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LESSONS IN
Cookery and
Housewifery

FOR THE USE OF CHILDREN.

BOOK I.

BY

Kathleen Ferguson,

First Class Diplomee, Dublin School of Cookery,
Late Sub-Organiser National Education Board,

PRICE ONE PENNY.

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1908.

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PREFACE.

THESE Lessons are dedicated to Children commencing to learn Cookery, with the hope that these few simple Notes will make the study easier for them : the Writer having spent many pleasant hours in teaching the little ones.

KATHLEEN FERGUSON.

November, 1900.

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Lessons in Cookery & Housewifery.

LESSON I.

TO BOIL BACON—TO BOIL CABBAGE—TO BOIL POTATOES—
TO MAKE TEA—TO MAKE COFFEE.

LECTURE:

HOW TO SCRUB—HOW TO SET A FIRE.

To Boil Bacon.

Scrape the bacon well with a knife, wipe it over with a damp cloth to remove all dirt. Put the bacon into a saucepan of cold water, and allow 25 minutes to every pound, and 25 minutes over at the end from the time the water boils. Add 4 table-spoonsful of oatmeal to water to make broth. Add a little milk to broth before serving.

Note—Salt meat should be cooked very slowly.

To Boil Cabbage.

Pick off the outer withered leaves, wash the cabbage in cold water; soak it for half-an-hour, or longer, in salt and water, to kill the insects; put the cabbage into boiling water, and boil it from half-an-hour to three-quarters of an hour, until the stalk is tender. Cut the stalk across before boiling, and if the head of the cabbage is large cut it in quarters. Drain the cabbage well to remove all the water, and chop it very fine. Serve on a hot dish.

Note—When cooking cabbage add to the water a pinch of bread soda to improve the colour, a little salt to improve the flavour, and a crust of bread to prevent a bad odour arising from the cabbage while it is cooking.

To Boil Potatoes.

Wash the potatoes well in cold water, rubbing them with the fingers; put them into a saucepan of cold water and boil them from half-an-hour to three-quarters of an hour, until tender. Drain the water from the potatoes and leave them in the saucepan by the fire for a few minutes to dry.

Note—In boiling potatoes choose them of an even size, and add salt to the water in the cooking.

To Make Tea.

(1) Have the kettle boiling ; (2) Heat the tea-pot ; (3) Allow one teaspoonful of tea for every person, and one for the tea-pot ; (4) Pour boiling water on the tea and draw it from 3 to 5 minutes, never longer.

To Make Coffee.

(1) Have the kettle boiling ; (2) Allow one tablespoonful of coffee to every person ; (3) Heat the coffee grains very thoroughly before pouring on the boiling water ; (4) Pour boiling water on the coffee and infuse the coffee for 15 minutes, but never boil it ; (5) Serve boiled milk with coffee.

LECTURE I.

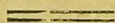
How to Scrub.

Use hot water, soap, flannel, and a scrubbing brush. Damp the boards all over, rub soap on the brush, and scrub well with the grain of the wood to remove the dirt ; rinse away the soap and dry the boards.

Note—Sand sometimes is used instead of soap when the boards are used very much for preparing food, such as pastry boards.

How to Set a Fire.

Remove all ashes from the grate and blacklead it ; place a few cinders at the bottom of the grate, over them some newspaper rolled in balls, then sticks crossed, and over all coal, lightly placed, so as to allow the air to pass freely.



LESSON II.

TO BOIL MUTTON—TO MAKE MUTTON BROTH—TO MAKE PARSLEY SAUCE—TO BOIL CARROTS AND TURNIPS—TO MAKE PORRIDGE.

LECTURE:

TO BLACKLEAD AND POLISH A GRATE.

To Boil Mutton.

Weigh the mutton ; put it into a saucepan of boiling water ; boil quickly for 4 or 5 minutes, then boil slowly, allowing

quarter of an hour to every pound, and quarter of an hour over at the end. If the joint is large allow 20 minutes to every pound, and 20 minutes over at the end.

Note—Boiling is an economical way of cooking, the cheaper parts of the meat can be boiled, very little fire is necessary; only a little attention need be given, and the water the meat is boiled in can be used for soups and broths. The meat is put into boiling water so as to harden the outside and keep in the valuable juices of the meat.

To Make Mutton Broth.

Into the water with the mutton put some carrots, turnips, and unions, sliced; some chopped parsley, and 4 tablespoonsful of barley, pepper, and salt; boil all slowly with the mutton; serve the mutton with melted butter and eat the broth with bread.

Note—In making mutton broth for an invalid the mutton is put into cold water so as to extract all the juice of the meat.

To Make Parsley Sauce.

1 oz. butter, 1 oz. flour, $\frac{1}{2}$ pint milk, 1 tablespoonful chopped parsley, pepper and salt. Melt the butter in a saucepan; stir in the flour and slowly add the milk. When all the milk is added boil the sauce for 3 minutes to avoid a raw taste. Chop the parsley very fine and stir into the sauce before serving also the seasoning, *i.e.*, pepper and salt.

To Boil Carrots and Turnips.

Carrots—Wash and scrape the carrots, if large, slice them; put them into boiling water, and boil from half-an-hour to three-quarters of an hour, until tender; drain well and serve very hot.

Turnips—Wash the turnips; peel them thickly; slice, if large; put them into boiling water and boil from 20 minutes to half-an-hour, until tender; drain well; and, if liked, serve with white sauce.

Note—Carrots should be scraped, not peeled, as the best part lies next the skin.

Turnips are peeled thickly as the outside is hard and woody.

To Make Porridge.

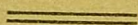
4 tablespoonsful of oatmeal ; 1 pint of water. Wash the oatmeal in cold water ; steep it overnight in fresh cold water and boil it slowly in the same water for 1 hour, stirring from time to time.

Note—Oatmeal is a very wholesome food, it is very bone-forming, therefore very good for children, but it must get plenty of time to boil slowly before being used.

LECTURE II.

How to Blacklead a Grate.

Clean the grate or range well, removing all dust and ashes. Make a paste of blacklead and water, rub it lightly over the grate and polish it while wet with a soft brush until it shines. If the grate is very dirty mix the blacklead with turpentine instead of water.



LESSON III.

PIG'S HEAD—COLCANNON—BAKED HERRINGS—TO FRY
BACON AND EGGS.

LECTURE:

HOW TO CLEAN STEEL.

To Boil Pig's Head.

Scrape the pig's head, singe the hairs with a red poker ; wipe it over with a damp cloth ; put it into cold water and cook very slowly, allowing 25 minutes to every pound, and 25 minutes over at the end from the time the water boils. If the head is large divide it into 2 or 4 pieces, and if it is dry steep it overnight in cold water.

Note—The water the pig's head is boiled in makes excellent soup with the addition of some vegetables and barley or oatmeal.

Colcannon.

Take equal parts of mashed potatoes and chopped cabbage ; a little chopped onion ; pepper and salt ; an oz. of butter ; 2 or 3 tablespoonsful of milk. Heat the milk and butter in a

saucepan ; stir in the potatoes, cabbage, onion, pepper and salt. Heat all well, thoroughly stirring from time to time. Serve neatly on a hot dish.

Baked Herrings.

2 herrings ; 2 or 3 tablespoonsful vinegar ; 2 or 3 cloves and a bay leaf ; pepper and salt. Use either fresh or salted herrings. Clean and scale the herrings ; cut them in two ; remove all the bones. Wash the fillets in cold water ; roll them round the fingers, the skin side out ; tie round with thread ; put them in the bottom of a pie dish ; put them with some cold water, half filling the dish ; add vinegar, cloves and a bay leaf ; put a greased paper on top and bake the herrings slowly for 1 hour. Remove the thread ; put the herrings on a hot dish ; pour the sauce round.

Note—The sauce can be thickened by adding one teaspoonful of flour, blended, and boiling it up.

To Fry Bacon and Eggs.

Have the pan very hot ; slice the bacon ; cut off the rind (i.e., thick skin) put the bacon on the hot pan and fry it until the fat looks clear, turning it from side to side. If the bacon is not very fat a little clean dripping must be put on the pan and heated. If liked, a little of the dripping may be poured over the bacon when put on a hot dish.

Eggs—Break the egg into a cup ; turn it quickly on the pan and fry it until the yoke sets. Never turn an egg on the pan.

Note—Frying is an extravagant way of cooking, the best parts of the meat must be used, a good fire is required and the dripping the meat is cooked in cannot be turned to good account.

To Fry properly the pan and the dripping must be very hot before attempting to cook the food, if this rule is not observed the food will be sodden and greasy.

LECTURE III.

To Clean Steel.

Make a paste of powdered bathbrick and paraffin oil ; rub it over the steel, if rusty ; wipe it off and then polish the steel with fine emery paper.

LESSON IV.

TO MAKE HASH—MEAT AND POTATO PIE—RICE PUDDING—
PEA SOUP—TO BOIL CAULIFLOWER.

LECTURE:

HOW TO WASH KNIVES AND FORKS, AND POLISH KNIVES.

To Make Hash.

Hash is used for re-heating cold cooked meat ; for it you require a thick, brown gravy.

Gravy—1 oz. butter, 1 small onion, 1 oz. flour, $\frac{1}{2}$ pint water or stock ; pepper and salt.

Brown the flour on the pan, melt the butter in a saucepan, stir in the onion, sliced, remove the onion when brown, stir in the flour, and slowly add the water or stock. When all the water is added boil the gravy for 2 or 3 minutes to avoid a raw taste. Allow the boil to go off the gravy, cut the meat into small pieces, put it into the gravy, place the saucepan near the fire, and allow the meat to heat through, but *never* re-boil the gravy, as it would harden the meat. Serve the hash very neatly on a hot dish, placing a wall of potato round the dish, and put the hash in the centre. (Stock is water in which meat has been boiled.)

Note—Re-heating meat is not re-cooking it. Meat once cooked must never be cooked again ; it must only be warmed through, otherwise it would be rendered hard and unwholesome.

Meat and Potato Pie.

Chop some cold cooked meat very fine, put it at the bottom of a greased pie-dish, put with it a little chopped onion, pepper and salt ; 2 or 3 tablespoonsful of cold water ; put over all a thick crust of mashed potatoes, with a few little pieces of butter or dripping on top ; brown the pie, and heat it through by putting it in a hot oven for 15 minutes.

Rice Pudding.

3 tablespoonsful rice ; 2 tablespoonsful sugar ; 1 oz. butter ; 1 pint milk. Wash the rice well in cold water ; put it into a

greased pie-dish ; add the milk, butter, and sugar ; bake all slowly in the oven from 1 ½ to 2 hours.

Pea Soup.

3 tablespoonsful pea flour ; 3 tablespoonsful white flour ; 1 pint water ; 1 pint milk ; 1 onion ; pepper and salt. Blend the pea flour and the white flour in cold water until no lumps remain ; stir them into a pint of boiling water ; add 1 pint milk, some sliced onion. Boil all from 10 to 15 minutes ; add pepper and salt ; serve very hot.

To Boil Cauliflower.

Pick off the outer withered leaves, cut the remaining leaves close to the flower, cut the stalk across. Wash the cauliflower, steep it for half-an-hour, or longer, in salt and water to kill the insects ; put it into boiling water, head downwards, put with it a little salt, a pinch of bread soda, and a crust of bread, and boil from half-an-hour to three-quarters of an hour—until the stalk is tender. Serve on a hot dish and cover it with white sauce.

Note—The lid must be left off the saucepan when boiling all green vegetables, so as to keep them a good colour.

LECTURE IV.

To Wash Knives and Forks and Polish Knives.

Use hot water, soda, a little soap and a soft cloth. Never let the handles of knives into hot water as it loosens them ; if forks have bone handles observe the same rule.

To Polish Knives—When steel knives and steel forks have been washed scrape some bathbrick on to a board or piece of paper and rub the steel on it until it shines, then dust the knives and forks.

Silver knives and forks should be cleaned after washing with a little whiting and water and rubbed with a chamois.



LESSON V.

IRISH STEW—POTATO CAKE—TO FRY POTATOES AND HERRINGS—TO BOIL AN EGG—TO POACH AN EGG.

LECTURE:

HOW TO SWEEP AND DUST A ROOM PROPERLY.

Irish Stew.

Half a pound neck or breast of mutton; 8 or 10 large potatoes (raw); 1 large onion; half a pint cold water; pepper and salt. Cut the meat into small pieces; use bones and fat. Wash, peel, and slice potatoes; peel and slice onion. Put a layer of meat at the bottom of the saucepan, then a layer of onion, pepper and salt, and a thick layer of potatoes; continue thus until all the meat is used up. Lastly, add half a pint cold water, and cook the stew slowly from one and a half to two hours, stirring from time to time.

Note—Stewing is the most economical way of cooking; the cheapest parts of the meat can be used. Very little fire is needed; very little attention is necessary, and the gravy the meat is cooked in is eaten with the meat.

Potato Cake.

1 pound mashed potatoes; 1 teaspoonful salt; one quarter pound flour; 1 oz. butter; 2 or 3 tablespoonsful milk. Melt the milk and butter in a saucepan and pour them over the potatoes, flour, and salt, mixed in a basin. Make into a light dough; knead into a round ball; roll out; cut into small cakes. Fry on a hot pan or griddle until a light brown colour, turning from side to side.

To Fry Potatoes and Herrings.

Wash, peel, and slice the potatoes; clean, scale, and wash the herrings, toss them in flour. Have the pan and dripping hot; put the herrings and sliced potatoes on the pan; fry all for 5 or 6 minutes, turning from side to side. Cold potatoes can be sliced and fried in the same way.

To Boil an Egg.

1st. way: Put the egg into cold water, let the water come to the boil, and immediately it boils take up the egg.

2nd. way: Put the egg or eggs into a saucepan of boiling water and boil the egg from $3\frac{1}{2}$ to 4 minutes according to taste.

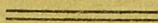
To Poach an Egg.

Break the egg into a cup: turn it into boiling water; let the water boil for 2 or 3 minutes until the egg becomes firm. Gather it together with a spoon while it cooks. A little salt and vinegar is sometimes added to the water to help to set the egg. Several eggs can be done together.

LECTURE V.

How to Sweep and Dust a Room properly.

(1) Put as much furniture as possible outside the door, cover what remains in; (2) Clean the grate, remove the ashes, black-lead and polish it; (3) Sweep the room, beginning at the corner farthest away from the door, and sweep towards the door, using tea leaves, which must always be rinsed in cold water before use; (4) Open the windows, let the dust settle, and dust the room; (5) Wash the glass and china ornaments and ware; (6) Polish the furniture and replace it.



LESSON VI.

TO ROAST MUTTON—TO MAKE SUET DUMPLING—TO MAKE CURRANT DUMPLING—TO FRY SAUSAGES.

LECTURE:

HOW TO POLISH BOOTS.

To Roast Mutton.

Have the oven very hot; wipe the mutton over with a damp cloth; weigh it; put it into the oven on a tin; put it with some fat or dripping; baste the mutton frequently and allow

15 minutes to every pound and 15 minutes over at the end ; if the joint is large allow 20 minutes to every pound and 20 minutes over at the end.

Note—Roasting is the most extravagant way of cooking, only the best parts of the meat can be roasted ; a very large fire is needed and a great deal of attention must be given. To roast well the oven must be very hot before putting the meat into it, and the meat must be basted frequently.

To Make Suet Dumpling.

4 tablespoonsful flour ; 2 tablespoonsful chopped suet ; pinch of salt ; some cold water. Chop the suet very fine ; mix the flour, suet, and salt in a basin ; wet to a light dough with a little cold water ; turn on to a floured board ; knead into a round ball ; tie into a wet floured cloth ; boil from 1½ to 2 hours. Use with cold meat.

To Make Currant Dumpling.

4 tablespoonsful flour ; 2 tablespoonsful chopped suet ; 2 tablespoonsful currants ; 2 tablespoonsful sugar ; pinch of salt ; some cold water. Chop the suet ; clean the currants ; mix the flour, suet, currants, sugar, and salt in a basin ; wet to a light dough with cold water ; turn on to a floured board ; knead into round balls ; drop into boiling water and boil for an hour.

Note—Butter may always be used instead of suet for above.

To Fry Sausages.

Prick the sausages all over with a fork to prevent them bursting. Have the pan and dripping hot ; fry the sausages slowly for 10 minutes, turning from side to side.

LECTURE VI.

How to Polish Boots properly.

Have three brushes. (1) Hard brush to remove the mud and dirt ; (2) A soft brush to put on the blacking ; (3) A soft brush to polish the boot. Rub all the mud and dirt from the boot, using a damp cloth if necessary ; rub the blacking on the boot lightly and polish while wet until the clean hand can be rubbed over the boot without being soiled.

LESSON VII.

TO ROAST A FOWL—TO STEW APPLES—TO MAKE CUSTARD.

LECTURE:

HOW TO MAKE A BED.

To Roast a Fowl.

Pluck and singe the fowl ; cut off the head ; cut the skin at the back of the neck, turn it back and cut the neck close to the body ; remove from the neck the windpipe and craw. Break the legs below the joint, and with a fork remove the sinews. Cut a hole near the tail ; press in two fingers against the breast bone ; remove the gizzard and inside ; keep the gizzard and liver and put away the remainder. Wash the fowl inside very well ; wash the gizzard, having emptied it, and also the liver and neck ; put a hole in each wing ; thread the liver and gizzard through ; put the stuffing in at the neck ; turn back the skin and twist back the wings ; press back the legs ; put a skewer through the wing, leg, and body, and out through the opposite leg and wing ; tie the tail and legs together, putting a hole in the skin near the tail and threading the tail through. Shake flour over the bird ; put it into a hot oven with some fat and dripping, and roast the fowl from 20 minutes to half-an-hour, or longer, according to size, basting frequently.

Gravy—When the fowl is roasted pour the dripping from the tin ; pour boiling water, pepper, and salt on the tin, boil up and pour the gravy over the fowl.

Stuffing—2 tablespoonsful bread crumbs ; 1 teaspoonful parsley ; little melted dripping. Mix all together and put into neck of fowl.

Note—Scald the feet to remove the skin ; put them with the neck into a little cold water and boil slowly while the fowl is roasting, and use instead of plain water to make the gravy richer.

To Stew Apples.

Peel, slice, and core the apples ; put them into a saucepan with a little cold water and sugar, and stew slowly until tender, stirring from time to time.

To Make Custard.

1 egg ; 1 tablespoonful of sugar ; $\frac{1}{2}$ pint of milk. Boil the milk ; add the sugar : beat up the egg and stir it into the milk. When it is off the boil return all to the fire and cook the custard slowly, stirring from time to time, until it thickens. Never let it boil.

Note—For a rich custard put three yokes of egg to $\frac{1}{2}$ pint of milk.

LECTURE VII.

How to Make a Bed.

(1) Remove all the bedclothes ; put them on two chairs, not on the floor ; (2) Turn the mattress every day, once a week turn the palliasse ; (3) Dust the frame of the bed ; (4) Put on the under blanket and under sheet and tuck them in ; (5) Put on the bolster, then the over-sheet and other blanket and tuck them in ; turn back the sheet ; (6) Lastly, put on the quilt which must not be tucked in, and then put on the pillows.

Note—Keep the name on the sheets always at the top, and always keep the under sheet under, and the over sheet over.

LESSON VIII.

TO BOIL CORNED BEEF—TO FRY BEEFSTEAK AND ONIONS—
TO MAKE JAM ROLL AND JAM SAUCE.

LECTURE:

HOW TO WASH AND CARE SAUCEPANS.

To Boil Corned Beef.

Steep the corned beef over night in cold water : scrape it well ; wipe it over with a damp cloth ; put it into cold water and allow 25 minutes to every pound and 25 minutes over at the end from the time the water boils.

To Fry Beefsteak and Onions.

Have the pan and dripping very hot ; wipe the steak over with a damp cloth ; put in on the pan and fry it for 15 minutes, or longer if very thick, turning it frequently so that the outside becomes sealed and the valuable juices of the meat are kept

in. Peel and slice the onions ; put them on the pan, and fry until a light brown colour. Serve the steak on a very hot dish ; put the onions on top and pour the gravy over all.

Gravy—Pour the dripping from the pan ; pour boiling water, pepper and salt on the pan (and, if liked, a little Ketchup or Worcester sauce) ; boil up the gravy and pour it over the meat.

Note—Chop is fried like steak, but no onions are used, and from 8 to 10 minutes will be long enough to give a chop. The gravy is made in the same way.

To Make Jam Roll.

4 tablespoonsful flour ; 2 tablespoonsful chopped suet ; 2 tablespoonsful sugar ; pinch of salt ; some cold water ; jam. Chop the suet very fine ; mix it with the flour, sugar, and salt in a basin ; wet to a light dough with cold water : turn on to a floured board ; knead into a round ball ; roll into a straight strip ; spread with jam ; wet round the edges ; roll up the roll ; tie into a wet floured cloth ; put into boiling water, and boil from $1\frac{1}{2}$ to 2 hours.

Jam Sauce—2 tablespoonsful jam ; 2 tablespoonsful sugar ; $\frac{1}{4}$ pint water. Mix all the above together in a saucepan ; boil for 4 or 5 minutes ; pour round the roll when cooked.

LECTURE VIII.

How to Wash and Care Saucepans.

(1) All saucepans must be washed inside and outside, and the lids also inside and outside ; (2) Greasy saucepans must be washed with hot water and soda ; (3) Saucepans used for milk, porridge, etc., are more easily washed if cold water is put into them and boiled up on the fire ; (4) White-lined saucepans can be cleaned quite easily by using broken egg shell and salt ; (5) The frying pan must be washed inside and outside with soda and hot water, when fish or onions, etc., have been fried, but when only bacon has been fried the pan should be well wiped over with clean paper as it will not burn so quickly when next used.

Note—Always wash saucepans as soon as possible after use ; never leave them dirty over night ; always put water and a little soda into them immediately they are finished with if they cannot be washed at once ; leave the lids off to let the air to them when dry.

LESSON IX.

TO MAKE SODA BREAD—TO MAKE SODA PLUM CAKE—
TO MAKE JAM TART.

LECTURE:

HOW TO WASH GLASS AND CHINA.

To Make Soda Bread.

3 breakfast cups of flour ; 1 teaspoonful of salt ; 1 teaspoonful cream of tartar ; $\frac{1}{2}$ teaspoonful of bread soda ; some sweet milk. Mix the flour, salt, and cream of tartar in a basin ; dissolve the bread soda in a little milk ; pour it over the flour ; wet the cake to a light dough ; turn on to a floured board ; knead very well ; put a cross on the top to help it to rise. Put the cake into the oven and bake it from half-an-hour to three-quarters of an hour, until a knife run through it comes out clean.

Soda Plum Cake.

1 breakfast cup of flour ; 2 ozs. of butter ; quarter pound of sugar ; quarter pound of currants ; 2 ozs. raisins ; 2 ozs. candied peel ; 1 teaspoonful bread soda ; some sweet milk. Rub the butter into the flour ; add the sugar ; the currants (cleaned) ; the raisins (stoned) ; the candied peel chopped. Dissolve the bread soda in a little milk ; pour it over the cake ; wet the cake to a light dough ; turn on to a floured board ; knead into a round ball ; bake from $1\frac{1}{2}$ to 2 hours.

Note—If liked, the dough can be put into a greased tin and baked.

To Make Jam Tart.

Pastry—1 cup of flour ; $\frac{1}{2}$ cup of butter ; a pinch of salt ; some cold water. Rub the butter into the with the tips of the fingers ; add the salt ; wet the pastry to a light dough with a little cold water, using a knife ; turn it on to a floured board ; knead into a round ball ; roll out ; cut a strip from the edge ; wet round a plate and fasten it on ; cover the plate with the remainder of the pastry ; decorate the edges ; bake from 15 to 20 minutes in a hot oven until a light brown colour. Heat the jam in a cup ; pour it over the tart when finished.

LECTURE IX.

How to Wash Glass and China.

Glass—Wash in hot water and soap ; rinse in cold water ; drain ; dry ; and polish.

China—Wash in hot water, soap, and soda ; use a small brush for the handles of cups ; use salt and egg shell for tea stains ; rinse in cold water ; drain ; dry ; and polish.

Dinner Ware—Remove all bits from the plates ; rub the grease from them with old paper ; wash in very hot water, soap, and soda ; rinse in cold water ; drain ; dry ; and polish.

Decanters—When stained can be cleaned with bits of raw potato and warm water.

Note—Wooden tubs are safer than zinc ones, the china and glass is less liable to break.

LESSON X.

INVALID COOKERY.

BEEF TEA—OATMEAL GRUEL—BARLEY WATER—WHEY—
FLAXSEED TEA—LEMONADE—CUSTARD—CUP OF ARROW-
ROOT OR CORNFLOUR—TO MAKE A POULTICE.

LECTURE:

ON THE CARE OF INVALIDS.

Beef Tea.

Shred the beef very finely across the grain ; remove all fat ; put it into a jar or cup ; put cold water over it ; allow quarter pint to quarter pound. Put the jar aside to stand one hour, well covered, then stand the jar in a saucepan of boiling water and boil the water slowly round the jar for 4 or 5 hours until all the juice is extracted, but never let the beef tea boil. If in a hurry steep the beef in cold water for 15 minutes ; turn it into a saucepan and let the beef tea simmer very slowly for 15 minutes.

Oatmeal Gruel.

2 tablespoonsful oatmeal; 1 pint water (boiling); 1 tablespoonful sugar; wash the oatmeal; add it to the boiling water; boil from 10 to 15 minutes, or longer; strain and use.

Barley Water.

2 tablespoonsful barley; 1 tablespoonful sugar; little lemon rind; 1 pint cold water; $\frac{1}{2}$ pint milk. Wash the barley; put it into a saucepan with the sugar, strip of lemon rind, and cold water; boil all slowly for an hour; strain; add the milk hot, and use.

Whey.

$\frac{1}{2}$ pint sweet milk; $\frac{1}{4}$ pint sour milk. Boil the sweet milk; stir in the sour milk; allow all to stand a few minutes; strain, and use. Sherry, lemon juice, or vinegar can be used instead of sour milk.

Flaxseed Tea.

1 tablespoonful flaxseed; $\frac{1}{4}$ oz. liquorice; $\frac{1}{4}$ oz. sugar candy; 1 pint cold water. Put all in a saucepan; simmer slowly for one hour; strain; and use for coughs and colds.

Lemonade.

1 lemon; 1 tablespoonful sugar; 1 pint of boiling water. Wipe the lemon; peel it very thinly; put rind into a basin; add the sugar and the strained juice; pour the boiling water over all; cover and stand until cold.

Invalid Custard.

1 egg; 1 teaspoonful sugar; $\frac{1}{4}$ pint milk. Beat up the egg; add the milk and sugar; pour all into a greased cup; tie a greased paper on top; put the cup into a saucepan with a little boiling water, and boil the water slowly round the cup for half-an-hour; turn out the custard.

Cup of Arrowroot or Cornflour.

$\frac{1}{2}$ tablespoonful of arrowroot; 1 teaspoonful sugar; $\frac{1}{2}$ pint of milk. Boil the milk; add the sugar; blend the arrowroot in cold water; stir it into the boiling milk; cook all for 3 or 4 minutes; turn into a cup and serve.

To Make a Poultice.

Heat the basin very well ; pour boiling water into it ; shake in linseed meal until it forms a thick paste ; turn quickly on to a thin piece of calico ; fold it over and use.

LECTURE X.

On the Care of Invalids.

(1) Serve the food very neatly and keep everything very clean ; (2) Don't leave food lying about the patient's room, and when possible do not cook the food in the room ; (3) Give the food regularly at stated times, never keep an invalid waiting for food ; (4) Give a little food at a time ; it is much better for the invalid to ask for more than to be disgusted with a large quantity of food ; (5) Invalids are like infants and must be very carefully treated.

EXTRA RECIPES.

To Boil Sheep's Head and Make Broth.

Cut the head in two ; steep it over night in cold water ; rub it with salt to remove the blood and rinse it before cooking ; put it into a saucepan ; cover with cold water. When the water boils add some carrots, turnips, onion, chopped parsley, and 3 or 4 tablespoonsful of oatmeal blended in cold water ; boil all slowly from 1½ to 2 hours.

Stewed Liver.

Wash the liver in cold water to remove the blood ; dry it, slice it ; toss it in flour, pepper and salt. Put a little dripping on the pan, and when hot fry the liver slowly for 10 minutes ; remove the liver ; stir into the pan 1 tablespoonful flour (browned) ; ½ pint water or stock ; boil up for 2 or 3 minutes. When off the boil put back the liver and stew slowly for 15 minutes.

Stuffed Sheep's Heart.

Wash the heart well in salt and water ; cut a hole in the centre ; put in the stuffing ; tie up the heart ; roast the heart from half to three-quarters of an hour, basting frequently.

Gravy—Pour the dripping from the tin ; pour boiling water, pepper and salt on the tin ; boil up the gravy ; pour it over the heart.

Stuffing—3 tablespoonsful bread crumbs ; 1 tablespoonful chopped parsley, pepper, salt (if liked) ; a little onion ; some melted dripping ; 1 tablespoonful chop suet. Mix all together ; wet with dripping ; fill up the heart.

To Cook Dried Ling.

Steep over night in cold water ; wash and scrape it well ; put it into cold water and boil slowly for $\frac{3}{4}$ hour.

Ling Pie.

Chop the cooked ling very fine ($\frac{1}{2}$ lb.) ; put a layer of it at the bottom of a greased pie dish (remove all bones) ; then a layer of chopped onion, pepper and salt, and over all a thick layer of mashed potatoes and a few little pieces of butter or dripping on top ; brown the pie in the oven for 15 minutes.

To Cook Black Pudding.

Boil the pudding slowly for 15 minutes ; slice it and fry for a few minutes ; serve very hot.

To Fry a Chop.

Have the pan and dripping hot ; put a chop on it, having wiped it over ; turn it frequently and cook for 8 or 10 minutes.

Gravy—Pour the dripping from the pan ; pour boiling water, pepper and salt on the pan, and, if liked, a little Worcester sauce ; boil up the gravy ; strain it over the meat.

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