

CONTENTS:GLOSSARY.MISCELLANEOUS OBSERVATIONS FOR THE USE OF THE COOK* * * * *CHAPTER I. SOUPSCCHAPTER II. SAUCES AND FORCEMEATCHAPTER III. FISHCHAPTER IV. MEATS AND POULTRY COOKED IN VARIOUS WAYSCCHAPTER V. VEGETABLES, OMELETTES, FONDEAUX, CROQUETTES, RISOLES, &C.CHAPTER VI. PASTRYCHAPTER VII. SWEET DISHES, PUDDINGS, JELLIES, CREAMS, CHARLOTTEs, SOUFLES, GATEAUX, TRIFLES, CUSTARDS, CAKES, &C.CHAPTER VIII. PRESERVES AND BOTTLINGCHAPTER IX. PICKLINGCHAPTER X. RECEIPTS FOR INVALIDSAPPENDIXTHE TOILETTE.* * * * *
CHAPTER I. THE COMPLEXION, &c., &c.CHAPTER II. THE HAIRCHAPTER III. THE TEETHCHAPTER IV. THE HANDS AND NAILSCCHAPTER V. DRESSCHAPTER VI. EFFECTS OF DIET ON THE COMPLEXIONCHAPTER VII. INFLUENCE OF THE MIND AS REGARDS BEAUTYFree Recipes:A FONDU.Make into a batter one ounce and a half of potatoe flour, with the same quantity of grated cheese and of butter, and a quarter of a pint of milk or cream; add a little salt, very little pepper, and the well-beaten yolks of four fine fresh eggs; when all this is well mixed together, pour in the whites of the eggs, well whisked to a froth; pour the mixture into a deep soup plate or dish, used expressly for the purpose, and bake in a moderate oven. The dish should be only half filled with the fondu, as it will rise very high. It must be served the moment it is ready, or it will fall. It is a good plan to hold a salamander over it while being brought to table.BEEF RAGOUT.Take a small well cut piece of lean beef, lard it with the fat of smoked beef, and stew it with good gravy, highly seasoned with allspice, cloves, pepper and salt; when the meat is well done remove it from the gravy, which skim carefully and free from every particle of fat, and add to it a glass of port wine, the juice of a lemon, half a tea-spoonful of cayenne pepper, and a little mushroom ketchup; the beef should be glazed when required to have an elegant appearance.A few very small forcemeat balls must be poached in the gravy, which must be poured over the meat, and the balls arranged round the dish; this is a very savoury and pretty dish. * * * *

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