



***CATHARINE
ESTHER
BEECHER***

***MISS BEECHER'S
HOUSEKEEPER AND
HEALTHKEEPER***

Catharine Esther Beecher

Miss Beecher's Housekeeper and Healthkeeper

**Containing Five Hundred Receipes for Economical
and Healthful Cooking; also, Many Directions for
Securing Health and Happiness**

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CHAPTER I.

ADDRESS OF THE AUTHOR TO AMERICAN HOUSEKEEPERS.

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My dear Friends,—This volume embraces, in a concise form, many valuable portions of my other works on Domestic Economy, both those published by Harper and Brothers and those published by J. B. Ford and Co., together with other new and interesting matter. It is designed to be a complete encyclopædia of all that relates to a woman's duties as housekeeper, wife, mother, and nurse.

The First Part embraces a large variety of recipes for food that is both healthful and economical, put in clear, concise language, with many methods for saving labor, time, and money, not found in any other works of the kind. It also gives more specific directions as to *seasonings* and *flavors* than the common one of "Season to the Taste," which leaves all to the judgment of the careless or ignorant. The recipes have been tested by some of the best housekeepers, and all relating to health has been approved by distinguished physicians of all schools.

The Second Part contains interesting information as to the construction of the body, in a concise form, omitting all details, except such as have an immediate connection with a housekeeper's practical duties. These are so simplified and illustrated, that by aid of this, both servants and children can be made so to understand the *reasons* for the laws of health, as to render that willing and intelligent obedience which can be gained in no other way.

It is my most earnest desire to save you and your household from the sad consequences I have suffered from ignorance of the *laws of health*, especially those which women peculiarly need to understand and obey.

God made woman to do the work of the family, and to train those under her care to the same labor. And her body is so formed that family labor and care tend not only to good health, but to the *highest culture of mind*. Read all that is included in our "profession," as detailed in the Second Part of this work, and see how much there is to cultivate every mental faculty, as well as our higher moral powers. Domestic labor with the muscles of the arms and trunk, with intervals of sedentary work, are exactly what keep all the functions of the body in perfect order, especially those which, at the present day, are most out of order in our sex. And so the women of a former generation, while they read and studied books far less than women of the present time, were better developed both in mind and body.

It was my good fortune to be trained by poverty and good mothers and aunts to do every kind of domestic labor, and so, until one-and-twenty, I was in full enjoyment of health and happiness. Then I gave up all domestic employments for study and teaching, and in ten years I ruined my health, while my younger sisters and friends suffered in the same mistaken course. And my experience has been repeated all over the land, until there is such decay of female constitutions and health, as alarms, and justly alarms, every well-informed person.

After twenty years of invalidism, I have been restored to perfect health of body and mind, and *wholly* by a strict

obedience to the *laws of health and happiness*, which I now commend to your especial attention, with the hope and prayer that by obedience to them you may save yourselves and households from unspeakable future miseries.

I wish I could give you all the evidence that I have gained to prove that woman's work in the household *might* be so conducted as to be agreeable, tasteful, and promotive of both grace and beauty of person. But this never can be generally credited till women of high culture set the example of training their sons and daughters, instead of hired servants alone, to be their domestic helpers.

According to the present tendency of wealth and culture, it is women of moderate or humble means who will train their own children to health and happiness, and rear prosperous families. Meantime, the rich women will have large houses, many servants, poor health, and little domestic comfort, while they train the children of foreigners to do family work, and in a way that will satisfy neither mistress nor servant; for a woman who does not work herself is rarely able to properly teach others. Choose wisely, then, O youthful mother and housekeeper! train yourself to wholesome labor and intelligent direction, and be prepared to educate a cheerful and healthful flock of your own children.

Your friend and well-wisher,

CATHARINE E. BEECHER.

NEW YORK, *April 2, 1873.*

CHAPTER II.

MARKETING AND THE CARE OF MEATS.

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Every young woman, at some period of her life, may need the instructions of this chapter. Thousands will have the immediate care of buying meats for the family; and even those who are not themselves obliged to go to market, should have the knowledge which will enable them to direct their servants what and how to buy, and to judge whether the household, under their management, is properly served or not. Nothing so thoroughly insures the intelligent obedience of orders, as evidence that the person ordering knows exactly what is wanted.

The directions given in this and the ensuing chapters on meats, were carefully written, first in Cincinnati, with the counsel and advice of business men practically engaged in such matters. They have been recently rewritten in Hartford, Conn., after consultation with intelligent butchers and grocers.

MARKETING.

BEEF.

The animal, when slaughtered, should be bled very thoroughly. The care taken by the Jews in this and other points draws custom from other sects to their markets. The skin is tanned for leather, and the fat is used for candles and other purposes. The tail is used for soups, and the liver,

heart, and tripe are also used for cooking. The body is split into two parts, through the backbone, and each half is divided as marked in the drawing on following page. There are diverse modes of cutting and naming the parts, butchers in New England, in New York, in the South, and in the West, all making some slight differences; but the following is the most common method.

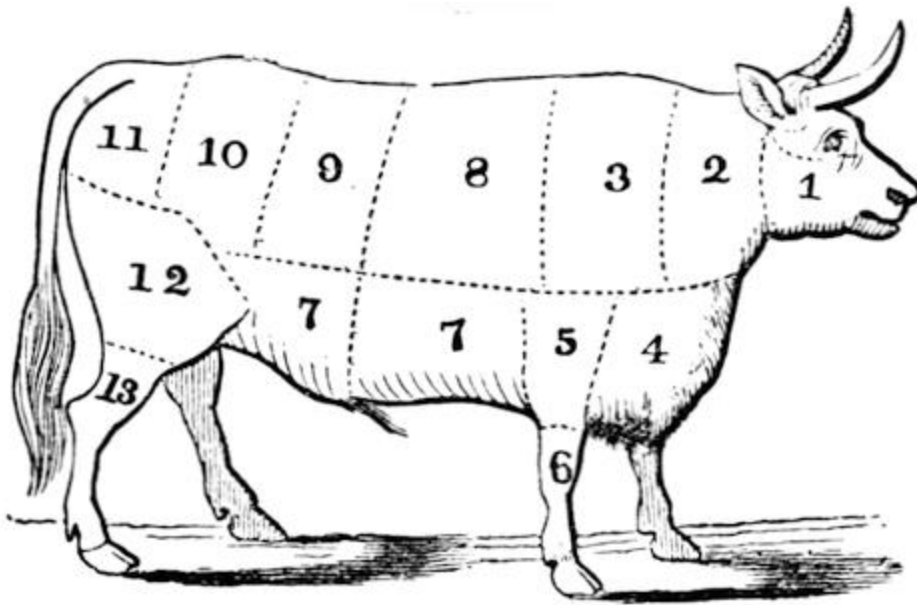


Fig. 1.

1. The *head*: frequently used for mince-pies; sometimes it is tried out for oil, and then the bones are used for fertilizers. The horns are used to make buttons and combs, and various other things. 2. The *neck*; used for soups and stews. 3. The *chuck-rib*, or *shoulder*, having four ribs. It is used for corning, stews, and soup, and some say the best steaks are from this piece. 4. The *front of the shoulder*, or the *shoulder-clod*, which is sometimes called the *brisket*. 5. The *back of the shoulder*; used for corning, soups, and stews. 6. The

fore-shin, or *leg*; used for soups. 7, 7. The *plate-pieces*; the front one is called the brisket, (as is also 4,) and is used for corning, soups, and stews. The back plate-piece is called the *flank*, and is divided into the *thick flank*, or upper *sirloin*, and the *lower flank*. These are for roasting and corning. 8. The *standing ribs*, divided into *first*, *second*, and *third cuts*; used for roasting. The second cut is the best of the three. 9. The *sirloin*, which is the best roasting piece. 10. The *sirloin steak* and the *porter-house steak*; used for broiling. 11. The *rump*, or *aitch-bone*; used for soup or corning, or to cook *à la mode*. 12. The *round*, or *buttock*; used for corning, or for *à la mode*; also for dried beef. 13. The *hock*, or *hind shank*; used for soups.

In selecting *Beef*, choose that which has a loose grain, easily yielding to pressure, of a clear red, with whitish fat. If the lean is purplish, and the fat yellow, it is poor beef. Beef long kept turns a darker color than fresh killed. Stall-fed beef has a lighter color than grass-fed.

Ox beef is the best, and next, that of a heifer.

In cold weather, it is economical to buy a hind quarter; have it cut up, and what is not wanted immediately, pack with snow in a barrel. All meats grow tender by keeping. Do not let meats freeze; if they do, thaw them in cold water, and do not cook them till fully thawed. A piece weighing ten pounds requires ten or twelve hours to thaw.

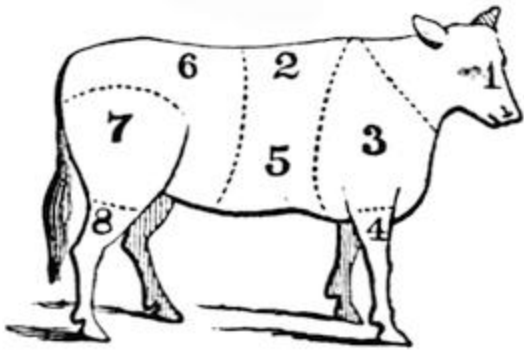


Fig. 2.
VEAL.

The calf should not be slaughtered until it is six weeks old. Spring is the best time for veal. It is divided as marked in the drawing.

1. The *head*, sold with the *pluck*, which includes the *heart*, *liver*, and *sweet-breads*. 2. The *rack*, including the neck; used for stews, pot-pies, and broths; also for chops and roasting. 3. The *shoulder*. This, and also half the rack and ribs of the fore-quarter, are sometimes roasted, and sometimes used for stews, broths, and cutlets. 4. The *fore-shank*, or *knuckle*; used for broths. 5. The *breast*; used for stews and soups; also to stuff and bake. 6. The *loin*; used for roasting. 7. The *fillet*, or *leg*, including the hind flank; used for cutlets, or to stuff and boil, or to stuff and roast, or bake. 8. The *hind shank*, or *hock*, or *knuckle*; used for soups. The *feet* are used for jelly.

In selecting *Veal*, take that which is firm and dry, and the joints stiff, having the lean a delicate red, the kidney covered with fat, and the fat very white. If you buy the head, see that the eyes are plump and lively, and not dull

and sunk in the head. If you buy the legs, get those which are not skinned, as the skin is good for jelly or soup.

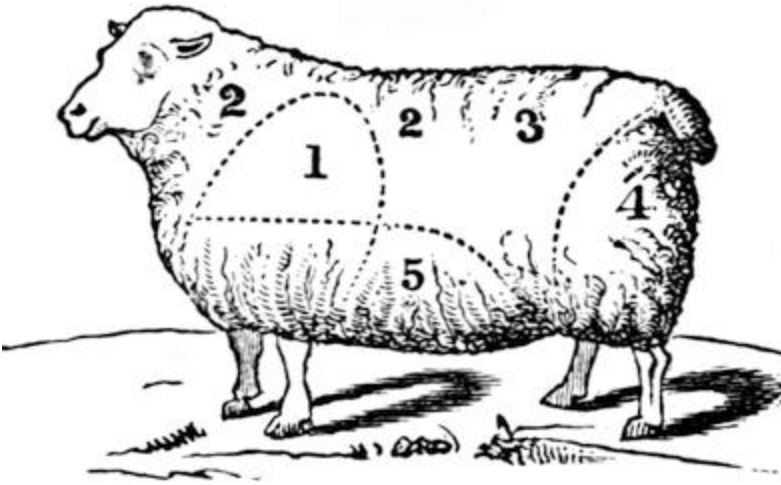


Fig. 3.
MUTTON.

1. The *shoulder*; for boiling or corning. 2, 2. The *neck* and *rack*; for boiling or corning. 3. The *loin*; is roasted, or broiled as chops. 4. The *leg*; is boiled, or broiled, or stuffed and roasted. Many salt and smoke the leg, and call it smoked venison. 5. The *breast*; for boiling or corning.

In choosing *Mutton*, take that which is bright red and close-grained, with firm and white fat. The meat should feel tender and springy on pressure. Notice the vein on the neck of the fore-quarter, which should be a fine blue.

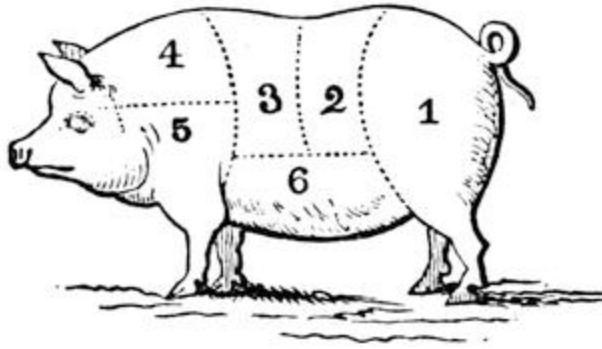


Fig. 4.
PORK.

1. The *leg*, or *ham*; used for smoking. 2. The *hind loin*. 3. The *fore loin*. 4. The *spare-rib*; for roasting; sometimes including all the ribs. 5. The *hand*, or *shoulder*; sometimes smoked, and sometimes corned and boiled. 6. The *belly*, or *spring*, for corning or salting down. The *feet* are used for jelly, head-cheese, and souse.

In selecting *Pork*, if young, the lean can easily be broken when pinched, and the skin can be indented by nipping with the fingers. The fat also will be white and soft. *Thin* rind is best.

In selecting *Hams*, run a knife along the bone, and if it comes out clean, the ham is good; but if it comes out smeared, it is spoiled. Good bacon has white fat, and the lean adheres closely to the bone. If the bacon has yellow streaks, it is rusty, and not fit to use.

In selecting *Poultry*, choose those that are full grown, but not old. When young and fresh-killed, the skin is thin and tender, the joints not very stiff, and the eyes full and bright.

The breast-bone shows the age, as it easily yields to pressure if young, and is tough when old. If young, you can with a pin easily tear the skin. A goose, when old, has red and hairy legs; but when young, they are yellow, and have few hairs. The pin-feathers are the roots of feathers, which break off and remain in the skin, and always indicate a *young* bird. When very neatly dressed, they are pulled out.

Poultry and birds ought to be killed by having the head cut off, and then hung up by the legs to bleed freely. This makes the flesh white and more healthful.

In selecting *Fish*, take those that are firm and thick, having stiff fins and bright scales, the gills bright red, and the eyes full and prominent. When fish are long out of water, they grow soft, the fins bend easily, the scales are dim, the gills grow dark, and the eyes sink and shrink away. Be sure and have them dressed immediately; sprinkle them with salt, and use them, if possible, the same day. In warm weather, put them in ice, or corning, for the next day.

Shell-fish can be decided upon only by the smell. Lobsters are not good unless alive, or else boiled before offered for sale. They are black when alive, and red when boiled. When to be boiled, they are to be put alive into boiling water, which is the quickest and least cruel way to end their life.

THE CARE OF MEATS.

In hot weather, if there is no refrigerator, then wipe meat dry, sprinkle on a little salt and pepper, and hang in the

cellar. Or, still better, wrap it, thus prepared, in a dry cloth, and cover it with charcoal or with wood-ashes. Mutton, wrapped in a cloth wet with vinegar, and laid on the ground of a *dry* cellar, keeps well and improves in tenderness.

Hang meat a day or two after it is killed before corning it.

In winter, meat is kept finely if well packed in snow, without salting; but some say it lessens the sweetness.

Frozen meat must be thawed in cold water, and not cooked till entirely thawed.

Beef and mutton are improved by keeping as long as they remain sweet. If meat begins to taint, wash it, and rub it with powdered charcoal, which often removes the taint. Sometimes rubbing with salt will cure it. Soda water is good also.

Take all the kernels out that you will find in the round and thick end of the flank of beef, and in the fat, and fill the holes with salt. This will preserve it longer.

Salt your meat, in summer, as soon as you receive it.

A pound and a half of salt rubbed into twenty-five pounds of beef, will corn it so as to last several days in ordinary warm weather; or put it in strong brine.

In most books of recipes there are several different ones for corning, for curing pork hams, and for other uses, while an inexperienced person is at a loss to know which is best. The recipes here given are decided to be *the best*, after an examination of quite a variety, by the writer, who has resided where they were used; and she knows that the very best results are secured by these directions. These also are pronounced the best by business men of large experience.

To Salt down Beef to keep the Year round.—One hundred pounds of beef; four quarts of rock-salt, pounded fine; four ounces of saltpetre, pounded fine; four pounds of brown sugar. Mix well. Put a layer of meat on the bottom of the barrel, with a thin layer of this mixture under it. Pack the meat in layers, and between each put equal proportions of this mixture, allowing a little more to the top layers. Then pour in brine till the barrel is full.

To cleanse Calf's Head and Feet.—Wash clean, and sprinkle pounded resin over the hair; dip in boiling water and take out immediately, and then scrape them clean; then soak them in water for four days, changing the water every day.

To prepare Rennet.—Take the stomach of a new-killed calf, and do not wash it, as it weakens the gastric juice. Hang it in a cool and dry place five days or so; then turn the inside out, and slip off the curds with the hand. Then fill it with salt, with a little saltpetre mixed in, and lay it in a stone pot, pouring on a tea-spoonful of vinegar, and sprinkling on a handful of salt. Cover it closely, and keep for use. After six weeks, take a piece four inches square and put it in a bottle with five gills of cold water and two gills of rose brandy; stop it close, and shake it when you use it. A table-spoonful is enough for a quart of milk.

To Salt down Fish.—Scale, cut off the heads, open down the back, and remove most of the spine, to have them keep better. Lay them in salt water two hours, to extract blood. Sprinkle with fine salt, and let them lie

over night. Then mix one peck of coarse and fine salt, one ounce of saltpetre, (or half an ounce of saltpetre and half an ounce of saleratus,) and one pound of sugar. Then pack in a firkin. Begin with a layer of salt, then a layer of fish, skin downward. A peck of salt will answer for twenty-five shad, and other fish in proportion.

As in most country families, when meat is salted for the year's use, pork is the meat most generally and most largely relied upon, considerable space is devoted to its proper preparation. Special attention is given to various modes of curing and preserving it.

To try out Lard.—Take what is called *the leaves*, and take off all the skin, cut it into pieces an inch square, put it into a clean pot over a slow fire, and try it till the scraps look a reddish-brown; take great care not to let it burn, which would spoil the whole. Then strain it through a strong cloth, into a stone pot, and set it away for use.

Take the fat to which the smaller intestines are attached, (not the large ones,) and the flabby pieces of pork not fit for salting, try these in the same way, and set the fat thus obtained where it will freeze, and by spring the strong taste will be gone, and then it can be used for frying. A tea-cup of water prevents burning while trying.

Corn-fed pork is best. Pork made by still-house slops is almost poisonous, and hogs that live on offal never furnish

healthful food. If hogs are properly fed, the pork is not unhealthful.

Pork with kernels in it is measly, and is unwholesome.

A thick skin shows that the pork is old, and that it requires more time to boil. If bought pork is very salt, soak it some hours. Do not let pork freeze, if you intend to salt it.

The gentleman who uses the following recipe for curing pork hams, says it has these advantages over all others he has tried or heard of, namely, the hams thus cured are sweeter than by any other method; they are more solid and tender, and are cured in less than half the time. Moreover, they do not attract flies so much as other methods:

Recipe for Molasses-cured Hams.—Moisten every part of the ham with molasses, and then for every hundred pounds use one quart of fine salt, and four ounces of saltpetre, rubbing them in very thoroughly at every point. Put the hams thus prepared in a tight cask for four days. Then rub again with molasses and one quart of salt, and return the hams to the cask for four days. Repeat this the third and the fourth time, and then smoke the hams. This process takes only sixteen days, while other methods require five or six weeks.

The following is the best recipe for the ordinary mode of curing hams; and the brine or pickle thus prepared is equally good for corning and all other purposes for which brine is used. Some persons use saleratus instead of the saltpetre, and others use half and half of each, and say it is an improvement:

Brine or Pickle for corning Hams, Beef, Pork, and Hung Beef.—Four gallons of water; two pounds of rock-salt, and a little more of common salt; two ounces of saltpetre; one quart of molasses. Mix, but do not boil. Put the hams in a barrel and pour this over them, and keep them covered with it for six weeks. If more brine is needed, make it in the same proportions.

Brine for Beef, Pork, Tongues, and Hung Beef.—Four gallons of water; one and a half pounds of sugar; one ounce of saltpetre; one ounce of saleratus. Add salt; and if it is for use only a month or two, use six pounds of salt; if for all the year, use *nine* pounds. In hot weather, rub the meat with salt before putting it in, and let it lie for three hours, to extract the blood. When tongues and hung beef are taken out, wash the pieces, and, when smoked, put them in paper bags, and hang in a dry place.

Brine by Measure, easily made.—One gallon of cold water; one quart of rock-salt; and two of blown salt; one heaping table-spoonful of saltpetre, (or half as much of saleratus, with half a table-spoonful of saltpetre;) six heaping table-spoonfuls of brown sugar. Mix, but not boil. Keep it as long as salt remains undissolved at bottom. When scum rises, add more salt, sugar, saltpetre, and soda.

To Salt down Pork.—Allow a peck of salt for sixty pounds. Cover the bottom of the barrel with salt an inch deep. Put down one layer of pork, and cover that with salt half an inch thick. Continue thus till the barrel is full. Then pour in as much strong brine as the barrel will

receive. Keep coarse salt between all pieces, so that the brine can circulate. When a white scum or bloody-looking matter rises on the top, scald the brine and add more salt. Leave out bloody and lean pieces for sausages. Pack as tight as possible, the rind next the barrel; and let it be *always* kept *under* the brine. Some use a stone for this purpose. In salting down a new supply, take the old brine, boil it down and remove all the scum, and then use it to pour over the pork. The pork may be used in six weeks after salting.

To prepare Cases for Sausages.—Empty the cases, taking care not to tear them. Wash them thoroughly, and cut into lengths of two yards each. Then take a candle-rod, and fastening one end of a case to the top of it, turn the case inside outward. When all are turned, wash very thoroughly, and scrape them with a scraper made for the purpose, keeping them in warm water till ready to scrape. Throw them into salt and water to soak till used. It is a very difficult job to scrape them clean without tearing them. When finished, they look transparent and very thin.

Sausage-Meat.—Take one third fat and two thirds lean pork, and chop it; and then to every twelve pounds of meat add twelve large even spoonfuls of pounded salt, nine of sifted sage, and six of sifted black pepper. Some like a little summer-savory. Keep it in a cool and dry place.

Another Recipe.—To twenty-five pounds of chopped meat, which should be one third fat and two thirds lean,

put twenty spoonfuls of sage, twenty-five of salt, ten of pepper, and four of summer-savory.

Bologna Sausages.—Take equal portions of veal, pork, and ham; chop them fine; season with sweet herbs *and* pepper; put them in cases; boil them till tender, and then dry them.



Fig. 5.

To smoke Hams.—Make a small building of boards, nailing strips over the cracks to confine the smoke. Have within cross-sticks, on which to hang the hams. Have only one opening at top, at the end farthest from the fire. Set it up so high that a small stove can be set under or very near it, with the smoke-pipe entering the

floor at the opposite end from the slide. These directions are for a wooden house, and it is better thus than to have a fire *within* a brick house, because too much warmth lessens the flavor and tenderness of the hams. Change the position of the hams once or twice, that all may be treated alike. When this can not be done, use an inverted barrel or hogshead, with a hole for the smoke to escape, and resting on stones; and keep a small, smouldering fire. Cobs are best, as giving a better flavor; and brands or chips of walnut wood are next best. Keeping a small fire a longer time is better than quicker smoking, as too much heat gives the hams a strong taste, and they are less sweet.

The house and barrel are shown in Fig. 5, on preceding page.



CHAPTER III. STEW AND SOUPS.

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In using salt and pepper, diversities of strength make a difficulty in giving very exact directions; so also do inequalities in the size of spoons and tumblers. But so much can be done, that a housekeeper, after one trial, can give exact directions to her cook, or with a pencil alter the recipe.

It is a great convenience to have recipes that employ measures which all families have on hand, so as not to use steelyards and balances. The following will be found the most convenient:

- A medium size tea-spoon, even full, equals 60 drops, or one eighth of an ounce.
- A medium size table-spoon, even full, equals two tea-spoonfuls.
- One ounce equals eight even tea-spoonfuls, or four table-spoonfuls.
- One gill equals eight even table-spoonfuls.
- Half a gill equals four even table-spoonfuls.
- Two gills equal half a pint, and four gills equal one pint.
- One common size tumbler equals half a pint, or two gills.
- One pint equals two tumblerfuls, or four gills.
- One quart equals four tumblerfuls, or eight gills.
- Four quarts equal one gallon.

- Four gallons equal one peck.
- Four pecks equal one bushel.
- A quart of sifted flour, heaped, a sifted quart of sugar, and a softened quart of butter each weigh about a pound, and so nearly that measuring is as good as weighing.
- Water is heavier, and a pint of water weighs nearly a pound.
- Ten eggs weigh about one pound.

The most economical modes of cooking, as to *time*, *care*, and *labor*, are stews, soups, and hashes; and when properly seasoned, they are great favorites, especially with children.

Below is a drawing of a stew and soup-kettle that any tinman can easily make. Its advantages are, that, after the meat is put in, there is no danger of scorching, and no watching is required, except to keep up the fire aright, so as to have a steady simmering. Another advantage is, that, by the tight cover, the steam and flavors are confined, and the cooking thus improved. Then, in taking up the stew, it offers several conveniences, as will be found on trial.

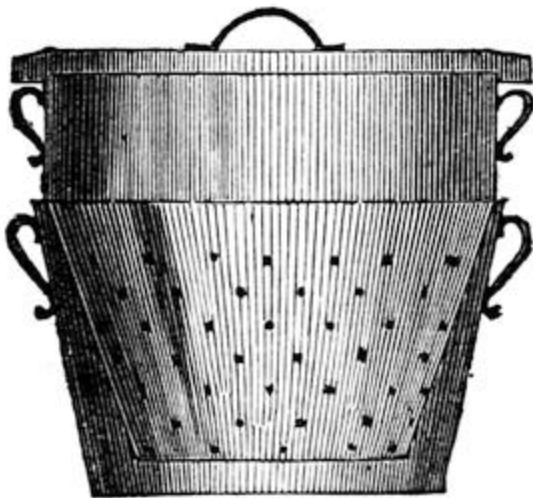


Fig. 6.

This stew-kettle consists of two pans, the inner one not fastened, but fitting tight to the outer, with holes the size of a large pin-head commencing half an inch from the bottom and continuing to within two inches of the top of the under pan. It has a flat lid, on which may be placed a weight, to confine steam and flavors. The holes may be an inch apart. The size of the kettle must depend on the size of the family: it may be of any desired size.

General Directions.

Generally, in making stews, use soft water; but when only hard is at hand, put in half a tea-spoonful of soda to every two quarts of water. Put in all the bones and gristle first, breaking the bones thoroughly.

Rub fresh meat with salt, and put it in *cold* water, for soups, as this extracts the juices.

As soon as water begins to boil, skim repeatedly till no more scum rises.

Never let water boil hard for soups or stews; for

“Meat fast boiled
Is meat half spoiled.”

Let the water *simmer gently* and not stop simmering long, as this injures both looks and flavor.

Keep in water enough to cover the meat, or it becomes hard and dark.

In preparing for soups, it is best to make a good deal of broth at one time; cool it slowly, first removing sediment by straining through a colander. When cold, remove the fat

from the top, and keep the liquor for soups and gravies. This is called *stock*, and as such should have no other seasoning than salt. The other seasoning is to be put in when heated and combined with other material for soup.

In hot weather, stock will keep only a day or two; but in cool weather, three or four days. If vegetables were boiled in it, it would turn sour sooner.

Remnants of cooked meats may be used together for soup; but take care that none is tainted, thus spoiling all. Liquor in which corned beef is boiled should be saved to mix with stock of fresh meat, and then little or no salt is needed. The recipes for stews that follow will make good soups by adding more water.

Beef and Potato Stew.—Cut up four pounds of beef into strips three inches by two, and put them into two quarts of water, with one onion sliced very fine. Let this *simmer* four hours. Add in half a cup of warm water, six even tea-spoonfuls of salt, three of sugar, three of vinegar, a tea-spoonful of black pepper, and six heaping tea-spoonfuls of flower, lumps rubbed out. Pour these upon the meat; cut up, slice, and add six potatoes, and let all stew till the meat is very tender, and the potatoes are soft. If potatoes are omitted, leave out half a tea-spoonful of salt and a pinch of the pepper.

Be sure and skim very thoroughly when boiling commences, and do not allow hard boiling, but only a gentle simmer.

French Mutton and Turnip Stew.—Cut up two pounds of mutton, with a little of the fat, into two-inch squares. Rub two heaping table-spoonfuls of butter into

two table-spoonfuls of flour, and stir it into the meat, with water just enough to cover it. Add three *even* tea-spoonfuls of salt, half a one of pepper, four of sugar, a sprig of parsley, and a small onion, sliced very fine. Skim as soon as it begins to boil, and then add thirty pieces of turnips, each an inch square, that have been fried brown. Let all stew till meat and turnips are tender; throw out the parsley, and serve with the turnips in the centre, and the meat around it.

A Simple Mutton Stew.—Cut four pounds of mutton into two-inch squares, add four *even* tea-spoonfuls of salt, four of sugar, half a one of pepper, and a small onion, sliced fine. Stew three hours, in two quarts of water, and then thicken with five tea-spoonfuls of flour, lumps rubbed out. Six tomatoes, or some tomato catsup, improves this.

A Beef Stew, with Vegetable Flavors.—Cut up four pounds of beef into two-inch squares, and add two quarts of water. Let it stew one hour. Then add one sliced onion, two sliced turnips, two sliced carrots, four sliced tomatoes, four heaping tea-spoonfuls of salt, one small tea-spoonful of pepper, four tea-spoonfuls of sugar, and five cloves. Let it stew till there is only about a tea-cupful of gravy, and thicken this with a little flour.

The above may be cooked without cutting up the meat, and it is good eaten cold. Pressing it under a weight improves it, and so does putting it in an oven for half an hour.

A Stew of Chicken, Duck, or Turkey, with Celery or Tomatoes.—Take a quart of lukewarm water, and

add two heaping tea-spoonfuls of salt, two of sugar, and a salt-spoonful of pepper. Cut up a large head of celery, or four large tomatoes. Cut the fowl into eight or more pieces, and let all simmer together two hours, or till the meat is very tender. Then add two table-spoonfuls of butter, worked into as much flour, and let it simmer fifteen minutes.

A Favorite Irish Stew.—Cut two pounds of mutton into pieces two inches square; add a little of the chopped fat, three tea-spoonfuls of salt, half a one of black pepper, two of sugar, two sliced onions, and a quart of water. Let them simmer half an hour, and then add six peeled potatoes, cut in quarters, that have soaked in cold water an hour. Let the whole stew an hour longer, or rather till the meat is very tender. Skim it at first and just before taking up.

Veal Stew.—Put a knuckle of veal into two quarts of boiling water, with three tea-spoonfuls of salt and half a tea-spoonful of ground pepper. Then chop fine and tie in a muslin rag one carrot, two small onions, a small bunch of summer savory, and another of parsley; put them in the water, and let them stew three or four hours, till the meat is very tender. There should only be about half a pint of gravy at the bottom. Pour in *boiling* water, if needed. Strain the gravy, and thicken with four spoonfuls of flour or potato-starch, and let it boil up a minute only. This is improved by adding at first half a pound of salt pork or ham, cut in strips. When this is done, no salt is to be used, or only one tea-spoonful. Tomatoes improve it.

Another.—Cut four pounds of veal into strips one inch thick and three inches long, and peel and soak twelve potatoes cut into slices half an inch thick. Then put a layer of pork at the bottom, and alternate layers of potatoes and veal, with a layer of salt pork on the top. Put three tea-spoonfuls of salt, half a one of pepper, four of sugar, and six tea-spoonfuls of flour, with lumps rubbed out, into two quarts of water. Pour all upon the veal and potatoes, and let them stew till the veal is very tender. Add twelve peeled and sliced tomatoes, which will improve this.

A Favorite Turkish Stew, (called Pilaff.)—Take some rich broth, seasoned to the taste with pepper, salt, and tomato catsup. Add two tea-cups of rice, and let it simmer till the rice absorbs as much as it will take up without losing its form—say about fifteen minutes. Cut up a chicken, and season it with salt and pepper, and fry it in sweet butter or cream. Then put the chicken in the centre of the rice, and cover it entirely with rice. Then pour on half a pound of melted butter, and let it stand where it is hot, and yet will not fry, for fifteen minutes. To be served hot.

A Rice or Hominy Stew.—Take four pounds of any kind of fresh meat, cut into pieces two inches square, and put in the stew-pan with one pint of hominy. Then put into two quarts of warm water five heaping tea-spoonfuls of salt, four of sugar, half a one of pepper, and three of vinegar. Let them simmer four or five hours, till the meat is very tender. A tea-cup of rice may