

RECIPES.

WHITE SOUP.—This soup is usually made from the white meat of chicken, or from veal; but an excellent white soup of vegetables may be made from the following receipt: Take six potatoes, four onions, four ounces crushed tapioca, a pint and a half of milk, butter, pepper, salt. This will make two quarts of soup. Cut up the potatoes and onions and put them into two quarts of boiling water; boil for three-quarters of an hour; rub the vegetables through a sieve; put back the potato-paste into the water again, add butter pepper and salt to taste; then boil the four ounces of tapioca for fifteen minutes in the soup, add the milk, and when fully heated through, serve. A little sweet marjoram or sweet basil, with a dash of nutmeg, adds to the delicate flavor of this nourishing soup.

SOFT-SOAP.—Put one and one half pails of lye that will bear up an egg into your soap barrel and to it add eight pounds of melted grease, free from sediment. Thin with weak lye as it is obtained from the leach. Stir occasionally. It should thicken and be ready for use in two or three days, providing the weather is warm or the barrel stands in a warm place. This method makes very good soap, and it is a saving of time, strength and fuel, which is sufficient to justify one in throwing away the scraps, which may not be quite so thoroughly "tried out," as in the old method. As to the scraps, the best use they can be put to, is to throw them to the hens,—they will repay you.

MOUNTAIN CAKE.—To the yolks of five eggs, well beaten, add one cup of sugar, one half cup of butter, one half cup of sweet milk, one teaspoonful ground cinnamon, one grated nutmeg, then the whites of two eggs, well beaten, one and a half cups of flour, having in it one measure of baking powder, bake in jolly cake pans, when cold spread each layer with an icing made of the whites of three eggs, beaten stiff, and one and a half cups powdered sugar.

STEWED CHICKEN.—Put in a saucepan a piece of butter the size of a walnut, dredge in a little flour, set on the stove and stir till smooth and a little on the fry; add a very little water, let it cook a trifle more, then put in your chicken that of course has been washed and cut up, stir it all round slowly, then dredge in a little more flour and pour in a little more water, cover up and stew, occasionally adding more water as required, but not too much at one time. Let it be well done before dishing.

ROSKS.—One quart of light bread sponge, two cups of sugar, one-half cup of shortening, and a beaten egg. Make into a soft dough. When very light, roll out an inch thick and cut into rounds. Let rise again and bake in a moderate oven—a heat that will not form a hard crust at top or bottom. These are very nice with coffee or tea. When stale, split them, toast slightly, butter, and eat at once.

TO JUG BEEFSTEAK.—Cut a piece of beefsteak in nice square pieces, roll them round your finger; take a deep stone jar, pile the rolls one above the other, add two whole onions, one glass of port wine, pepper and salt to taste, a few pepper corns, but no water; cover close, put the jar in boiling water, and steam till tender. This dish resembles jugged hare.

VEAL SAUSAGE.—Take fat bacon and veal in equal quantities, with a handful of sage, a little salt pepper, and if at hand an anchovy. Let all be chopped and beaten well together, floured, rolled and fried. Veal sausage are better used for persons whose digestion is not very strong than those made of pork.

SOFA CRACKERS.—Fourteen teacups of sifted flour, half a cup each of butter and lard, two cups of milk or water, two teaspoonfuls of cream-of-tartar, and one of soda. Mix; do not pound; roll thin, cut into squares, prick with a fork, and bake in a moderate oven.

THE FLOURING INDUSTRY OF THE PACIFIC COAST.

We trust our friends will find the following items of information not only worthy of careful perusal, but preservation for future reference. Much pains have been taken to arrange them in a clear, concise, and connected manner. Our readers will find them historical, in many respects, as well as statistical. Many facts are brought to light not generally understood by the people at large, while we doubt not that manufacturers and dealers themselves may read the whole statement with profit and pleasure. For the fund of information contained in the article, we are indebted to Horace Davis & Co., of the Golden Gate Mills, of San Francisco. These gentlemen stand in the foremost rank among the flour manufacturers of the Pacific coast, and are doing much to add strength to the great thrives of our rapidly growing commerce.

During the past four years there has been a marked revolution in the flour manufacture of the East. It was formerly supposed that the most economical and satisfactory way of reducing wheat to flour was to crush the grain between the stones, remove the bran, and pulverize the middlings at the same time. By this simultaneous operation, all the dirt upon the wheat, all the bran and the germs, pulverized by the stones, were necessarily incorporated in the flour. It was found that the wheat grown about Minneapolis, when treated by this method, could furnish but a second grade article of flour, although it was capable of being made into the best of flour when differently handled. The old treatment is known as the "low grinding" method. It was only when "high grinding" was introduced that Minneapolis began to recognize the value of her wheat and her water-power.

The phrases "patent flour," "middling purifiers," and "gradual reduction," now so familiar to millers, were there brought to public notice through elaborate experiments at Minneapolis. Their flour at once monopolized the markets at fancy prices. Those who utilized winter wheat, realizing that this system could not redound to their advantage as it had done to their Minneapolis friends, were slow to adopt the plan in their own mills. In the end it prevailed, however, and now but few mills at the East pursue the old style of manufacture. Doubts similar to those entertained by the winter wheat men prevailed here in California. Our millers, although they eagerly watched the contest between the two systems at the East, were doubtful as to whether the strife would ever reach this coast.

There are certain differences in the characteristics of wheat, which prevent the advantages accruing to the patent plan at the East from ever being realized here. And yet, there has been a steady progress in our own systems, and in the same general direction as those in the East. Such mills in this State as make high grade flour, have introduced purifiers, and very much improved their manufacture. These changes have not been in the direction of economy, and it has required faith on the part of our millers that good work would eventually justify them in risking heavy expenditures.

The white skin of California wheat, when pulverized in the flour, is not so conspicuous, nor does it injure the flour like the skin of the Eastern wheat. Hence, the differences between poorly and well made flour are not clearly marked here as there; nor do the prices obtained for a choice article here rise so high, relatively, as at the East. The encouragements for good milling is, therefore, materially lessened. Nevertheless, our people have not remained inactive. On the contrary, many of the better mills have been substantially modified within a few years past, resulting in a great improvement of their high grade flour. The number of patented machines, methods and processes which have sprung up during this activity enables the miller to exercise his judgment as to what best subserves his purpose.

Besides the common millstones, Eastern manufacturers are using "roller mills," in which the grain is crushed between chilled

iron or porcelain rollers, either corrugated or smooth. Chilled iron disks are also operated like mill stones, for which inventors claim great advantages. Whatever method is used, economical milling demands middlings purifiers for removing the dust from that portion of the middlings which escapes the crushing process, and the patents on these devices are legion. It will readily be seen that it is no easy task for a miller to substitute a new method for one which he has used for a term of years. No one change can be made without entailing others; and yet, these machines have steadily crept into our mills in the face of a general disbelief in their being adapted to California wheat. Middlings purifiers of the most approved patterns are to be found in all our best mills, while rollers have been used in a few instances for some years. Money has been freely spent in striving to determine how far Eastern experience has been of value to us, surrounded as we are by so many essentially different circumstances. These experiments are not as yet conclusive, but their effect will tend to the improvement of our brands.

While this struggle has been going on within the walls of our mills, a change has manifested itself in one of two great markets for California flour. Heretofore, Hongkong has been a sort of reservoir into which all our offal and low-grade flour has been poured, and highly advantageous prices have been realized. But greater familiarity with the use of flour, on the part of the Chinese, has resulted in a nicer discrimination, and that market now readily absorbs higher grades at remunerative prices, while low grades assume a similar position to that which they occupy in our own markets. The good prices paid for high grades in China is a standing encouragement to our millers to improve their brands; and it may safely be asserted that Hongkong, so far as its capacity goes, will continue to absorb the brand of any mill which may choose to maintain its uniformity of excellence.

There were exported from New York, in 1880, 4,176,839 barrels of flour, and 560,770 barrels from San Francisco. Liverpool absorbed the greater portion shipped from New York, and 166,201 barrels from San Francisco. Were it not for the uncertainty introduced into the calculation by ships' charters, which, during a scarcity of vessels, uses up all the margin of profit between San Francisco and Liverpool prices, there might be some hope for this trade. But it must remain speculative until the day when regular packet lines, with regular freight rates, shall be permanently established.

The nomenclature of the grades of flour have been somewhat modified by the new methods of manufacture in the East. Patent flour, in the sense in which that term is used, is made exclusively from the best purified middlings; and in its manufacture, the primary effect is to convert the wheat into middlings, and not flour, the process of pulverizing into flour being reserved for a second treatment after the dust shall have been removed from the middlings. "New process" flour is another term sometimes used. This refers to the process by which the flour is made, and the intention is to convey the idea that the article thus produced is really a "Patent" flour. "Granulated" is another term. "Patent" flour is generally granulated. The better flours of the "Washburn Mill" and the "Crown Roller Mill" are very coarse and sandy. Hence, the general impression would be that a granulated flour would be a "patent" flour. There is little justification for the use of these terms or brands from manufacturers now or heretofore on this coast. There are many brands in which the proprietors take pride, and which, measured by the grade, may answer to the quality designated by the above phrases; but our millers have not as yet been converted to the new process, and they hesitate to revolutionize their machinery to the extent demanded by the new process. Hence, one who is disposed to carp at trifles might ask if they mean the same by these terms that an Eastern miller would imply by their use. If so, their use is not fairly justified in brands on this coast.—Exchange.