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THE
YOUNG
HOUSEKEEPER'S FRIEND;

OR,
A GUIDE TO
DOMESTIC ECONOMY AND COMFORT.

BY MRS. CORNELIUS.

BOSTON:
TAPPAN AND WHITTEMORE,
114 WASHINGTON STREET.

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B. J.

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THIRTEENTH THOUSAND.

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ANOTHER.—17.

To an ounce of isinglass, dissolved in rose-water enough to cover it, allow three half pints of milk, two or three blades of mace, one grated lemon peel.

CALF'S-FOOT BLANCMANGE.—18.

SEE, under the head of *Food for the Sick*.

COTTAGE BLANCMANGE.—19.

BEAT the yolks of three eggs with two spoonfuls of crushed sugar, and cut the whites to a stiff froth; put them into the dish which is to go to the table, and add a quart of milk, and a few drops of peach or rose-water, and when these are well mixed, stir in a spoonful and a half of rennet wine. In cold weather, the milk should be warmed a little; in warm weather it is not necessary. It should be immediately set where it will not be disturbed. It will harden soon, perhaps in five minutes. This depends somewhat on the strength of the rennet, and the measure of wine necessary to harden a quart of milk will depend on this. Sometimes a spoonful will prove enough. There is no way to judge but by trying, as in using rennet for making cheese. The strength of this article varies exceedingly.

This kind of custard, or blanchmange, is very nice eaten with butter crackers or soda biscuit.

CALF'S-FOOT JELLY.—20.

SCALD four calves' feet only enough to take off the hair, (more will extract the juices.) Great care must be used in cleaning them. When this is done, put them into five quarts of water and boil them until the water is half wasted; strain it, and when perfectly cold, take off the fat and remove the jelly, being careful not to disturb the sediment: put the jelly into a sauce-pan with sugar, wine, and lemon juice and rind to your taste. Beat the whites and shells of five eggs, stir them in and set it on the coals, but do not stir it after it begins to warm. Boil it twenty minutes, then add one teacup full of cold water and boil five minutes longer; set off the sauce-pan and let it stand covered close half an hour. It will thus

be so clear that it will need to run through the jelly bag but once.

ANOTHER—MADE WITH ISINGLASS.—21.

To a little more than half an ounce of isinglass, a gill more than a pint of water, the juice of one fresh lemon, seven ounces of crushed sugar, a gill of wine, a grated lemon rind. The isinglass must be washed, and then soaked half an hour and boiled in the same water. The whites and shells of three eggs should be beaten together and stirred in before it is put on the fire. Boil half an hour, and then add the sugar and wine, and strain through a flannel bag. Grate and squeeze the lemon, and stir thoroughly into the jelly; pour it into the mould, and set in a cold place.

ANOTHER.—22.

To ten ounces of crushed sugar, an ounce of isinglass, a quart of water, half a pint of wine, two lemons, juice and rind, and the whites and shells of three eggs. Make it in the same manner as directed in the preceding recipe.

STAINED FROTH.—23.

TAKE the whites of five or six eggs, and cut them to a stiff froth, then beat into them the syrup of plums, blood-peaches, or any highly colored preserve. This makes an elegant addition to a dish of soft custard. Some persons, when making custards, lay the white of eggs, cut in this way, upon the top of the boiling milk for a minute or two. This hardens it, and it is taken off upon a dish, and when the custard glasses are filled, a piece of it is laid upon the top of each.

GENERAL DIRECTIONS FOR PRESERVING FRUIT AND MAKING JELLIES.

A KETTLE should be kept on purpose. Brass, if very bright, will do. If acid fruit is preserved in a brass kettle which is not bright, it becomes poisonous. Bell-metal is better than brass, and the iron ware lined with porcelain, best of all.

hour or two, in order to cleanse them from the blood. Then take them out, and sprinkle them thoroughly with fine salt, taking care that it touches all the ends and edges. If most convenient, let them lie over night. In the morning, mingle an ounce of saltpetre and a pound of sugar with a peck of *coarse-fine* salt, and put a layer of salt, and a layer of fish (the skin being down), into the firkin. A peck of salt will cure twenty-five shad.

TO TRY LARD.—9.

THE fat should not be suffered to stand long without being *tried*, because, even in cold weather, some parts of it may soon become musty, and nothing can then restore its sweetness. Remove all the lean bits, as they will adhere to the kettle, and cause the fat to burn. Cut the fat into pieces a little more than an inch square, and take care to have them nearly of a size. Put a little water into the kettle, and keep a steady, good fire, without much blaze, and stir the fat often. Attention to the kettle and the fire will be necessary, through the process. It will require three hours to do it. When the fat no longer bubbles, but is still, it is done enough. It is best to squeeze it through a tow cloth bag, made by folding half a square in such a way that the corner will form the end, and it should be rounded off a little at the bottom, and the seam made exactly as directed for a pudding-bag. Two pieces of wood fastened together, somewhat like a lemon-squeezer, will facilitate the process of straining it. Strain all that flows off without much pressure into one jar, and that which is extracted last, into another. There is no advantage in putting salt into lard. It does not mingle with it, as appears by its being always found at the bottom of the kettle, undissolved. Stone jars are best for keeping lard, but potter's ware does very well. It should stand in a cold place, and in warm weather must be kept in the cellar; but unless it is a very dry one, it will be apt to mould.

Scraps are a favorite dish with many persons. Put salt, pepper, and pulverized sage to them, while they are still warm, and stir them well that the seasoning may be equally distributed.

GENERAL OBSERVATIONS ON COOKING VEGETABLES.

AFTER being well washed, they should be laid in water; excepting corn and peas, which should be husked and shelled with clean hands, and not washed, as some of the sweetness is thereby extracted. Put all kinds, except peas and beans, into boiling water, with a little salt in it. Hard water spoils peas, and is not good for any vegetables; a very little saleratus or potash will rectify it. Peas are much the best when first gathered, and they should not be shelled long before boiling. If they are old, a salt spoon of saleratus in the water will make them tender. It is well also to use a little saleratus in cooking string beans, or asparagus which is not young. Asparagus should not be cut so far below the surface of the ground as it usually is for market; the white end never boils tender. Sweet potatoes should not be pared before boiling, and they require a third longer time to cook than the common potato.

Greens, lettuce and cucumbers should be gathered before the dew is off in the morning, and put into fresh water. All these, with peas, beans and asparagus, are unhealthful after they are withered.

POTATOES.—1.

If potatoes are of the best kind, they are good boiled without paring; but if not very good, they should always be pared and laid in water an hour or two first. Put them into boiling water, with salt in it, and when cooked through pour off the water entirely, put the kettle again over the fire without the lid, and let them dry from five to ten minutes. If they are pared before boiling, sprinkle salt upon them after you have poured the water off, and shake them about in the kettle before you hang it over the fire to dry. About forty minutes is required to boil and dry potatoes properly. Never put them into the kettle until the water boils; it makes them watery. Potatoes require an hour to bake in a cooking-stove.

MASHED POTATO.—2.

Boil them according to the directions in the preceding recipe, allowing fifteen or twenty minutes more time before

TO BOIL SALT CODFISH.—18.

Put in soak, over night, as much as you intend to boil. The next morning wash it with great care in several waters. It is well to keep a stiff brush on purpose to clean codfish. Put it into the kettle in which it is to be boiled, and let it stand where it will be very warm. About an hour before dinner, place it where it will scald without boiling. Just before it is time to take it up, boil it five or six minutes. Eat it with beets and potatoes, and drawn butter with three or four hard-boiled eggs cut up in it; or with pork scraps if preferred.

PORK SCRAPS TO EAT WITH FISH.—19.

Cut salt pork into very small square pieces; put them in a sauce-pan, and cook till they are crisped. A quarter of a pound of pork will be enough for a family of five.

MINCED FISH.—20.

Pick out all the bones and bits of skin the day that the fish is boiled, as it is most easily done while it is warm. Next day chop it fine, and also all the potatoes left of the previous dinner; they are better for minced fish than those that are just boiled. Lay three or four slices of salt pork into a spider, and fry till they are crisp; take them out, and put the chopped fish and potato into the middle, and press it out equally, so that the fat will be at the sides. Cover it close; after about five minutes put into the centre a gill of milk, and cover it again. In a few minutes more stir it, but so carefully as not to disturb the sides and bottom, else a brown crust will not form. When thoroughly heated through, stir in a small piece of butter, loosen the crust from the sides with a knife, and turn it out upon a hot dish. If it is done right, it will come out whole, and nicely browned.

ANOTHER WAY.—21.

Chop and mix fish and potatoes in the same manner as directed in the other recipe; melt a small piece of butter in a little milk, and when you have stirred it into the fish, make it up into little flat cakes, roll them in a plate of flour, and fry in hot lard, or the fat of four or five slices of fried pork.

SCORCHED FISH.—22.

Cut or tear off pieces of salt codfish, wash them, and carefully scrape the part that was outside before it was torn off; wipe and lay them upon hot coals. Brown both sides.

CUT FISH.—23.

Wash a piece of salt fish and cut it small, pour on it enough milk and water barely to cover it in the sauce-pan; boil it till the milk and water are considerably diminished, then stir in a piece of butter of the size of a nut, and dredge in flour. Lay it in a hot dish and pepper the top. Some people prefer it done in vinegar and water.

VEAL CAKE, OR MELTON VEAL.—24.

Cut off all the pieces that remain of roast veal, add as much more of lean raw veal, and also all that you can get from the remains of a ham. Boil six eggs hard, or a less number if you have but little meat. Cut them in slices, and lay some of them over the bottom of a dish; shake in a little minced parsley; lay in some of the pieces of veal and ham, then add more egg, put in parsley, pepper and salt; then more meat, and again parsley, pepper and salt, till all the meat is laid in. Lastly add water enough just to cover it, and lay on about an ounce of butter shaved thin; tie over it a double paper, bake it an hour, then remove the paper, press it down with a spoon, and lay a small plate with a weight or flatiron upon it, and let it remain another hour in the oven. When cold, it will cut in slices. Is very good for breakfast, or for a Sunday dinner.

TO BOIL EGGS.—25.

New laid eggs require half a minute longer to cook than others. The fresher they are the better, and the more healthful. Eggs over a week old should never be boiled; they will do to fry. Put them into boiling water, and if you wish the white only to be hard, boil them three minutes. If you wish the yolk hard, boil them eight or ten minutes. Eggs to be eaten with salad should be boiled twelve minutes.

TO FRY EGGS.—26.

After you have fried your ham, drop in the eggs one at a time. In about a minute dip the boiling fat with a spoon over

oread, keeping it still on the fire. Let it boil fast, and when of a thickness just to allow of drinking it, set it off.

AN EXCELLENT RESTORATIVE.—22.

Put two calf's feet with a quart of water and another of milk, into a jar with a close cover. Add cinnamon, lemon peel or mace. Bake three hours and a half in a brick oven. When cold, remove the fat. Add sugar as you use it. A teacup full may be given at once.

ANOTHER.—23.

Boil an ounce of isinglass shavings in a pint of new milk till it is reduced one half; add a piece of sugar and a pounded bitter almond. This may be given at bed time, but not too warm.

CAUDLE.—24.

Into a pint of thin rice gruel put, while it is boiling hot, a mixture made of the yolk of an egg, beaten well with sugar, a large spoonful of cold water, a glass of wine and some nutmeg. It should be stirred in by degrees.

MILK TOAST.—25.

Toast a nice slice of bread very brown, sprinkle it with some salt, and immediately, while it is still very hot, pour over it a little rich milk. This may be eaten safely by a convalescent invalid.

DRINKS FOR THE SICK.

APPLE TEA.—1.

Roast sour apples and pour boiling water upon them. Drink it when cold.

A VERY REFRESHING DRAUGHT IN A FEVER.—2.

Put a few sprigs of sage, balm and sorrel into a jug, having first washed and dried them. Take off the yellow part of the rind of a small lemon; remove the white, slice the lemon and

put it into the jug with part of the peel; pour in three pints of boiling water, sweeten it and stop it close.

ANOTHER.—3.

Boil an ounce and a half of tamarinds, three ounces of currants, and two of stoned raisins, in three pints of water until near one third is wasted; then strain it.

ANOTHER.—4.

Put a teacup of cranberries in a cup of water, and mash them. In the mean time, boil two quarts of water with one large spoonful of Indian or oatmeal, and a piece of lemon peel; add the cranberries and some loaf sugar, but take care to leave a strong flavor of the fruit. Put in a gill of sherry wine, or less if required, and boil it half an hour more. Then strain it.

TOAST WATER.—5.

Toast a crust of white bread very brown without burning it, and put it into cold water. After an hour, the water will be a refreshing drink; and it is sometimes grateful to the stomach when no other can be taken. It is made much more palatable by the addition of any acid jelly.

CRUST COFFEE.—6.

Take a nice crust of bread, brown is to be preferred, but Graham bread will answer. Dry it in the toaster, and at last almost burn both sides; lay it in a sauce-pan and pour boiling water on it; boil it up a minute or two, and then strain it; return it to the sauce-pan with a little milk or thin cream, and boil it up again. Add loaf sugar.

PARCHED CORN COFFEE.—7.

Pound parched corn so as to break it, but not very fine; pour boiling water on it, and boil a few minutes; add sugar and boiled milk or not, as preferred. It is excellent for a weak stomach, and particularly for children with teething complaints.

The color and flavor of this are very fine, but it requires to be sometimes scalded.

TO CLEANSE A CALF'S HEAD AND FEET.—17.

TAKE them as soon as the animal is killed, wash them clean and in order to remove the hair, sprinkle pulverized rosin over them and dip them for an instant in scalding water. The rosin will dry immediately, and they can be easily scraped clean. Soak them from one to three days in cold water, changing it repeatedly.

TO PREVENT BOOKS, INK, PASTE, AND LEATHER FROM MOULDING.—18.

A FEW drops of oil of lavender on a book, and a single one in a pint of ink, will prevent mould.

RENNET WINE.—19.

WASH a'half a salted rennet very carefully, wipe it, and put it into a bottle of Sicily wine.

INDIAN ROE-GIG.—20.

PARCH corn brown, and when cold, pound fine and sift it. Mix two thirds of corn with one of maple sugar, and eat it in milk. This is the greatest delicacy known to the aboriginal Americans.

AN EXCELLENT PREPARATION FOR POLISHING FURNITURE.—21.

TAKE two ounces of bees-wax, and half an ounce of alkanet root; melt them together in an earthen pot; when melted, take it off the fire, and add two ounces of spirits of wine, and half a pint of spirits of turpentine. Rub it on with a woollen cloth, and polish with a clean silk cloth.

TO CLEAN BRASS WORK.—22.

TAKE one ounce of oxalic acid, three quarters of a pint of New England rum, and three quarters of a pint of oil. Put the mixture into a bottle, cork it close, and let it stand two or three days before using it. It should be shaken occasionally. Rub the brass with a clean woollen cloth, dipped into a small

quantity of this liquid, then rub it with dry rotten stone with another cloth. *The bottle should be labelled as poison.*

TOOTH POWDER, (an excellent preservative of the teeth and gums.)—23.

Two ounces of Peruvian bark, two ounces of myrrh, one ounce of chalk, one ounce of Armenian bole; and one of orris root.

TOOTH WASH.—24.

Two ounces of fine ground myrrh, two of Peruvian bark, two of orris root. Put these ingredients into a large bottle with two table spoonfuls of white sugar. Fill the bottle with alcohol, shake it thoroughly, and let it stand a week. Then pour off all that is clear into another bottle. Steep two ounces of white-oak bark a long time in a quart of water; when it is boiled down to a pint, add it to the alcohol which has been poured off from the myrrh, etc., and it will be fit for use. Fill again with alcohol the bottle containing the myrrh, etc., and it will make more of the wash.

LIP SALVE.—25.

OF white wax, one ounce; oil of almonds, half an ounce; oil of roses, six drops; orcanette, half an ounce.

TO TAKE OUT MILDEW.—26.

MILDEW can be taken out with bar soap and powdered chalk. Wet the cloth, rub on the mixture, and lay it in the sun.

TO TAKE OUT STAINS.—27.

TAKE half a pint of water, dissolve in it half an ounce of salt of sorrel; add two ounces of spirits of wine. Shake them well together. Rub the liquid on the stains with a sponge.

ANOTHER.—28.

FRUIT stains, and even iron mould may be taken out by rubbing soft soap and salt upon the stains and laying the stained article on the grass in the sun. Table-cloths that are used in the fruit season should have pure boiling water poured on