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# A-14 Cist Charles H. Taylor, mar 23, 1928

## OUR HOME ON THE HILL-SIDE,

Is a Health, or Hygienic Institution, located in Dansville, Livingston Co., N. Y. Ita object is to restore the sick to health by means of the agencies provided by God for the preservation of health, such as pure air, pure water, sun-light, sleep, proper clothing, judicious exercise, healthful food, pleasant social influences, &c., excluding all poisonous drugs, and all other means and agencies, which in their nature tend to injure persons in health if used by them; and also to so instruct them in regard to the Laws of Life, and Health, as that they may not again be liable to take on the diseases which are every where so prevalent, and which to a very great degree, are the result of false habits of living. It is also a place much resorted to by persons who are not sick, but who desire to become familiar with the philosophy of life taught here, that they may regulate their households upon a plan, which is in accordance with the laws of the human organization, and thus preserve them in the enjoyment of good health.

There are during the whole year from seventy-five, to a hundred and fifty invalids, wider treatment, in the Institution. Many of these resort hither, after having been sich for years, and after having tried, without benefit, all the common methods of treatment of disease. Many of them are very feeble, and many of them have been given up as hopeless, by their former physicians. They come here with every form of Acute, and Chronic disease, common to this latitude. They come from far, and near, from every part of our own country, and from Canada; and it is not too much to say, that ninety-five per cent of all who visit this establishment, are either entirely cured, or so much benefitted as to be perfectly satisfied with their improvement. The proprietors feel confident that they are justified in recommending the practice here pursued, as well adapted to the case of every invalid, whose vitality is not so far exhausted, as that life must necessarily soon come to a close. The location is as favorable for an Institution of this character, as can be found in this country. The scenery is exceedingly beautiful. The country around abounds in most delightful drives, and walks. The water is soft, pure, and abundant. The air is salubrious. The climate is mild and healthful, and all the fruits of this latitude, grow here in abundance. The pleasant and thriving village of Dansville, with its numerous churches, and stores, its flourishing Seminary, its telegraph, express and livery facilities, &c., is so near as to have its centre of business reached by a moderate walk of fifteen minutes, and yet is so far away as to leave the Institution, and its surroundings entirely free from its moise, confusion and dust. The house is large, airy, well ventilated, and is kept clean and nice, and in the best order, in all its departments. It is generously supplied with workers, who are carnest, faithful, and devoted to their business. Its Physicians mingle daily with the patients, looking carefully after the conditions of each case, and tre

The attractions of the Institution have been added to by the erection of an elegant Hall sixty feet long by thirty-two feet broad, and eighteen feet high, (opened on the 1st of Feb., 1864, to be used for all assemblies of the patients for religious meetings, lectures, smusements, &c.

A new and very fine Hotel has also been built at the foot of the hill, about twenty-five rods below the Institution, for the accommodation of the many visitors to the place. It is very pleasantly located, and is under the excellent management of Mr. and Mrs. Henry A. Brewster.

The physician-in-chief of Our Home is

## JAMES C. JACKSON, M. D.,

widely known for his great ability as a public speaker and writer, and for his remarkable skill and success in the treatment of the sick.

Associate Physicians. { HARRIET N. AUSTIN, M. D., F. WILSON HURD, M. D., MRS. MARY H. YORK, M. D.

Circulars of the Institution, or any information desired in regard to it, may be obtained by addressing, James C. Jackson, M. D., Miss Harriet N. Austin, M. D., or F. Wilson Hurd, M. D., and enclosing stamp to pay postage. Either of these physicians may be consulted by letter, also, by the sick who are unable to attend the Int. Auttion. Fee for full preserve ion \$5,00.

HARRIET N. AUSTIN, M. D., F. WILSON HURD, M. D., MRS. LUCRETIA E, JACKSON, JAMES H. JACKSON,

Proprietors.

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THE

## HEALTH REFORMER'S COOK BOOK:

OR

# HOW TO PREPARE FOOD

FROM

GRAINS, FRUITS AND VEGETABLES.

BY MRS. LUCRETIA E. JACKSON,

OF OUR HOME ON THE HILLSIDE,

THE LARGEST HYGIENIC WATER-CURE IN AMERICA.

DANSVILLE, N. Y.

F. W. HURD & CO., PUBLISHERS.

OFFICE OF "LAWS OF LIFE."

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# COOKERY

## BREAD.

Or the various kinds of food eaten by man, none is more important than bread. It has been aptly called "the staff of life." To know of what material to make it, and how, when made, to have it most nutritious, constitutes one of the highest accomplishments in cookery; for, with us as a people, and, in fact, with all civilized peoples, bread is the most essential staple of all the articles of diet. True, with many peoples, a great deal of flesh meat is eaten; and animal food is supposed by them to be necessary to their best sustenance. But I doubt if there is a civilized nation whose inhabitants, were the alternative absolutely presented to them of abandoning the use of flesh meats or giving up entirely the use of bread, would hesitate for an instant as to the choice to be made. However much they might like flesh meat foods, and, in ordinary circumstances, might declare that they could not live without meats in daily use, under such circumstances as I have supposed, they would give them up and retain the use of bread. If I am right, then it certainly can not be deemed of little interest how so essential an article of food is prepared.

Just by what process the art of making bread has reached its present point, I have no data at hand to enable me to determine. As far as we can get at the facts on the subject,

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the original way of preparing the grain and making and baking it into bread was, like all the other domestic arts, very simple. The first thing to be done in the way of preparation of the raw material is to make it into meal or flour. In oriental countries, where the population in the earlier periods of the world was nomadic or pastoral, the tribes or nations not living in fixed habitations but in tents and moving from place to place, it can readily be seen that they could not have had any very elaborate methods for preparing the raw material for bread, or for cooking it when prepared. Their plan, therefore, necessarily involved great simplicity and directness. In many instances the process of grinding was of the simplest form, such as, in some cases, putting the grain into a bag and pounding it between two stones; in others, as with the aborigines of our own country, that of hollowing out wooden troughs or mortars and then pounding the grain with a pestle. Whatever the particular methods of getting it so that it could be readily cooked, the process whereby this was done was crude. If bread was to be made, the flour was wet with water to a certain consistency, and then baked in the ashes or placed in some rude utensil and cooked before the fire. If food of a softer consistency than that of bread was to be made, the meal was stirred with water and the mixture boiled over the fire. Bread and pudding composed the chief or essential articles of food made out of grain by all people primitive or patriarchal in their habits of life.

As civilization advanced and men began to live in communities, with fixed or permanently built dwellings, cookery, in its development as an art, kept equal pace with other domestic arts, and, by and by, the making of food out of grains assumed a more complicated and varied order. To the degree that it did so essentially, was the departure from the original style of cooking a mistake, and one which has been fraught with incalculable injury; for so far as the various grains are, by their constituent properties, fitted to serve the purposes of human food, it is strictly true that the methods of preparing them so that they shall serve such purpose in the best degree, are few and easy of accomplishment.

Of the various grains out of which bread is made, there is no other which, by the elements that make it up, is so well adapted to subserve human uses in the highest degree, as WHEAT.

Indian corn is next to it; and, with many persons, may be considered equal. I do not think so myself, although in the United States it may be so regarded, because the proportion of soil therein, fitted to raise corn, is greater than the belt of land on which wheat can be profitably grown. This is a point of considerable weight in determining the respective merits of the two grains as human food; for, while there can be no question as to the merits of the two articles as food for man, other things being equal, the extent of land on which they can be raised, and the comparative cost at which they can be produced, enter essentially into the account which of the two is the profitable article. Setting aside every consideration but that of abstract fitness for food, of grains, wheat is much superior to any other. In respect to the way in which this can be wrought up into food of the best kind for human use, it may be said that the forms for preparing it are not intricate, and in respect to the making of it into bread, the simpler the better. In no way can it be prepared so as to make it into bread of the best kind (if by best is meant the qualities of relish and nutrition combined) which does not traverse the common or ordinary methods adopted by civilized peoples. To a large degree, with them, in making wheat into bread, they change its proximate elements:

1st-In the grinding of it, by separating the bran from the flour; and,

2d—By subjecting the flour, previous to baking, to the process of fermentation.

These courses have been pursued so long as to establish a morbid appetite or taste in their favor, and to the prejudice of Nevertheless, if human health is to become a matter of conscientious consideration, the question of bread-making will assume great significance. As far as I have been able to investigate and get at the causes of human diseases, I have found that, of those which lie within the sphere of dietetics, none operate with more certainty than that of eating unhealthy bread made of wheat. Much as I deprecate the use of flesh meats, and frightful as is the list of diseases directly attributable to such use of these as the people of the United States are accustomed, I am sure that a very large class of diseases arises from the use of fermented, superfine wheat bread and the other preparations made of bolted wheat flour. It is not that the wheat in itself is unhealthy, but that it is made so by methods of preparing it for use as food.

In the first place, a great error is committed, and by it a great evil is set at work, in the separation of the bran from the flour. Chemistry, in its later researches, has demonstrated this beyond all question. It is said that one constituent element which the grain contains in its natural state, and which is very necessary to the sustenance and healthy condition of the brain and nervous system at large, is contained altogether in the bran, or in that part of it which modern cookery refuses to use. That constituent is *Phosphorus*.

If it be true that the brain and nerves, in proportion to their whole bulk, contain more of phosphorus than any other structures of the body; and if it be admitted that the natural and legitimate method of furnishing this to them is through the food and not through any process of introduction of it into the circulation by giving it as a medicine, pure and simple (which is the way many doctors have of administering preparations of iron, potash, soda, and common salt), then the folly of so preparing wheat for food as to take away from it that portion of its substance which alone contains phosphorus, can be readily understood. I am disposed to believe that

one reason why persons who work much with the brain think it necessary to take stimulants and excitants to the nervous system in order to keep up their nervous energy, is that their staple articles of food, amongst which are bread and flesh meats, do not, as they have them cooked and eat them, contain a sufficient amount of phosphorus to keep them sufficiently energized. Lacking this, they feel compelled, under a sense of nervous debility, to resort to unnatural vital excitants. My justification for such surmise is found within the limits of my own observation as exhibited in my professional practice. I have noticed that old meat eaters, tea and coffee drinkers, pork caters, tobacco chewers, spirituous liquor drinkers, and opium eaters, who, under the use of one or more of these excitants to the nervous system, have come at last to find little or no service from them in rousing up the nervous energy necessary to enable them to think or to execute thought, or to work with their bodies vigorously and successfully, and who, upon coming into our hands for treatment, show great debility of brain and of body, generally rally better upon a diet consisting of unleavened bread and Graham pudding, caten with a moderate quantity of good cows' milk and some sub-acid fruit, than upon any other kind or kinds of food that we can furnish. In many instances, where such deprivation of the system exists as to show great debility of the assimilative or blood-making organs, the person having become very thin and skeleton-like, with corresponding loss of mental energy, a change of diet, such as I have described, together with other hygienic agencies in combination, has worked most marvelous effects.

The majority of our patients since we came upon this hillside have been persons who, amongst other morbid conditions which they showed, have manifested loss of flesh and diminution in weight. This particular symptom has uniformly been one to which their own attention has been specially directed, and which they have tried, by every expedient, to change for the better. In no way have they tried it more than in and through the use of stimulating and exciting foods and drinks and medicines, of which the chief have been flesh meats, alcoholic liquors and various preparations of iron. While, under the persistent use of these, they have failed to gain flesh and strength, but, in most instances, have continued to lose it, upon being put under our regimen, their food consisting largely of unleavened bread and Graham pudding, with a little milk, and only the moderate use of fruit and vegetables, they have, sooner or later, overcome the tendency to loss of flesh, and have gained in weight, bodily strength and mental vigor, and have gone home more than satisfied with their progress.

We are laughed at as "bran-bread eaters." But I say "let those laugh who win.' So long as such results follow the use of bread made out of unbolted flour of wheat, I may be excused for advocating its use and deprecating the habit common with our people of separating the bran from the flour and giving it to the pigs.

Latterly I have picked up in various medical journals, articles going to show the beneficial effects of the use of wheat bran in the treatment of certain diseases. Thus, a distinguished English physician, within a year or two, came out with the statement that, in the treatment of diabetes the use of flesh meats has proved a failure, and that he has succeeded in some of the worst cases that he had ever known, by feeding the patient exclusively on bread made of wheat bran.

A French physician, whose name at this moment has gone from me, has stated, within a year I think, that the most inveterate case of dyspepsia, connected with piles, which he had ever known, had been cured by putting the patient upon a food of which bran of wheat was a large constituent.

I have somewhere read of a German physician who says that one of the best remedies he ever tried for arthritic rheumatism, was an infusion made by pouring boiling water upon wheat bran, then stirring it, letting it stand until cool, and then having the patient drink largely of it. I know, from my own experience, that one of the very best reagents to that condition of the bowels termed chronic diarrhoa, is a gruel made of wheat bran and soft water, strained through a fine cloth, and drank largely.

I do not wish to make out of wheat bran more than it is entitled to. But when I remember the thousands on thousands of persons who have applied to me, either by letter or in person, to assist them in overcoming unconquerable constipation of the bowels and morbid conditions immediately consequent thereupon, declaring that they had tried every thing, almost, for their relief and it had amounted to nothing, and who, by accepting at my hands such a course of treatment as I have prescribed, including as it always does the use of unbolted wheat meal bread and of Graham pudding, or Graham gruel, and have thereby been cured, some in two or three days, some in weeks, and almost all of them in the course of a few months, I do not think I over-press the matter of injury to our people from the use of bread made of bolted wheat flour, or the benefits that would result to them from the use of bread made of unbolted wheat flour.

But, as if a departure from the right way in the making of wheat into flour for bread was not sufficiently injurious, our people almost universally add to this ill way of making flour, the further folly of fermenting it previous to baking. What infernal spirit ever fixed the idea into a human mind that the process of decay of wheat meal, improves its quality as an aliment, I am not able to say. If I could find him out, and have charge of his punishment, I would have him "lashed naked round the world." All food, no matter of what substance it may be made, is injured in its usefulness to the degree, that, in its preparation, its proximate elements are changed. If these are such that, in order to be fit for use, they have to be changed, then they can not rank high in the scale as articles of food. To the degree that elements co-exist in any sub-

stance so that in preparing them for use they have not to be disturbed, is the food fit for use? Fermentation necessarily changes these, in fact introduces new elements and makes the combination different from what originally existed.

Suppose a man should undertake to alter the constituents of atmospheric air, and instead of breathing such a proportion of oxygen and nitrogen gases as makes it up, should diminish the nitrogen one half, substituting oxygen therefor, or should diminish oxygen one half and substitute carbon! If persons were educated thereto, they might ultimately prefer it to atmospheric air. Yet the preparation would not be the less injurious by reason of this preference. No chemist or doctor, however scientific, can alter the constituents of atmospheric air and have the system not injuriously affected under the change.

God has acted just as wisely as He could in the preparation of substances for our food. Whenever a substance, in its entirety, from cuticle to germ, shows that any of its parts contains elements necessary to human use, the combination of these will be found in the proportion in which they are necessary. In getting such food ready for the table, we must not disturb that combination, if possible to avoid it. If we take out one of the elements we lessen the value of the remainder. Now bran, unlike the chaff of wheat, is a part of the kernel, and contains its proportion of blood-making constituents. To throw it away, is to break up the entire relations of the parts used, to each other, and to re-combine them under different equivalents, and make the substance called bread as different from what it would have been, if made as we make it, as chalk is different from cheese. When such bread is eaten, it can not supply the wants of the general system as thoroughly as unleavened bread can. Hence, where it is eaten as a staple article of food, a mixed diet becomes necessary. All this only complicates the whole sphere of food preparation, adding largely to the labor, and greatly exposing the vital organs to functional disturbance.

I suspect, but do not wish to assert with too much positiveness, that the deficiency will be found to consist in the failure of such bread to furnish the nervous matter of the body with proper nutriment. At any rate, such is my faith in the correctness of this view, and such the earnestness of my conviction that habitually to use fermented bread made of bolted wheat flour, would be to impair the integrity and energy of the nervous system to such a degree that, in the long run, under the labors to which I am subject in the direction of intellectual task-work, I should come to feel that I could not perform it without a resort to adventitious and factitious means of excitement, that I will not use it.

JAMES C. JACKSON.

#### Wheat.

It is indispensable to success in making good unleavened bread, that the material of which it is made be of good quality. We take pains to get the best white or red winter wheat, have it well cleaned and finely ground by a miller whom we have well instructed in the art, and who brings it to us fresh every week. It should never be sifted. It is supposed by many, that the bran of wheat and other grains is only useful in food to increase its bulk and act as an excitant to the digestive organs; but this is far from being true. It is demanded by the system for nourishment. The bone-and-muscle-making properties lie almost wholly in the bran, and growing children deprived of it, cannot be as well developed as when fed on flour, which, containing the bran, furnishes the materials for bones and muscles as well as nerves.

The proof of the truth of this view, can be found in an artiicle written by J. C. Nichols, M. D., editor of the Boston Journal of Chemistry and Pharmacy, in which he states that many poor persons who, during the civil war, were unable to purchase meat, lived largely on bread made of fine flour, with vegetables,

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and nearly starved to death, who might have been kept vigorous and healthy if they had known enough to have eaten their bread made of unbolted wheat flour.

This statement of Dr. Nichols accords exactly with professional experience in Our Home.

## Patent Bread Pans.

These are made of cast iron, and contain, in a set, about a dozen cups, each holding a cake. The cakes can be baked in tin patty pans, fastened together, a dozen in one set. But the iron pans are greatly superior. They should be set upon the stove and made hot and rubbed with the slightest quantity of fresh butter, before the batter is dropped in.

## BREADS.

#### Graham Biscuit.

Stir, with a spoon, tepid water into Graham flour until stiff enough to form into a dough as soft as can be kneaded: roll out when sufficiently kneaded to be well mixed, and cut into cakes three quarters of an inch in thickness. Lay them on baking pans, so they will not touch each other, and bake in a quick oven, letting them remain long enough to become brown and crisp, which, with a good heat, will require about twenty-five minutes, or taking them out when just done through, as one prefers; if not sufficiently baked they will be heavy on the bottom. Put them on a grate or colander to cool, that they may not steam and become heavy.

### Graham Drop Cakes.

Taking into account the time and labor required in making, the care and apparatus needed, and their lightness and tender-

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ness, these cakes must be considered the best form of family bread.

Stir Graham flour into soft cold water, making a batter a trifle thicker than for griddle cakes. The exact proportions cannot be given, as flour will swell more at sometimes than at others. Drop from a spoon into the cups of the bread pans, which are already heated, and bake in a hot oven. Take them from the pan as soon as they are done and arrange them on plates, taking care that no weight rests upon them to make them heavy.

Both Graham biscuit and drop cakes, after standing two or three days, are made as good as new by dipping in cold water and setting in a hot oven a few minutes, or steaming over boiling water.

As a general thing the best time for baking all these unleavened cakes, is in the morning when the stove is just cleared of its ashes.

If one can command the time and strength, all cakes of this kind are made lighter and more delicate by being beaten ten or fifteen minutes while mixing the batter, but it is not necessary in order to have good bread.

#### White Drop Cakes.

Fine wheat flour made into a batter with water, or with milk and a little cream, and treated in the same way, except the oven need not be quite so hot, makes very nice breakfast cakes. One egg beaten and mixed with a pint of milk may be used instead of milk and cream.

## Rye Drop Cakes.

Stir rye meal or flour into milk or water, making a batter stiffer than for wheaten cakes. These are a little liable to be heavy, but with a good hot oven and a little care in handling, they will be light, and furnish an agreeable and wholesome variety to the table.

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## Rye and Indian Drop Cakes.

Mix together two parts rye meal and one part Indian meal, with cold water, until it is as stiff as can be easily stirred with a spoon; stir the batter until it grows creamy, which requires a strong hand, ten or fifteen minutes. Drop into the hot pans, filling them full, and bake in a moderately heated oven, thirty or forty-five minutes. These are excellent cakes.

## Corn Drop Cakes.

Mix corn meal with boiling new milk, until you have a thick batter; put in the patent pans at once and bake fast for twenty or thirty minutes.

Some people think corn cakes of all kinds are more palatable and more easily digested if the meal is mixed the night before and allowed to stand all night before baking. When this can not be done, scalding answers nearly the same purpose. It takes out the strong taste of the meal, which some dislike.

Corn drop cakes are also good made in the same manner as the Graham cakes. Some would prefer them wet with sweet milk instead of water. Corn meal batter can also be baked in cards in large tins, as it is in its nature friable, but wheat flour or meal, in order to be light, needs to be baked in a cup that will hold enough to make it the size of a common biscuit.

#### Journey Cakes.

Mix Graham flour with milk and sweet cream and sugar. Roll thin and cut in cakes like cookies.

#### Journey Drop Cakes.

Make a batter of Graham flour and water as described above, and stir in stoned raisins, dates, chopped figs or fresh berries, such as whortleberries, blueberries, raspberries or dried berries, stewed in water and a little sugar, or apple sauce or chopped fresh apple. A little sugar may be added when acid fruits are used.

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Another very nice form of cake is made by mashing the ripe pulp of peaches, pears or apples, making it into a dough with Graham or other flour, and baking either as drop cakes or card cakes or cookies.

## Old-fashioned Johnny Cake.

Put Indian meal in a pan and stir in boiling water or milk, making a rather stiff mixture. Put this into common baking tins, heaping up a little more than level full. Bake in a hot oven, or it may be baked on a griddle on the top of a stove about half an hour, taking care it does not cook too fast. It must be turned once. The same may be baked in iron baking pans.

## Older-fashioned Johnny Cake.

Take finely ground, sweet, fresh Indian meal and pour water on it from the hissing spout of an iron teakettle, hanging from the hook of a crane in an old fashioned fireplace, stirring with a spoon to a pretty stiff mixture. Wet a smooth board, kept for the purpose, in cold water, or grease an iron spider and spread the cake upon it about an inch thick. Prop it up with flat-irons before the glowing coals, a little distance off at first, that it may have time to cook through before it is too, much browned, and nearer at last, turning it when the front is browned. It will be nicely done by the time the potatoes are boiled and the gravy made and the table set for breakfast.

## Pumpkin Johnny Cake.

Stew and strain some pumpkin, stiffen with Indian meal and bake in a hot oven. Or mix meal with stewed or grated apple. If sour apple is used add a little sugar. The same may be baked on a griddle.

#### Snow Cake.

To one part Indian meal, use two parts dry snow; or, if the snow be moist, equal parts of meal and snow. Mix well, out of

doors or in a cool room. Have the baking-tin full and place immediately in a very hot oven.

## Corn Drop Cakes with Sugar and Eggs.

Beat two eggs with a tablespoonful of sugar, add a pint of milk and stir in corn meal, making a thin batter. Bake in patent bread pans.

#### Indian Card Cake.

Make a quart of milk scalding hot; stir into it a pound of good Indian meal; after it is quite cool, add four well beaten eggs and one teaspoonful of wheat flour. Bake in a quick oven.

### Rye Rolls.

Mix rye meal with milk or water, stiff enough to form a dough that can be rolled under the hand. Sprinkle the rolling-board with meal, and with the hand roll lumps of dough to about an inch in diameter. Cut into lengths of about three inches and lay on baking-tins so the rolls may not touch each other. Bake in a quick oven. These are very excellent cakes for invalids

#### Good Brown Bread.

Take hot water, though not scalding, and stir into it corn meal until it is about half thick enough for a good batter; then cool it with cold water and make a thick batter by adding Graham flour; after which give the whole a good stirring and put into pans two or three inches deep. It is better to let it stand an hour or so, then put it into a hot oven and bake steadily two hours and a half. Take it out and cover with thick cloths for an hour or two and it is ready for the table. It is also good cold. When rightly prepared, it is light enough, tender, moist and sweet.

## New England Brown Bread.

An excellent article of bread for common family use is made by beating or mixing together with water, equal quantities of

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rye and Indian meal, to pretty firm consistence, and kneading it until the dough cleaves from the fingers. It may stand several hours or all night, and then be baked in loaves, in a moderate, steady oven about three hours, or much better be steamed two or three hours in a steamer, or by setting the pan, covered tight, in a kettle of boiling water and then set in the oven to be baked one hour. This prevents a hard crust from forming. If to be baked, smooth the top with the hand wet in water, until it shines. This also prevents a thick crust. If baked late in the day, it is improved by standing covered in the oven all night or until the oven cools. It is improved by mixing with it one third stewed and strained pumpkin, or by mixing it with water in which winter squash has been boiled.

In some parts of the country this is the staple article of bread, and is made without yeast when all other kinds of bread are thought to demand it.

On Cape Cod the housewives have a fine sieve through which the finer part of the meal is sifted, that being used for baked pudding; the coarser being used for bread makes it more porous. It is well to lay it lightly into the baking pan so as to retain as much air in the dough as possible.

### Scalded Drop Cakes.

Some people make wheaten drop cakes in this way, and they are certainly very eatable. Make a thin Graham pudding; into it when cool stir bits of stale bread previously soaked soft in cold water; stiffen it a little more than for common cakes with wheat meal, and drop the patty pans full from a spoon. These need the hottest oven, and are more tender and sweet than the other drop cakes, and make a pleasant variety.

#### Oatmeal Crisps.

Mix and knead well together, nicely prepared oatmeal and water into quite a stiff dough; mould on a board, roll into thin sheets and cut into any form desired; lay in baking pans and bake about fifteen minutes in a quick oven. These are best

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when fresh from the oven. This is a very favorite cake with the Scotch people, who can get a superior kind of oat meal. They let it remain in the oven and get quite hard, thinking it sweeter and more digestible.

All other kinds of meal and flour can be made into crisps or wafers in this way, and are excellent.

### Strawberry Cake.

Make a dough of sweet milk and cream and Graham or white flour, bake as a crust on two pie plates in a quick oven; lay the berries on one, strew over sugar, lay on the other crust, press them slightly together; let it stand an half hour or so and it is ready for the table.

#### Rusk.

The various kinds of bread described above, when broken, or so old as to be dry, are excellent made into rusk. Dry them thoroughly in an oven, break in a mortar and grind coarsely in a coffee or hand mill. Eat in milk after soaking a little while, or soak in hot water a few minutes, and eat with milk gravy, cream or a little sugar.

## PUDDINGS.

Graham Pudding,
THE STANDARD, EVERY DAY PUDDING.

Stir slowly into fast boiling water, sprinkled from the hand, sufficient Graham flour to make a thin pudding. Let it boil five or ten minutes, and it is done. If set away from the fire a few minutes before taking up, it will cleave readily from the kettle, leaving it more easily to be washed. Very much depends on the manner of making; as from the same materials a most delicious dish may be made, or one not fit to eat.

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The pudding left from one meal is allowed to cool in the table pudding dish—generally an oval dish—and inverted on a platter of same form, for next meal. Any of this that may be left can be dissolved in the water in which the next pudding is to be made, and so made over, or, a better way is to brown slices of it on a griddle.

#### ANOTHER WAY.

Mix part of the flour for the pudding into a smooth, thin batter with cold water, which pour into boiling water, taking care that so small a quantity is poured in as shall not stop the boiling; a part may be put in first, and when it boils up again put in the remainder. If the meal is not scalded when it first goes into the hot water, no amount of after cooking will save it from tasting raw. This is a little easier made, but the first is surer.

#### Cracked Wheat.

A very good food for well persons who like it, but not so easily digested by weak stomachs. Take clean, plump winter wheat, or if this is not to be had the best that can be obtained. In five quarts of boiling water stir one quart of the grain and boil moderately for four or five hours; stir occasionally to prevent burning. It is better to cook in a double boiler so as to run no risk of burning it.

Just before taking up, while yet cooking, stoned dates or nice apples thinly sliced, or fresh berries may be added, stirring as they are dropped in. This adds to the flavor, and does away with the necessity for salt or some rich sauce, which many would otherwise want, to make it eatable.

Of all preparations of food, those of wheat, in the form of puddings, stand next to good bread, and to those who live simply, and whose purpose it is to live healthfully, they come to be staple articles on the table and are much liked for their intrinsic merits alone.

Hasty pudding, oat-meal pudding, rye pudding, farina pudding, are all made in the same manner as Graham pudding.

They are all nice, cut in slices when cold, and browned on a griddle.

## Wheat Hominy.

Take good, cleaned wheat, wash and soak twelve hours in cold water, then boil slowly in a double boiler six hours.

## Indian Hominy.

Take the prepared hominy as it is furnished in the market, wash and soak it in cold water sixteen hours, then boil slowly six hours in a double boiler.

## Pearl Barley

Is a preparation of common barley found in the market, and is to be washed and soaked over night and cooked four or six hours in water, like hominy.

#### Samp

Is made of new, ripe corn, cracked quite fine. Pour cold water over the quantity to be cooked, stir it around so as to have the hulls float, pour off the water through a sieve, saving the water to repeat the process till all the hulls are removed. Then boil in the same water six or eight hours, slowly. If it becomes thick, add boiling water.

## ANOTHER MODE.

Have a sifting tray, with ears at each end, through which runs a sifting bar. Put the samp to be cooked into a sieve resting on the bar, and by moving it swiftly backwards and forwards, the fine meal will pass through the sieve and the hulls rise to the top. These can then be removed with the hand. Pour the samp into a large iron boiler, nearly filled with cold water, standing back on the stove. As it gradually heats, the remaining hulls will rise to the surface and can be skimmed off. Let it stand to soak and swell, over moderate heat, four or five hours. Then let it boil two or three hours in a large proportion of water. When cooked tender, thicken

with the fine meal, or part fine meal and part Graham flour. This is an easier mode than the preceding, requiring much less care to prevent burning, and quite as nice when cooked.

#### ANOTHER WAY.

Clean the hulls from the samp as in the first; tie it in a bag, leaving plenty of room to swell; suspend this in a kettle of boiling water, or arrange it in such a way that the bag shall not touch the bottom of the boiler. Let it boil five or six hours, always filling up the kettle as the water boils away with boiling water

#### Boiled Rice.

Examine and wash the rice previous to cooking. If a small quantity is to be cooked, place it in a vessel over a fire and pour on cold water, covering it about half an inch; leave it to boil about half an hour, taking care to add hot water if the water boils away. It is nicer not to destroy the shape of the grain by stirring. In the place of water, milk may be added if desired.

If a large quantity is to be boiled at once then put your rice into boiling hot water and stir until it boils; then set the kettle on the stove and boil slowly until done. It is improved by adding milk in proportion of one-third milk to two-thirds water.

#### ANOTHER WAY

Six cups milk or water to one of rice. Set it in a covered tin pan or pail, in a kettle of boiling water, or cook in a farina kettle and let it steam two hours. Stir it a little at first, until it swells to fill the milk or water. Some prefer to tie rice in a bag, then put the bag into boiling water half an hour, or until tender.

## DESSERT PUDDINGS.

#### Baked Rice.

A small teacup of rice carefully washed, half teacup sugar, two quarts new milk. Stir well together and let it bake two hours or more in a moderate oven. It is well to stir it once or twice at first, that it may mix well with the milk when swelled.

### Baked Apple Pudding.

Peel and slice about three quarts good cooking apples, mostly sweet; mix these with one pint Graham flour and one pint corn meal, one teacup of sugar, and water enough to moisten the whole. Sprinkle a deep pudding dish with corn meal and put in the fruit dough, make a batter of one teacup each of corn meal and wheat meal, a tablespoonful of sugar, and water or milk, and spread over the top. Bake three hours.

### Rusk Pudding.

Stir together milk and rusk in the proportions of two quarts of milk to one large teacup of rusk, with sugar to suit the taste. Bake in a moderate oven. This pudding is improved by the addition of good sour apples, quartered, or sweet ones chopped, and is very good made with water instead of milk. Set the rusk to swell in water in the pudding dish, then add sugar and fruit, and bake.

#### Baked Indian Pudding,

Eight tablespoonful of Indian meal, stirred into three pints of scalding milk. Be careful to scald the meal without letting it boil. Add one pint cold milk, and a little wheat flour or not as one pleases, one small teacup molasses, and, if liked, two teacups chopped sweet apples. Stir well together, and bake three hours. Some mix all together, and set in the oven without scalding the meal, stirring it there when it begins to bake, and it is less trouble and nearly or quite as good.

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### Farina Pudding, Hecker's Plan.

Boil one quart of water or three pints of milk, and sprinkle in slowly one-fourth pound of farina. While the mass is cooling beat four eggs and one half pound of sugar with a quart of milk, and stir with the mass of farina, which should be lukewarm at the time. Put into pans, and bake in a moderate oven.

#### OUR HOME PLAN.

Take cold boiled farina one quart, two quarts milk, one teacup sugar, and four eggs. Sometimes raisins are added. Stir well and bake in a moderate oven.

#### Brother Jonathan

Early in the morning pour a pint of boiling water to a half pint new or sweet milk; when a little cooled make a batter by stirring in Graham flour; let it stand in a warm place, where it will not scald, and in five or six hours it will become light like yeast. Then stir into it white or Graham flour to make a dough crust; have a pudding dish nearly filled with quartered tart apples, the quarters cut once in two transversely, throw in sugar to sweeten, a little flour to absorb the juice, and cover with the dough crust an inch and a half thick. Let this stand in a warm place about an hour, or until the dough becomes light, and then bake in a moderate oven about one hour. On taking from the oven and cooling, some persons invert it on a plate that the juice of the fruit may penetrate the crust.

### Sago Bird's-Nest Pudding

Is made by laying quartered fresh apples or stewed dried ones, or cored and pared apples filled with sugar and raisins, in a pan about half full, and pouring over them the sago prepared as for thin pudding. Then bake in a moderate oven till the apples are cooked, say an hour or more, according to the size of the pudding. Sago can also be made into a pudding the same as tapioca.

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## Tapioca Pudding.

One teacup tapioca, soaked over night in two quarts new milk; add one cup of sugar, and bake one hour and a half. Fruit may be added, and some use four or six eggs.

## Tapioca and Apple Pudding.

One teacup tapioca and three pints of water. Let it stand four or five hours where it will be quite warm, but not cook. Slice half a dozen good sized greenings or other nicest cooking apples, add one teacup of sugar and mix all together, and bake an hour and a half, or until it is all like jelly. Sago can be used instead. It is very nice.

### Scotch Pudding.

One teacup thin sweet cream, two well beaten eggs, and Graham flour to make a batter so stiff that it may be spread with a spoon. Three pints nicest cooking apples, quartered and cut in two transversely, and laid into the pudding dish; sprinkle in enough sugar to sweeten agreeably, and flour to thicken the juice, and spread over the top the batter. Bake moderately until the apple is done, covering the top with a paper if there is any danger of scorching.

#### Italian Pudding.

Two quarts apple, stewed and put through a colander; two well beaten eggs, two ltablespoonsful of sugar, mixed and baked in a nappie lined with a rather thick crust. A spoonful of cream is an improvement.

## Minute Pudding.

Stir Graham flour or fine flour into boiling milk, making thicker than Graham pudding. Eat with pudding sauce.

## Bread and Fruit Pudding.

Cut in two and soak any of the forms of bread cakes in sweet milk; line the bottom of a pudding dish with them;

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then put over a layer of apples or peaches or berries, or any kind of fruit sauce, then another layer of bread, and so on until the dish is filled, leaving the top layer bread; cover with a plate and let it cook through, or until the fruit is tender.

### Breakfast Dumpling.

Line a pie plate with a rather thick crust made of flour and milk and cream, and fill with blackberries; cover with another crust and bake slowly; eat with pudding sauce. Lawton blackberries require to have flour sprinkled over them to absorb the juice.

### Dried Fruit Pudding,

One quart Indian meal, two spoonfuls molasses, one cup raisins or dried cherries or whortleberries, stewed tender, one quart boiling water or milk; stir all together and steam three hours.

#### Wheat Flour Blanc-Mange.

One quart of milk set in a dish of boiling water, when scalded stir in six tablespoonfuls white flour in a smooth batter and let it cook ten minutes; pour it into cups to mould.

#### Corn Starch Pudding.

Six tablespoonfuls of corn starch to one quart of milk; scald the milk, and add the corn starch dissolved in cold milk; boil three minutes, stirring it briskly. The same may be cooled in moulds and put on the table for dessert as blancmange.

The starch usually sold for culinary purposes is very inferior to that used by the laundress, and at the same time costs more per pound. Therefore the latter may be used by the cook to much better advantage than the former.

### Apple Slump.

Make nice, juicy fruit sauce of any kind. Slice or cut in two any of the forms of bread, either fresh baked or steamed,

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and fill a pudding dish with alternate layers of fruit and bread. Let it stand till the juice permeates the bread, or if the weather is cold set it in the oven to warm through. Eat with thin cream.

#### Brewis.

Boil bits and crusts of brown bread in water, or milk and water, stirring until it is soft and smooth. Eat with milk gravy or flummery.

## Brown Bread Dumpling.

Put quartered sweet apple into a porcelain kettle, with a little water; cover with a New England brown bread dough crust, one inch and a half in thickness; shut the kettle cover on with a cloth to prevent the escape of steam, and cook slowly and steadily two hours. An old fashioned, homely dish, but very good.

## Boiled Indian Pudding.

Three pints of milk, ten large tablespoonfuls of Indian meal, one teacup molasses, two eggs. Scald the meal with the milk; when partly cool, add the eggs, well beaten; put in a pudding pot or tie in a bag, leaving plenty of room to swell, and boil three hours. Mix sweet milk and thick cream for a dressing.

## Apple Pot-Pie.

Pare and slice some nice, tart apples; take a double boiler and put into it a layer of apples and then a layer of pie crust; repeat this until nearly full, add a little water and boil threequarters of an hour, or until the apple is done. This may be baked in a pudding pan. Eat with pudding sauce.

## Apple Dumpling.

Roll a large crust, as for pies, about half an inch thick; put into this some sliced acid apple, tie in a cloth, and boil or steam one and a half hours.

### Currant Pudding.

Take a pint of washed, dried currants, mix these through two quarts Graham flour; pour into this sufficient boiling water to make a soft dough, tie in a cloth and boil one hour.

## Bread Pudding.

Take the bulk of one-third broken bread to two-thirds milk; and one teacup full of sugar to an eight quart pan of pudding, and set it to soak. When soaked, add four eggs well beaten, and bake in a moderate oven.

## GRAVIES AND SAUCES.

At Our Home we discard all rich gravies, but we make one kind of which most persons are very fond as a dressing for boiled or baked potatoes, and for most varieties of vegetables. Many prefer it to any thing else as a dressing for Graham pudding.

## Milk Gravy.

For a quart of good sweet milk we wet up with milk or cream a heaping tablespoonful of superfine flour, stirring out all the lumps and adding a beaten egg. The milk meanwhile is heating over the stove; just as it comes to the boiling point we stir in the thickening, and as soon as it boils it is ready for the table. If allowed to boil over half a minute it is nearly spoiled, the creaminess which nice care in cooking gives it, being lost.

#### Pudding Sauce.

The same gravy made thinner, without the egg, and sweetened, and, perhaps, with a little more cream added, makes a very nice sauce for puddings and dumplings.

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#### Patent Cream.

A good substitute for cream is made by stirring a very little corn starch in a batter into boiling milk, say about one tablespoon full to a pint of milk. It needs simply to boil and it is ready for the table.

#### Mock Cream.

Beat three eggs well and add three heaping teaspoonfuls sifted flour, stir it into a pint and a half of boiling milk, and add sugar to your taste. A little lemon juice may be used for flavoring.

### Flummery.

With one-half teacup of corn starch mix cold milk till quite thin; then add this to two quarts boiling milk, stirring as you pour in, and allow it to boil one minute. Have three eggs beaten with a half teacup full of sugar and mixed with a half teacupful of cold milk; then, while the starch boils, slowly pour and stir this in; after boiling another minute the dish is ready for the table.

Flummery makes a very fine sauce for cracked wheat, puddings, etc., and supplies the place of sauce prepared with butter, sugar, wine, etc., which is unhealthful; made with little or no sugar and eaten with bread, flummery is very wholesome food for children.

## Dumpling Sauce.

Three gills boiling water poured upon a half lemon finely sliced, and a full teacup of sugar; let it simmer a few minutes. Nice for dessert puddings

## Corn Starch Pudding Sauce.

One cup boiling milk or water poured over one cup of sugar; let it boil up at once; then stir in a thickening made of a heaping teaspoonful of corn starch or white flour and just enough water to make a smooth batter; let it boil up two

or three times. A little lemon juice or orange juice may be added.

A thin boiled custard is sometimes used for sauce; also, thin sweet cream for dressing all kinds of unseasoned puddings or cakes.

## TOASTS.

Any of the kinds of bread described in this book can be made into an excellent dish of toast, by attention to the following details.

Cut in two the cakes or slice the loaves, brown the pieces nicely over a quick fire, either on a griddle or grate or before coals; drop them immediately into hot milk or water, and when tender, transfer to the hot milk gravy, before described.

Johnny cake made with scalded milk or water makes a nice toast by being split in two as soon as taken from the oven and put into the gravy.

#### Plain Toast

Is made by browning slices of bread, or biscuits in halves, and moistening with hot water and seasoning with a little fresh cream or boiling milk. This is often relished by invalids, though if there is a feverish condition of the system, milk, cream and butter should be specially avoided.

#### Buttermilk Toast.

Some people relish the following. It is a Dutch dish somewhat simplified. Scald nice sweet buttermilk or part milk and part buttermilk; pour in a batter of flour as for milk gravy; add sugar to make it agreeably sweet, and put in toasted bread or bread crumbs browned.

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## PIE-CRUST.

If the people of this country will study to know in what food consists and why it should be eaten, they will soon cease to prepare it in such unhealthful combinations as are now made, in order to gratify the demands of vitiated appetites. For when it is well understood that we should eat food only to supply the waste that is constantly going on in the body, and to build up the structure, then we will be very careful what we eat, and will discard many things which are now constantly used as constituents of food; but which are not used in the nutritive processes, and are foreign to the system, acting as irritants or inert substances, and require the expenditure of vital force to expel them from the organism.

Lard or butter has been almost universally used for shortening pic-crust; but these are very unhealthy. The lard produces scrofula, and cooked butter is very indigestible.

Health Reformers have resorted to various things to take the place of these articles, such as olive oil, cream, potatoes, beans, etc.; and very many, not knowing how to make pies so as to be healthful, have discarded their use, and thus are deprived of this variety in their food. We are glad to be able to show the people how to get varied gustatory pleasures, without trenching at all on a proper obedience to physical law.

We use beans or potatoes, and find that crust shortened in this way is just as healthful as simple unleavened bread.

Boil beans or potatoes till soft, and make into a sort of broth and work through a colander, and mix with flour in as large a proportion as can well be done and have the dough preserve sufficient tenacity to be handled when rolled. Knead moderately stiff and roll out thin—not so thin as crust shortened with lard—and the crust is ready for the plates.

#### Pie-Crust No. 2.

Stir into Graham flour or one-half this and one-half Indian meal, boiling water to make a stiff dough. Roll without kneading, as this makes it tough. The under crust should be rather thick, the upper thin, and the quicker it is baked the better. The fruit should be stewed or steamed before baking.

#### ANOTHER, NO. 3.

The easiest crust to make, and an excellent one, is composed of flour or meal wet up with milk, or milk and cream, in such proportions as one chooses or can afford—the more cream the richer. Even sour cream needs no soda, the sourness not being perceived when baked in the pie-crust, and it shortens more than sweet cream. When once accustomed to these simple shortenings, the grosser preparations of crust with lard or butter and salt, are, to say the least, quite distasteful.

Another very good crust for pumpkin pies is made by simply sifting Indian meal, evenly, over a buttered pie dish; the prepared pumpkin poured into it will moisten sufficiently. This is very commonly done by cooks when the pie crust does not hold out.

#### Oatmeal-Pie Crust

Mix the best oat meal with new milk, and roll out quite thin. Half corn starch and half Graham flour wet with new milk, makes a nice and tender crust.

## PIES.

For the benefit of novices in the art of pie making, I will say that all pies should be made with an under crust, which is first rolled and laid on the tins or plates. Then the fruit is laid on that, and if two crusts are used, another crust is rolled and laid over all; the crusts are trimmed at the edges of the

plate, and then made to adhere by pressing the edges together with the thumb. An opening should be made in the center for the escape of steam. Pies need a moderate oven.

### Apple Pie.

Proceed after the usual method, paring and slicing the apples, placing them on the crust, sprinkling over sugar, pouring in a little water—but omitting the spice—and covering with the upper crust, and baking in a moderate oven.

## Berry Pie.

Blackberry, Raspberry, Strawberry, Cherry, Green Currant, Whortleberry and Cranberry pies, are all made after the same general plan. A little thin batter should be poured in, or a little dry flour sprinkled over the fruit after it is laid in the dishes, to thicken the juice; and should be sweetened in proportion as the fruit is more or less acid.

#### Tomato Pie.

Peel and slice ripe, or fully grown but green tomatoes, and lay them on dishes as for apple pie. Sprinkle on a little flour, and sugar to suit the taste. Bake with two crusts, in a moderate oven. This, as well as green apple pie, can be made with one crust only, by stewing the tomatoes or apples before putting into the pies.

#### Pie-Plant Pie.

Strip the skins from the stalks, and cut into pieces about a quarter of an inch long; lay the pieces on the crust, sweeten well, add a little water, cover with a crust, and bake in a moderate oven.

#### ANOTHER.

Prepare the stalks as above; cover with boiling water and let it stand about fifteen minutes, then pour off; or steam in a dish without water and pour off the juice, which can be used for jelly Roll baker's crackers and mix with the stalks, allowing one large cracker to a pie. This requires less sugar and hence is less rich and can be eaten by some who cannot eat the first.

Part sour apple and part pie-plant makes a good pie. Pieplant may be dried or canned and can be used in the Spring with dried apples for pies or sauce.

#### Dried Fruit Pies.

Apples, peaches, and indeed all dried fruits, are prepared in the same manner. They should be carefully looked over, washed, and set to soak in cold or tepid water, for two or three hours. Then stew in the same water till soft. Sweeten just before taking from the fire, and when done, stir in a little flour to thicken the juices.

The fruit is now ready for the crust, and may be covered with an upper crust at pleasure.

Many pleasant combinations can be made by mixing the different fruits; as peaches with apples, raspberries with apples, raspberries with blackberries, etc. This to many is an improvement. Thus, peaches alone are too rich, but mixed in small proportions with apples add very much to their excellence, either for pies or sauce.

#### Pumpkin Pie.

Pare the pumpkin and cut into pieces of nearly uniform size, the larger the better, and lay in a steamer, which is the best way, or drop into boiling water. When tender press through a colander. Mix thoroughly with this, about one large spoonful of wheat flour to a pie, sugar to sweeten enough, and pour upon it scalding milk, sufficient to make it rather thin. Bake, in an under crust, about an hour in a moderate oven. Flour answers the purpose of eggs in making it light; some use rolled bakers' crackers instead; some prefer buckwheat flour. Where eggs are used, one to two pies is sufficient

The sweet pumpkin is better than the common kind, and a

kind with shells so hard it cannot be pared, has the sweetest and firmest meat.

Some prefer to "stew down" the pumpkin in the water in which it is boiled, but this gives it a strong taste, which demands spices or flavoring to overcome it. Half pumpkin and half stewed apple makes nice pie. A very good pie is made by mixing the pumpkin quite thin with cold milk, adding a little cream if it can be had, sweetening with molasses and thickening with buckwheat flour.

The material prepared for pie thickened with more stewed pumpkin or bread or biscuit crumbs is excellent baked in the form of a pudding.

If pumpkin is not to be had, boiled and grated carrot is a good substitute, or sweet potatoe.

Summer squash makes a very delicate pie; the overgrown hybrids which are not fit for the table are the best. Winter squash is made in the same way as pumpkin for pies, or squash and pumpkin may be mixed.

To dry pumpkin for pies, cut the pumpkin through laterally, clean the inside, then continue to cut, in the direction as before, rings about half an inch thick. Cut off the rind and hang the rings on a pole in the sun or a warm room to dry. When well dried it will keep a year. It is to be boiled in plenty of water until tender, then skimmed out and prepared for pies the same as undried pumpkin. When very dry some people send it to a grist mill and get it ground, then cook in a little water, enough to swell it. It is very nice so treated. It may be stewed and strained and spread thin on buttered plates to dry in the sun or in a warm oven, and dissolved in warm milk when to be made into pies.

#### Custard Pie.

Take eight eggs with one teacup of sugar and beat well together; stir this into four quarts of good sweet milk; pour into tins or plates, and bake slowly.

## Apple-Custard Pie.

Take nice sweet apples, pare and grate them, add good sweet milk till you have a batter as thick as for pumpkin pie. Add beaten eggs, one to a pie, and two tablespoonfuls of sugar; put into tins or plates, and bake slowly.

#### ANOTHER.

Thicken a quart of boiling milk with three large spoonfuls of flour made in a smooth batter with milk; add a pint of steamed apple—that is apple cooked without water in a dish set into boiling water—beaten smooth, and sweeten to taste. This will make two pies. Bake without an upper crust.

#### Rice Pie.

Mix sweet milk with cold boiled rice till you have a thin batter; add sugar and beaten eggs—about one egg and one tablespoonful of sugar to a pie—stir well and put into the crust, and bake as for custard pie.

Some cooks prefer flour to eggs for this pie even if eggs are to be had as well. In this case two spoonfuls of flour should be scalded into a quart of milk.

# Plain Apple Pie,

For crust boil white mealy potatoes and mash smooth with milk as for the table, and let it cool. Stir in Graham flour sufficient to roll out, kneading only just enough to mix well. Stew nicest cooking apples soft and smooth, with very little water. Let it cool. Bake in an under crust and ornament the top with bars of crust.

## Plain Peach and Pear Pie.

Pare and mash nice, mellow peaches, pears or sweet apples, and bake without previous cooking, in any plain crust, either using an under crust alone or an under crust and upper crust and no sugar. Very few persons would refuse these on account of their plainness.

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## Apple, Peach and Pear Cobbler.

Line a nappie with a thick pie-crust. Fill it with pared and and mashed mellow peaches, pears or apples, so it will be one and a half or two inches thick. Cover with a thick crust and bake in a moderate oven about half an hour. When done spread a sauce made of the same kind of fruit stewed in a very little water, without sugar, over the top and set it into the oven again until it is a little browned, being careful to set it up from the bottom of the oven so that the under crust will not bake any more. Or when done break the upper crust in pieces and mix it in with the fruit of the pie, smoothing the top over with a silver knife or spoon.

These last two processes, aside from moistening the upper crust, are simply for variety.

## Blanc Mange with Flummery.

Mould your blanc mange in teacups, and when cold, lay two or three, or more, inverted on a platter or fruit plate, and pour over them, warm, fresh-made flummery.

# Apples with Flummery,

Pare, quarter and core nine mellow, tart apples, and drop into hot flummery as prepared above, which will partially cook them. This makes a nice dessert.

## Floating Islands.

Take milk and corn starch and prepare as for making flummery; then, instead of three eggs, take the yolks of six, beat well, sweeten, and cook as before. Take the whites of the six eggs, beat till you have a very stiff froth, and, as you dish up the flummery for the table, drop with a spoon into each dish, several detached portions of the froth.

This is a dish which is equally pleasing to the palate and to the eye.

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#### Irish Moss.

One small handful Irish Moss to a quart sweet milk; wash carefully and throw into the milk in a pan over hot water; let it steep half an hour, then strain through a sieve and mold.

#### Custard.

To one quart of sweet milk add two large tablespoonfuls of sugar and two beaten eggs; stir together, and bake slowly just long enough to cook the eggs.

Or a teaspoonful or more of corn starch may be scalded with the milk before the egg is put in. It can then be boiled in a dish set in hot water. Take it from the fire when it looks a little thickened poured from the edge of a spoon. A minute too long injures it.

#### ANOTHER PLAINER BOILED CUSTARD.

Set one quart of milk in a tin dish in a kettle of boiling water until it is scalded. Mix three tablespoonfuls of wheat flour in milk, and stir in thoroughly and let it cook ten minutes. Add one egg beaten up with four spoonfuls of sugar, and let it cook five minutes more.

# CAKE

#### Cream Cake.

One pint sweet cream, one cup white sugar, one cup raisins or currants, one egg if desired; Graham flour for a rather thin batter. Bake in bread pans. Or the same may be made into a dough, moulded and cut into cakes or formed into rolls. Bake in a quick oven.

## Cream Sponge Cake.

Stir the yolks of two eggs with one cup white sugar, add one-half cup sweet cream and Graham or white flour, making

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a batter rather thin, and last thing before dropping into the hot pans, add the whites of two eggs beaten to a stiff froth. Stir quickly all together and bake in a quick oven.

## Molasses Drop Cake.

One cup sweet cream, one sweet milk, one of molasses, two eggs if desired, well beaten; Graham flour sufficient to make a rather thick batter. Bake in bread pans in a quick oven. The same may be made into dough, rolled into cards, scored deeply either in diamonds or checks, and baked in a quick oven.

## FRUIT SAUCE.

## Apple Sauce.

Pare, quarter and core the apples and put them in an enameled kettle; add a little water, sweeten with sugar to suit, and stew slowly till soft.

#### ANOTHER WAY.

Pare and quarter the best cooking apples; put them in a tin dish without water; set the dish in a kettle of boiling water until the apple is tender. It is an excellent sauce without any sugar.

Some families, by using nice cooking apples, make all kinds of cooked apple preparations without sugar, and so nicely is it done in this way that even one accustomed to sweetened sauce would hardly miss it.

#### Berries.

Blackberry, raspberry, cherry, plum and currant sauce, are made after one formula. Put the berries in an enameled kettle or sauce-pan, add a little water, sweeten to suit the taste, and stew slowly till soft. The more juicy the fruit, the less water is required to stew it These are also nice to be steamed without water, thus requiring less sugar to make them agreeable.

## Cranberry Sauce.

Stew and sweeten as for berries, except that when done the water should be nearly stewed out. When done, strain through a sieve to separate the skins from the sauce.

## Baked Apples.

Put the apples into shallow pans, pour in a very little water, and bake in a slow oven.

#### ANOTHER.

Pare rich, sour apples and extract the cores; set them in a shallow pan and fall the holes from which the cores were taken, with sugar, and bake slowly till soft.

#### Fruit.

Apples, peaches, plums, cherries, grapes, currants and the berries may be used freely, and our table is never set without having either cooked or uncooked fruit, or both, upon it. The uncooked fruit is preferred in point of health, and is used when it can be obtained fresh.

Imported fruits, such as raisins, figs, oranges, cocoa-nuts, are not so desirable as our own native fruits, but may be used sparingly when home fruits cannot be had.

We consider dates an excellent fruit and a very good substitute for sugar, with Graham or any pudding thought to require sugar for seasoning,

#### Dried Fruit.

Dried apples, peaches, berries, prunes, etc., are all prepared for sauce, the same as for pies, except the juice is not thickened with flour.

It sometimes happens that there is a great scarcity of fruit in the spring. In that case dried apple and perhaps some

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other kinds of fruits can be made to go farther by stewing in a large proportion of water, sweetening with sugar and thickening while hot by pouring in common starch dissolved in water.

## Apple Butter.

Boil down new sweet cider to one-half its original quantity. In this boil pared and quartered apples, mostly sweet, with some quinces if they are to be had, until quite tender, using enough to nearly take up the cider syrup; then stir until it is like smooth pulp, then put away in jars. If well boiled it will keep a year.

If it is desirable to make a sauce which will look particularly nice on the table, make a syrup by dissolving the sugar to be used, in water, in an enameled kettle. Into this put nicely pared and quartered fair apples, and boil until they look clear; take out into the sauce dish without breaking, and pour over them the syrup.

Pumpkin, stewed and strained with or without a little sugar, is much relished by some for sauce.

# Quince and Pumpkin Sauce.

A very good substitute for apple sauce is made by paring these fruits and cutting into pieces of nearly equal size, cooking until tender in a little water and sweetening with sugar.

Boil the skins and cores of the quinces together, strain the juice and add to the sauce.

# VEGETABLES.

# Storing in Winter.

The living and sleeping rooms of many houses are rendered unwholesome by the condition of unventilated cellars beneath in which vegetables are stored, some quite likely in a state of decay, and from which there is no means of passing off the foul air but into the rooms above as doors are opened. Wherever it is practicable a cellar should be made in the barn, where all the vegetables not needed for immediate use could be stored, or a cellar could be constructed outside as ice houses are. But if none of these conveniences can be had, let every family, as they value the lives and health of the members, see to it that the cellar be provided with a dry underdrain, through which outside air may be introduced in mild weather, and a window for letting the bad air out of doors. Some families who live near market are so careful in this respect that they sell the vegetables they raise in any but small quantity, and buy as needed.

Cabbages can be kept in the garden all winter by digging a trench and inverting the heads into it and covering with earth, leaving the stumps out of ground.

#### Potatoes.

There is no vegetable which requires such careful management in cooking in order to bring it to the table in its best condition, as the potato. On the whole we consider baking the best mode of cooking, the only objection to it being that there is more waste than in boiling. Choose fair ones of uniform size, wash carefully, let the water drain off, or be absorbed by a cloth, bake them in a moderate oven and send to the table as soon as done. If baked slowly there is much less waste in peeling, and they are mealier. Never try them with a fork to see if they are done, but press them with the thumb and fingers.

We recommend steaming as the next best mode. Pare the potatoes and let them lie in cold water several hours, or over night. Shut them tight in a steamer, put it in a steam kettle, and with a good steady fire they will cook in about three-quarters of an hour. It is much better to serve immediately, but if not, set the kettle back on the stove and leave them covered in

the steamer. Sweet potatoes should be treated in the same way.

If boiled, they should be put into boiling water and kept steadily boiling until done; then take up immediately, as they are much injured by over-cooking, and send to the table. It is better to cover them with a napkin to absorb the steam, as a dish cover returns the moisture too much.

The skins of quite new potatoes may be scraped off. Through the autumn they may be boiled with most of the skin on, but old potatoes should be pared and kept a few hours in cold water. Some have a wire basket made to fit the kettle, by which means all may be taken from the fire at once. Poorer ones are improved by being mashed smooth and seasoned with cream and milk, which may be heated on the stove while the potatoes are being mashed, and then enough milk should be stirred in to make it quite moist.

Another nice way is to partly boil them with the skins on, peel and put into a hot oven to crisp and cook through.

Another way is to pare and slice potatoes, rinse them in cold water, then boil them in just so little water as will be evaporated when they are done. Then add cream and milk and let them just boil up.

When cold they can be made quite as palatable as by the old method of frying and warming with butter, grease, etc., by slicing into a dripping pan, adding a little cream or milk, and setting in an oven for half an hour, till browned on the top; or they may be sliced into milk and cream in a spider, dredged with flour, covered, and left on the stove to warm over for half an hour; or they may be chopped fine and warmed over in milk or cream or milk gravy, being stirred frequently. Cold boiled potatoes are quite a delicacy when sliced coarsely and toasted on a gridiron or griddle.

# Turnips.

Select good, fair turnips, pare and cut into pieces of uni-

form size, and place in a steamer over boiling water. Allow about an hour for cooking, though some turnips, the French for instance, require a much longer time. Mash them without pressing, season with a little milk or cream and white sugar, and they are very nice. They are good served without mashing or seasoning of any kind. If boiled in water there should be plenty of it, and they should be taken up as soon as done, because too long boiling, or in too small quantity of water, makes them bitter. Another nice way is to pour off the water, cut them up in small pieces in the kettle, add milk and a little cream and a little white sugar, and let it remain over the fire to simmer a few minutes.

## Cabbage.

Carefully wash and look over the heads, remove the outer leaves, and slice or quarter and boil an hour and a half in as much water as will then be nearly boiled away, and serve without dressing. Or, boil the cabbage in plenty of water for an hour, or until tender, pour it off and add thin sweet cream or milk gravy. It may be left to simmer a few minutes or be seasoned in the dish in which it is served.

#### ANOTHER STYLE.

Chop the cabbage middling fine, and boil slowly in milk an hour; then add a thickening of cold milk and fine flour, and boil one minute.

## Cauliflower.

Wash and cut into large pieces, and boil or steam; when done, put in dishes, and pour over it a dressing as for cabbage.

## Parsnips.

Scrape or pare off the skin, or peel after they are boiled. They will cook tender in half an hour. Then set them in the oven for ten minutes, and send to the table without seasoning, or they may be pared and sliced and partly boiled in water, which should then be poured off and milk substituted in which

they should simmer slowly until tender. They are not so strong in taste in the autumn as in the spring, hence, although they are generally left in the ground through the winter, a part may be dug in the fall and packed in sand in the cellar for winter use. They are nice in soups, or are good to be eaten cold or sliced and browned on a griddle or in a hot oven.

#### Carrots

Are to be treated in the same manner, except they are always dug in the autumn and require about twice the length of time to boil.

## Squash.

Summer squash is by us steamed, mashed, and served without dressing or seasoning.

Winter squash should be pared, cleaned inside, cut into arge pieces and boiled, or steamed, which is better. When done mash and season with sugar, and it is ready for the table.

If desired, a little cream may be added to either. When steamed the nicest, dryest pieces of winter squash may be taken out and sent to the table as an excellent substitute for sweet potato.

#### Baked Squash.

Take winter squash, cut in baives, partially clean them inside, and bake slowly in an oven an hour and a half; then scrape the inner surface and remove the squash from the rind—which has served as a dish in baking—mash and serve for the table. Or, cut the squash into several pieces, take off the rind, clean inside, and bake slowly. Eat the same as bread or baked potatoes.

## Tomatoes-Raw

May be eaten as desired, with sugar or cream.

#### Tomatoes-Stewed.

Pour over the tomatoes scalding water, and take off the

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skins; and when a quantity is to be cooked, slice and put into a kettle without water; warm very slowly at first; stew slowly three-quarters of an hour, and while stewing add, to suit the taste, coarse ground baker's crackers. Sugar may be added as a seasoning, if desired.

For a small quantity, prepare the tomatoes as before, put them into a spider with an equal bulk of broken, fresh brown bread; add a little water, a very little fresh butter, cover closely and stew fifteen or twenty minutes, or until thoroughly cooked.

#### Tomato Toast.

A very desirable dish is made by toasting brown bread, laying it in a dish, and pouring over it tomatoes stewed as in the first instance, without the addition of crackers. Green tomatoes may be substituted for ripe ones, and are preferred by some persons.

#### Baked Tomato.

Slice tomatoes into an earthen or stone baking dish, crumb in bread, add a little sugar and a little cream, and let it bake three-quarters of an hour or more, if the dish be large. Some who are fond of onions would add to this, and also to stewed tomatoe, one good sized onion, sliced, to a quart, and some would consider a beaten egg to a quart an improvement.

Tomatoes are also good to be baked on plates, as sweet apples are baked.

#### Green Corn.

Select the ears "in the milk," as it is called, when they are at just that stage of growth best fit to be eaten. Husk and silk them carefully, and boil in water or steam about twenty minutes. Long boiling hardens the corn. It is nice roasted before coals. Cooked in either way it should be well masticated to be easily digested. Many invalids are injured by it, and had better avoid it altogether.

When cut from the cob before cooking, it should be done with care. First, with a sharp, thin knife shave off a thin layer all around, then scrape or press the soft part out of the hull. Boil the cobs in water about fifteen minutes, take them out and put in the corn and boil fifteen minutes. Season with milk and cream and a little sugar, if at all.

### Green Beans.

Drop them into boiling water and cook till tender and they are good, without any seasoning. If any is desired a little cream and sugar are admissible.

## String Beans.

The green and tender pods of some kinds of beans may be broken into inch pieces, the ends and strings being pulled off, and boiled slowly and steadily four or five hours, and a little cream and sugar used for seasoning.

#### Dried Beans.

Soak in water over night; pour off the water, and put them in plenty of cold water over the fire to scald; just before boiling pour off this water and add enough more cold to cover about an inch or so; let these come to boiling, and set them back on the stove to cook slowly four or five hours. This renders them more digestible than the ordinary mode of cooking. If baked, they may be boiled an hour and baked two or three, in milk and cream, and a little sugar.

# Dried "Champion of England" Peas,

Cooked the same as dried beans, are delicious in winter. They are sometimes found in market.

### Split Peas

May be prepared as dried beans. Set them in a tin dish in boiling water, cover with cold water, and steam until tender. They will cook in two or three hours.

## Succotash.

One dozen ears sweet corn to a quart of shelled garden beans—Limas are best. Some like a larger proportion of corn, some less. Put the beans into a large quantity of boiling water. While they are boiling cut the corn from the cob, as before described, and throw the cobs in with the beans to boil fifteen or twenty minutes; then take them out; when the beans are tender add the cut corn, and let all boil together twenty minutes more; then add milk, a little cream and sugar, scalding it in, and it is ready to serve.

## Prepared Dried Corn.

Cut the corn from the cob and put it in a large dripping pan and set it in a moderate oven to just scald through; or, a little better plan is to put it in a tin pan over a kettle of boiling water, as there is then no danger of scorching or burning it. It is desirable to have it look white when dried, and to that end it should be spread thinly on plates or tins and dried quickly, either in the hot sun or warm oven, turning often to keep it sweet; so dried, it is good to soak and cook in the same water, alone, or with beans for succotash in winter.

#### Green Peas.

Shell, but do not wash them. Boil in water barely sufficient to cook them; then season with cream and sugar, and they are very palatable without salt. They can be boiled, and served with new potatoes as a variety, and will be found to make a pleasant dish.

#### Asparagus.

Wash and cut into small pieces; put into a kettle and pour in water sufficient to cover, and boil about half an hour, adding a little cream before taking from the fire, and it is ready to serve. This is very nice poured over toasted biscuits laid in deep dishes.

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### Onions Boiled.

Clean them of their outer skins, and boil an hour in clear water, then pour off the water and serve whole. Some persons are fond of them with a dressing prepared as described for cabbage, or they may be partly boiled in water and then cooked slowly in new milk.

#### Stewed Onions.

Clean, and slice thinly in a spider, add half a pint of water, cover tight, and cook slowly three fourths of an hour.

## Vegetable Oyster.

Pare and cut in transverse slices and boil in a small quantity of water. When tender, add a little thickening made of milk or cream and flour. It may be poured over toasted bread. This vegetable is not dug from the ground until spring.

#### Beets,

Wash carefully, but do not cut them. In summer they will boil in an hour or less. In winter they require two or three hours. When done drop them into cold water and the skins can be readily slipped off by the hand. Cut in slices and set upon the table. A very nice dish is made by boiling young beets and new potatoes, and after peeling cut them up in small pieces, mix well together in a deep dish and pour over them thin, sweet cream for a dressing, or if cream is not to be had, a thin milk gravy will answer. Another way is to pare and slice the beets and boil them in little water, so when they are cooked it will be nearly boiled away; then add a thickening of flour and milk and let them simmer ten or fifteen minutes. They may also be cooked by baking four or five hours in an oven.

#### Greens.

There are a great variety of succulents used for greens, such as young turnip tops, beet tops, mustard, spinach, cowslips,

lettuce, horse-radish, plantain, dandelion, narrow-leaf dock, pig-weed, etc. They should be carefully looked over and washed, and then boiled or steamed about half an hour, or till soft. They can be eaten with a little cream or lemon juice

#### Boiled Chestnuts.

Look them over, throw them into cold water in a kettle over the fire and boil twenty minutes. Keep them in the hot water until they are wanted for the table, as the shells cling to the meats when cold. Peel with a sharp knife.

They are a delicious accompaniment to a meal. They can be roasted in the ashes. A bit of the shell should be chipped off.

## Popped Corn.

Popped corn is an unobjectionable food, either dry or soaked in milk. It is excellent ground in a coffee mill and soaked in milk.

# SOUPS.

## Bean Porridge

Is made by cooking dried beans in plenty of water till they are quite boiled to pieces, and thickening the broth with Graham flour or Indian meal, in a batter with milk.

## Potato Soup.

Pare and cut potatoes into small pieces; clean one third as many onions, and slice thin; put both into a kettle, add water sufficient for the consistency of soup when done, and boil well three-fourths of an hour.

## Split Pea Soup.

Split peas are prepared and found in the market. Look

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over, wash, and soak over night one quart of peas in four quarts of water, and boil very slowly five or six hours. This can be varied. Wash and soak over night a half pint of pearl barley, and let it cook with the peas. They can be rubbed through a fine colander, and bits of toasted bread, a little sugar and milk or cream added; also, tomatoes or onions, for those who like them.

## Vegetable Soup

Is made by boiling two parts of potatoes, one part of cabbage, one of onions, one of carrots, and one of turnips, in water sufficient for soup. The cabbage, carrot and turnip should be put in a half hour before the onions and potatoes. Sweet potato is an improvement to this soup.

#### ANOTHER VEGETABLE SOUP.

Five quarts of water, one teacup of rice or pearl barley (soaked over night), one teacup of dried beans or two of fresh; six potatoes sliced, six tomatoes sliced, one teacup each of turnip, parsnip and onions, chopped fine. The barley and dried beans require two hours for cooking, the other vegetables half an hour. Ochra is a fine vegetable for soups, and can be had in winter by drying. If desired, a little sugar and milk may be added for seasoning. If warmed over, boiling milk or water, and bits of toasted bread may be added.

## Tomato Soup.

Scald and peel good, ripe tomatoes, add a little water, and stew them one hour, and strain through a coarse sieve; stir in a little flour, or crumb in toasted biscuit, and add a teaspoon full of brown sugar to a quart of soup; then boil five minutes.

## Bean Soup.

Stew the beans, strain through a colander to get out the skins, and add one-half milk.

## Parsnip Stew.

Slice equal quantities of potatoes and parsnips and boil them tender in a little water, add milk, and when it boils pour in a batter of cream and flour, and it is a very good dish in spring.

## Vegetable Oyster Soup.

May be made in the same way, omitting the potato. It may be poured over toasted bread. This is also a spring dish.

All these receipts can be varied at pleasure. The above are simply given as specimens. Soups are desirable only as a variety, it being no improvement to the vegetable to cook it in this way.

## GRIDDLE CAKES.

### Corn Griddle Cakes.

Scald, with a quart of boiling milk or water, a pint of Indian meal; when partly cold, add a teacup of flour and three well beaten eggs; the eggs may be omitted, and the batter left to stand over night.

#### Green Corn Griddle Cakes.

To one pint of grated corn add two beaten eggs and two tablespoonfuls of superfine flour.

Griddle cakes may be made of any kind of meal or flour, wet with milk, with the addition of eggs, if one chooses. Without the eggs, they will not be light, but they will be sweet and good. Some stir in a few spoonfuls of light, dry snow, instead of eggs. The batter should then be kept in a cold place until used.

Cold boiled hominy or samp, or cracked wheat, or rice thinned with milk and made into a batter with any kind of flour, makes excellent griddle cakes. The griddle, if of iron, should

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be made smooth, either by first washing in warm soap-suds and afterwards rubbed with fine salt until smooth, or by greasing with fresh butter, and it should be just hot enough to brown nicely. Some prefer a soap-stone griddle which does not need greasing.

## Apple Griddle Cakes.

Ripe, mellow, sweet apple, mashed, one-half; one-fourth cold pudding, and fine flour enough to make it adhere well; bake on a griddle moderately heated. Ripe pears or peaches may be used.

## Pumpkin Griddle Cakes.

One-half strained pumpkin, one-half sweet milk, thickened with Indian meal, and left to stand over night. Bake rather slowly on a griddle.

### Buckwheat Griddle Cakes.

Three-fourths buckwheat flour, one-fourth Indian meal; make into a batter with sweet milk or water and allow to stand over night; bake on a hot griddle. They should be turned as soon as browned, and then left on until thoroughly cooked through.

## EGGS.

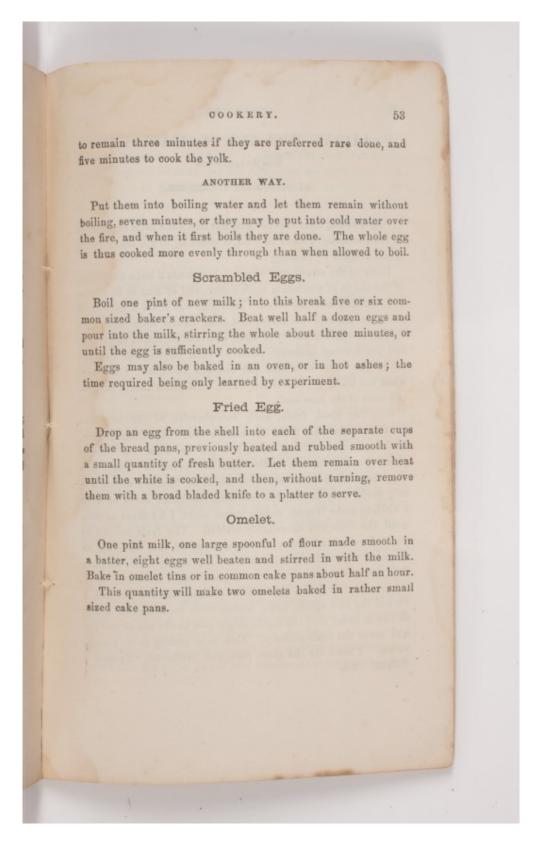
#### Poached Eggs.

The best way is to drop them into a shallow pan of hot water, taking care not to break the yolk in dropping from the shell. As soon as the white is cooked enough to hold together, take them up, laying them side by side on a platter.

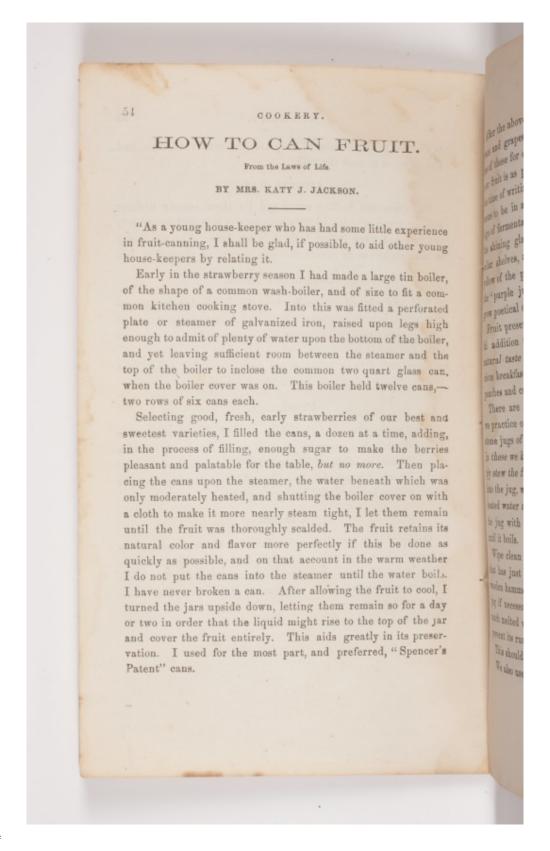
#### Boiled Eggs.

Put them in the shell in boiling water, allowing them

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After the above plan, were canned in their season, peaches, pears and grapes. I took pains to select the very best varieties of these for canning, for the difference between good and poor fruit is as perceptible after it is canned as before. At the time of writing—Thanksgiving day—the fruit in every jar seems to be in a state of complete preservation, no mould or sign of fermentation being visible. I am really quite proud of the shining glass jars, ranged in three deep rows upon our cellar shelves, and exposing so temptingly to view the rich yellow of the peach, the deep red of the ripe strawberry and the "purple juice of the grape." Really one could almost grow poetical over the sight.

Fruit preserved in this wholesome way is an especially grateful addition to the table of a hygienic family. Who, with a natural taste and a healthy stomach, could desire a more delicious breakfast than freshly baked unleavened biscuit, canned peaches and cream?

There are less expensive modes of putting up fruit which we practice on a large scale and with entire success. We use stone jugs of all sizes, holding from one quart to three gallons. In these we keep all our tomatoes, and some berries. We simply stew the fruit, add sugar to sweeten agreeably, pour it hot into the jug, which is previously heated, either by putting into heated water and bringing it to the boiling point, or by filling the jug with warm water and letting it stand on the stove until it boils.

Wipe clean the mouth of the jug, insert a well fitting cork that has just been taken from hot water, drive it in with a wooden hammer, trim it off nearly even with the top of the jug if necessary, and with a spoon cover all the top with as much melted wax as it will retain, pouring on cold water to prevent its running down the sides of the jug.

This should be done immediately on putting in the fruit.

We also use stone jars of the smaller sizes for larger fruits.

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Invert the covers, have fitted round pieces of firm cotton cloth large enough to tie over the top. Cover one side of these with the melted wax, lay them over the jars, waxed side down and tie tight. Then with a spoon ladle on more wax to cover the whole top.

After it is cooled, examine carefully to see if any place is uncovered by the wax, or if it is cracked, and, if needed, add more wax.

Set away in a cool, dry cellar on a shelf.

Some housewives keep berries in jars by filling them as above described, laying a piece of white paper on the fruit, inverting the cover, then covering the whole tight by pasting over several layers of tough, fine brown paper dipped in the raw white of an egg beaten into a thin paste with a teaspoonful of white flour. A mould will generally form over the white paper, which, when the jar is opened, can be removed all at once and the fruit will be found well preserved.

## Sealing Wax.

One pound of resin, two ounces of beeswax, one and a half ounces of mutton tallow. Melt all together and keep for use.

# PORRIDGES.

These are good for the sick not only, but also for the well. They are excellent as a standing breakfast dish.

# Graham Porridge.

Pour a quart of milk into a quart of boiling water. When it boils pour in a batter of four heaping tablespoonfuls of Graham flour and milk and let it boil five minutes.

#### ANOTHER.

When Graham pudding is fairly made, but still boiling, transfer some of it into another kettle which is over the fire and has a small quantity of boiling water in it. Dip in sufficient to make a good thick porridge, stirring meanwhile. Let it boil till thoroughly mixed. Eat with a little cream.

Or some of the pudding may be left in the kettle after it is taken up for the table and boiling water added.

## Milk Porridge.

Stir into boiling milk, or half milk and half water, a thin batter of cold milk and white or Graham flour. Boil three or five minutes.

## Oat-Meal Porridge

Is made after the same formula as the preceding, but needs cooking longer.

#### Graham Water Gruel

For the sick. Make a thin batter of flour and water. Stir it into boiling water, and allow it to boil for six to twelve minutes slowly, so as not to burn. It can be thick or quite thin as the patient likes. This is an invaluable anti-fever diet, and is far more nutritious than chicken broth or beef tea.

#### Corn-Meal Porridge

Is prepared the same as Graham gruel for the sick, except that it should be made very thin at first, and allowed to boil slowly half an hour.

#### Water Gruel.

To two quarts boiling water add one gill of Indian meal and one heaped tablespoonful of flour made into a paste with water. Let it boil slowly twenty minutes.

#### Farina Porridge.

Stir farina into boiling water or milk and water, until it is of the desired consistency. Let it boil slowly fifteen minutes.

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### Rice Porridge

Can be made after the above formula when the flour is used; or when the whole grain is to be used, it can be boiled until the grain is entirely boiled in pieces. This is used for invalids, and is a very bland and useful article in those cases of delicate stomachs which will not bear coarse or solid food.

## Sago Pudding

And gruel are excellent articles for the sick, and are made by scattering slowly and stirring sago into boiling water, and cooking about twenty minutes or until it becomes clear. These may be eaten with cream or sugar.

## Tapioca Gruel.

Soak tapioca over night in twice the quantity of water, then add milk and water and boil until soft.

## Pop Robin.

Into seven pints of boiling milk stir slowly one pint of flour, prepared by mixing with cold milk just enough to form little balls about the size of a bean, by rubbing between the hands. Boil carefully three or four minutes, and it is ready for the table.

#### Panada.

Pour boiling water on to Graham or white crackers and let it simmer five minutes. Beat up an egg, sweeten slightly and stir it in with the cracker while hot, but do not let it boil; or grated bread or biscuit may be boiled in water enough to moisten and any kind of acid jelly be added.

## Sago Jelly.

Soak a teacup of sago in cold water one half hour, pour off the water, add fresh and soak another half hour, then boil by setting in a dish in boiling water until thickened. Add a little white sugar or currant or other acid jelly, and let it boil a few minutes longer and turn it out into cups.

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## Egg Gruel.

Beat the yolk of an egg with a spoonful of white sugar and then beat the white separately to a stiff froth. Pour a teacup of boiling water to the yolk, then stir in the white. milk.

# FOOD FOR THE SICK.

As a rule, sickness indicates abstinence from food. Especially is this true in all disorders where the general system is involved in fever or inflammation. The rule is not to be applied rigidly in all cases, but should be modified to meet the conditions as they exist, whether they be of the higher or more purely inflammatory type, representing vitality in abundance, or of the lower form, involving the nervous system and representing vitality in deficiency.

Marked cases of the first mentioned order, can bear abstinence, and to feed would be to kill. Therefore abstain until the symptoms abate decidedly, then feed carefully bland and watery food in moderate quantities, and not frequently.

In cases of the latter class, the vital expression being feebler, the repairs of the body are accomplished slowly, and so much time is required, that feeding must be commenced at once, or, may be, after the omission of a meal or two.

In febrile conditions, the food should be simple, watery, and well cooked.

We should not seek to furnish variety to tempt or provoke appetite, but on the contrary, study to know what is best for nourishment, adapting this as best we can, to the habits and tastes of the patient, and continuing its use until he tires of it.

Great care should be taken in preparing food for the sick, that every utensil used should be nice and clean, that the materials from which it is made be good of their kind and that it be served in a neat tasteful manner. Even the water should be the freshest and purest.

Puddings and porridges may sometimes be improved for delicate patients by sifting the Graham flour of which they are made, through a fine sieve.

# ACIDULOUS DRINKS.

Quite frequently there is a desire on the part of a sick person for acid. This is natural and should be gratified, for acids often prove most grateful and salutary.

They may be given in food, though the better plan is to administer them in drinks.

In cases of quinsy or tonsilitis, putrid sore throat, diptheria, inflammation of lungs, typhus and other putrid fevers, acids are of very great benefit.

They need to be prepared with great care, else the stomach will be disordered and fresh causes of disease be instituted.

The acid should always be vegetable and as free from other properties as possible. Thus in using lemon juice, avoid the bitter oil of the skin and other solid parts. Berries, steeped for acid drink, should not stand so long as to impart to the water, the flavor of the more solid parts. Currants, dried carefully in the sun or by the fire (pains being taken not to scorch them), are the best fruit for this purpose. They should be dried on an earthen plate to avoid the unpleasant taste imparted by a metal pan or a board.

Take a small handful of currants, pour over them a pint of boiling water, letting them stand half a minute without stirring, then drain off the water, straining it through a cloth and set it away to cool. This should be diluted so much as to make the acid taste very slight. Great care must be exercised on this point, as almost every nurse will make the mistake of giving it too strong, because the patient desires it so prepared. If made as above described it may be used freely to satisfy the demands of thirst.

Jellies dissolved or diluted in water make good drinks for the sick.

# JELLY

## Currant Jelly.

Take nice ripe currants, look them over with care, put them into a firm cotton bag and express the juice, or into a jar set into a kettle of boiling water to be cooked until quite soft; then run through a sieve and strain again through a jelly bag.

Put the uncooked juice in a pan or jar and set in a kettle of boiling water for a half hour, with a pound of white sugar to a pound of juice. The cooked juice may be boiled five or ten minutes with the sugar. Turn into jelly bowls and let it stand a day or two in the sun to harden. Then have white letter paper fitted to the top of the bowls and paste on with mucilage. Put away in a cool dark place.

## Cranberry Jelly.

Cranberries are cooked, the juice expressed and made into jelly in the same way.

# DRINKS FOR THE SICK.

Pure soft water is the natural drink for a sick person, and may generally be used with impunity to satisfy thirst. If drank in very large quantities it is safer not to take it entirely cold.

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When the stomach is in such conditions as that it will not retain simple water, preparations like the following may sometimes be substituted with benefit.

## Barley Water.

Two ounces pearl barley to half pint boiling water; let it simmer five minutes, then pour off and throw away this water; add two quarts of boiling water and let it boil until it is reduced one half. Strain and use it as a drink without seasoning, or a very little lemon juice and sugar may be added, or sliced figs or chopped raisins with liquorice root broken in pieces may be boiled together and the extract strained into the barley water.

Tamarind Water.

Put a teacup of best tamarinds in good drinking water, let them stand a half hour or so, and strain off the water.

## Cranberry Tea.

Mash ripe cranberries, pour boiling water to them and strain off the water and sweeten. In the same way, barberry tea may be made. So also nice tart apples and some kinds of berries.

Dried red raspberries treated in the same way make an excellent drink, also the nicest tart dried apples. The juice of ripe tomatoes made into a syrup with a pound of white sugar to a quart of juice, bottled and left to stand a few weeks, is very nice to mix with water for a drink.

# Sassafras Jelly.

Break into bits the pith of sassafras branches and let it stand in cold water until it becomes gelatinous. Also the inner bark of slippery elm may be treated in the same way.

This is sometimes agreeable to invalids and serves to moisten the mouth and throat, when nothing else can be taken.

### Crust Coffee.

Cut in two and brown evenly in an oven, Graham biscuit or bread crusts, pour boiling water to these and let it boil a few minutes. Pour it off clear and season with milk and a little sugar if desired.

Parched Corn Coffee.

Pop or parch the corn, grind it, pour on boiling water and let it boil a few minutes.

Small ears of corn may also be roasted and steeped in hot water a half hour or so for drink. Other grains, such as wheat, rice, barley, rye, as well as peas, can be browned and ground and made into pleasing drinks for the sick, as some believe, with this advantage, that when the system is too feeble to get sustenance by digestion of solid food, it can absorb it from these without digestion.

#### Toast Water.

Toast evenly Graham biscuit, pour cold water to it and let it stand for a drink.

# SPECIALTIES.

#### Salt.

All the dishes herein described are cooked and eaten without salt, and are relished thus by those habituated to its disuse. Salt is used to excess, in most families, and thus tends directly to produce constipation of the bowels, and other forms of disease.

#### Sugar.

Those who find it difficult to dispense with salt, will find a little sugar a very good substitute with many kinds of food. Many vegetables, such as peas, beans, succotash, turnips, squashes, etc., do nicely with sugar instead of salt.

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## Sugar and Cream.

Persons should be careful in ridding themselves of the use of objectionable articles—as salt, pepper, spices, rich gravies, meats, etc.—not to eat too largely of the condiments which are allowed. Sugar or cream used in large quantities, deranges the liver, and vitiates the quality of the blood. Let Health Reformers make it a rule to eat these in minimum instead of in maximum quantity. We advise that, as an every day practice, plain puddings, such as Graham pudding, hasty pudding, boiled rice, etc., be eaten with only sugar or cream as a dressing, and not with both.

## Milk and Eggs.

In the use of all those receipts which have either milk or water as an ingredient, or, which can be made up with or without eggs, we recommend that the milk and eggs be dispensed with, as a general thing, particularly in those families where there are children, or persons of sedentary habits. This is of great importance where there are scrofulous tendencies.

#### Fruit.

Our native fruits, when ripe and sound, are nutritious, and very wholesome food. But they should be used as food exclusively, and eaten at the table as part of the meal. No one who eats to live, instead of living to eat, should eat anything between meals. All children should be carefully brought up never to eat anything between their regular meals. Then they will have natural appetites, and will escape dyspepsia and other distressing disorders, provided they do not transgress physical laws in other directions.

#### Nuts.

Butternuts, walnuts, hickory nuts, chestnuts, beechnuts, etc., are very good, eaten at the table as part of the family meal.

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#### Drinks.

Tea or coffee should not be drunk by Health Reformers. Indeed, it is better, as a rule, that very little of anything should be drunk with the food, or soon after a meal. Cold soft water is the best drink. A cup of hot water, with a little cream and sugar, or, of simple home-made coffee, may be taken as a variety.

#### Water.

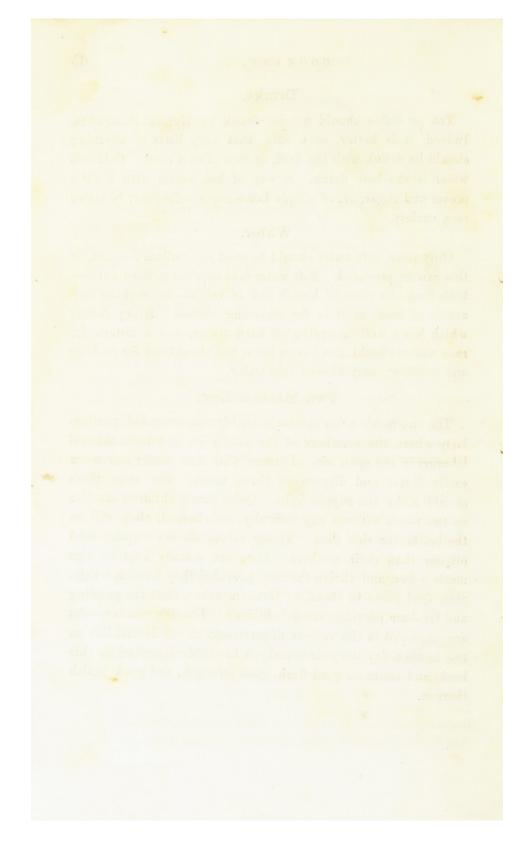
Only pure, soft water should be used as a culinary agent, if this can be procured. Soft water is as superior to hard water—both from the point of health and of relish—for cooking any article of food, as it is for cleansing clothes. Every family which has a well or spring of hard water, and a cistern for rain water, should also have a filter, and should use for cooking and drinking, only filtered rain water.

## Two Meals a Day.

The two-meals-a-day system is highly recommended, particularly where the members of the family are not hard manual laborers in the open air. Persons who thus work, can more easily digest and dispose of three meals. But even these should make the supper light. Quite young children can live on two meals without any difficulty, and, indeed, they will be the better for this plan. Young calves do not require food oftener than their mothers. They are usually kept on two meals a day, and thrive thereon, provided they have as wholesome food given to them, as Graham cakes, Graham pudding and Graham porridge are for children. The fifty workers who are employed in the various departments of our Home, live on two meals a day the year round, on the foods described in this book, and maintain good flesh, good strength, and good health thereon.

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