PHELPS – MANN FAMILY COOKBOOK USED ON BURNT HILL, HEBRON

MADE AVAILABLE THROUGH JOHN, RUTH, AND CHARLES PHELPS

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PUBLISHED MATERIAL FROM THIS SOURCE SHOULD BE REFERENCED TO THE GENEROSITY OF THE PHELPS FAMILY ARCHIVES

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Mock Mince Pie (superior to genuine): One cup raisins chopped, 1 cup sugar, 1 cup sour milk, 2 eggs, pinch of salt and all kinds of spice, 3 tablespoons vinegar. Make 2 pies, to be baked with two crusts.—[R. L.

Mock Cherry Pie: One cup cranberries cut in halves and soaked one hour in cold water, ½ cup seeded raisins, ½ cup sugar, 1 tablespoon flour, ½ cup hot water, ½ teaspoon vanilla. Bake with two crusts.—[Ruth Lincoln.

Cream Crackers: One quart flour, 1 large pinch salt, 5 tablespoons sugar, 1 teaspoon baking powder, 4 tablespoons butter and 4 eggs. Sift together flour, sugar, salt and powder; rub in the butter cold, add the eggs beaten and mix into a smooth, firm dough. Flour the board, turn out the dough and give it a few minutes' rapid kneading; cover with a damp towel 15 minutes; then roll it out to the thickness of ⅛

inch. Cut out with a biscuit cutter. When all are cut out, have a large pot of boiling and a large tin pan of cold water. Drop them a few at a time into the boiling water. When they appear at the surface and curl at the edges, take them up with a skimmer and drop them in the cold water. When all are thus served, lay them on greased baking tins and bake in a fairly hot oven 15 minutes.

When Eve knew Adam was
Joy through her bosom ran
And too now her daughters
The hour they got a
Mammy fried and
Ah taught his Baker's
So do his sons such
Woman bring to

Do the juice and grate
Take the yolks of six an
three cups sugar, fi
of water, two of flo
boiled pie, Mixed
of flour, eggs add
of lime sugar, and
Scrooting and set

Sassafr

Mix gradually
boiling water 3 p
Tartaric Acid an
cold strain it of
oil, Sassafras
cork light & keep
About

Ocean Cake

2 Cups Sugar, 3 of Flour, 1 of Milk
½ of Butter, 3 Eggs, 2 teaspoons of
Cream Tartar, 1 of Soda
Flavor to Taste

Fruitless Cake

1 cup white sugar
1 teaspoonful of butter
1 egg 2 even cups of sifted
flour ½ cup milk
1 teaspoon cream tartar
half teaspoon soda
Puff Pudding
2 eggs well beaten
1 table spoonful flour
1 pint sweet milk
table in cup in a quart

To the juice and grated rind of three lemons
Take the yolks of six and whites of two eggs
three cups sugar six tablespoonfuls
of water two of flour bake as for
custard pie, when done add the whites
of four eggs add six tablespoonfuls
of fine sugar and spread on top
frosting and set in the oven to brown

Sassafras Mead

Mix gradually with 2 gls of
boiling water 3½ lbs. Molasses 8 ½ lb.
Tartaric Acid and stir well. When
cold strain it off and add ½ oz
oil Sassafras put it in bottles
cork tight & keep in cool place —
About six Quarts.

Cake

Sugar. 3 of Flour. 1 of Milk
3 Eggs. 2 teaspoons of
ar. 1 of Soda
on Ice Paste

Cake

2 white Eggs
Teaspoonful of Cream Tartar
2 even cups of sugar
½ cup melted
spoon Cream Tartar
teaspoon Soda
Pudding
well beaten
spoonful flour
sweet milk
in cup in a pint

One and half cup
sugar — one cup three
cups flour one cup milk
butter size of an egg
one even tea spoon cream
tartar — one half tea spoon soda
spice to taste

Dandy Pudding

Boil 1 qt milk mix
two tablespoonfuls of cornstarch
the yolks of 4 eggs and
half cup sugar and pour
into the milk and let
it come near the
boil stirring it
and stirring over the

Poison

Remedy for Poison

Take a desert spoonful
of made mus-
tard and mix it with
a tumbler of warm
water and drink
immediately

It takes 9 to 10 lbs of
milk to make 1 lb of
cheese & about twice as
much to make 1 lb of
butter

Cream Cake

2 cups sugar 1/2 butter
1/2 pint of water, add
water, butter and melt
with flour when cool add
4 eggs and quarter teaspoon
soda made into batter
and bake in a hot oven
for inside 2 eggs 1 cup sugar
1/2 cup flour 1 pint boiling
milk, flavor with lemon
slice the cake fairly open
and put in the cream

Silver Cake

1 teacup white sugar
1/2 do butter
1/2 do sweet milk
the whites of two eggs beaten
to a stiff froth
1/2 teaspoon soda
2/3 " cream of tartar
flavor with lemon
~~flour~~ enough to make it as stiff
as sponge cake
Gold cake is made in the same
way substituting brown for white
sugar and the yolks instead
of the whites of the eggs.

Cure for Virulent Small Pox, or Scarlatina and Measles.

A merchant and ship owner of this city has had the following receipt sent him from England, where it was furnished by Mr. L. Larkin, member of the Royal College of Surgeons, and who vouches for it as "a medicine that will not only effect a revolution in the healing art, as regards the prevention and cure of small pox, but also of measles and scarlatina, however maligant the type, in a manner more efficient and extraordinary than could ever have been hitherto anticipated even by the most ardent philanthropist:"

"On the first appearance of fever or irritation ushering in attack, whether occurring in families or large communities, the subjoined mode of treatment should at once be entered on:—Take one grain each of powdered foxglove or digitalis (valuable in the ratio of its greenness—the dark should be rejected) and one of sulphate of zinc (this article is commonly known as white vitriol.) These should be rubbed thoroughly in a mortar or other convenient vessel, with four or five drops of water; this done, a noggin (or about four ounces) more, with some syrup or sugar, should be added. Of this mixture a table-spoonful should be given an adult, and two tea-spoonfuls to a child, every second hour, until symptoms of disease vanish.

Thus conducted, convalescence, as if by magic, will result. The rapidity of an event so auspicious will equally delight and astonish. It may, however, be necessary further to note, that should the bowels become obstructed in progress of the disease, an evil by no means common, then a drachm of the compound powder of jalap (formed of two parts cream of tartar with one of jalap) and one grain of the herb, treated as above, formed into a pastil with syrup or sugar, should be given to an adult, and half the quantity to a child. This simple medicine shuts out every other form or article whatever, as totally unnecessary, if not pernicious.

The *methodus medendi* of these medicines capable of effecting results so gigantic remain now only to be given, and appear to be as follows:—The herb, by its anti-febrile properties, lays hold at once of the fever, the prolific source of woe, which it immediately strangles, while the zinc acts the part of a tonic, instantly restoring the equilibrium."

Mr. Larkin adds—"No emigrant or government vessel should hereafter be allowed to put to sea without a few pence worth of these protectors; and it is further ardently hoped that the earnest intervention moved to strike on behalf of the interests of our common h[illegible]

Spoon Biscuit.

Beat the whites of 2 large eggs to a high froth then add to it a qr pound bone white sugar beat it white and light ~~lay it~~ on with a desert spoon on white paper an inch apart lay on them put in a quick oven shut the oven and leave it a few seconds till they are a light brown

From an English Almanac we cut a receipt [illegible] mending china, a long time since, and the opportunity having occurred for trying, we found it admirable, the fracture scarcely being visible after the trifle was repaired. It is thus made:—Take a very small quantity of gum arabic in water, and stir into [illegible] of Paris until the mixture becomes a viscous paste. Apply it with a brush to the fractured [illegible] and stick them together. In three days the [illegible] cannot again be broken in the same place, [illegible] whiteness of the cement renders it doubly valuable.

Ginger Beer

1 Pint Molasses, two
spoonfuls ginger, half
Pail boiling water, well
stirred, fill the Pail
with cold water when
only lukewarm, put
one pint Yeast & put
one Lemon the night & bottle
in the morning.

CHEAP PUDDINGS.—RECIPE.—Take 1 qt. of milk—3 eggs—2 heaped spoonfuls of sugar—2 lbs. flour. Boil the milk and put in the ingredients while it is boiling.

APPLE JELLY.—Pare one half peck of good apples—boil them and strain through a coarse cloth—add to it a pint of juice—1 lb. loaf sugar; then boil it over a slow fire till it jellies, then put it in moulds to cool.—*Maine Farmer.*

AN EXCELLENT PUDDING.—Take one pint and a half of milk, two eggs, one small table-spoonful of flour; mix the flour with cold milk to the consistance of thick cream, boil the rest of the milk and pour boiling hot upon the flour, stirring at the time; add a saltspoonful of salt, sugar to your taste, and when cool, the eggs, well beaten; have ready a buttered dish, pour the whole into it, grate lemon peel or nutmeg over it, and bake thirty-five or forty minutes. It should come out of the oven fifteen minutes before serving. It is delicious to eat cold with jam, tart, or [illegible]

INSTANTANEOUS BEER.—The American House-wife gives the following receipt for a temperance beverage:

Put a pint and a half of water, four tea spoonfuls ginger, a table spoonful of lemon juice—sweeten it to the taste with sugar, and turn it into a bottle. Have ready a cork to fit the bottle, a string to tie it down and a mallet to drive the cork. Then put into the bottle a heaping tea spoonful of the super carbonate of soda, cork it immediately, tie it down, then shake the whole up, cut the string and the cork will fly out. Turn it out and drink immediately.

Lemon Pudding

The peel of [illegible] lemons boiled quite tender [illegible] to a fine [illegible] in ½ lb fresh butter ½ lb [illegible] sugar beat 8 Eggs with half [illegible] whites the juice of one lemon bake ¾ of an hour [illegible] a light paste.

Marlborough Pudding

6 Apples stewed 6 oz. Butter 6 oz. Sugar 6 Eggs the peel of a Lemon grated & baked in a Paste.

Plum Pudding

1 lb Suet. Nutmeg 1 lb Raisins table spoon Sugar 5 Do. Wine 7 Do. flour 4 Eggs little salt boil 3 hours

Pound Cake

1 lb Flour ½ lb Butter 4 Eggs 1 [illegible] cream 1 lb Sugar 1 Do Wine 1 Do Spice &c

Christmas Cake

1½ Citron [illegible] 4 Do Sugar 5 Do [illegible] 6 Eggs 1 Do Milk [illegible] 2 Lemons the juice of one 1 Tea Spoon of Sal Pete

French Loaf Cake

1 lb Flour 1 Do of Sugar 3/4 lb Butter 1 lb Raisins 2 Wine glasses Wine 2 Do of Milk a little peare and citrons & Spice 4 Eggs Iceing for Do 4 Whites of eggs 1 lb sifted Loaf Sugar Tea Spoon of Starch few drops Vinegar

Blanc Manger

1 oz Ising Glass in half Tumbler Water simmer till dissolved add pt New Milk Sugar & Spice &c

Plum Pudding

1 teacup Molasses
" " Milk
" " Raisin
3 " Flour
1 teaspoonful Soda
a little salts. Cloves

Plum Pudding

1 quart stoned raisins
1/4 lb Butter. 4 eggs.
some grated rind
sugar, nutmeg &c.

[illegible] Pudding

[illegible] pt Milk
[illegible] Butter [illegible] of [illegible]
Egg [illegible] ginger ½ lb
Crackers [illegible] Salt
Nutmeg &c

Carrot Pudding

2 lbs grated carrot scalded in a pt milk [illegible] lb Sugar ½ lb Butter shelled in the Carrot 9 Eggs nutmeg mace & pounded crackers

Soft Custards.

Boil one quart new milk and with it Cinnamon Mace or Lemon peel. Nine eggs leaving out five whites beat them well and add them to the milk sweeten it with half sugar Add rose water [illegible] Put the custard into a pitcher Place it in a vessel of boiling water, stir it constantly Beat the reserved whites to stiff froth with powdered sugar add rose water or lemon Lay this part on the top of the custards

Sponge Cake

3 eggs
1 cup and ½ of flour
1 cup of sugar
1 teaspoonfull of ~~Cream~~ Tartar
1 of Soda

Another

5 cups of flour
3 cups of sugar
1 cup of butter
6 eggs
2 teaspoonfull saleratus
2 of cream tartar
1 cup of milk

Beer

1 Qt. Honey
2 oz. Allspice
1 oz Ginger
1½ Gall. Water Boil together

Lemon Dressing

The juice and grated
rind of 1 lemon pulp of
two eggs a small cup of
sugar ½ cup of water
two tablespoon flour
bake in a crust
when done beat the whites
of eggs four tablespoon of
powdered sugar put over
the pie and stick it
over to brown

Receipt for diarrhea.

Toast well two pieces of stale bread very brown, without burning, (the size of 2 fingers) and, breaking the toast very small into a nice glass, pour three or sufficient brandy to saturate the toast in the glass, mixing it up with the liquid, making it like pudding in substance, and eating it leisurely with a spoon.

Receipt for Colds.

One Table spoon Molasses
Two tea spoons castor oil
one do paregoric
one do Sp. Camphor
Mix & take often.

Take Equal parts of alum and common salt & juice of Horse Radish in the mouth and apply to the tooth

To make lemon drops:

Grate 3 large lemons, with a large piece of loaf sugar; then scrape the sugar into a plate, and add half a teaspoonful of flour; mix well, and beat it into a light paste, with the white of an egg; drop it upon white paper, and put in a moderate oven on a tin plate.

Whites of ~~[illegible]~~ eggs
2 cups white sugar
teaspoonful cream tartar
1/2 teaspoon soda
2/3 cup sweet milk
butter the size of an egg

Blackberry Cordial

To two quarts of juice add one pound of loaf sugar, half an ounce of nutmeg, half an ounce of cinnamon, half an ounce allspice, quarter an ounce cloves. Let 20 min. stir, when cold add a pint of brandy.

A CURE FOR SMALL POX AND SCARLET FEVER.—The London *Scapel*, the highest medical authority in the world, gives the following as an infallible cure for small pox and scarlet fever; Sulphate of zinc, one grain; foxglove (*digitalis*), one grain; half a teaspoonful of sugar; mix with two teaspoonsful of water. Take a spoonful every hour. Either disease will disappear in twelve hours. For a child, smaller doses according to age. It states that if countries will compel their doctors to use this, there would be no need of pest houses.

A CHOLERA PREVENTIVE.—The following specific for cholera has been in use for forty years, and the New York *Journal of Commerce* says no one who has it by him and takes it in time will ever have the cholera:—

"Take equal parts tincture of opium, red pepper, rhubarb, peppermint and camphor, and mix them for use; dose from 10 to 20 drops in three or four tea-spoonfulls of water—to be taken the instant the bowels are perceived to be out of order."

Berwick Sponge
Six eggs beat two min
utes & cup sugar beat
five minutes two cups
flour with two teaspoons
cream tartar one cup hot
water with tea spoon
soda two cups milk flavor
and peel of one lemon

Blackberry wine

To every four quarts of berries
when mashed add one quart
of boiling water — let the pulp
stand two days stirring
squeeze the juice through a
cloth and add 4 lbs of
sugar put in tight kegs
jar let it stand till it
ceases to ferment — then
bottle and seal tightly

All half the juice

Jr Cake

[illegible] 1 cup sugar, 1 egg, [illegible] butter, [illegible] sweet milk, 1 teaspoon cream tartar, [illegible] flour, 1 teaspoon soda, [illegible] teaspoon soda.

Fruit Cake

1 cup butter one brown sugar, 1 cup molasses, 1 sweet milk, 3 flour, 4 eggs, 1 lb raisins, 2 spoonfuls cinnamon, 1 pound currants, 1 pound citron, chopped fine, 1 nutmeg, brandy.

to taste flavoring

To Color Blue

1 oz Bi-Chromate Potash 1 oz Alum, put water enough to cover the goods and boil two hours then strain dye away and boil one pound of log-wood one hour put in the goods and boil half an hour.

RECEIPTS FOR COOKING.

LEMON CREAM.

Four lemons to 3-4 of a pound of loaf sugar, twenty one spoons full of water, the yolks of four eggs and whites of two;—Strain it.

CORDIAL.

One quart of rose water, one do well water, three qts brandy, two pounds of sugar, two hundred peach meats, pounded fine, the peal of two oranges.

BAKED PLUMB PUDDING.

Take a pint bowl of dried bread or crackers pounded, three pints of milk, stir your bread into the milk over the fire until it is thick, and it will prevent the plumbs from settling at the bottom, when cool, add a pound of beef suet chopped fine, ten eggs, 1 1-2 lbs of good stoned raisins, a quarter of a pound of sugar, some cloves and a little cinnamon, a glass of brandy.—to be eaten with nice sauce.

SUNDERLAND PUDDING.

Nine eggs, nine spoons full of flour and a quart of milk —to be baked in small cups and eaten immediately.

APPLE JELLY.

Take twenty sour apples, pare and boil them in a quart of water and the peel of a fresh lemon, pass it brough a serve; add one pound of loaf sugar, also the juice of a lemon, and let it boil a few minutes, strain it through a flannel bag, then let it boil till you think it will jelly.

PLUMB PUDDING.

Chop a pound of beef suet fine; three quarters of a pound of stoned raisins, a little nutmeg, a large spoon full of sugar, a little salt, five spoons full of white wine, four eggs, three spoons full of cream, seven do of flour, mix them well, and boil it in a cloth, first wet the cloth and then flour it,—boil it steady for three hours.

SEED CAKE.

To one pound and a quarter of flour, add half a pound of butter, three quarters of sugar, two eggs, a teaspoon ratus dissolved in a cup of milk,—seeds as you

For inside of Cream Pie

1 pt Milk 1 Egg ½ tea cup Flour ½ do
Sugar. Flavor with Lemon. a little Salt

Quick Loaf Cake

2 cups Flour, 1 cups Sugar, ½ cup
Butter, ½ cup Milk. 1 Egg 1 teaspoon
Cream Tartar. ½ do Saleratus. Nutmeg
Raisins. For one Loaf.

[illegible] Angline [redacted] [redacted]

[illegible]

RECEIPTS FOR COOKING NEVER BEFORE PUBLISHED.

WHITE SYLLABUB.

One quart of cream, a gill of wine, the juice and peel of two lemons, half a pound of sugar, the whites of three eggs, beat it to a froth, as fast as the froth rises take it off in your glasses.

COMPOSITION CAKE.

One lb flour, three quarters of a pound of sugar, half do butter, four eggs, a tea cup of milk, a tea spoon of pearlash, a glass of wine, one do brandy, fruit and spice to your taste, and it will make one loaf.

VEAL CUTLETS.

Cut a fillet of veal in slices about the size of a large oyster, season them with salt, pepper, and nutmeg, grate some stale bread and sift it through a cullender, beat up some eggs, dip the cutlets in the eggs, then roll them in the crumbs, let them lay an hour before cooking. The great art is to have plenty of butter or lard to fry them in; fry them of a fine light brown, without burning.—You may either make a gravy for them or eat them with melted butter.

WHITE SOUP.

Blanch in cold water for twelve hours, two pounds of very lean beef, put it in a pot with a knuckle of veal, five quarts of water, two carrots, two turnips and four onions, a table spoonfull of white pepper, a little mace and salt, let this boil four hours, or till the strength be extracted, strain it and let it stand till next day, then take off the fat, blanch half a pound of sweet almonds, beat them in a morter with a little water to prevent their oiling, mix them with the soup and let it boil for a short time, just before serving, add a pint of rich cream. Do not allow the soup to boil after the cream is stirred in. A good substitute for cream, is the same quantity of milk boiled and mixed with a desert spoon full of arrow-root.

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Pour cream of Tartar Pie

Fill Pastry 1 egg 1 cup Flour 1 cup sugar, 1 cup butter with lemon, a little salt

Pound Cake

3 cups Flour, 1 cup sugar, 1 cup butter, 2 cups Milk, 4 eggs, 1 teaspoon Cream Tartar, 1 do Saleratus, nutmeg, cinnamon, Pour into tins

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Mrs Dulley
5 & Livingston St

Recipe for Horehound Candy.

A tested recipe for horehound candies consists of a pound of dried horehound leaves boiled in one quart of water, cooled and then boiled again for five minutes. After that strain off the liquid through a cloth, put it back on the fire and let it simmer until the quantity is reduced to four or five ounces. Add an ounce of gum arabic, and when dissolved, enough fine sugar to make a dough or paste, as for lozenges. Roll out and cut in perfectly small pieces with a perfectly clean thimble or a little cutter such as is used by confectioners.

DELIGHTFUL RAISED CAKE.

Eight pounds flour, four do butter, four do sugar, two dozen eggs, seven pounds raisins, seven do currents, two do citron, one pint yeast, five gills brandy, four do wine, half ounce mace, half do nutmeg, half do cinnamon, half do cloves, half do alspice.

NEW-YEAR COOKIES.

Three lbs. flour, one and a quarter of sugar, three quarters of butter, two tea spoons full of saleratus dissolved in a half a pint of water, seed if you like, roll them very thin. They are better for being baked a few days.

FRUIT CAKE.

One pound flour, one do butter, one do sugar, twelve eggs, two pounds of stoned raisins, two do of currents, half do citron, 1 1-2 gills brandy, one wine glass of wine, half an oz. mace, do cinnamon, do cloves, do nutmeg.—To make good frosting, to the white of every egg, after being well beaten, add by degrees, three table spoons full of nicely pounded and sifted double refined sugar, add a little lemon juice to make it white,—put it on when the cake is warm.

CUP CAKE.

Three cups of flour, two of sugar, one of butter, four eggs, spice and wine as you please.

SPANISH CAKE.

One pound of flour, half do sugar, half do butter rubbed well together; add the yolks of five eggs, the whites of three well beat, half lb. currents, some cinnamon and nutmeg, mix the flour in lightly—drop them on tins—twenty minutes will bake them.

CAKE WITHOUT EGGS.

One quart of flour, three quarters of a pound of sugar, do butter, two tea spoons full of saleratus dissolved in a cup of milk, put a gill of water to the sugar,—add spice.

FRENCH BISCUIT.

Put three eggs in your scales and balance them with sugar; flour an equal weight, beat the whites of the eggs and stir into the flour and sugar, then add the yolks and a little mace, then drop them on greased paper, and sprinkle sugar over them—bake them in a moderate oven.

Remedy for fever

[illegible] of sugar of lead (the size [illegible] in half a tea-cup of warm water [illegible] of [illegible])

[illegible]

Burn wool under the wound made by rusty nail

grated peel. Yolks of two
eggs, a scant cup of sugar
½ cup of water
2 tablespoons of flour
for one pie.
take the whites of 2 eggs and
beaten stiff, add four tablespoons
powdered white sugar
put the above ingredients into a
hot-bread and when baked white
frost spread the whole of egg and sugar
hot-spread the whole, and brown the crust
use

BEEF-STEAK PIE.

Butter a deep dish, and spread a paste on the bottom, sides, and edge, cut away from your steak all the bone, fat, gristle and skin, cut the lean in small thin pieces of the size of a cracker, beat the meat well with the rolling-pin, to make it juicy and tender; if you put in the fat, it will make the gravy too greasy and strong, as it cannot be skimmed. Put a layer of meat over the bottom crust of your dish, and season it to your taste with pepper, salt, and if you choose a little nutmeg. A small quantity of mushroom katsup, is an improvement, so, also are a few minced onions: spread over the meat a layer of cold potatoes cut in thin slices and a small piece of butter, then a layer of meat, seasoned, and then a layer of potatoes, and so on till the dish is full and heaped up in the middle, having a layer of meat on top, then pour in a little water. Cover the pie with a paste, and trim the edge, notch it handsomly, with a knife, or if you please you may ornament it by making leaves of the paste and placing them round the top of the pie. Fresh oysters will greatly improve a beef-steak pie, so, also will mushrooms. Any meat pie may be made in a similar manner.

EXCELLENT FRUIT CAKE.

To seven pounds of flour, add seven of sugar, do butter, sixteen do. currents, well cleaned. Ten pounds of stoned raisins, four do. citron twenty eggs, two ounces cloves, two do. cinnamon; two do. nutmeg, one ounce mace, one do. ginger, one quart brandy, one quart rose-water—it will keep in the pans two years if baked well.

PUFF PASTE.

Beat three whites of eggs, put to them three spoons full of cold water; rub them in one pound of butter, add flour untill sufficiently thick, then roll it out.

CHEESE CAKES.

Take the yolks of five eggs and a quart of milk, one glass of rose-water, one do of wine; put them in a sausepan over a slow fire, when turned to a curd add three yolks more beat with sugar to your taste, three table spoons full of cream and a few currents, bake them on a nice paste in small pans about as much as custards.

You've won the Barby prize, Dear Me!
You must have met your match
Would you the real Barby see
Just wait for this to hatch

Cake

Tonic

3 Eggs, one cup of sugar, one cup of flour, one cup of butter, which must be beaten to a foam and to a consistent of water, the last. Mix well with a dessert spoonful of vinegar stirring briskly. Bake about 25 minutes in a not too hot oven. The water will be very strong. Punch off half. Flavour to taste.

[illegible] teaspoon
[illegible]
[illegible] teaspoon
2 teaspoons of the
bicarbonate of ammonia
are dissolved in 2 oz of
water & 2 tablespoonfuls
of the solution given
every 2, 3 or 4 hours

CHRISTMAS MORNING.

The children sung a song this Christmas morning,
Mellow and clear, outside my chamber door,
Waking me softly from my pleasant dreaming,
To unforgotten Christmas days of yore.

Sweetly they sung, my neighbor's happy children,
Two merry girls and one glad-hearted boy,
Repeating over their song's rejoicing burden—
"On Christmas morn the angels sing for joy!"

Sweetly they sang; but ah! their cheerful voices
Stoke up my soul's deep founts of hidden woe,
And pressing down my face against the pillow,
I let the bitter torrent overflow.

Missing the little child that warbled softly
Two years ago the gay a song like this,
And when the joyful melody was ended,
Held up her sweet mouth for a Christmas kiss!

Only one Christmas Eve my fair-eyed darling
Lisped of dear Santa Claus her dreams among,
Only one Christmas morn, white-robed, and joyful—
Lifted her clear voice in a Christmas song.

I see her little figure standing tiptoe,
To hang her dainty stocking on the wall;
Sinless heart! O perfect faith of childhood,
Believing everything, and trusting all!

Aching heart! O, let me trust entirely,
With faith and strength that nothing can destroy,
That my sweet baby is among the angels
Who, on this Christmas morning, sing for joy!

—*Mrs. Akers.*

3 cups Flour
1½ cups Sugar
¾ cup Butter
2 Eggs
1½ teaspoon Cream Tartar
¾ " Soda

Milk — 1 teaspoon
1 spoon of butter

For the Measles
2 drachms of the
bicarbonate of ammonia
are dissolved in 2 oz of
water & 2 tablespoonfuls
of the solution given
every 2, 3 or 4 hours

CHRISTMAS MORNING.

The children sung a song this Christmas morning,
Low and clear, outside my chamber door,
Waking me softly from my pleasant dreaming,
Of unforgotten Christmas days of yore.

Sweetly they sung, my neighbor's happy children,
Two merry girls and one glad-hearted boy,
Repeating over their song's rejoicing burden—
"On Christmas morn the angels sing for joy!"

Sweetly they sang, but ah! their cheerful voices
Stole upon my soul's deep founts of hidden woe,
And pressing down my face against the pillow,
I let the bitter torrent overflow.

Musing, the little child that warbled softly
Two years ago the gay a song like this,
And when the joyful melody was ended,
Held up her sweet mouth for a Christmas kiss!

Only one Christmas Eve my fair-eyed darling
Lisped of dear Santa Claus her dreams among,
Only one Christmas morn, white-robed, and joyful—
Lifted her clear voice in a Christmas song.

I see her little figure standing tiptoe,
To hang her dainty stocking on the wall;
O, sinless heart! O, perfect faith of childhood,
Believing everything, and trusting all!

Aching heart! O, let me trust entirely,
With faith and strength that nothing can destroy,
That my sweet baby is among the angels,
Who, on this Christmas morning, sing for joy!

—*Mrs. Akers.*

3 cups Flour
1½ cups Sugar
¾ cup Butter
2 whole Eggs
1½ teaspoon Cream Tartar
¾ " Soda
Milk — 1½ cups
1 spoon of Lemon