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FIFTEEN CENT DINNERS

FOR

WORKINGMEN'S FAMILIES.

THIS little book may not be a welcome guest in the home of the man who fares abundantly every day; it is not written for him; but to the working man, who wants to make the best of his wages, I pray it may bring help and comfort.

JULIET CORSON.

Benevolent Societies, or individuals, can obtain this pamphlet for free distribution, at cost of publication, by addressing

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NEW YORK.

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FIFTEEN CENT DINNERS

FOR

FAMILIES OF SIX.

BY

JULIET CORSON.

Superintendent of the New York Cooking School.

AUTHOR OF

“THE COOKING MANUAL;” “OUR HOUSEHOLD COUNCIL;” “FOODS:
THEIR SOURCES, USES AND METHODS OF PREPARATION;”

“THE BILL OF FARE, WITH ACCOMPANYING RECEIPTS
AND ESTIMATED COST;” “A TEXT-BOOK FOR
COOKING SCHOOLS;” TWENTY-FIVE
CENT DINNERS FOR FAMILIES OF SIX,” ETC.

Published by the Author for free circulation among the families of workingmen earning
One Dollar and Fifty Cents, or less, per day.

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PREFACE.

TO THE WIVES OF WORKINGMEN :

In planning how to make the wages of the working man provide his family with the necessities of life, the first point to be considered is the daily supply of food. If this little book shows the laborer's wife how to feed her husband and children upon one half, or one third, or even, in times of great distress, upon the whole of his scanty wages, its object will be accomplished.

The cheapest kinds of food are sometimes the most wholesome and strengthening; but in order to obtain all their best qualities we must know how to choose them for their freshness, goodness, and suitability to our needs. That done, we must see how to cook them, so as to make savory and nutritious meals instead of tasteless or sodden messes, the eating whereof sends the man to the liquor shop for consolation.

Good food, properly cooked, gives us good blood, sound bones, healthy brains, strong nerves, and firm flesh, to say nothing of good tempers and kind hearts. These are surely worth a little trouble to secure.

The first food of nearly all living creatures is milk, the only entire natural food; that is, the only food upon which health and strength can be sustained for any length of time, without using any other nourishment. For this reason it is the best food you can give the children if you must restrict their diet at all; and it also is a valuable addition to the food of grown persons. While this fact about milk is settled, it is generally acknowledged by people who study the subject that we thrive best on a variety. We get warmth and strength from fat meat, wheat, rye, barley, rice, milk, sugar, fruit, peas, beans, lentils, macaroni, and the roots of vegetables; we gain flesh from lean meat, unbolted flour, oatmeal, eggs, cheese, and green vegetables; and, if we want to think clearly, we must use fish, poultry, the different grains, and a good variety of fruit and vegetables.

The food most generally in use among the masses is just that which meets their requirements. No hungry man will spend money for what he knows will not satisfy his appetite. For that reason the receipts given in this book treat of the articles in common use among the working classes, with the exception of lentils and macaroni, which are foods

that I earnestly beg them to try. In meals made up of bacon, potatoes, and bread, of corned beef and cabbage, and of pork and beans, there exists an equal and sufficient amount of nourishment; but if other dishes are added to these, the variety will result in better general health and contentment. If we were to live day after day on rice, bread, potatoes, or any one other article of food, we would not long be strong enough for any kind of work. In matters of diet variety is not only the spice of life; it is the necessity.

In estimating the cost of these receipts I have naturally supposed that the family consists of father, mother, and children of different ages, and not of six adults; for them the quantities given would, of course, be insufficient. I allow a meat dinner every day; but in order to have this the meat itself must generally be used one day, with bread or vegetables, and the next day the breakfast must be the broth or juice of the meat, which, if prepared according to my directions, will afford equal nourishment.

I wish to call your attention to the following important fact. The hardy and thrifty working classes of France, the country where the most rigid economy in regard to food is practiced, never use tea or coffee for breakfast, and seldom use milk. Their food and drink is BROTH. Not the broth from fresh meat, for they do not often eat that; but that which is made from vegetables, and perhaps a bit of bacon or salt pork. I ask you to try for dinner, supper, and the next morning's breakfast, the three receipts in Chapter VI, for "SALT POT-AU-FEU," "RICE-AND BROTH," and "BREAD BROTH;" and then let me know how you like them, and how far they go towards satisfying your hunger, and giving you strength.

In calculating the cost of the receipts I give you, I have used the retail prices asked in Washington market, and in ordinary grocery stores, at this season of the year; the average is about the same as that of past years, and probably will not change much; so that I believe I have not placed too low an estimate upon them.

With these words of explanation, I send my little book to do its work among those who most need its ministrations.

JULIÉT CORSON.

New York Cooking School.

AUGUST, 1877.

DAILY BILLS OF FARE FOR ONE WEEK.

| | | | | | |
|-------------|---|--|----|---|--------|
| MONDAY..... | { | Breakfast: Boiled Rice with Scalded Milk.. | 15 | } | 35 |
| | | Dinner: Corned Beef and Cabbage..... | 10 | | |
| | | Supper: Peas boiled in Stock..... | 10 | | |
| TUESDAY.... | { | Breakfast: Broth and Bread..... | 10 | } | 32 |
| | | Dinner: Baked Beans..... | 10 | | |
| | | Supper: Macaroni with Cheese..... | 12 | | |
| WEDNESDAY.. | { | Breakfast: Toasted Bread and Scalded Milk. | 13 | } | 33 |
| | | Dinner: Stewed Tripe..... | 15 | | |
| | | Supper: Polenta..... | 5 | | |
| THURSDAY.. | { | Breakfast: Rice Panada..... | 12 | } | 32 |
| | | Dinner: Salt Pot-au-feu..... | 10 | | |
| | | Supper: Lentils stewed in Stock..... | 10 | | |
| FRIDAY..... | { | Breakfast: Broth and Bread..... | 10 | } | 30 |
| | | Dinner: Mutton and Turnips..... | 10 | | |
| | | Supper: Barley boiled in Broth..... | 10 | | |
| SATURDAY... | { | Breakfast: Mutton Broth and Bread..... | 10 | } | 30 |
| | | Dinner: Beef and Potatoes..... | 10 | | |
| | | Supper: Beans boiled in Broth..... | 10 | | |
| SUNDAY..... | { | Breakfast: Cocoa and Bread..... | 7 | } | 61 |
| | | Fried Lentils..... | 10 | | |
| | | Dinner: Bean Broth..... | 10 | | |
| | | Haslet Stew..... | 10 | | |
| | | Suet Roly-poly Pudding..... | 12 | | |
| | { | Supper: Cheese Pudding..... | 12 | | |
| Total..... | | | | | \$2 53 |

This leaves a balance of sixty-two (62) cents for extra bread, milk, and butter.

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CHAPTER I.

RULES FOR MARKETING.

IN my other cookery books I give directions for marketing for the the best cuts of meat, and the choicest vegetables; but these cost the most money, and I must tell you how to choose cheap and good food.

Beef.—The second quality of beef has rather whitish fat, laid moderately thick upon the back, and about the kidneys; the flesh is close-grained, having but few streaks of fat running through it, and is of a pale red color, and covered with a rough, yellowish skin. Poor beef is dark red, gristly, and tough to the touch, with a scanty layer of soft, oily fat. Buy meat as cheap as you can, but be sure it is fresh; slow and long cooking will make tough meat tender, but tainted meat is only fit to throw away. Never use it. You would by doing so invite disease to enter the home where smiling health should reign. The best way to detect taint in any kind of meat is to run a sharp, thin knife-blade close to the bone, and then smell it to see if the odor is sweet. Wipe the knife after you use it. A small, sharp wooden skewer will answer, but it must be scraped every time it is used. If, when you are doubtful about a piece of meat, the butcher refuses to let you apply this test carefully enough to avoid injuring the meat, you will be safe in thinking he is afraid of the result.

Mutton.—The flesh of the second quality of mutton is dark red and close-grained, with very few threads of fat running through it; the fat is rather soft, and is laid thin on the back and kidneys, closely adhering to them. The poorest healthy quality has very pale flesh, and thin white fat, and the meat parts easily from the bone. Diseased mutton has decidedly yellow fat, and very soft flesh, of loose texture. Tainted mutton smells bad; test it as you would beef.

Lamb.—A carcass of lamb should weigh about twenty-five pounds before it is old enough to be wholesome and nourishing food;

before it has reached that age it is watery and deficient in the elements of strength; at any age it is a more suitable food for women and children than for healthy men. The flesh of the second quality of lamb is soft, and rather red, compared with the pinkish-white meat of choice kinds; the fat is more scanty, and the general appearance coarser. The poorest lamb has yellow fat, and lean, flabby, red meat, which keeps but a short time. Test the freshness of lamb by touching the kidney-fat; if it is soft and moist the meat is on the verge of spoiling; a bad smell indicates that it is already tainted; it is utterly unfit for use.

Veal.—The flesh of the second quality of veal is red in contrast with the pinkish-white color of the prime sort; and the fat is whiter, coarser-grained, and less abundant. The poorest kind has decidedly red flesh, and very little kidney fat. The neck is the first part that taints, and it can easily be tested; the loin is just spoiling when the kidney-fat begins to grow soft and clammy.

Read this sentence about **BOB-VEAL** carefully, and be sure to remember it. It is the flesh of calves killed when two or three weeks old, or that of "deaconed calves," which are killed almost as soon as they are born, for the value of their skins. This practice cannot be too harshly condemned as a criminal waste of food; for a stock raiser, or farmer, who knows his business can feed his calves until they reach a healthy maturity, without seriously interfering with his supply of milk. The flesh of **BOB-VEAL** is a soft, flabby, sticky substance, of a ropy, gelatinous nature; and, being the first flesh, unchanged by the health-giving action of air and food, it is devoid of the elements necessary to transform it into wholesome food. **IT SHOULD NEVER BE EATEN.**

Pork.—The second quality of pork has rather hard, red flesh, and yellowish fat. The poorest kind has dark, coarse grained meat, soft fat, and discoloured kidneys. The flesh of stale pork is moist and clammy, and its smell betrays its condition. Measly pork has little kernels in the fat, and is unhealthy and dangerous food. After testing, as you would beef, so as to see if it is fresh, and making sure that it is not measly, we have still to dread the presence of **TRICHINA**, a dangerous parasite present in the flesh of some hogs. The surest prevention of danger from this cause is thorough cooking, which destroys any germs that may exist in the meat. Cook your pork until it is

crisp and brown, by a good, steady fire, or in boiling water, at least twenty minutes to each pound. Pork eaten in cold weather, or moderately in summer, alternately with other meats, is a palatable and nutritious food. It has a hard fibre, and needs to be thoroughly chewed in order to be perfectly digested; for that reason it should be sparingly used by the young and the very old. The least fat is found in the leg, which contains an excess of flesh-forming elements, and resembles lean beef in composition; the most fat is in the face and belly. When cured as bacon it readily takes on the anti-septic action of salt and smoke, and becomes a valuable adjunct to vegetable food, as well as a pleasant relish; and in this shape it is one of the most important articles in general use.

Poultry.—As a little feast is only a reasonable anticipation for Christmas, some rules for buying the different sorts, and a few simple receipts for cooking them palatably, will not come amiss.

Fresh poultry may be known by its full bright eyes, pliable feet, and soft moist skin; the best is plump, fat, and nearly white, and the grain of the flesh is fine. The feet and neck of a young fowl are large in proportion to its size, and the tip of the breast-bone is soft, and easily bent between the fingers; a young cock, has soft, loose spurs, and a long, full, bright red comb; old fowls have long, thin necks and feet, and the flesh on the legs and back has a purplish shade; chickens, and fowls, are always in season.

Turkeys when good are white and plump, have full breasts and smooth legs, generally black, with soft loose spurs; hen turkeys are smaller, fatter, and plumper, but of inferior flavor; full grown turkeys are the best for boiling, as they do not tear in dressing; old turkeys have long hairs, and the flesh is purplish where it shows under the skin on the legs and back. About March they deteriorate in quality.

Young ducks and geese are plump, with light, semi-transparent fat, soft breast-bone, tender flesh, leg joints which will break by the weight of the bird, fresh colored and brittle beaks, and windpipes that break when pressed between the thumb and forefinger. They are best in fall and winter.

3 Young pigeons have light red flesh upon the breast, and full, fresh colored legs; when the legs are thin, and the breast is very dark, the birds are old.

The giblets of poultry consist of the head, neck, wings, feet, gizzard, heart, and liver; and make good soups, fricassees, and pies.

Fish.—Although fish contains more water and less solid nutriment than meat, it is generally useful from its abundance and cheapness; and certain kinds which are called red-blooded, such as salmon and sturgeon, are nearly as nourishing as fresh meat: oily fish, such as eels, mackerel, and herring, satisfy hunger as completely as meat; herring, especially, makes the people who eat it largely strong and sinewy. Sea fish are more nourishing than fresh water varieties.

Sea fish, and those which live in both salt and fresh water, such as salmon, shad, and smelts, are the finest flavored; the muddy taste of some fresh water species can be overcome by soaking them in cold water and salt for two hours or more before cooking; all kinds are best just before spawning, the flesh becoming poor and watery after that period. Fresh fish have firm flesh, rigid fins, bright, clear eyes, and ruddy gills.

Oysters, clams, scallops, and mussels, should be eaten very fresh, as they soon lose their flavor after being removed from the shell.

Lobsters and crabs should be chosen by their brightness of color, lively movement, and great weight in proportion to their size; you ought always to buy them alive, and put them head-first into a large pot of boiling water, containing a handful of salt; they will cook in about twenty minutes.

Vegetables.—In order to be healthy we must eat some fresh vegetables; they are cheap and nourishing, especially onions and cabbages. Peas, beans, and lentils, all of which are among the lowest priced of foods, are invaluable in the diet of a laboring man: he can get so much nourishment out of them that he hardly needs meat; and if they are cooked in the water which has been used for boiling meat, they make the healthiest kind of a meal.

All juicy vegetables should be very fresh and crisp; and if a little wilted, can be restored by being sprinkled with water and laid in a cool, dark place; all roots and tubers should be pared and laid in cold water an hour or more before using. Green vegetables are best just before they flower; and roots and tubers are prime from their ripening until they begin to sprout.

When it is possible buy your vegetables by the quantity, from the farmers, or market-gardeners, or at the market; you will save more

than half. Potatoes now cost at Washington Market from one to one dollar and a half a barrel; there are three bushels in a barrel, and thirty-two quarts in a bushel; now at the groceries you pay fifteen cents a half peck, or four cents a quart; that makes your barrel of potatoes cost you three dollars and sixty-three cents, if you buy half a peck at a time; or three dollars and eighty-four cents if you buy by the quart. So you see if you could buy a barrel at once you could save more than one half of your money. It is worth while to try and save enough to do it.

Fruit.—Fresh fruit is a very important food, especially for children, as it keeps the blood pure, and the bowels regular. Next to grains and seeds, it contains the greatest amount of nutriment to a given quantity. Apples are more wholesome than any other fruit, and plentiful and cheap two-thirds of the time; they nourish, cool, and strengthen the body. In Europe laborers depend largely upon them for nourishment, and, if they have plenty, they can do well without meat. They miss apples much more than potatoes, for they are much more substantial food.

All fruit should be bought ripe and sound; it is poor economy to buy imperfect or decayed kinds, as they are neither satisfactory nor healthy eating; while the mature, full-flavored sorts are invaluable as food.

Preserved and dried fruits are luxuries to be indulged in only at festivals, or holidays. Nuts are full of nutritious oil, but are generally hard to digest; they do not come under the head of the necessities of life.

CHAPTER II.

HOW TO COOK, SEASON, AND MEASURE.

BEFORE beginning to give you receipts, I wish to tell you about the effect of cooking food in different ways. We all want it cooked so that we can eat it easily, and get the most strength from it, without wasting any part of it. I will tell you some very good reasons for making soup and stew out of your meat instead of cooking it in any other way.

Roasting or Baking.—The first is the most extravagant way of

cooking meat, as it wastes nearly one third of its substance in drippings and steam; the second is also very wasteful, unless the meat is surrounded with vegetables, or covered with a flour paste. When you do bake meat without a covering of paste, put it into a hot oven at the start, to crisp the outside and to keep in the valuable juices; you can moderate the heat of the oven as soon as the meat is brown, and let it finish cooking slowly by the heat of the steam which is constantly forming inside of it. It generally takes twenty minutes to bake each pound of meat.

Broiling.—This is another extravagant way of cooking meat, for a great deal of the fat runs into the fire, and some nourishment escapes up the chimney with the steam. If you must broil meat, have your fire hot and clear, and your gridiron perfectly clean; and, unless it has a ledge to hold the drippings, tip it towards the back of the fire, so that the fat will burn there, and not blacken the meat as it would if the gridiron were laid flat, and the fat could burn under the meat. Never stick a fork into broiled meat to turn it; and do not cut it to see if it is done; for if you do either you will let out the juice. Study the following table, and then remember how near the time given in it comes to cooking according to your taste. Fish will broil in from five to ten minutes; birds and poultry in from three to fifteen minutes; chops in from ten to fifteen minutes, and steak in from ten to twenty minutes.

Boiling and Stewing.—Boiling food slowly, or stewing it gently, saves all its goodness. After the pot once boils you cannot make its contents cook any faster if you have fire enough under it to run a steam engine; so save your fuel, and add it to the fire, little by little, only enough at a time to keep the pot boiling. Remember, if you boil meat hard and fast it will be tough and tasteless, and most of its goodness will go up the chimney, or out of the window, with the steam. Boil the meat gently, and keep it covered close to save the steam; it will condense on the inside of the cover, and fall back in drops of moisture upon the meat.

The following table shows how much is wasted in the different ways of cooking we have just spoken of. Four pounds of beef waste in boiling or stewing, about one pound of substance, but you have it all in the broth if you have kept the pot covered tightly; in baking one pound and a quarter is almost entirely lost unless you have plenty of vegetables in the dripping pan to absorb and preserve it; in roasting

before the fire you lose nearly one pound and a half. Do not think you save the waste in the shape of drippings; it is poor economy to buy fat at the price of meat merely for the pleasure of trying it out.

Frying.—This is a very good method of cooking fish, and of warming cold meat and vegetables. To fry well put into your frying pan enough fat to cover what you mean to fry, and let it get smoking hot, but do not burn it; then put in your food, and it will not soak fat, and will generally be done by the time it is nicely browned. To SAUTE or HALF-FRY any article, you should begin by putting in the pan enough fat to cover the bottom, and let it get smoking hot, but not burn, before you put in the food. This also is a good way to warm over meat, vegetables, oatmeal, or pudding.

A very good way to cook meat and vegetables together is to put them in an earthen jar, cover it tightly, and cement the cover on with flour paste; then bake for about four hours.

☞ If you are going to use a piece of meat cold do not cut it until it cools, and it will be more juicy. If the meat is salt let it cool in its own pot liquor, for the same reason.

Salt and Smoked Meats.—These meats are best when they are put over the fire in cold water, brought gradually to a boil, and then set back from the fierce heat of the fire, so as to keep scalding hot WITHOUT BOILING; they take longer to cook this way, but they are tender and delicious, and very little fat is wasted.

Seasoning Food.—Many people have the idea that a finely flavored dish must cost a great deal; that is a mistake; if you have untainted meat, or sound vegetables, or even Indian meal, to begin with, you can make it delicious with proper seasoning. One reason why French cooking is so much nicer than any other is that it is seasoned with a great variety of herbs and spices; these cost very little; if you would buy a few cents' worth at a time you would soon have a good assortment. The best kinds are Sage, Thyme, Sweet Marjoram, Tarragon, Mint, Sweet Basil, Parsley, Bay-leaves, Cloves, Mace, Celery-seed, and Onions. If you will plant the seed of any of the seven first mentioned in little boxes on your window sill, or in a sunny spot in the yard, you can generally raise all you need. Gather and dry them as follows; parsley and tarragon, should be dried in June and July, just before flowering; mint in June and July; thyme, marjoram and savory in July and August; basil and sage in August

and September; all herbs should be gathered in the sun-shine, and dried by artificial heat; their flavor is best preserved by keeping them in air-tight tin cans, or in tightly corked glass bottles.

Dried Celery and Parsley.—If you ever use celery, wash the leaves, stalks, roots and trimmings, and put them in a cool oven to dry thoroughly; then grate the root, and rub the leaves and stalks through a seive, and put all into a tightly corked bottle, or tin can with close cover; this makes a most delicious seasoning for soups, stews, and stuffing. When you use parsley, save every bit of leaf, stalk, or root, you do not need, and treat them in the same way as the celery. Remember in using parsley that the root has even a stronger flavor than the leaves, and do not waste a bit.

Dried Herbs.—When you buy a bunch of dried herbs rub the leaves through a seive, and bottle them tightly until you need them; tie the stalks together and save them until you want to make what the French call a *bouquet*, for a soup or stew. A *bouquet* of herbs is made by tying together a few sprigs of parsley, thyme and two bay-leaves. The bay-leaves, which have the flavor of laurel, can be bought at any German grocery, or drug-store, enough to last for a long time for five cents.

Table Sauce.—There is no reason why you should not sometimes have a nice relish for cold meat when you can make a pint of it for six cents, so I will give a receipt for it. Get at Washington-Market, at the herb stand, a bunch of TARRAGON; it will cost five cents in the summer, when it is green and strong, and not much more in the winter; put it in an earthen bowl, and pour on it one pint of scalding hot vinegar; cover it and let it stand until the next day; then strain it, and put it into a bottle which you must cork tight. Either put more hot vinegar on the tarragon, or dry it, and save it until you want to make more; you can make a gallon of sauce from one bunch, only every time you use it you must let it stand a day longer.

Celery Salt.—If you mix celery root, which has been dried and grated as above, with one fourth its quantity of salt, it makes a nice seasoning and keeps a long time.

Spice Salt.—You can make this very nicely by drying, powdering and mixing by repeated siftings the following ingredients: one quarter of an ounce each of powdered thyme, bay-leaf, and pepper; one eighth of an ounce each of marjoram and cayenne pepper, one half

of an ounce each of powdered clove and nutmeg ; to every four ounces of this powder add one ounce of salt, and keep the mixture in an air-tight vessel. One ounce of it added to three pounds of stuffing, or forcemeat of any kind, makes a delicious seasoning.

Lemon and Orange Tincture.—Never throw away lemon or orange peel; cut the yellow outside off carefully, and put it into a tightly corked bottle with enough alcohol to cover it. Let it stand until the alcohol is a bright yellow, then pour it off, bottle it tight, and use it for flavoring when you make rice pudding. Add lemon and alcohol as often as you have it, and you will always have a nice flavoring.

Vanilla Tincture.—Make this from a broken Vanilla Bean, just as you would make Lemon Tincture. When you make a plain rice pudding, and when you boil rice with sweetening, put a teaspoonful of either of these tinctures with it, and it will be very good.

Measuring.—Be careful about measuring. Do not think you can guess just right every time; you cannot do it. One day the dinner will be a great deal better than another, and you will wonder why; it will be because it is carefully seasoned and properly cooked. A good rule for seasoning soups and stews, is half an ounce, or a level tablespoonful of salt, and half a level teaspoonful of pepper to each quart of water; try it, if it is right you will know how much to use; if it is not right, alter it to suit your taste; but settle the point for once, and then you will know what to depend upon. The following table will give you some good hints about measuring; there are four teaspoonfuls in one tablespoon; two tablespoonful in one ounce; two ounces in one wineglassful; two wineglassfuls in one gill; two gills in one good sized cupful; two cupfuls in one pint; two pints in one quart. One quart of sifted flour, thrown into the measure, and shaken down, but not pressed, weighs one pound; one quart of Indian corn meal, shaken down in the measure weighs one pound and three ounces; one quart of fine sugar weighs one pound and a half.

CHAPTER III.

DRINKS.

Tea.—The habit of drinking tea is so general that the poor often go without more nourishing food to save money enough to buy an ounce. It is a pleasant drink because it warms and exhilarates; but it is a luxury because it does not give strength; and therefore it is extravagant to use it when we are pinched for healthy food. If, however, we think only of our feelings and not of our general health, there is this use in tea drinking: it keeps us from getting hungry as soon as we would without it. The sensation of hunger is nature's sure sign that the body needs a new supply of food, because the last has given us all its goodness; the change of the nourishing qualities of food into strength is always going on as long as any remains in the system; now, the use of tea hinders this change, and for that reason we are not so hungry when we use it, as when we do without it.

Coffee has nearly the same effect as tea.

Cocoa makes a wholesome and nourishing drink. Let us count the cost of these beverages, and see which is the best for us.

One quart of weak tea can be made from three teaspoonfuls, or half an ounce, of tea, (which costs at least one cent;) we must have for general use a gill of milk, (at one cent,) and four teaspoonfuls or one ounce of sugar, (at one cent); thus if we use only the above quantities of milk and sugar, one quart of tea costs three cents; if we increase them it will cost more:

One quart of weak coffee can be made from one ounce, or two tablespoonfuls of coffee, (at a cost of two cents;) two tablespoonfuls or two ounces of sugar, (two cents,) and a half a pint of milk, (two cents;) the total cost six cents.

One quart of cocoa can be made from two ounces, or eight tablespoonfuls of cocoa shells, (which cost two cents,) with half a pint of milk, and an ounce of sugar, (at four cents more;) we have a quart of good, nutritious drink at six cents. It is all the better if the shells are

boiled two or three hours. Cocoa nibs, or the cocoa beans just crushed, are more expensive than the shells, but they are also more nutritious.

Beer.—Very poor families sometimes spend every day for beer enough to buy them a good, wholesome meal, because they think it makes them strong. Beer, like all other liquors, is of no value whatever in making strength; it only nerves you up to spend all you can muster under the excitement it causes, and then leaves you weaker than before. What you need when you crave liquor is a good, warm meal. The best doctors say that a man cannot drink more than about a pint and a half of beer a day without injuring his health; and that healthy people, during youth and middle age, do not need it at all. Let it, and all other liquors, alone entirely, and you will be better off in health and purse.

Beer for Nursing Women.—It is generally believed that women who drink malt liquor are able to nurse children to greater advantage than those who do not use it. The fact is that while the quantity of milk may be increased, its nourishing quality will be impaired. There may be more milk for the child, but it will be poor. The effect of all malt liquor is to promote the secretion of the fluids of the body, but not to enrich them. Do not drink beer for the sake of your child, but try milk, or milk and water instead, and see if after a fair trial you do not have plenty for the baby, and if it does not grow strong and fat. If milk does not agree with you, or you cannot afford it, use barley water; it will not only give you plenty of milk, but it will nourish you as well as the baby. You will get from it all the nourishment that you may fancy you get from malt liquor, with this advantage: in the barley water you will get all the nutriment of the grain unchanged, while in the form of beer the fermentation has destroyed part of it. The following is a good receipt.

Barley Water.—Thoroughly wash two ounces of pearl barley, (which costs less than two cents,) to remove any musty or bad flavor, put it over the fire in two quarts of cold water, and boil it until it is reduced to one quart; then strain it, cool it, and drink it whenever you are thirsty. A little sugar can be used without hurting the baby.

Milk.—I have already said that milk is the most perfect food; we will now see what it is made of, and how it nourishes the body; and then we can understand how necessary it is to have it pure. The ele-

ments of milk which strengthen the whole body are the solid parts that separate in the form of curd when it begins to turn sour; the whey contains the salts and phosphates which strengthen the brain, bones, and digestive organs; the cream is the part which makes us fat. When we remember that cheese is made from the curd of milk we can see why it is so valuable as food, and why a meal of black or brown bread and cheese will satisfy a hungry man.

Try to afford at least a quart of good milk every day. It can be bought in New York now for seven or eight cents a quart; and if the children have plenty of seconds bread, or oatmeal porridge, and a cup of milk, at meal times, they will be strong and rosy.

Skim-milk, butter-milk, and whey, are all excellent foods, and far better drinks than beer or whiskey. Make a plain pudding now and then, with skim-milk, adding an ounce of suet to restore its richness. If the milk has turned a little sour add lime water to it, in the proportion of four tablespoonfuls of the lime water to a quart. If the lime water is added before the milk begins to turn it will help keep it fresh. The following is a good receipt for making lime water.

Lime Water.—Slake four ounces of quick lime with a little water, and gradually add enough water to make a gallon in all; let it stand three hours, then bottle it in glass-stoppered bottles, putting a portion of the undissolved lime in each bottle; when you want to use some, pour off the clear liquid from the top.

Children should never have tea, coffee, or liquor; all these drinks hurt them; give them milk, or milk and water; or pure water, if you cannot afford milk. But you had better scant their clothes than their supply of milk. If you have to limit the supply of food, deny them something else, but give them plenty of bread and scalded milk, and you can keep them healthy.

CHAPTER IV.

BREAD, RICE, AND MACARONI.

HOMEMADE-BREAD is healthier, satisfies hunger better, and is cheaper than baker's bread. Make bread yourself if you possibly can. Use "middlings," if you can get them; they contain the best elements of wheat. "Household Flour," has similar qualities, but is sometimes made from inferior kinds of wheat. Both are darker and cheaper than fine white flour; and bread made from them takes longer to "rise" than that made from fine flour. Baker's bread is generally made from poor flour mixed with a little of the better sort; or with a little alum, which added to the wheat grown in wet seasons, keeps the bread from being pasty and poor in taste.

Buy new flour if you can get it; it takes up more water than old; and yields a larger amount of bread; if you do not have a good oven the bread can be baked at the baker's for about a cent a loaf.

When bread is made too light it is tasteless, and lacks nourishment, because the decay caused in the elements of the flour used to make it by the great quantity of yeast employed, destroys the most nutritious parts of it.

A pint of milk in a batch of four loaves of bread gives you a pound more bread of better quality, and helps to keep it moist. Scalded skim milk will go as far as fresh whole milk, and you can use the cream for some other dish.

One pound of pea-meal, or ground split-peas, added to every fourteen pounds of flour used for bread increases its nourishment, and helps to satisfy hunger.

Keep your bread in a covered earthen jar; when it is too stale to eat, or make into bread broth, dry it in a cool oven, or over the top of the fire, roll it with a rolling-pin, sift it through a sieve, and save the finest crumbs to roll fish or chops in for frying, and the largest for puddings. If a whole loaf is stale put it into a tight tin can, and either steam it, or put it into a moderately warm oven for half an

hour; it will then be as good as fresh bread to the taste, and a great deal more healthy.

A good allowance of bread each day is as follows; for a man two pounds, costing six cents; for boys and women one pound and a half, costing five cents; for children half a pound each, costing three cents.

Homemade Bread.—Put seven pounds of flour into a deep pan, and make a hollow in the centre; into this put one quart of luke-warm water, one tablespoonful of salt, one teaspoonful of sugar, and half a gill of yeast; have ready three pints more of warm water, and use as much of it as is necessary to make a rather soft dough, mixing and kneading it well with both hands. When it is smooth and shining strew a little flour upon it, lay a large towel over it folded, and set it in a warm place by the fire for four or five hours to rise; then knead it again for fifteen minutes, cover it with the towel, and set it to rise once more; then divide it into two or four loaves, and bake it in a quick oven. This quantity of flour will make eight pounds of bread, and will require one hour's baking to two pounds of dough. It will cost about thirty cents, and will last about two days and a half for a family of six. In cold weather, the dough should be mixed in a warm room, and not allowed to cool while rising; if it does not rise well, set the pan containing it over a large vessel of boiling water; it is best to mix the bread at night, and let it rise till morning, in a warm and even temperature.

Rice Bread.—Simmer one pound of rice in three quarts of water until the rice is soft, and the water evaporated or absorbed; let it cool until it is only luke-warm; mix into it nearly four pounds of flour, two teaspoonfuls of salt, and four tablespoonfuls of yeast; knead it until it is smooth and shining, let it rise before the fire, make it up into loaves with the little flour reserved from the four pounds, and bake it thoroughly. It will cost about twenty-five cents, and make more than eight pounds of excellent bread.

Potato Bread.—Take good, mealy boiled potatoes, in the proportion of one-third of the quantity of flour you propose to use, pass them through a coarse sieve into the flour, using a wooden spoon and adding enough cold water to enable you to pass them through readily; use the proper quantity of yeast, salt, and water, and make up the bread in the usual way. It will cost about twenty-four cents, if you

use the above quantities, and give you eight pounds or more of good bread.

Rice.—Rice is largely composed of starch, and for that reason is less nutritious than flour, oatmeal, Indian meal, or macaroni; but it is a wholesome and economical food when used with a little meat-broth, drippings or molasses. It is a very safe food for children, especially if used with a little molasses. The following is an excellent supper dish.

Rice Panada.—Boil half a pound of rice, (which costs five cents,) quarter of a pound of suet, (at two cents,) with one tablespoonful of salt, and one of sugar, (cost one cent,) fast in boiling water for fifteen minutes; meantime mix half a pound of flour, (cost two cents,) gradually with one quart of water, and one gill of molasses, (cost two cents;) stir this into the boiling rice, and boil it for about five minutes; this makes a nice supper of over five pounds of good, nutritious food for twelve cents.

Boiled Rice.—Another good dish of rice for supper can be made as follows. Wash half a pound of rice (cost five cents,) throw it into one quart of boiling water, containing two teaspoonfuls of salt, and boil it fast ten minutes; drain it in a colander, saving the water to use with broth next day; meantime just grease the pot with sweet drippings, put the rice back in it, cover it, and set it on a brick on the top of the stove, or in a cool oven, and let it stand ten minutes to swell; be careful not to burn it. The addition of a very little butter, sugar, molasses, nutmeg, lemon juice, or salt and pepper, will give it different flavors: so that you can vary the taste, and have it often without getting tired of it, and it need never cost you over seven cents.

Macaroni.—This is a paste made from the purest wheat flour and water; it is generally known as a rather luxurious dish among the wealthy; but it should become one of the chief foods of the people, for it contains more gluten, or the nutritious portion of wheat, than bread. It is one of the most wholesome and economical of foods, and can be varied so as to give a succession of palatable dishes at a very small cost. The imported macaroni can be bought at Italian stores for about fifteen cents a pound; and that quantity when boiled yields nearly four times its bulk, if it has been manufactured for any length of time. Good macaroni is yellow or brownish in color; white sorts are always poor. It should never be soaked or washed before boil-

ing, or put into cold or lukewarm water; wipe it carefully, break it in whatever lengths you want it, and put it into plenty of boiling water, to every quart of which half a tablespoonful of salt is added; you can boil an onion with it if you like the flavor; as soon as it is tender enough to yield easily when pressed between the fingers, drain it in a colander, saving its liquor for the next day's broth, and lay it in cold water until you want to use it. When more macaroni has been boiled than is used it can be kept perfectly good by laying it in fresh water, which must be changed every day. After boiling the macaroni as above, you can use it according to any of the following directions. Half a pound of uncooked macaroni will make a large dishful.

▷ **Macaroni, Farmers' Style.**—Boil half a pound of macaroni as above, and while you are draining it from the cold water, stir together over the fire one ounce each of butter and flour, as soon as they bubble gradually pour into the sauce they make, a pint of boiling water, beating it with a fork or egg-whip until it is smooth; season it with a level teaspoonful of salt and a level saltspoonful of pepper, and put the macaroni in it to heat; then cut an onion in small shreds, and brown it over the fire in a very little fat; when both are done dish the macaroni, and pour the onion out of the frying pan upon it. It is excellent; and ten cents will cover the cost of all of it.

Macaroni with Broth.—Put half a pound of macaroni, boiled as above, and washed in cold water, over the fire with any kind of broth, or one pint of cold gravy and water; season it to taste with pepper and salt, and let it heat slowly for an hour, or less if you are in a hurry; then lay it on a flat dish, strew over it a few bread crumbs, which you will almost always have on hand if you save all the bits I speak of in the article on BREAD; then set the dish in the oven, or in front of the fire to brown. It will cost less than ten cents, and be delicious and very hearty.

▷ **Macaroni with White Sauce.**—Warm half a pound of macaroni, boiled and washed in cold water, as above, in the following sauce, and use it as soon as it is hot. Stir together over the fire one ounce each of butter and flour, pouring in one pint of boiling water and milk, as soon as the butter and flour are mixed; season it with salt and pepper to taste, and put the macaroni into it. This dish costs less than ten cents, and is very good and wholesome.

Macaroni with Cheese.—Boil half a pound of macaroni, as above,

put it into a pudding dish in layers with quarter of a pound of cheese, (cost four cents,) grated and mixed between the layers; season it with pepper and salt to taste; put a very little butter and some bread crumbs over it, and brown it in the oven. It will make just as hearty and strengthening a meal as meat, and will cost about twelve cents.

CHAPTER V.

PEAS, BEANS, LENTILS, AND MAIZE.

BEFORE giving you receipts for cooking peas, beans, and lentils, I want to show you how important they are as foods. I have already spoken of the heat and flesh forming properties of food as the test of its usefulness; try to understand that a laboring man needs twelve ounces and a half of heat food, and half an ounce of flesh-food every day to keep him healthy. One pound, or one and a quarter pints of dried peas, beans, or lentils, contains nearly six ounces of heat food, and half an ounce of flesh food; that is, nearly as much heat-food, and more than twice as much flesh food as wheat. A little fat, salt meat, or suet, cooked with them, to bring up their amount of heat food to the right point, makes either of them the best and most strengthening food a workingman can have. The only objection to their frequent use is the fact that their skins are sometimes hard to digest; but if you make them into soup, or pudding, rubbing them through a sieve after they are partly cooked, you will be safe from any danger.

Pea Soup.—Use half a pint, or seven ounces of dried peas, (cost three cents,) for every two quarts of soup you want. Put them in three quarts of cold water, after washing them well; bring them slowly to a boil; add a bone, or bit of ham, if you have it to spare, one turnip, and one carrot peeled, one onion stuck with three cloves, (cost three cents,) and simmer three hours, stirring occasionally to prevent burning; then pass the soup through a sieve with the aid of a potato masher and if it shows any sign of settling stir into it one tablespoonful each of butter and flour mixed together dry, (cost two cents,) this will prevent settling; meantime fry some dice of stale

bread, about two slices, cut half an-inch square, in hot fat, drain them on a sieve, and put them in the bottom of the soup tureen in which the pea soup is served; or cut some bits of very hard stale bread, or dry toast, to use instead of the fried bread. By the time the soup is done it will have boiled down to two quarts, and will be very thick and good. This receipt will cost you about ten cents.

Thick Pea Soup.—Fry one sliced onion, (cost half a cent,) in one ounce of suet or drippings, (cost half a cent,) using an iron pot to fry it in; as soon as it is brown put into the same pot, three quarts of cold water, one pint, or fourteen ounces of well washed peas, (cost five cents,) and boil as above; this quantity of peas does not need any crusts in the soup; it will be thick enough; but bread may be eaten with it, if you want it. This soup costs six cents.

Oatmeal and Peas.—Cut quarter of a pound of fat pork or bacon, (cost four cents,) into pieces half an inch square; put in the bottom of a pot with two sliced onions, (cost one cent,) and fry ten minutes without burning; season with two teaspoonfuls of salt, one of sugar, and one saltspoonful of pepper; (cost of seasoning one cent;) then add three quarts of cold water, and one pint of peas, (cost five cents,) and boil the whole gently until the peas become quite soft; then stir in enough oatmeal to thicken, about a quarter of a pound, (cost two cents or less;) simmer for twenty minutes, and then eat hot. It is the healthiest kind of a meal, and costs thirteen cents, or less.

Peas-Pudding.—Soak one pint of dried peas, (cost five cents,) in cold water over night; tie them loosely in a clean cloth, and boil them about two hours in pot-liquor or water, putting them into it cold and bringing them gradually to a boil; drain them, pass them through a sieve with a wooden spoon, season them with a level tablespoonful of salt, half a saltspoonful of pepper, one ounce of butter, and one egg, (all of which will cost five cents,) mix, tie in a clean cloth, and boil half an hour longer; then turn it from the cloth, on a dish, and serve hot. This receipt makes a good large pudding for ten cents; or you can leave out the egg and it will cost less.

Bean Soup.—For this, use the receipt for pea-soup, using beans instead of peas; the cost will be about the same. (C)

Baked Beans.—Put one pint of dried beans, (cost six cents,) and quarter of a pound of salt pork, (cost four cents,) into two quarts of cold water; bring them to a boil, and boil them slowly for about

twenty minutes; then put the beans, with about a teacupful of the water they were-boiled in, into an open jar, season them with salt and pepper to taste, and one tablespoonful of molasses, (cost of seasoning one cent,) lay the pork on the top, and bake two hours, or longer. The dish will cost about ten cents, and is palatable and nutritious. The liquor in which the beans were boiled should be saved, and used the next morning as broth, with seasoning and a little fried or toasted bread in it.

Lentils.—Lentils have been used for food in older countries for a long time, and it is quite necessary that we should become acquainted with their merits if we want to save; I give a lentil soup, and some excellent directions for cooking this invaluable food. One quart of lentils when cooked will make four pounds of hearty food. There are two varieties in market; the small flat brown seed, called lentils *a la reine*; and a larger kind, about the size of peas, and of a greenish color; both sorts are equally well flavored and nutritious; they cost ten cents a pound, and can be bought at general groceries. The seed of the lentil tare, commonly cultivated in France and Germany as an article of food, ranks nearly as high as meat as a valuable food, being capable of sustaining life and vigor for a long time; this vegetable is gradually becoming known in this country, from the use of it by our French and German citizens; and from its nutritive value it deserves to rank as high as our favorite New England beans.

Lentil Soup.—For two quarts of soup half a pint of yellow lentils, (cost five cents,) washed, and put to boil in three pints of cold water, with one cent's worth of soup greens, and boiled gently until the lentils are soft enough to break between the fingers; every half hour a gill of cold water should be added, and the lentils again raised to the boiling point, until they are done; they should then be passed through a sieve with a wooden spoon, using enough of the liquor to make them pass easy, and mixed with the rest of the soup; it should be seasoned with salt and pepper, and is then ready to simmer for half an hour, and serve hot, with dice of fried bread half an inch square, like those used for pea soup, or with bits of stale bread. A plentiful dinner of lentil soup and bread costs only about ten cents.

Lentils boiled plain.—Wash one pound, or one full pint of lentils (cost ten cents,) well in cold water, put them over the fire, in three quarts of cold water with one ounce of drippings, one tablespoonful of

salt, and a saltspoonful of pepper, (cost about one cent,) and boil slowly until tender, that is about three hours; drain off the little water which remains, add to the lentils one ounce of butter, a tablespoonful of chopped parsley, a teaspoonful of sugar, and a little more salt and pepper if required, (cost about three cents,) and serve them hot. Always save the water in which they are boiled; with the addition of a little thickening and seasoning, it makes a very nourishing soup.

Stewed Lentils.—Put a pint of plain boiled lentils into a sauce-pan, cover them with any kind of pot-liquor, add one ounce of chopped onion, two ounces of drippings, quarter of an ounce of chopped parsley, and stew gently for twenty minutes; serve hot. This dish costs about ten cents.

Fried Lentils.—Fry one ounce of chopped onion brown in two ounces of drippings, add one pint of plain boiled lentils, see if they are properly seasoned, and brown them well; serve hot. The dish costs about ten cents, and is very good, and as nutritious as meat.

Maize, or Indian Corn Meal.—This native product is a strong and nutritious food, and very economical; in addition to the ordinary hasty-pudding, or mush, it can be cooked with a little pot-liquor, meat, or cheese, so as to be both good and wholesome. Below are two excellent receipts for cooking it.

Polenta.—Boil one pound of yellow Indian meal, (cost four cents,) for half an hour, in two quarts of pot-liquor or boiling water, salted to taste, with one ounce of fat; stirring it occasionally to prevent burning; then bake it for half an hour in a greased baking dish, and serve it either hot, or, when cold, slice it and fry it in smoking hot fat. This favorite Italian dish is closely allied to the hasty-pudding of New England, and the mush of the South. It costs five cents.

Cheese Pudding.—Into two quarts of boiling water, containing two tablespoonfuls of salt, stir one pound of yellow Indian meal, (cost four cents,) and a quarter of a pound of grated cheese, (cost four cents;) boil it for twenty minutes, stirring it occasionally to prevent burning; then put it in a greased baking pan, sprinkle over the top quarter of a pound of grated cheese, (cost four cents,) and brown in a quick oven. Serve hot. If any remains, slice it cold and fry it brown. It costs twelve cents.

CHAPTER VI.

CHEAP MEAT DINNERS.

SOME of the receipts in this chapter combine several dishes from one source. By using the meat and vegetables for dinner, the rice, or pearl barley cooked in the pot-liquor for supper, and the pot-liquor itself, made into broth, for breakfast, you can often bring the cost of a day's meals below forty-five cents; and so save enough during the week to have a pudding for Sunday's dinner. The three following receipts are a good example of my meaning.

Salt Pot-au-feu.—Put one and a half pounds of salt pork (cost eighteen cents,) in three quarts of cold water; bring it slowly to a boil, and skim it well; when it has boiled fifteen minutes, put in with it a two or three cent head of cabbage, cut in quarters and well washed, and boil both steadily for half an hour; new cabbage boils tender sooner than old, but you must not cook either after the stalks are tender, or you will waste a great deal of nourishment; when both meat and cabbage are done, take up the meat with a fork, and the cabbage with a strainer, and use them for dinner.

Rice and Broth.—After dinner carefully strain the pot-liquor, and put it in an earthen pot until an hour before supper. Then put it over the fire, and when it boils throw into it half a pound of well washed rice, (cost five cents,) and boil fast for twenty minutes, or until the rice is just tender; try the seasoning, and then pour both broth and rice into a strainer set over an earthen pot or bowl: as soon as the rice drains, shake it out into a dish, and use it for supper.

Bread Broth.—After supper carefully strain the broth and keep it over night in an earthen pot. In the morning heat it; if it is too salt add a little more water; or season it more if necessary; while it is heating toast two pounds of bread; (cost six cents,) cut it in small square pieces, and throw it into the broth. As soon as it is hot use it for breakfast.

These three dishes will cost about thirty cents. **Corned beef, fresh**

beef, and mutton, can be cooked in the same way, using cabbage with the corned beef, potatoes with the fresh beef, and turnips with the mutton; for the supper dishes, peas, beans, and pearl barley; with bread broth for breakfast.

Thus you see you can make three good meals for four different days, for one dollar and twenty cents, leaving you a good margin for suitable food for young children, such as bread and milk, or oatmeal porridge; or a nice Sunday dinner, if the children are well grown.

Haslet Stew.—For this dish use a fresh pigs' or sheep's haslet, which costs about six cents. Wash the liver, heart, and lights, cut them in two inch pieces, put them into a sauce-pan with one ounce of salt pork sliced, (cost one cent,) an onion chopped, one dessert spoonful of salt, and half a saltspoonful of black pepper; two bay leaves, two sprigs of parsley and one of thyme, tied in a bouquet, (cost of seasoning one cent,) one ounce of flour, one gill of vinegar, half a pint of cold gravy or cold water, and six potatoes peeled and cut in dice; (cost of all these about five cents;) stew all these ingredients gently together for two hours, and serve as you would a stew, with a table-spoonful of chopped parsley sprinkled over the top, and bread to eat with it. It will give you a good dinner for about fifteen cents.

Stewed Tripe.—Cut in small pieces one pound of tripe, (cost eight cents,) half a quart each of potatoes and onions, (cost of both five cents,) and put them in layers in a pot, seasoning them with one table-spoonful of salt, and one level teaspoonful of pepper; mix quarter of a pound of flour with water, gradually using three pints of water, and pour it over the stew; (the flour and seasoning will cost two cents;) put the pot over the fire and boil it gently for an hour and a half. It costs about fifteen cents, and furnishes a good nutritious meal, the onions and flour making up any lack of nourishment in the tripe and potatoes.

Scotch Crowdie.—Boil one pound of oatmeal one hour in four quarts of any kind of pot-liquor, stirring often enough to prevent burning; season with one table-spoonful of salt, a level saltspoonful of pepper, one ounce of butter, and serve with plenty of bread. It will give you a good meal for about ten cents.

CHAPTER VII.

CHEAP AND NUTRITIOUS PUDDINGS.

I HAVE already told you that in writing this book for you I should treat only of cheap and nourishing foods; so do not look for any directions to make pies and cakes. They are the bane of American cookery; they are expensive and unhealthy. On the other hand, a good pudding made of flour, suet, and fruit, or molasses, will often take the place of a piece of meat, and give quite as much satisfaction to hunger. I can safely recommend any of the following, for I have cooked and eaten some of every kind.

☉ **Suet Roly-poly.**—Sift together one pound of flour, two teaspoonfuls of salt, and one teaspoonful of baking powder, (cost about five cents,) rub into them two ounces of sweet drippings, (cost one cent;) mix with two gills of milk, or one egg, and two gills of water, (cost two cents,) or plain water; roll out half an inch thick, spread with quarter of a pound of chopped suet, (cost two cents,) one teaspoonful of salt, a little spice or nutmeg, and two tablespoonfuls of sugar, (cost two cents;) roll it up, tie it tightly in a well floured cloth, and boil steadily for two hours in a large covered pot, half full of water. Use a little molasses, or sugar with it, if it is not sweet enough. It is very good, and costs only about twelve cents.

Molasses Roly-poly.—Make up the same as suet roly-poly, using half a pint of molasses instead of suet; the cost will be about the same.

Currant Roly-poly.—Make up the same as suet roly-poly, using quarter of a pound of washed and dried currants with the suet; the cost will be about fifteen cents.

☉ **Rice Pudding.**—Put in an earthen pudding dish quarter of a pound of well washed rice, (cost three cents,) three pints of milk, (cost twelve cents,) four ounces of sugar, (cost three cents,) and a little spice, or flavoring; bake it in a moderate oven about an hour and a half. It costs about eighteen cents.

Spotted Dick Pudding.—This pudding is based upon one of Soyer's receipts, which I like very much. Mix together six ounces of flour, one teaspoonful of salt, two of baking powder, and one of cinnamon, (cost of all these about two cents;) add four ounces of chopped suet, (cost two cents,) four ounces of sugar, (cost three cents,) four ounces of well washed currants, (cost four cents;) mix to a stiff batter with either half a pint of milk, or half a pint of water, and one egg, (cost of either two cents.) Put the pudding into a greased and floured mould, or tin pail, and steam it about three hours. Use sugar or molasses with it, if it is not sweet enough. It is very good, and costs about fifteen cents, including last item.

CHAPTER VIII.

A DOLLAR CHRISTMAS DINNER.

IN buying poultry for Christmas-tide I have found that it is better to market at least three days before that holiday. The prices are very much lower, and the weather is generally cold enough for you to keep your bird fresh until you want to use it. In estimating the cost of this dinner I shall suppose that you buy your turkey in advance at a shilling a pound, instead of waiting till Christmas eve, and paying at least twenty cents for it. If you are obliged to wait you must add the difference in price to my figures. The following is our bill of fare:

ROAST TURKEY,

BAKED POTATOES,

APPLE SAUCE,

PLUM PUDDING WITH CREAM SAUCE.

Begin your preparations by making your pudding as follows:—

Plum Pudding.—Mix well together, half a pound of flour, (cost two cents,) four ounces of raisins, stoned and chopped, (cost four cents,) four ounces of currants, well washed, (cost four cents,) four ounces of chopped suet, (cost two cents,) three tablespoonfuls of molasses, one teaspoonful of ground spice, (cost one cent,) and one gill of cold water; put in a floured cloth, or a greased and floured mould, or tin pail, and steam until you are ready to put it on the table. It will cost you thirteen cents.

Next peel one quart of potatoes, and lay them in cold water while you get the turkey ready.

Roast Turkey.—Draw a five pound turkey, (cost five shillings,) carefully enough not to break the entrails, so that you will not have to spoil its flavor by washing it; singe it, and wipe it with a clean, damp cloth, stuff it with about a pound of stale bread, seasoned with salt, pepper and herbs, (cost about three cents,) sew it up, tie it in shape, lay it in a baking pan with one quart of peeled potatoes, (cost five cents,) and put it into a hot oven; as soon as it begins to brown nicely, take it out, season it with pepper and salt, baste it with the drippings from it; and put it back in the oven; baste it every fifteen minutes until it is done, which will be in about an hour and a quarter. Then put it on a dish, with the potatoes around it, and set it in the mouth of the oven to keep it hot while you make the gravy; do this by pouring a pint of boiling water into the dripping pan, letting it come to a boil, and stirring into it a tablespoonful of flour mixed smoothly in half a teacupful of cold water; season it to taste with salt and pepper, and dish in a bowl.

Apple Sauce.—As soon as you get the turkey in the oven, make the apple sauce as follows. Pare, core, and slice two quarts, or five cents' worth of cooking apples, put them over the fire with a half cup of water, and stew them until soft: then stir in four ounces of sugar, (cost three cents,) and one ounce of butter, (cost two cents,) and cool it, or keep it warm, as you like. It will cost ten cents. Next make the pudding sauce.

Cream Sauce.—Stir together over the fire one ounce of butter, one ounce of flour, and a little spice, (all of which will cost about two cents;) put a little milk into a pint of boiling water, and stir it gradually in the flour and butter; when it is quite smooth stir in two ounces of sugar, (cost two cents,) and let it boil up once; then set the sauce-pan you have made it in into another containing a little hot water, so as to keep the sauce hot until you want it, without thickening or burning it. It will cost about five cents, and be good enough for the nicest of plum puddings.

After you have done with the sauce the rest of the dinner will probably be nearly cooked, and you can get it ready for the table.

And after you have eaten it, think if I have kept my promise to tell you how to get comfortable meals at low prices.

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