

A PRACTICAL LECTURE ON COOKERY.

Cooking classes are now becoming quite popular in the Eastern cities. The lecturer stands amid her materials and as she talks she actually prepares the dishes which she describes, and the class take notes upon the same. In Philadelphia, Miss Dodds has a class of this kind, and at a recent lesson she reviews certain well-known dishes and gave her ways of preparing them, some of which we quote:

Irish Stew.—Material required: 2 pounds of potatoes, 1 pound of neck mutton, $\frac{1}{2}$ pound of onions, salt, pepper and $\frac{1}{2}$ pint of water. Cut the potatoes in pieces, boil them and throw away the water. Soak the onions in water, slice them up and put them with the potatoes in a saucepan, and cook slowly for an hour and a half, seasoning with pepper and salt.

Apple Dumpling.—Ingredients used: 5 apples, $\frac{1}{2}$ pound of flour, 2 ounces of lard, 1 ounce of sugar, $\frac{1}{2}$ pint of cold water, $\frac{1}{2}$ teaspoonful of baking powder, and a pinch of salt. Pare and core the apples. Mix the lard, yeast powder, and salt. Add water, knead lightly together and cut into five pieces. Fill the core hole in the apple with sugar, wrap the apples with dough, put into a lightly-floured tin, and bake for an hour and a half.

Milk Soup.—Stock required: 2 raw potatoes, 1 ounce of lard, 1 pint of milk, $1\frac{1}{2}$ ounces of fine sage, 1 quart of cold water, pepper and salt. Cover potatoes with water, keep over until the water boils; then replace the water with a quart of fresh, adding the lard at the same time. Boil the potatoes until they are tender; pour the materials through a colander and return to a saucepan; add milk, sage and seasoning.

Macaroni and Cheese.—Ingredients necessary: $\frac{1}{2}$ pound of macaroni, 3 ounces of dry cheese, $\frac{1}{2}$ pint of milk, and a small quantity of pepper and salt. Boil the macaroni 15 minutes in water; then replace the water with milk, and boil for half an hour longer. Spread a layer of macaroni on a flat dish; add a layer of dry cheese; sprinkle slightly with pepper and salt. Continue alternate layers of macaroni and cheese until the required amount is obtained. Then place in the oven and brown for from 8 $\frac{1}{2}$ to 10 minutes.

To Boil Potatoes.—The only method to boil potatoes properly, says Miss Dodds, is to boil them until half-done, then pour off all the water, cover the pot closely and permit them to steam until quite done. Just before removing them from the stove take off the lid of the pot that the steam may escape, and the potatoes will be found to be very dry and very mealy. Young potatoes should be placed in boiling water; old potatoes in cold and boiled.

To Make Puff Paste.—To make this pastry she used one-quarter of a pound of flour, same quantity of butter, the yolk of one egg, a pinch of salt, several drops of lemon juice and a gill of cold water. The yolk of the egg, salt, lemon juice and water are mixed and then worked into the flour, thus forming a stiff dough. When this has been kneaded quite firmly, roll the dough on a well-floured board until it is quite thin. It is necessary to be particular to use the exact weight of flour and butter. The butter should then be squeezed through a towel to extract the water and milk. Having been strained, it is placed in the center of the dough, which is folded carefully upon it and again rolled out as thin as possible. It is then folded in three layers and rolled, and folded for seven times; the first three times very carefully, that the butter may not run out. Having rolled and folded it the first time, it should be laid aside for a time to cool. After awhile, it is rolled again and folded again. Between the second and third and fifth and sixth rollings it should be allowed to stand in a cool place. When it is rolled for the seventh and last time, the paste should be about a half an inch in thickness. It is then cut in circular pieces about the size of a cup, in the center of these

cakes a small, round indentation is made half through. These pieces are removed after the paste is cooked, which requires ten minutes.

Fish Cakes.—The recipe given for fish cakes included one pound of potatoes, one pound of codfish—boiled; pepper and salt, two eggs, one teaspoonful of cream, one-half ounce of butter, and a few tablespoonfuls of bread crumbs. After breaking the boiled fish into small pieces, grate the potatoes while hot upon it through a sieve; add one-half ounce of butter, the yolk of the egg, the cream, and mix all well together; when seasoned with pepper and salt, divide the mass into small flat cakes on a well-floured board; beat the whites of the eggs, and, having coated each of the cakes with it, roll them into the bread crumbs; fry in hot fat or lard for two minutes. As soon as the cakes are done place them on a piece of paper that the superfluous grease may be absorbed from them.

Dressed Boiled Fish.—Her mode of dressing any boiled fish was demonstrated with halibut. To one pound of fish she used two ounces of butter, two ounces of flour, one ounce of grated cheese, one-half pint of milk and one gill of cream. The butter and flour are placed over the fire and mixed while the butter melts. Milk is then mixed and stirred until it boils. At the boiling point add the cream, pepper and salt and cook two minutes. The bones and skin having been removed from the fish, it is cut into small pieces and then mixed into the sauce, which should remain only long enough over the fire to heat the fish. Place the whole on a flat dish, sprinkle over grated cheese or bread crumbs, add pepper and brown quickly in the oven. To boil halibut properly, she said it should be placed in boiling water, to which a tablespoonful of vinegar has been added. It should cook only twenty minutes, unless the fish is of unusual size.

Fillet of Beef and Dutch Sauce.—The beef should be cut in slices about an inch in thickness. It is then placed in the broiler, which should be lightly greased, and then subjected to the action of the fire for seven minutes, turning it but once in that time. The Dutch sauce was prepared with half a tablespoonful of cream, half a tablespoonful of water, the yolks of two eggs, a little pepper and salt, one ounce of butter, and the juice of half a lemon. The water and egg yolks are beaten well together, and the lemon juice, cream and butter, with salt and pepper, are then introduced, and the whole is whisked over a slow fire until it thickens. This, however, must not be allowed to come to a boil. When finished, pour hot over the filets of beef and serve.

ASPARAGUS PUDDING.—Mince a little lean ham very fine, and mix it with four well-beaten eggs, a seasoning of pepper and salt, a little flour and a piece of butter the size of a walnut; cut the green parts of the asparagus into very small pieces, not larger than a pea, and mix all well together. Then add a sufficient quantity of fresh milk to make the mixture the consistency of fresh butter, and put it into a well-buttered mold that will just hold it. Dredge a cloth with flour, tie it over the pudding, and put it into a saucepan of boiling water. When done, turn it carefully out on a dish, and pour some melted butter around it.

BEEFSTEAK A LA PARISIENNE.—Take a piece of rump steak about three-quarters of an inch thick. Trim it neatly, and beat it, sprinkle it with pepper, dip it in oil, and broil it over a clear fire. Turn it after it has been on the fire a minute or two, and keep turning it until done; eight or ten minutes will do it. Sprinkle with salt, and serve with a small quantity of finely minced parsley and a piece of butter mixed together, and placed over or under the steak. Garnish with fried potatoes.

TREMONT-HOUSE MUFFINS.—Four quarts of flour, one teacup of sugar, one teacup of butter, cup of yeast, four eggs, a little salt, two quarts of sweet milk; let mixture rise all night; bake in muffin rings.

FOOD AND DIGESTION.

In a lecture before the Workingmen's Lyceum, Dr. Seguin spoke as follows of food: "An ordinary meal is generally composed of five ingredients—animal or nitrogenous food, starchy or sweet food, watery vegetables, beverages and condiments. This food when digested is taken into the system by blood vessels. For persons, and especially for workmen, in this climate, meats are the most easily digested, and at the same time are the most nourishing food. Tripe is the easiest and pork the hardest to digest. Among vegetables, rice and boiled cabbage are the extremes. Anything that is boiled in fat is extremely indigestible. Milk contains the five ingredients referred to above, and so is really 'all-sufficient.' Mothers make a great mistake in trying to induce infants under two years of age to eat starchy food, for there is no alkaline fluid in the stomach of an infant by which the starch can be changed to sugar, and so infused into the system. It has been estimated that a man working in the open air daily needs 15 ounces of meat, 18 ounces of bread, $3\frac{1}{2}$ of butter or fat, and 51 of water. I agree with many eminent chemists who have proved that alcoholic drinks are an aid to the system in retarding the waste of tissues. So, too, for the same reason, I regard tea and coffee as nourishing. An excess of starchy food is to be carefully avoided. Men who handle lead ought to abstain from alcohol, for if too much is taken the kidneys, which throw off the poison of the lead, are likely to become diseased.

Nature has supplied an infinite variety of food to suit every taste and the gratifications of every stomach. "What is one man's meat is another man's poison," is an old and true saying. The whole of good health may be concentrated in the simple observation to "eat only what agrees with you." Volumes of information can give no better or other advice. No physician can prescribe a more efficacious remedy.

ASPHALT AND TIMBER FLOORS.—A new method of laying down floors has been adopted in France, and is said to have obtained a wide application. It consists in putting down a floor, not as hitherto, on joists, but in embedding the boarding in asphalt. The new floors are used mostly for ground stories of barracks and hospitals, as well as for churches and courts of law. Pieces of oak, usually 2 $\frac{1}{2}$ to 4 inches broad, 12 to 30 inches long, and one inch thick, are pressed down into a layer of hot asphalt not quite half an inch thick, in the well-known herring-bone pattern. To insure a complete adhesion of the wood to the asphalt, and obtain the smallest possible joints, the edges of the pieces of wood are planed down, bevelled toward the bottom, so that their cross section becomes wedge-like. Nails of course are not necessary, and a perfectly level surface may be given to the flooring by planing after the laying down is completed. The advantages of this flooring, which only requires an even bed upon which to rest, are said to be the following: 1st. Damp from below and its consequent rot, are prevented. 2d. Floors may be cleaned quickly and with the least amount of water, insuring rapid drying. 3d. Vermin cannot accumulate in the joints. 4th. Unhealthy exhalations from the soil cannot penetrate into living rooms; asphalt being impermeable to damp, rooms become perfectly healthy, even if they are not vaulted underneath. In buildings consisting of several stories, as in hospitals, the vitiated air of the lower rooms cannot ascend, an object which it has hitherto been impossible to attain by any other means. 5th. The layer of asphalt will also prevent the spreading of fire from one floor to another in case of conflagration.

"BARAN" said a young man the other day, to a lady of that name, "why don't you wear earrings?" "Because I haven't had my ears pierced." "I will bore them for you, then." "I thank you, sir; you have done it enough."