cooked enough—half done, they are hard and very unwholesome. It takes from half an hour to an hour to boil them. Never let them stand in the water after they are done. Season them with a little butter and salt.

Lemon Cake.

Take one tea-cup of butter, and three of powdered loaf sugar; rub them to a cream; stir into them the yolks of five eggs well beaten; dissolve a tea-spoonful of salæratus in a tea-cup of milk, and add the milk; add the juice and grated peel of one lemon, and the whites of the five eggs; and sift in, as light as possible, four tea-cups of flour. Bake in two long tins about half an hour. It is much improved by icing.

New-York Cup Cake.

Take four eggs, four tumblers of sifted flour, three tumblers of powdered white sugar, one tumbler of butter, one tumbler of rich milk, one glass of white wine, a grated nutmeg, a tea-spoonful of powdered cinnamon, and a small tea-spoonful of salæratus. Warm the milk and put in the butter, keeping it by the fire till the butter is melted; stir into the milk the eggs beaten very light, in turn with the flour; and the spice and wine; and, lastly, the salæratus dissolved in a little vinegar: stir all very hard; butter small tin pans, half fill them, and bake in a moderate oven of equal heat throughout.

Cup Cake.

Rub to a cream three cups of sugar, with one and a half of butter; stir in three well beaten eggs, three cups of sifted flour, and rose-water, or essence of lemon to the taste.—Dissolve a tea-spoonful of salæratus in a cup of milk, strain it into the cake, and add three more cups of sifted flour: bake immediately in cups or pans.

Measure Cake.

Rub to a cream two cups of sugar and one of butter; stir in four well beaten eggs, a grated nutmeg, and three cups of flour; stir it till just before baking. Bake in cups or in pans.

Cake without Eggs.

Take one cup of butter, three of sugar, one pint of sour milk or cream, a pint and a half or two pints of flour, one pound of raisins, a spoonful of salæratus, and spice to your taste. Mix the ingredients properly prepared, and bake about an hour.

Good Family Cake.

Take two pounds of flour, half a pound of butter, half of white sugar, one pint of milk, three eggs, one gill of yeast, half a spoonful of mace, or other spice, to your taste. Mix well, half your flour with the yeast and milk, and let it stand till perfectly light. Add the butter, eggs, sugar, and spice together, and stir in the remainder of your flour; then gently pour this to the first mixture; let all stand till perfectly light; then bake it in pans.

Jelly Cake.

Take six ounces of butter and eight of sugar, and rub them to a cream; stir into it eight well beaten eggs and a pound of sifted flour; add the grated rind and juice of a fresh lemon, and turn the mixture on scolloped tin plates that have been well buttered. The cakes should not be more than a quarter of an inch thick on the plates. Bake them immediately, in a quick oven, till of a light brown.—Pile them on a plate, with a layer of jelly or marmalade on the top of each.

Ginger Nuts. No. 1.

Take one quart of molasses; mix with it one pound and three-quarters of sugar, one and a quarter of butter, seven of flour, four ounces of ginger, a nutmeg, and a little cinnamon.

Ginger Nuts. No. 2.

Melt three quarters of a pound of butter with a pint of molasses and half a pound of sugar. When cold, mix with it three pounds of flour, half an ounce of ginger, and a little rose-water.

Ginger Cookies.

Take one tea-cup of sugar, one of molasses, one egg, one spoonful of salæratus, one of ginger, and one of vinegar; and mix them with seven tea-cups of flour.

Ginger Snaps. No. 1.

Take one pint of molasses, one tea-cup of butter, one spoonful of ginger, and one tea-spoonful of salæratus; and boil all the ingredients thoroughly; when nearly cold, add as much flour as can be rolled into the mixture.

Ginger Snaps. No. 2.

Mix four ounces of lard and four of butter, melted, with four ounces of brown sugar, a pint of molasses, two spoonsful of ginger, and a quart of flour; strain in two tea-spoonsful of salæratus dissolved in a wine-glass of milk, adding sufficient flour for rolling out thin. Cut into small cakes, and bake in a slow oven.

Jumbles. No. 1.

Rub to a cream a pound of sugar, and half a pound of butter; add eight well beaten eggs, essence of lemon or rose-water to the taste, and flour to make the jumbles stiff enough for rolling out. Roll out, in powdered sugar, about half an inch wide and four inches long, and form them into rings by joining the ends. Lay them on flat buttered tins, and bake in a quick oven.

Jumbles. No. 2.

Rub to a cream one pound of butter and one pound of sugar; mix with it two pounds of flour, three eggs, one tea-spoonful of salæratus, and eight spoonsful of milk.

Jumbles. No. 3.

Add together one pound of nice sugar, two of flour, and spice to the taste; pass them through a sieve; then add four well beaten eggs, and three-quarters of a pound of melted butter; knead well and bake.

Rich Jumbles.

Rub to a cream a pound of butter and a pound of sugar; mix with it a pound and a half of flour, four eggs, and very little brandy. Roll the cakes in powdered sugar, and bake

Plain Jumbles.

Rub eight ounces of butter and twelve of sugar to a cream; mix with it a pound of flour, adding a little rose-water.

Hoe Cakes.

Scald a quart of Indian meal with just sufficient water to make a thick batter; stir in two spoonsful of butter, and two tea-spoonsful of salt. Turn it into a buttered cake pan bake about half an hour.

Indian Corn Cakes.

Mix a quart of Indian meal with a handful of wheat flour, stir in a quart of warmed milk, a tea-spoonful of salt, and two spoonsful of yeast; stir alternately into the milk, the meal and three well beaten eggs; when light, bake as buckwheat cakes, on a griddle; send them to the table hot.—Should the batter sour, stir in a little salæratus dissolved in luke-warm water, letting it set half an hour before baking.

Best Sponge Cake.

Take one coffee-cupful of sugar, and four eggs; beat them to a cream; add a piece of salæratus as large as a pea dissolved in a tea-spoonful of milk; also a little nutmeg and essence of lemon; stir in carefully a coffee-cup of flour. Bake in a quick oven.

Apple Snow.

Put twelve good tart apples in cold water, and set them over a slow fire; when soft, drain off the water, strip the skins off the apples, core them, and lay them in a deep dish. Beat the whites of twelve eggs to a stiff froth; put half a pound of powdered white sugar to the apples, beat them to a stiff froth, and add the beaten eggs. Beat the whole to a stiff snow, then turn it into a dessert dish, and ornament it with myrtle or box.

Yeast of Cream of Tartar and Salæratus.

Heat your oven; mix two tea-spoonsful of cream of tartar with one quart of flour; then dissolve one tea-spoonful of salæratus in warm water, and mix it with the flour, adding water enough to make a soft dough. As soon as thoroughly kneaded, place it in your oven until sufficiently baked, and the bread will be tender and of the nicest kind. Biscuit may be made in the same way by adding a little shortening.

Spruce Beer.

Allow an ounce of hops and a spoonful of ginger to a gallon of water. When well boiled, strain it, and put in a pint of molasses and half an ounce or less of the essence of spruce: when cool, add a tea-cup of yeast, put it into a clean tight cask, and let it ferment for a day or two: then bottle it for use.

Brown or Dyspepsia Bread.

This bread is now best known as "Graham Bread,"—not that Doctor Graham invented or discovered the manner of its preparation, but that he has been unwearied and successful in recommending it to the public. It is an excellent article of diet for the dyspeptic and the costive; and for most persons of sedentary habits it would be beneficial. It agrees well with children; and, in short, I think it should be used in every family, though not to the exclusion of fine bread. The most difficult point in manufacturing this bread is to obtain good pure meal. It is said that much of the bread commonly sold as *dyspepsia* is made of the bran or middlings, from which the fine flour has been separated; and that *saw-dust* is sometimes mixed with the meal. To be certain that it is good, send good clean wheat to the mill, have it ground rather coarsely, and keep the meal in a dry cool place. Before using it, sift it through a common hair-sieve; this will separate the very coarse and harsh particles.

Take six quarts of this wheat meal, one tea-cupful of good yeast, and half a tea-cup of molasses; mix these with a pint of milk-warm water and a tea-spoonful of pearlash or salæratus. Make a hole in the flour, and stir this mixture in the middle of the meal till it is like batter. Then proceed as with fine flour bread. Make the dough when sufficiently light into four loaves, which will weigh two pounds per loaf when baked. It requires a hotter oven than fine flour bread, and must bake about an hour and a half.

Rye and Indian Bread.

This is a sweet and nourishing diet, and generally acceptable to children.

It is economical, and when wheat is scarce, is a pretty good substitute for dyspepsia bread.

There are many different proportions of mixing it; some put one-third Indian meal with two of rye; others like one-third rye and two of Indian; others prefer it half and half.

If you use the largest proportion of rye meal, make your dough stiff, so that it will mould into loaves; when it is two-thirds Indian, it should be softer and baked in deep earthen or tin pans after the following rules:

Take *four quarts* of sifted Indian meal; put it into a

glazed earthen pan, sprinkle over it a table-spoonful of fine salt; pour over it about two quarts of boiling water, stir and work it till every part of the meal is thoroughly wet; Indian absorbs a greater quantity of water. When it is about milk warm, work in two quarts of rye meal, half a pint of lively yeast, mixed with a pint of warm water; add more warm water if needed. Work the mixture well with your hands; it should be stiff, but not as firm as flour dough. Have ready a large, deep, well buttered pan; put in the dough, and smooth the top by putting your hand in warm water, and then patting down the loaf. Set this to rise in a warm place in the winter; in the summer it should not be put by the fire. When it begins to crack on the top, which will usually be in about an hour or an hour and a half, put it into a well-heated oven, and bake it three or four hours. It is better to let it stand in the oven all night, unless the weather is warm. Indian meal requires to be well cooked. The loaf will weigh between seven and eight pounds. Pan bread keeps best in large loaves.

Many use milk in mixing bread: in the country, where milk is plentiful, it is a good practice, as bread is certainly richer wet with sweet milk than with water; but it will not keep so long in warm weather.

Baking can very well be done in a stove; during the winter this is an economical way of cooking—but the stove must be carefully watched, or there is danger of scorching the bread.

Arrow-root Pudding.

From a quart of new milk take a small tea-cupful, and mix it with two large spoonsful of arrow-root. Boil the remainder of the milk, and stir it amongst the arrow-root;—add, when nearly cold, four well beaten eggs, with two ounces of pounded loaf sugar, and the same of fresh butter broken into small bits; season with grated nutmeg.—Mix it well together, and bake it in a buttered dish fifteen or twenty minutes.

Damson Pudding.

Make a batter with three well beaten eggs, a pint of milk and of flour and brown sugar four table-spoonsful each;—stone a pint of damsons, and mix them with the batter; boil it in a buttered basin for an hour and a half.

Sago Pudding.

Boil five table-spoonsful of sago, well picked and washed in a quart of milk till quite soft, with a stick of cinnamon. Then stir in one tea-cup of butter and two of powdered loaf sugar. When it is cold add six eggs well beaten, and a little grated nutmeg. Mix all well together, and bake it in a buttered dish about three-quarters of an hour. Brown sugar, if dried, will answer very well to sweeten it.

Tapioca Pudding

Wash four large table-spoonsful of tapioca, and soak it for an hour in a little warm water; strain it through a sieve, and mix it with the well beaten yolks of four, and the whites of two eggs, a quart of good milk, half a tea-spoonful of grated nutmeg, and sweeten it with sugar. Bake it in a dish, with or without puff paste round the edges, one hour.

Rice Pudding, Baked or Boiled.

Wash in cold water and pick very clean six ounces of rice; boil it in one quart of milk, with a bit of cinnamon, very gently, till it is quite tender; it will take about an hour; be careful to stir it often. Take it from the fire, pick out the cinnamon, and stir in a tea-cupful of sugar, half a cup of butter, three eggs well beaten, a little powdered nutmeg—stir it till it is quite smooth. You can line a pie-dish with puff paste, or bake it in a buttered dish, which is better; three-quarters of an hour will bake it.

If you wish it more like custard, add one more egg and half a pint of milk.

If you boil it you can add whatever fruit you like; three ounces of currants, or raisins, or apples minced fine; it will take an hour to boil it.

Serve with wine sauce or butter and sugar.

Rich Apple Pudding.

Peel and core six very large apples, stew them in six table-spoonsful of water, with the rind of a lemon; when soft, beat them to a pulp, add six ounces of good brown sugar, six well beaten eggs, a pint of rich cream, and a tea-spoonful of lemon juice; line a dish with a puff paste, and when baked, stick all over the top thin chips of candied citron and lemon-peel.

Indian Fruit Pudding.

Take a pint of hot milk, and stir in sifted Indian meal till the batter is stiff; add a tea-spoonful of salt and a little molasses; then stir in a pint of whortleberries, or chopped sweet apple. Tie it in a cloth that has been wet, and leave room for it to swell, or put it in a pudding-pan, and tie a cloth over—boil three hours. The water must boil when it is put in. You can use cranberries, and use sweet sauce.

Squash Pie.

Pare, take out the seeds, and stew the squash till very soft and dry. Strain or rub it through a sieve or colander. Mix this with good milk till it is as thick as batter; sweeten it with sugar. Allow five eggs to a quart of milk, beat the eggs well, add them to the squash, and season with rose-water, cinnamon, nutmeg, or whatever spices you like. Line a pie-plate with crust, fill and bake about an hour.

Pumpkin Pie.

Stew the pumpkin dry, and make it like squash pie, only season rather higher. In the country, where this real yankee pie is prepared in perfection, ginger is almost always used with other spices. There, too, part cream instead of milk is mixed with the pumpkin, which gives it a richer flavor.

Roll the paste rather thicker than for fruit pies, as there is but one crust. If the pie is large and deep, it will require to bake an hour in a brisk oven.

Family Mince Pies.

Boil three pounds of lean beef till tender, and when cold chop it fine. Chop three pounds of clear beef suet, and mix the meat, sprinkling in a table-spoonful of salt.

Pare, core and chop fine six pounds of good apples; stone four pounds of raisins, and chop them; wash and dry two pounds of currants; and mix them all well with the meat. Season with a spoonful of powdered cinnamon, a powdered nutmeg, a little mace, and a few cloves, pounded, and one pound of brown sugar; add a quart of Madeira wine and half a pound of citron cut into small bits. This mixture put down in a stone jar and closely covered will keep several weeks. It makes a rich pie for Thanksgiving and Christmas.

Raspberry Jam.

Weigh equal proportions of pounded loaf (or lump) sugar and raspberries; put the fruit in a preserving pan, and with a silver spoon or flat wooden stick bruise and mash it well. Let it boil up; then add the sugar, stirring it well with the fruit; when it boils skim it, and then boil fifteen or twenty minutes.

Strawberry Jam.

Made in the same manner as raspberry jam.

Peach Jam.

Gather the peaches when quite ripe, peel and stone them, put them into a preserving pan, and make them over the fire till hot; rub them through a sieve, and add to a pound of pulp the same weight of pounded loaf sugar, and half an ounce of bitter almonds, blanched and pounded; let it boil ten or twelve minutes; stir and skim it well.

To Preserve Damsons.

To every pound of damsons allow three-quarters of a pound of powdered sugar; put into jars or well-glazed earthen pots, alternately a layer of damsons and one of sugar; tie strong paper or cloth over the pots, and set them in the oven after the bread is drawn; and let them stand till the oven is cold. The next day, strain off the syrup and boil it till thick; when it is cold, put the damsons into small jars or glasses, pour over the syrup which should cover them, and tie a wet bladder or strong cloth over them.

Melted Butter.

Always use sweet butter; if in the least injured, it spoils the gravy. To make it of the best quality, cut two ounces of butter into little bits, put these in a clean stew-pan, with a large tea-spoonful of flour and a table-spoonful of milk.

When thoroughly melted and mixed, add six table-spoonsful of water, hold it over the fire, and shake it round every minute (all the time one way) till it just begins to simmer; then let it stand quietly and boil up. It should be of the thickness of good cream.

Parsely and Butter

Is made by adding parsely that has been boiled a few minutes and chopped fine to the melted butter.

Egg Sauce.

Is made by putting two or three hard boiled eggs, minced fine, into melted butter. The butter need not be as thick when eggs are to be added.

White Sauce for Boiled Fowl.

Melt in a tea-cupful of milk a large table-spoonful of butter kneaded in a little flour; beat up the yolk of an egg with a tea-spoonful of cream, stir it into the butter, and put it over the fire, stirring it constantly: chopped parsley may be added.

Caper Sauce

Is made by adding one or two spoonsful of capers to melted butter.

Oyster Sauce.

Beard and scald the oysters, strain the liquor, and thicken it with a little flour and butter, squeeze in a little lemon-juice, and add three table-spoonsful of cream. Heat it well, but do not let it boil.

Bread Sauce.

Boil half a pint of milk, and put into it a tea-cupful of bread crumbs a little powdered, a small chopped onion which has been boiled in three waters, and let it simmer twenty minutes; then add a piece of butter as large as a walnut: boil up and serve.

Tomato Sauce.

Peel and slice twelve tomatoes, and pick out the seeds; add three pounded crackers, and pepper and salt to your taste: stew twenty minutes.

Tomato Catsup.

Take two quarts skinned tomatoes, two table-spoonsful of salt, the same of black pepper, and one of allspice; four pods of red pepper, two table-spoonsful of ground mustard; mix and rub these thoroughly together, and stew them slowly, in a pint of vinegar, for three hours; then strain the liquor through a sieve, and simmer it down to one quart of catsup Put this in bottles and cork it tight.

Plum Cake.

Make a cake of two cups of butter; two cups of molasses; two eggs; one cup of milk or buttermilk; one teaspoonful of salæratus, or volatile salts (which is better); a gill of brandy; one teaspoonful of essence of lemon; and flour to make it a stiff batter.

Beat it well; then add one pound of raisins stoned and chopped; one pound of currants, well washed and dried by the fire; and one or two quarters of citron. Bake in a quick oven. This is a fine rich cake easily made, and not expensive.

Cream Cup Cake.

Four cups of flour; two cups of sugar; three cups of cream; and four eggs. Beat it well, and in square tin pans. When cold, cut it in squares. Bake in a quick oven.

Sandwiches.

These are made of different articles, but always in the same manner.

Cold biscuit sliced thin, and buttered, and a very thin slice of boiled ham, tongue, or beef, between each two slices of biscuit, is best.

Home-made bread cuts better for sandwiches than baker's bread. The meat in sandwiches is generally spread with mustard; the most delectable are those made with boiled smoked tongue.

To Make Coffee.

Take a table-spoonful of fresh-browned and ground coffee for each person (or a pint of water); break white of eggs into it enough to moisten it; stir it well together; then put it in the coffee-kettle and pour boiling water into it; then cover it close, and set it where it will simmer, but not boil, for an hour; it will then be clear, and have the color of brandy. Coffee may be made in this way the day before it is wanted. Pour it off clear, and when wanted, heat it in a coffee-pot. A little isinglass clarified, and used in the place of egg, is equally good, if not an improvement. Loaf sugar and boiled milk to be served with it, allowing each person to suit their own taste. The yolks of eggs beaten and stirred into the boiling milk enrich it. Some persons like the flavor of vanilla in coffee; if so, boil a vanilla bean in the milk.

Chicken Salad.

Mince the white meat of a chicken fine, or pull it in bits. Chop the white parts of celery; prepare a salad dressing thus: Rub the yolks of hard boiled eggs smooth with a spoon; put to each yolk one tea-spoonful of made mustard, half as much salt, a table-spoonful of oil, and a wine-glass of strong vinegar; put the celery in a glass salad bowl; lay the chicken on that; then pour it over the dressing.—Lettuce cut small in the place of celery may be used; cut the whites of the eggs in rings to garnish the salad.

Christmas Plum Pudding.

Chop half a pound of beef suet very fine, stone and chop one pound of raisins; wash, pick clean from grit, and dry, a pound of currants; soak half of a sixpenny loaf of bread in a pint of milk; when it has taken up all the milk, add to it the raisins, currants, chopped suet, and two eggs beaten, a table-spoonful of sugar, one wine-glass of brandy, one nutmeg grated, and any other spice that may be liked. Boil four hours. For sauce, beat a quarter of a pound of butter to a cream, then stir into it half a pound of powdered loaf sugar. Or, melt butter and sugar, and if liked, add more brandy.

Plum Pudding.

Take half a pound of flour, half a pound of raisins stoned and chopped, and some currants washed, picked and dried; use milk enough to stir easily with a spoon; add half a pound of suet chopped fine, a tea-spoonful of salt, and four well beaten eggs; tie it in a floured cloth, and boil four hours. The water must boil when it is put in, and continue boiling until it is done.

Mutton Broth.

Take a neck of mutton, cut it in pieces, reserving a good sized piece to serve in the tureen; put it into cold water enough to cover it, and cover the pot close; set it on coals until the water is lukewarm, then pour it off, and skim it well; then put it again to the meat with the addition of five pints of water, a tea-spoonful of rice or pearl-barley, and an onion cut up; set it on a slow fire, and when you have taken all the scum off, put in two or three quartered turnips. Let it simmer very slowly for two hours, then strain it through a sieve into the tureen; add pepper and salt to taste.

Lobster Soup.

After having boiled the lobster, take it from the shell, roll two or three crackers, and put it to the meat, which may be cut small; melt some butter in a stew-pan, two quarts of boiling milk or water, and salt and pepper to taste: let it boil for half an hour; put some crackers in a tureen; pour over the soup, and serve.

Oyster Mouth Soup.

Make a rich mutton broth, and pour it on the oysters; add a good bit of butter rolled in flour, and let it simmer gently for fifteen minutes, then pour it over some whole crackers and serve.

Savoy Soup.

Cut into quarters and boil in clear water, one or two heads of savoy cabbage; when tender drain the water off, and press all the water from them; then put them to as much beef-broth as will cover them; put it into a closely covered stew-pan over a moderate fire for two hours; then set on the fire a large frying-pan with a quarter of a pound of fresh butter; shake some flour from a dredging-box into it, and let it brown; stir all the time; peel and cut up two onions, and stir them well about; as soon as they are nicely colored, add it to the soup; soak some rolls or crackers in a quart of boiling milk or water, and add it to the soup. Mutton or veal broth may be used.

Cabbage Soup.

Boil corned beef in a pot of water until half done, then add two small heads of cabbage, cut in quarters, and well washed (examine carefully, as insects are sometimes concealed between the leaves); when it is done tender, take out the largest pieces and drain them in a colander, and set it over a pot of hot water to keep it hot; if the meat is tender, take that up also, and add to the soup a cup of pearl-barley or rice, a dozen or more potatoes peeled and cut in half; two or three turnips and some sliced or grated carrots—if liked, an onion or two may also be added; let it boil until the vegetables are all done; put the meat on a large dish, and the cabbage and other vegetables on small dishes, for side dishes. This makes a good family dinner. Serve the soup in a tureen, hot; thicken with a table-spoonful of flour made in thin paste with water.

Turtle Soup.

Cut the head of the turtle off the day before you dress it, and place the body so as to drain it well from blood; the next day cut it up in the following manner: Divide the back, belly, fins, and head from the intestines and lean parts; take care to cut the gall clean out without breaking; scald in boiling water the first named parts, so as to take off the skin and shell; cut them in pieces small enough to stew, and throw them into cold water; boil the back and belly in water long enough to extract the bones; put the meat on a dish, then make a good stock of a leg of veal, lean ham and the flesh of the inside of the turtle; draw it down to a color, then fill it up with beef stock, and the liquor and bones of the boiled turtle. Season with stalks of marjoram, and boil some onions, a bunch of parsley, cloves, and whole pepper. Let it boil slowly for four hours, then strain it to the pieces of back, fins, belly, and head of the turtle; take the bones from the fins, and cut the rest in neat square pieces with as little waste as possible.—Thicken the stock with butter rolled in flour, and boil it, to cleanse it from grease and scum; then strain it through a cloth—then boil your herbs that have been washed and pickled, in a bottle of Madeira wine with a little sugar.—The herbs to be used are marjoram, thyme, basil, and parsley; then put together soup, herbs, meat, and some force-meat, and egg-balls. Boil it for a short time, and put it away in clean pans until the following day, as the rawness will go off, and the flavor be improved by so doing. In cutting up the turtle the fat should be taken great care of. It should be separated, cut in neat pieces, and stewed tender in a little of the soup, and put into the tureen at last.

Chicken Soup.

An old fowl makes good soup. Cut it up—first take off the wings, legs, and neck, then divide it down the sides, and cut the back and breast each in two pieces; cut half a pound of pork in thin slices, and put it with the cut up fowl into four or five pints of water; set it over a gentle fire, skim it clear, taking care not to keep it open longer than is necessary; add a cup of rice or pearl-barley, cayenne and black pepper to taste, a leek sliced, and potatoes cut in half—if liked, a grated or sliced carrot, and a turnip cut small may be added.

Another Chicken Soup.

Take two or three pounds of veal or vegetables and one small chicken cut up; boil these in two quarts of water; cut up four onions or a leek; grate two carrots and add them to the soup; salt and pepper to taste—skim it clear. Other vegetables may be substituted or added as may be preferred; thicken the soup with a little batter of flour and water, with an egg beaten in.

Stock for Gravy Soup or Gravy.

Cut a knuckle of veal into slices, and a pound of lean beef; put these with the knuckle bone into two quarts of water; cover it close and let it stew till very tender. When made in this way, it may be used for soups or gravies.

Mock Turtle Soup.

Take one pound and a half of lean veal, or tripe (which is best), cut it into small slices, and fry of a delicate brown. Cut the meat from three cow-heels in tolerably large pieces, then put it with the fried veal or tripe into a pint and a half of weak gravy, with three anchovies, a little salt, some cayenne pepper, three blades of mace, nine cloves, the green parts of three leeks, three sprigs of lemon thyme, some parsley and lemon peel; chop these last very fine before adding them; let the whole stew gently for three hours—then squeeze the juice of three lemons to it; add three glasses of Madeira wine, and let it stew for one hour more,—then skim off the fat and serve.

Remarks on Fish.

There is a general rule in choosing most sorts of fish; if the gills are red, the eyes full, and the whole fish firm and stiff, they are fresh and good; if on the contrary the gills are pale, the eyes sunk, and the flesh flabby, they are stale.

Great care must be taken that fish are properly cleaned before being dressed, that is, they must be entirely free from scales, and every particle of the insides scraped from them; they must not be crushed beyond what is necessary for cleansing them, as that diminishes the flavor.

When cleansed, if the fish is to be boiled, put some salt and vinegar into the water to make them firm; care must be taken to boil the fish well, but not to let it break.

Fresh cod, haddock, whiting, and shad, are better for being salted the night before cooking them.

There is often a muddy smell and taste attached to fresh water fish, which may be got rid of, by soaking it after it has been thoroughly cleaned in strong salt and water—after which dry it in a napkin, and dress it. Put the fish in cold water, and boil it gently, otherwise the skin will break before the fish is cooked.

If fish is not taken from the water as soon as done, it will be woolly—to ascertain if it is done, draw up the fish drainer on which it is laid, and if the flesh parts from the bones it is done; if so, set it crosswise of the kettle, and throw a thickly folded cloth or napkin over, to keep it hot.

To fry small fish, they may be done plain, or dipped in flour, or first dipped in the beaten yolks of eggs and then in grated bread crumbs, and fried in lard or beef drippings, or you may use equal parts of lard and butter; butter alone takes out the sweetness, and gives a bad color—the fat must be boiling hot before putting in the fish.

Fried parsley, grated horse-radish, or slices of lemon, are used as garnish.

To fry, or broil fish properly: after it is well cleansed, it should be laid on a folded napkin, and all the water dried out—when perfectly dry, dip it in wheat flour, or beaten eggs, and then into bread crumbs—if wet over and sprinkled twice with bread crumbs before frying or broiling, it will look better for it.

Have a thick bottomed frying-pan, with plenty of lard or beef-dripping boiling hot, lay the fish into it, and let it fry quickly till it is done of a rich yellow brown; when one side is done turn the other. If wanted particularly nice, a sheet of cap paper must be laid to receive the fish, or if it is boiled let a buttered paper be folded about it; have a clean gridiron rubbed over with suet, and a clear bright fire of coals; to prevent its tasting smoky, it may be done without the paper; a fluted gridiron is best for any broiling.

For broiled fish have butter on a hot dish with pepper and salt to taste, the same as for a steak.

All salt fish requires soaking before cooking, according to the time it has been in salt—that which is hard and dry requires two nights soaking, changing the water three or four times; when not hard or very salt, twenty-four hours will be sufficient.

Salmon.

When salmon is fresh and good, the gills and flesh are of a bright red, the scales clear, and the fish is stiff. When just killed, there is a whiteness between the flakes, which by keeping, melts down, and the fish becomes richer.

Salmon requires to be well boiled, as it is very unwholesome when under-done; boil with horse-radish in the water, anchovy, lobster, or plain drawn butter-sauce; garnish with horse-radish, and sliced lemon.

Boiled Salmon.

Run a packthread through the tail, centre of the body, and head of fish, to bring it in the form of a letter S—then put it into a kettle with spring water, and plenty of salt. Cut three or four slanting gashes on each side of the fish, before making it in a form, otherwise skin will break and disfigure the fish: serve with lobster-sauce.

Broiled Salmon.

Cut some slices (about an inch thick); season with pepper and salt; wrap each slice in half a sheet of well buttered white paper; twist the ends of the paper and broil them over a fire of bright coals for ten minutes: serve in the butter with drawn butter or anchovy sauce.

Dried Salmon.

Cut the fish down the back, take out the inside and roe; scale it, and rub the whole with common salt, and hang it to drain for twenty-four hours. Pound three or four ounces of saltpetre, two ounces of coarse salt, and two ounces of brown sugar; mix these well, and rub into the salmon, and lay it on a large dish for two days; then rub it well with common salt, and in twenty-four hours more it will be fit to dry; wipe it well after draining. Stretch it open with two sticks, and hang it in a wood chimney, or in a dry place.

Broiled Salmon.

Dried salmon is eaten broiled in paper, and only just warmed through. Egg sauce and mashed potatoes are usually served with it; or it may be boiled—or lay it in soak in pure water for an hour or two before boiling; rub the gridiron over with a bit of suet; lay on the salmon; shake a little pepper over, and serve.

Broiled Cod.

Split a small cod from head to tail; cut the sides in pieces of about three inches width; dip them in flour, and broil; have some butter, pepper and salt, on a hot dish; lay the fish on this and serve.

Or take the steaks, broil them in the same way, or with buttered paper folded around them.

Fried Cod.

Take steaks of about an inch thickness, dredge them with flour, and fry them in hot fat; or if a small one, cut it the same as for boiling, and flour it, or first dip it in the beaten yolks of eggs, and then in bread crumbs.

Salt Codfish.

Put the dish in soak over night; tie it in a cloth, and boil in clear water; serve with plain boiled potatoes and drawn butter or egg sauce.

Dried Codfish.

This should always be laid in soak with plenty of water, at least one night before cooking; after which scrape it well, and put it in plenty of cold water; let it boil gently; skim it; when done, serve with egg sauce over, or cut hard boiled eggs in slices, lay them over the fish, and serve with drawn butter in a boat.

Stewed Salt Cod.

Scald some cod, scrape it white, then pick it in pieces, and put it in a stew-pan with some butter rolled in flour; milk enough to moisten it, and pepper to taste, and let it stew slowly for some minutes, then serve hot.

To Make a Dish of Cold Boiled Cod.

Take some boiled fish, chop it fine, pour some drawn butter or egg sauce over, add pepper to taste; warm it thoroughly, stirring it to prevent its burning; make a roll, or any other form of it; put little spots of pepper over, and if you please, brown the outside before a fire.

Haddocks.

These are chosen by the same rules, and dressed in the same manner as cod.

A Little Dish of Dried Cod.

Pick some dried cod in flakes, pour boiling water over, scald it once, then throw the water off; put some hot milk or water over, to which add a bit of butter; pepper to taste, and serve.

Codfish Cakes.

First boil the fish, then take the white part, chop it fine with a chopping-knife, add mashed potatoes, an equal quantity, and form them in cakes, with a raw egg or two, and a little flour; dredge the outside with flour, and fry in hot lard or drippings; garnish with fried parsley.

Shad.

These are chosen by the same rules as other fish; they may be baked, fried or broiled.

Fried Shad.

Scale the fish, cut off the head, and then cut down the back, and take out the entrails; keep the roes to be dressed with the fish, then cut it in two, and cut each side in pieces, about three inches wide; flour them, and fry in hot lard, in which put salt to taste. When the inside (which must always be first cooked in any fish) is done a fine brown, turn the other. The soft roe is much liked by some; fry it in the same manner; as also the eggs from the female shad; these last must be well done.

Salt Mackerel.

Lay them in soak in plenty of clear water before using them at least twelve hours, and fry, or broil them—or put them in a frying-pan. Cover with boiling water, and give them fifteen minutes cooking, then pour off the water; pepper to taste, and serve.

Fresh Mackerel Soused.

After having thoroughly cleaned them, boil them in salt and water until tender; then take them out, lay them in a deep dish; take of the water in which they were boiled, half as much as will cover them; add to it as much more vinegar, some whole pepper, cloves, and a blade or two of mace. Pour it over hot; in two days it will be fit to eat.

COOKERY FOR THE SICK

A quick made Broth.—Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a small tin saucepan that has a cover, with three quarters of a pint of water, the meat being first beaten and cut in thin bits ; put in a bit of thyme and parsley, and if approved, a slice of onion. Let it boil very quick, skim it nicely ; take off the cover, if likely to be too weak, else cover it. Half an hour is sufficient for the whole process.

A very nourishing Veal Broth.—Put the knuckle of a leg or shoulder of veal, with very little meat to it, an old fowl, and four shank-bones of mutton, extremely well soaked and bruised, three blades of mace, ten peppercorns, an onion, a large bit of bread, and three quarts of water, into a stew-pot that covers close, and simmer in the slowest manner after it has boiled up and been skimmed ; or bake it ; strain and take off the fat ; salt as wanted. It will require four hours.

Broth of Beef, Mutton and Veal.—Put two pounds of lean beef, one pound of scrag of veal, one pound of scrag of mutton, three ounces of pearl barley, sweet herbs and ten peppercorns, into a nice tin saucepan, with seven quarts of water; to simmer to three or four quarts, and clear from the fat when cold. Add one onion if approved, or the white part of leeks. Soup and broth, made of different meats, are more supporting, as well as better flavored. To remove the fat, take it off when cold, as clean as possible ; and if there be still any remaining, lay a bit of clean blotting or cap paper on the broth when in the basin, and it will take up every particle.

Calves' Feet Broth.—Boil two feet in three quarts of water to half; strain and set it by; when to be used, take off the fat, put a large teacupful of the jelly into a saucepan with half a glass of sweet wine, a little sugar and nutmeg, and heat it till it be ready to boil, then take a little of it and beat by degrees to the yolk of an egg, and adding a bit of butter the size of a nutmeg, stir it altogether, but don't let it boil; grate a bit of fresh lemon peel into it.

Chicken Broth.—Put the body and legs of the fowl, after taking off the skin and rump, into the water it was boiled in, with one blade of mace, one slice of onion, and ten white peppercorns. Simmer till the broth be of a pleasant flavor: if not water enough, add a little. Beat a quarter of an ounce of sweet almonds with a teaspoonful of water fine, boil it in the broth; strain; and when cool, remove the fat.

Beef Tea.—Cut a pound of fleshy beef in thin slices; simmer with a quart of water twenty minutes, after it has once boiled and been skimmed; season, if approved, with a small portion of salt.

Arrow-Root Jelly—If genuine, is very nourishing, especially for weak bowels. Put into a saucepan half a pint of water, a glass of sherry, or a spoonful of brandy, grated nutmeg and fine sugar; boil once up, then mix it by degrees into a dessert-spoonful of arrow-root, previously rubbed smooth with two spoonsful of cold water; then return the whole into the saucepan; stir and boil it three minutes.

Tapioca Jelly.—Choose the largest sort, pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until it becomes quite clear; then add lemon-juice, wine and sugar. The peel should have been boiled in it. It thickens very much.

ETIQUETTE FOR LADIES AND GENTLEMEN.

A few plain directions, fashioned not after an imaginary model, but upon the world as it is.

The Person.

Cleanliness, absolute purity of person, is the first requisite in the appearance of a gentleman or lady. Not only should the face and hands be kept clean, but the whole skin should be subjected to frequent ablutions. Better wear course clothes with a clean skin, than silk stockings drawn over dirty feet. Let the whole skin be kept pure and sweet, the teeth and nails and hair, clean; and the last two of medium length, and naturally cut. Nothing deforms a man more than bad hair-cutting, and unnatural deformity in wearing it. Abstain from all eccentricities. *Take a medium between nature and fashion*, which is perhaps the best rule in regard to dress and appearance that can be given.

Dress.

The importance of dress can scarcely be overrated, but by comparison. It is with the world the outward sign of both character and condition.

A well bred man may be ever so reduced in his wardrobe—his clothes may be coarse and thread-bare, but he seldom wears a coarse, and never a dirty shirt.

The boots should always be clean, and invariably well blacked and polished.

Make a point of buying a good hat. One proper fur-hat worth four or five dollars, when a year old, looks more respectable, than a silk one bought yesterday.

Be as particular as you like about the cut of your pantaloons. Buy strong cloth that will not be tearing at every turn, and if you consult economy and taste at the same time, let them be either black or very dark grey, when they will answer upon all occasions.

The vest allows of some fancy, but beware of being too fanciful. A black satin is proper for any person or any occasion. Nothing is more elegant than pure white. Some colors may be worn for

variety, but beware of every thing glaring, in materials or trimmings.

If you have but one coat, it will be a black dress-coat, as there are occasions where no other will answer. Frock-coats are worn in the morning, riding or walking, but never at evening visits, at weddings, or parties. Overcoats are worn for comfort; they need not be fine, and should not be fanciful. Most gentlemen wear a simple, plain, black silk cravat, neatly tied in a bow-knot before. Parties require white or light kid-gloves. Black, or very dark ones, of kid, silk, or linen, are worn upon all other occasions, except in driving, when buff leather-gloves are preferable.

The best dressed men wear the least jewelry. Of all things avoid showy chains, large rings, and gewgaw pins and broaches, All these things should be left to negroes, Indians, and South Sea islanders.

The most proper pocket-handkerchiefs are of white linen. If figured, or embroidered, they should be very delicately done.

Gloves are worn in the street, at church, and places of amusement. It is not enough to carry them—they are to be worn.

Ladies are allowed to consult fancy, variety, and ornament, more than men, yet nearly the same rules apply. It is the mark of a lady to be always well shod. If your feet are small, don't spoil them by pinching—if large, squeezing them makes them worse.

As you regard health, comfort, and beauty, do not lace too tightly. A waist too small for the natural proportion of the figure, is the worst possible deformity, and produces many others. No woman who laces tight can have good shoulders, a straight spine, good lungs, sweet breath, or is fit to be a wife and mother.

The most elegant dresses are black or white. Common modesty will prevent indecent exposure of the shoulders and bosom. A vulgar girl wears bright and glaring colors, fantastically made; a large, flaring, red, yellow, or sky-blue hat, covered with a rainbow of ribbons, and all the rings and trinkets she can load upon her. Of course, a modest well-bred young lady chooses the reverse of all this. In any assemblage, the most plainly dressed woman is sure to be the most lady-like and attractive. Neatness is better than richness, and plainness better than display. Single ladies dress less in fashionable society than married ones, and all more plainly and substantially for walking or travelling, than on other occasions.

In my opinion, nothing beyond a simple, natural flower, ever adds to the beauty of a lady's head-dress.

It is a general rule, applicable to both sexes, that persons are the best dressed, when you cannot remember how they were dressed. Avoid every thing out of the way uncommon or grotesque.

Behavior in the Street.

When you meet a gentleman with whom you are acquainted, you bow, raising your hat slightly, with your left hand, which leaves your hand at liberty to shake hands if you stop. If the gentleman is ungloved, you must take off yours, not otherwise.

Meeting a lady, the *rule* is that she should make the first salute, or at least, indicate by her manner, that she recognises you. Your bow must be lower, and your hat carried further from your head; but you never offer to shake hands; that is *her* privilege.

The right, being the post of honor, is given to superiors and ladies, except in the street, when they take the wall, as farthest from danger from passing carriages, in walking with or meeting them.

In walking with a lady you are not bound to recognise gentlemen with whom she is not acquainted, nor have they in such a case, any right to salute, much less to speak to you.

Should her shoe become unlaced, or her dress in any manner disordered, fail not to apprise her of it respectfully, and offer your assistance. A gentleman may hook a dress, or lace a shoe, with perfect propriety, and should be able to do so gracefully.

Whether with a lady or gentleman, a street talk should be a short one; and in either case, when you have passed the customary compliments, if you wish to continue the conversation you must say, "Permit me to accompany you."

Don't sing, hum, whistle, or talk to yourself in walking. Endeavor, besides being well-dressed, to have a calm, good natural countenance. A scowl always begets wrinkles. It is best not to smoke at all in public, but none but a ruffian will inflict upon society the odor of a bad cigar, or that of any kind, on ladies.

Ladies are not allowed upon ordinary occasions to take the arm of any one but a relative, or an accepted lover, in the street, and in the day time; in the evening—in the fields, or in a crowd, wherever she may need protection, she should not refuse it. She should pass her hand over the gentleman's arm, merely, but should not walk at arm's length apart, as country girls sometimes do. In walking with a gentleman, the step of the lady must be lengthened, and his shortened, to prevent the hobbling appearance of not keeping step. Of course, the conversation of a stranger, beyond asking a necessary question, must be considered as a gross insult, and repelled with proper spirit.

Visiting.

Of course, you ring or knock, and await the opening of the door. When this is done, you ask for the mistress of the house, not the master.

Should she not be at home or engaged, you leave your card, where cards are used, or your compliments. Where there are several ladies in the family, you may ask for *the ladies*. Where people dine early, calls are not made until some time after dinner—in cities they are made from eleven till three.

You leave over-coat, cane, umbrella, &c., and if the call is of any length, your hat in the entry. A graceful bow, a pleasant smile, an easy way of paying the customary compliments, and suiting them to each person, no lesson can teach. In the presence of ladies, you are only silent when listening to them. You never yawn, nor lounge on your seat, nor interrupt nor contradict, but by insinuation—you never tell unpleasant news, nor make ill-timed observations. Study to please, by a respectful demeanor, and an easy gaiety. It is well to know how to enter a room, but it is much better to know when and how to leave it. If you have made a good impression, a long story may wear it off—if a bad one, being tedious only makes it worse. Don't stand hammering and fumbling, and saying, "Well, I guess I must be going." When you are ready, go at once. It is very easy to say, "Miss Susan, your company is so agreeable, that I am staying longer than I intended, but I hope to have the pleasure of seeing you again soon; I wish you a good morning;" and, bowing, smiling, shaking hands, if the hand be proffered, you leave the room, if possible without turning your back; you bow again at the front door, and if any eyes are following you, you still turn and raise your hat in the street.

Introductions.

The rule is, never to introduce one person to another without knowing that it is agreeable to both. Ladies are always to be consulted beforehand. Gentlemen are introduced *to* ladies, not ladies to gentlemen.

A common form is, "Mr. Jones, Mr. Smith—Mr. Smith, Mr. Jones." Messrs. Jones and Smith bow, shake hands, express their happiness at being made acquainted with each other.

When more ceremony is required, the introducer says, "Miss Smith, permit me to introduce Mr. Jones to your acquaintance," or, "allow me to present."

Coffee-house, steamboat, and stage-coach acquaintances last only for the time being. You are not obliged to know them afterwards, however familiar for the time.

Behavior at Dinner.

There is no situation in which one's breeding is more observed, than at the dinner-table; our work would therefore be incomplete without the proper directions as to its etiquette.

If there are ladies, gentlemen offer their arms, and conduct them to the dining-room, according to their age or the degree of respect to be shown them.

The lady of the house sits at the head of the table, and the gentleman opposite at the foot. The place of honor for gentlemen is on each side of the mistress of the house—for ladies on each side of the master. The company should be so arranged that each lady will have some gentleman at her side to assist her. Of course, it is every gentleman's duty, first of all to see that ladies near him are attended to.

When napkins are provided, they are at once carefully unfolded, and laid on the knees. Observe if grace is to be said, and keep a proper decorum. If soup is served, take a peace of bread in the left hand, and the spoon in the right, and sip *noiselessly* from the *side* of the spoon. Do not take two plates of the same kind of soup, and *never* tip up the plate.

When regular courses are served, the next dish is fish. If silver or wide-pronged forks are used, eat with the fork in the right hand —the knife is unnecessary.

Next come the roast and boiled meats. If possible the knife should never be put in the mouth at all, and if at all, let the edge be turned outward. Any thing taken into the mouth not fit to be swallowed, should be quietly removed with the fingers of the left hand, to that side of the plate. The teeth should be picked as little as possible, and never with fork or fingers. Carefully abstain from every act or observation that may cause disgust, such as spitting, blowing the nose, gulping, rinsing the mouth, &c.

When the ladies leave the table, which they do together, at the signal of the mistress of the house, the gentlemen rise and conduct them to the door of the apartment, and then return to the table. This is in formal parties.

If at dinner you are requested to help any one to sauce, do not pour it over the meat or vegetables, but on one side. If you should have to carve and help a joint, do not load a person's plate —it is vulgar: also in serving soup, one ladleful to each plate is sufficient.

Eat PEAS with a dessert spoon; and curry also. Tarts and puddings are to be eaten with a *spoon*.

As a general rule, in helping any one at table, never use a knife where you can use a spoon.

Making a noise in chewing, or breathing hard in eating, are both unseemly habits, and ought to be avoided.

Never pare an apple or a pear for a lady, unless she desire you, and then be careful to use your fork to hold it; you may sometimes offer to *divide a very large pear* with or for a person.

At some tables, large colored glasses, partly filled with water, with a bit of lemon, are brought when the cloth is removed. You dip a corner of your napkin in the water, and wipe your mouth, then rinse your fingers and wipe them on your napkin.

The best general rule for a person unacquainted with the usages of society, is to be cautious, pay attention, and do as he sees others do, who ought to know what is proper. Most of our blunders are the result of haste and want of observation.

Conversation.

The object of conversation is to entertain and amuse. To be agreeable, you must learn to be a good listener. A man who monopolises a conversation is a *bore*, no matter how great his knowledge.

Never get into a dispute. State your opinions, but do not argue them. Do not contradict, and, above all, never offend by correcting mistakes or inaccuracies of fact or expression.

Never lose temper—never notice a slight—never seem concious of an affront, unless it is of a gross character.

You are not required to defend your friends in company, unless the conversation is addressed to you; but you may correct a statement of fact, if you know it to be wrong.

Never talk at people, by hints, slurs, inuendoes, and such mean devices. If you have any thing to say, out with it. Nothing charms more than candor, when united with good breeding.

Do not call people by their names, in speaking to them. In speaking of your own children, never "Master" and "Miss" them—in speaking to other people of theirs, never neglect to do so.

It is very vulgar to talk in a loud tone, and indulge in hoarse laughs. Be very careful in speaking of subjects upon which you are not acquainted. Much is to be learned by confessing your ignorance—nothing can be by pretending to knowledge which you do not possess.

Never tell long stories. Avoid all common slang phrases, and pet words.

Of all things, don't attempt to be too fine. Use good honest English—and common words for common things.

General Rules of Behavior.

Having dressed yourself, pay no further attention to your clothes. Few things look worse than a continual fussing with your attire.

Never scratch your head, pick your teeth, clean your nails, or worse than all, pick your nose in company; all these things are disgusting. Spit as little as possible, and never upon the floor.

Do not lounge on sofas, nor tip back your chair, nor elevate your feet.

If you are going into the company of ladies, beware of onions, spirits, and tobacco.

If you can sing or play, do so at once when requested, without requiring to be pressed. On the other hand, let your performance be brief, or, if never so good, it will be tiresome. When a lady sits down to the piano forte, some gentleman should attend her, arrange the music stool, and turn over the leaves.

Meeting friends in a public promenade, you salute them the first time in passing, and not every time you meet.

Never tattle—nor repeat in one society any scandal or personal matter you hear in another. Give your own opinion of people if you please, but never repeat that of others.

Meeting an acquaintance among strangers—in the street, or a coffee-house, never address him by name. It is vulgar and annoying.

Preliminaries for Marriage.

According to the uages of society, it is the custom of the man to propose marriage, and for the female to refuse or accept the offer as she may think fit. There ought to be a perfect freedom of the will in both parties.

When a young man admires a lady, and thinks her society necessary to his happiness, it is proper, before committing himself, or inducing the object of his admiration to do so, to apply to her parents or guardians for permission to address her.

Young men frequently amuse themselves by playing with the feelings of young ladies. They visit them often, walk with them, pay them divers attentions, and after giving them an idea that they are attached to them, either leave them, or what is worse, never come to an explanation of their sentiments. This is to act a truly dastardly and infamous character.

How to commence your Addresses.

A gentleman having met a lady at social parties, accompanied her to and from church, may desire to become more intimately acquainted. In short, you wish to commence formal addresses. This is a case for palpitations, but forget not that "faint heart never won fair lady." What will you do? Why, taking some good opportunity, you will say,

"Miss Wilson, since I became acquainted with you, I have been every day more pleased with your society, and I hope you will allow me to enjoy more of it—if you are not otherwise engaged, will you permit me to visit you to-morrow evening?"

The lady will blush, no doubt—she may tremble a little, but if your proposition is acceptable to her, she may say:

"I am grateful for your good opinion, and shall be happy to see you."

Or if her friends have not been consulted, as they usually are ore matters proceed so far, she may say:

I am sensible of your kindness, sir; but I cannot consent to a ate interview, without consulting my family."

Or she may refuse altogether, and in such a case, should do so h every regard to the feelings of the gentleman, and if engaged, uld say frankly:

I shall be happy to see you at all times as a friend, but I am not at liberty to grant a private interview."

As, in all these affairs, the lady is the respondent, there is little necessity for any directions in regard to her conduct, as a "Yes," ever so softly whispered, is a sufficient affirmative, and as her kindness of heart will induce her to soften as much as possible her "No."

To tell a lady who has granted the preliminary favors, that you love her better than life, and to ask her to name the happy day, are matters of nerve, rather than form, and require no teaching.

Love Letters.

For a love letter, good paper is indispensable. When it can be procured, that of a costly quality, gold-edged, perfumed, or ornamented in the French style, may be properly used. The letter should be carefully enveloped, and nicely sealed with a fancy wafer—not a common one of course, where any other can be had; or what is better, plain or fancy sealing wax. As all persons are more or less governed by first impressions and externals, the whole affair should be as neat and elegant as possible.

Popping the Question.

There is one maxim of universal application—never lose an opportunity. What can a woman think of a lover who neglects one? Ladies cannot make direct advances, but they use infinite tact in giving men occasions to make them. In every case, it is fair to presume that when a woman gives a man an opportunity, she expects him to improve it.

In the country, the lover is taking a romantic walk by moonlight, with the lady of his love—talks of the beauties of the scenery, the harmony of nature, and exclaims,

"Ah! Julia, how happy would existence prove, if I always had such a companion!"

She sighs, and leans more fondly on the arm that tremblingly supports her.

"My dearest Julia, be mine forever!"

This is a settler, and the answer, ever so inaudable, "makes or undoes him quite."

"Take pity on a forlorn bachelor," says another, in a manner which may be either jest or earnest, "marry me at *once* and put me out of my misery."

"With all my heart, whenever you are ready," replies the laughing fair. A joke carried thus far is easily made earnest.

A point is often carried by taking a thing for granted. A gentleman who has been paying attentions to a lady, says,

"Well, Mary, when is the happy day?"

"What day, pray?" she asks, with a conscious blush.

"Why, every body knows that we are going to get married, and it might as well be one time as another; so, when shall it be?"

Cornered in this fashion, there is no retreat.

"Jane, I love you! Will you marry me?" would be somewhat abrupt, and a simple, frankly given "Yes!" would be short and sweet for an answer.

"Ellen, one word from you would make me the happiest man in the universe?"

"I should be cruel not to speak it then, unless it is a very hard one."

"It is a word of three letters, and answers the question, Will you have me?"

The lady, of course, says Yes, unless she happens to prefer a word of only two letters, and answers No.

And so this interesting and terrible process in practice, simple as it is in theory, is varied in a hundred ways, according to circumstances and the various dispositions.

One timid gentleman asks, "Have you any objection to change your name?" and follows this up with another which clenches its significance, "How would mine suit you?"

Another asks, "Will you tell me what I most wish to know?"

"Yes, if I can."

"The happy day when we shall be married?"

Another says, "My Eliza, we must do what all the world evidently expects we shall."

"All the world is very impertinent."

"I know it—but it can't be helped. When shall I tell the parson to be ready?"

LADIES' TOILETTE TABLE.

To prevent Loosening of the Hair.

Immerse the head in cold water, morning and night, dry the hair thoroughly, and then brush the scalp, until a warm glow is produced. In ladies with long hair this plan is objectionable; and a better one is to brush the scalp until redness and a warm glow are produced, then apply to the roots of the hair one or two of the following lotions.

Lotion for Promoting the Growth of the Hair, and Preventing it from Turning Grey.

No. 1.

Vinegar of cantharides, half-an-ounce
Eau de Cologne, one ounce
Rose-water, one ounce.

No. 2.

Eau de Cologne, two ounces.
Tincture of cantharides, half-an-ounce.
Oil of nutmegs, half-a-drachm.
Oil of lavender, ten drops.
Mix.

To cure Ringworm.

The head should be washed with a profusion of soap, and the hair carefully combed, to remove all loosened hairs and every particle of crust. Then bathe the head with ringworm lotion.

Ringworm Lotion.

Sublimate of mercury, five grains.
Spirits of wine, two ounces.
Tincture of musk, one drachm.
Rose-water, six ounces.
Mix well.

Style of Bonnet.

A person of delicate pale complexion should wear a hat with pink lining. A person of dark complexion should have white lining, with rose trimming. A person with very red or yellow complexion should not wear high colors.

Dress.

Have reference to the complexion. Tight sleeves without trimming are becoming to full forms, of medium height, or below it. A tall person appears graceful with drapery. A short form should not wear much drapery, and not a full skirt.

Flounces.

Flounces appear well upon tall persons, but never upon diminutive ones.

High-neck Dresses.

High-neck dresses are generally becoming, but not upon a very high-shouldered person. If the shoulders are only moderately high, the neck may be covered, and a narrow piece of lace, instead of a collar, put around the throat.

Evening Dresses.

Evening dresses of transparent materials, look well when made high in the neck. Make the dress loose over the chest, and tight over the shoulder blades. Long sashes fastened in front are preferable to belts, unless there is much trimming upon the dress.—Narrow lace at the wrist is becoming, and gives a finish to the dress. An extremely small and waspish-looking waist can never be considered handsome. It is exceedingly hurtful to those who attain it by tight-lacing, and doubly ungraceful, since it prevents all graceful movements.

Short Cloaks.

Short cloaks are very becoming to short and clumsily built persons, but to a tall figure the reverse.

CANARY BIRDS.

General Directions.

Keep the cage washed and clean if you wish the birds to be healthy. Fresh lettuce, cabbage and plantain may be given them in July and August, two or three times a day. The seeds of plantain and lettuce are good to be given as food. Keep clean water in pans in the cage for them to wash and bathe in. A piece of cuttle-fish bone or sand ought to be in the cage, to keep them in a healthy condition. A little sponge cake may be given occasionally. Crackers, sweet apples, and worms are good. Never give salt.

How to distinguish the Male from the Female.

The male may be distinguished from the female by a streak of bright yellow over the eyes and under the throat; his head is wider and longer, and has richer colors, and larger feet. He also begins to warble first, which is often at a month old.

LETTER WRITER.

1. A letter of introduction, note of invitation, or reply, should always be enclosed in an envelope.
2. A letter of introduction should always enclose the card and address of the person introduced.
3. Notes of invitation should always be sent in the name of the lady of the house.
4. Invitations should be answered within two days.
5. Notes of invitation should not be sealed.
6. Figured and colored paper is out of style; pure white paper, with gilt edges, is more strictly in good taste.

THE LADY'S WORK-BOX.

PREPARATION OF FRAMES.

To Dress a Frame for Cross Stitch.

THE canvass must be hemmed neatly around: then count your threads, and place the centre one exactly in the middle of the frame. The canvass must be drawn as tight as the screws or pegs will permit, and if too long, it should be wrapped around the poles with tissue paper, to keep it from dust, and the friction of the arms, as that is essential to the beauty of the work. It must in all cases be rolled *under*, or it will occasion much trouble in the working. When laced quite even in the frame, secure, by fine twine passed over the stretchers and through the canvass, very closely; both sides must be tightened gradually, or it will draw to one side, and the work will be spoiled.

To Dress a Frame for Cloth Work.

Stretch your cloth in the frame as tight as possible, the right side uppermost.

The canvass on which you intend to work must be of a size to correspond with the pattern, and must be placed exactly in the centre of the cloth to which it is to be secured, as smooth as possible. When the work is finished, the canvass must be cut, and the threads drawn out, first one way and then the other. It is necessary to be especially careful, in working, not to split the threads, as that would prevent them drawing, and would spoil the appearance of the work. In all cases, it is advisable to place the cloth so as that the nap may go downward. In working bouquets of flowers, this rule is indispensable. The patterns for cloth work should be light and open. It looks well for sofas, arm chairs, &c., but is by no means so durable as work done with wool entirely on canvass.

Materials for Working.

Canvass (coarse) eighteen threads to the inch. Work in cross

stich with double wool. This is proper for a foot-stool, sofa-pillow, &c.

Canvass (very coarse) ten threads to the inch. Work in cross stitch, over one thread, with single wool. If used for grounding, work in two threads. This will accelerate the work, and look equally well.

STITCHES.

1. *Tent Stitch.*

This is accomplished over one thread the cross way, and should be done in a frame. In grounding, perform the work the bias way of the canvass, and work from left to right.

2. *Cross Stitch.*

Let the wool be put across two threads, and the needle down two, working the cross way, and finishing as the work progresses.

3. *Straight Cross Stitch.*

This stitch is the same as Cross Stitch, but is worked the straight way of the canvass; and although on coarse canvass, has a very pleasing and finished appearance.

4. *Windsor Stitch.*

Pass the wool over six threads straight, and six threads down, which will present a square when the section row is completed.

5. *Pavilion Stitch.*

Four threads having been taken straight down, bring the needle down one thread; after that take two threads, then four, as before, and finish the row. Commence the second row with a stitch in two threads, then take four and so proceed. Gold beads tastefully introduced have a very pretty effect.

6. *Josephine Stitch.*

This is a very pretty stitch for bags with gold or silver braid, and is executed in stripes from the bottom to the top. Take six threads straight, and proceed to the end of the row; after which

take three lengths of braid, and work one of them in Cross Stitch, diamond fashion.

7. *Berlin Stitch.*

Work this stitch in a scollop, taking six threads straight down. Much of the beauty of it depends upon the contrast of color (having an eye to harmony) in the threads. The effect should be ascertained before beginning the work.

8. *Czar Stitch.*

We have heard this called *Economic* Stitch. It is worked over from six or eight threads in depth, and two in width, crossed from right to left. Gold thread should be interposed between each row.

9. *Irish Stitch.*

Four, six, or eight threads are to be taken straight, two threads being left between. The second row is to be begun four threads up, between the two threads left on the former row; take care that the stitches meet the first row. This is a valuable stitch, easily worked into a variety of pretty forms.

Perforated Card.

The needles must not be too large, or the holes will be liable to get broken. The smaller ones must be worked in silk; the larger patterns may be done either in silk or wool. Sometimes the flowers are worked in Chenille, and the leaves in silk; this gives to card cases, &c., a beautiful and highly ornamental appearance.

Bead Work.

Use the canvass called bolting; and work two threads each way on the slant, with china silk, taking especial care that the beads are all turned the same way, that the whole may appear uniform.—Work the pattern with thick beads and ground with transparent ones. You must, in this kind of work, have as few shades as possible.

Rug Bordering.

When we descend into the arena of domestic utility, it is vastly surprising in how many ways the Art of Needlework adapts itself to comfort and to ornament. We may presume carpets to be too unwieldy for the management of fair fingers; but *rugs* come with

in the compass of the fair Artist's skill and taste. Many of the borderings completed by English ladies are quite equal to the labored productions of the *Gobelins:* and are, of course, at all times superior to those which emanate from the loom.

Gothic Chairs.

For dark-framed chairs choose light patterns; tent stitch being grounded in cross stitch, as may be seen in the private apartments at Windsor Castle. Sometimes a sort of cushion is inserted in the back, and the whole is done in cloth or satin, and the canvass withdrawn. Flower embroidery, gem patterns, and braiding, are all made use of in this description of work.

Settees.

These should be executed in cloth, thirty-three inches long and twenty-six wide.

Sofa Pillows.

Work the squares of canvass with flowers in preference to any other pattern, and finish with damask, trimming with silk cord, tassels, &c.

There are few subjects on which more taste may be exercised than on these. A certain fulness approaching to largeness is desirable in the design, otherwise the pillow will be lost in the more massive attributes of the sofa itself.

Weight Cushions.

These may be obtained ready-made, and afterwards covered with any variegated pattern of needlework. They are very useful.

Wire Baskets.

These should be of silver wire, and worked in silk.

Slippers.

Are worked in embroidery, on canvass, satin, or soft kid.

Fire-Side Caps.

These are worked in gems, or flowers, or velvet. Embroidery and gold braid are also adopted. There are several pieces joined together to fit the head, and at the top is a handsome tassel.

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