PROGRESS, SATURDAY, FEBRUARY 13, 1892.

SEASONABLE RECEIPTS.

Timely Suggestions Applicable to our Own Market Supply.

"Things for the cook, sir; I know not what." -Romeo and Juliet. EDITOR SEASONABLE RECEIPTS: I have often noticed in reading bills of fare, the prefix a la, al,

also **eu** and *aux*. Of course any one can almost guess the meaning, but to settle a dispute will you be good enough to explain them fully and oblige, IuNORAMUS.

With pleasure ; a la, al means "the same as" or "like the," for instance "a la Francaise" would mean the French style or like the French, and l'anglaise would mean the English style or like the English. Au aux —to or with; as "beet au celeri" (celery) or "aux signons" (onions); au is used when the accompanying article is but one thing and aux when it is many or more than one; au gratin-with a brown or toasted surface; au jas-with gravy; au jambouwith ham; aux champignous-with butter mushrooms; aux petit pois—with little green peas. "al" is used instead of "a la" when the word following commences with a vowel.

We may say what we like about the French terms for bills of fare or menns, but we cannot write an elegant menu without using them, for the simple reason that there is no English that will express three minutes and the result is exactly the the same meaning. The French are a same as a leg of mutton cooked as above two nation of cooks, and, as we have bor- hours and a half. The outside of the egg rower's the greater portion of our entrees from them, we must also take their names along with them. Still, I do not believe hard boiled egg is good to eat, but a hard in using any more French than is neces- boiled leg of mutton is not. sary in a place where it is not generally understood.

There are some terms that the French cooks themselves cannot explain. For instance "choux a la creme"-a very light pastry filled with whipped cream. Ask a French *chef* why he calls it "choux." and he will likely say, "because he is choux." I have citen tried to find out, out of the pot, thus letting out most of the because "choux" also means cabbage, and I felt rather curious to know why a delicate cake should be called a cabbage. No doubt the French find similar difficulties with some of our words.

Croquettes-What They are and How to Make Them.

I promised last week to give this receipt | is the and here it is. Croquettes can be made of any meats, fish, game, oysters, or lobster. There are also sweet croquettes of rice, and potato croquettes. Whatever the composition, the general idea in all is the same-a savory mince, moistened with sauce, if necessary bound together with the yolk of egg, dipped in beaten egg, rolled in bread crumbs and fried crisp.

Croquettes of Veal.

Remove the skin, gristle and sinew from some cold-dressed veal. Mince it finely, and with one pound of veal mince four ounces of ham, tongue or bacon. Season the mixture with salt, white pepper and states How to Cook it. not remember her name just now.

"been cooking for twenty years" as he told me, and yet he could not answer the above question correctly, or if he did he could not tell why. In all cooking there are two great principles. One is to get the flavor out as in making soups, etc., and the other to keep the flavor in. Hence we put a leg of mutton on in boiling water. This action takes the water off the boil, so we let the saucepan remain on the fire till the water boils again, then remove the saucepan off the fire till the water gets nearly lukewarm, then put the saucepan on the fire again, and let it simmer—not boil—very gently till the leg is done. A leg weighing mine pounds would take two hours and a halt to

The Reason Why

cook.

we do this is because meat consists largely of albumen which coagulates and becomes hard at boiling point, and when the leg of mutton comes in contact with the boiling water a hard rim forms immediately all over it and keeps the juice in during the process of simmering, but if we leave the leg cooking for four hours it would become like a hard boiled egg, and as a fact, cooking a leg of mutton is like cooking an egg in the ordinary way. The egg is put on in boiling water, cooked for two and a half or is hard and the inside soft, and so it is with the mutton. The only difference is that a It the mutton was put on in cold water and cooked, the result would be a good | ly more boys than girls, to converse with broth for soup and a worthless joint of and though they are always welcome, I bemutton, because the cold water would have drawn all the juice or gravy out of it.

Many cooks, although they may know how to cook a leg of mutton, will spoil it how to cook a leg of mutton, will spoil it afterwards by sticking a fork in it to lift it unreasonable, and Geoff. had the colossal gravy.

Corned Beef and Cabbage.

It is so difficult to get a good piece of corned beet that I have found, not only in this city but elsewhere, that the only way to be sure of it is to make it yourself. It is not a very troublesome matter. Here

Receipt for Pickle.

Put two gallons of cold water into a large corned beef after it becomes known.

Water-A cup is ½ a pint, which is 8 ounces. Milk-The same as water. Vinegar-"""" Vinegar- """ " Molasses-A cup weighs 12 ounces. Sugar-A rounded cup is 8 ounces. Butter-A pressed in cup, or metted is 7 ounces. Butter-The size of an ordinary egg, 1 ounce. Flour-A level cup is 4 ounces, rounded, 5 ounces, Flour—A level cup is 4 ounces, rounded, 5 ounces, heaped, 6 ounces. Salt—Minced fine, a cup is 4 ounces. Lard—A cup is 7 ounces, pressed or melted. Raisins—A heaping cup, withoutstems, is 8 ounces, a quart is a pound. Currants—A heaping cup is 6 ounces. Eggs—A cup of raw eggs is 5 eggs. Yolks—A cup holds 13 raw yolks. Whites—A cup holds 9 raw whites. Whole eggs—10 average a pound. Rice—A cup of raw rice is 7 ounces. Ground coffee—A heaping cup is 4 ounces. Tea—A heaping cup is 2 ounces. A basting spoon holds 4 tablespoonfuls; it holds 2 ounces of molasses, or one ounce of melted butter or lard.

or lard. A tablespoon holds one ounce, heaped, of sugar flour, starch, rice, barley, sago cornmeal; or ½ ounce of ground coffee. Fourteen tablespoonfuls are ½ a pint, liquid. A teaspoonful is a quarter as much as a table-

spoonful. Oysters-A cup is one dozen select, or 2 dozen

small; 4 cups are a quart. Apples average 4 to a pound.

Potatoes average 6 to a pound. Coffre—To the gallon water ½ a pound. Tea—To the gallon of water, ½ of a pound. The cheapest dishes that are good as well

as cheap are Irish stew, soup, macaroni, pot-pies. apple dumplings. The dearest are tried meats.

"ASTRA'S" TALKS WITH GIRLS.

[Correspondents seeking information in this de-partment should address their queries to "Astra," PROGRESS, St. John.]

I have grave doubts this week girls, as to whether I ought not to head this column Astra's Talks with Boys, for there are realgin to be afraid Geoffrey will be getting jealous, and then he might make things unpleasant because you know la grippe has a assurance to tell a sympathizing friend who had called to see him the other day, that I had been very bad indeed to him since he had been ill, and bullied him shockingly. He said it in the most plaintive and pathetic manner possible, and right before my face too, so there is no knowing what he may do next, but I trust it will not be anything so desperate as forbidding me to hear from boys as well as girls.

Some time ago a correspondent asked me for a cure for quinsy, and I have been stewpan with three pounds of bag salt, half on the look out for one, ever since. A a pound of good moist sugar, and two short time ago, a friend gave me two remeounces of saltpetre. Bring it to a boil, skim carefully and let it boil for twenty is a slice of raw pork, well sprinkled with minutes. Turn it into a deep pan and dry mustard, and put around the throat, when cold it is ready for use. Meat is until relief is experienced, and the second, more tender when cured with bag salt than is to take the common everlasting flowers, with common salt. Sugar makes the meat found by the wayside in the autumn, steep mellow and the saltpetre colors it. The butcher who will adopt this method will be surprised at the increase in the sales of tain cure, and I do hope the correspondent who wrote about it will find this, as I can-



For Latest New York Styles our assortment consists of

Ladies' Red Morrocco Duchess Tie Slippers. Ladies' Grey Suade Theo Tie Slippers. Ladies' Grey Suade Adonis Bkle. Slippers. Ladies' Black Kid Windsor Tie Slippers. Ladies' Black Kid Beatrice Slippers. Ladies' Black Kid low cut Opera Slippers.

We also have a few Pairs of SATIN SLIPPERS that we are closing out at \$1.00, \$1.50 and \$2.00.

WATERBURY & RISING, 34 KING AND 212 UNION STS.



Marts

grated nutmeg, and put it in a saucepan; stir for fifteen minutes over a gentle fire with an ounce of butter rolled in flour, one tablespoontul of cream, and one tablespoonful of strong stock made from the bones and trimmings of the veal, or a little of the gravy left from the joint would do as well. Turn the preparation upon a dish or pan, spread it to a smooth layer an inch thick, and let it get quite cold. Then it can be easily worked into the shape of balls or corks. Egg and bread-crumb the croquettes and leave them in a cool place for an hour, then egg and bread-crumb them again. This is called double breading-it is not neceesary, but it makes better looking work. Put them into a wire frying-basket, plunge them into the boiling fat, and let them remain until they are brightly browned all over. Drain them and serve on a hot-folded napkin or doily. Garnish with sprigs of parsley.

The Frying-Basket. alld

This indispensible article for frying croquettes, cutlets, kissoles, fish, potatoes, etc., is rather expensive to buy, but a very good substitute can be cheaply provided that will answer the purpose for private families. Buy a common round iron pot not too high, with a handle that goes from side to side, and get the handle soldered at both sides so as to keep it in position over the pot, also have a small hook soldered to the centre of the handle. Buy a wire basket that will fit into the pot and you have the thing complete. The hook on the handle is to hang the basket on after frying anything and thus drain it. I have already explained in a former paper the object of deep fat for frying, also that it is more economical because it can be used over and over again, perhaps fifty times. After use pour the fat carefully into a basin containing boiling water, and stir it up and let it settle, the loose crumbs, etc., will sink to the bottom of the water, and the fat will present a clean and wholesome appearance when it has got cold. Remove the fat carefully in a cake from the top of the basin of water and it is ready for use again.

The Secret of Browning.

In frying fish, croquettes, etc., the obness or nature of the articles fried. Croand only need to be warmed through, but that length of time will not be sufficient to brown them, hence they are frequently cooked too much and become dry and tasteless. Fried fish and cutlets of meat require a much longer time, from five to ten minutes, according to thickness.

The secret of quick browning is to keep on hand some golden-brown bread-crumbs and use these for the double breading for croquettes, etc., then you have the color even before they are put to fry.

Save Scraps of Bread.

No bread need be wasted. The smallest scraps can be collected and dried in a slow oven, and then crushed and rolled into crumbs with a rolling pin or a bottle. This is much better than the expensive cracker dust that is sold, for frying oysters or anything else that is to be breaded.

The Why and Wherefore of Boiling. "Amateur" asks "should a leg of mutton

No matter how good the beef nor how well cured, it can be easily spoilt in cooking. The brisket and navel pieces should not be left in pickle more than a week, and the rump piece nine days.

Wash the beef in cold water and put it on to cook in cold water, when it comes to the boil set it back where it will simmer for five hours. Skim the pot thoroughly, and if the joint is too large to be quite covered with water, turn it twice while cooking. About twenty-five minutes before it is done, put in the same pot one or two cabbages, cut into quarters and serve with the meat. Although good as a hot joint, it is delicious cold, and when intended for a cold joint it is better to let the joint remain in the water it was cooked in until it is lukewarm. The tub or barrel containing the pickle should be kept in a cool place. The pickle can be used over and over again by boiling and skimming I do not know that I deserve any credit occasionally and adding more salt, etc., for it at all, because I think it I had a fairy but the surest way to have it right is to make fresh every three weeks. The best recommendation for beef treated as above

Vienna Rolls.

2 pounds of flour. 2 cuptuls of milk. ½ cake of compressed yeast, or ½ cupful of potato yeast. 2 teaspoontuls of sugar. 2 teaspoonfuls of salt.

is that everybody likes it.

Make the milk lukewarm and dissolve the yeast in it. Set sponge at nine in the morning; at noon add the salt and sugar and make up a stiff dough. Let rise till about four o'clock, then work the dough well on the table by pressing out and tolding over. Roll out the dough in one large sheet as thin as you can, then cut the dough into strips about seven inches wide or as wide as your hand is long. Cut these again into triangular pieces-not equal sided, but longer at the sides than at the base. Roll these up, beginning at the broad bottem end, and the point will come into the middle of the roll, and there will be a spiral mark around from from the two ends to the middle.

Give each roll a few light turns under the hands to smooth them and place them on the baking pan either straight or bent in ject is to cook just long enough and no the form of a crescent-something like the longer, but at the same time to obtain a shape and size of the new moon. Brush nice golden brown color. No time can be over with water or melted lard. Let rise laid down, because it varies with the thick- in the pans about halt an hour and bake about ten to fifteen minutes. If you like quettes and rissoles are already cooked, these and want to know all about making bread as it is made in the best hotels and restaurants I would refer you to "Whitehead's Family Cook Book" from which the above receipt is copied. Price \$1.50.

Flannel Cakes.

2 quarts warm water. l cup of yeast. 1 casting spoonful of simple syrup. 4 ounces of melted lard. 4 eggs and small teaspoonful of salt.

veast and warm water, either over night

Cup and Spoon Measure.

There can be very little good cooking without exact weights and measures. If scales accurate enough to weigh by ounces are not at hand it is possible to get along quite well by the aid of the following rule:

DOMINO-Many thanks for your pleasant letter, and also for your kind sympathy, but you see I never had grippe, so I don't think I can rightly accept it, and I will pass it on to Geoffrey, who will take great comfort therein, I am sure as he is fond of sympathy and really needs it just now. Take comfort, you know, if a young man refuses a girl he is bound to make her a present of a handsome silk dress to compensate in some measure for her wounded feelings. But I do not fancy there will be many silk dresses given away, as I sincerely hope none of us will be driven to such desperate measures at that.

MARIAN ERLE, St. John .-- I am beginning to be atraid that you girls will make me conceited. But yet, on second thoughts, perhaps not. I would not be worth much it your kind words had any other effect than to cheer me on my way. godmother she must have conferred that Is now recognized as the greatest boon offered to upon me at my birth, the gift of sympathy. And, oh dear, gift how it does hurt sometimes, when one sees trouble and sorrow that they are powerless to alleviate. I have absolutely wished sometimes that I had been given the calm, deliberate, hoggishness, for no other word will express it, which enabled the priest and Levite of unpleasant fame to pass by on the other side! They must have been such easy going, happy mollusks, troubled by no one's sorrows but their own, and so perfectly confident doubtless that they were going straight to Abraham's bosom when they died, that their lives must have seemed like a pastoral poem-to themselves. But yet perhaps we poor wretches have the best of it atter all, though we do suffer often. It was no trouble at all to look for the authors only I am so sorry I failed to find them for you. I am afraid you have had sorrow recently, my dear, your letter reads that way, but still you know what you say about the shadows is so true, and if we had nothing but happiness here we would quite naturally want to stay here,

and never look forward to anything better. Yes, the lines are very familiar to me, and very beautiful. I often wonder why people don't rave more over Mrs. Browning's poems, and less over her husband's, hers are so much more easier understood, and one peculiar quality about them is, that they seem to have the faculty of saying just what one has so often thought themselves. I cannot imagine you either commonplace or "practical," according to the usual meaning of the latter word, which always seem to call up before my mind a vision of a terribly strong minded female, with no consideration for the weaknesses of other people, and a terribly strong opinion of her own. "A practical woman" shade of Cicero, the phrase always makes me think ot a female who spends a great deal of her time in cutting out factory cotton undergarments to rasp the flesh of the poor, and then sewing them with number 36 thread. -, Sackville-I could not make anything of your signature, it looked like Hapsburg and Napanee and Napratinebut none of those seemed teasible as a nom

de plume, so I gave them all up in despair. So I do hope you will find this. I trust you will not think me disagreeable, if I remind you that I gave the very fullest explanation in my power of the differences

49 KING ST. W., TORONTO, Ont G. C. PATTERSON, Mgr. for Can.

Electricity, as applied by the **Owen Electric Belt and** Appliances.

suffering humanity. It is fast taking the place of drugs in all nervous and rheumatic troubles, and will effect cures in seemingly hopeless cases where every other known means has failed. It is natures remedy, and by its steady, soothing current that is readily felt,

POSITIVELY CURES THE FOLLOWING :

Rheumatism, Sexual Weakness. Female Complaints, Sciatica, General Debility, Impotency,

Kidney Diseases. Lumbago. Nervous Diseases, Liver Complaint, Dyspepsia, Lame Back. Urinary Diseases, Varicocele,

RHEUMATISM.

It is certainly not pleasant to be compelled to refer to the indisputable fact that medical science has utterly failed to afford relief in rheumatic has utterly failed to anord rener in rheumatic cases. We venture the assertion that although electricity has only been in use as a remedial agent for a few years, it has cured more cases of Rheumatism than all other means combined. Some of our leading physicians, recognizing this fact, are availing themselves of this most potent of nature's forces of nature's forces,

To Restore Manhood and Womanhood

As man has not yet discovered all of Nature's As man has not yet discovered all of Nature's laws for right living, it follows that everyone has committed more or less errors which have left visible blemishes. To erase these evidences of past errors, there is nothing to equal Electricity as applied by the Owen Electric Body Battery and Suspensory. Rest assured any doctor who would try to accomplish this by any kind of drugs is practicing a most dangerous form of charles. is practising a most dangerous form of charla

We Challenge the World

to show an Electric Belt where the current is under the control of the patient as completely as this. We can use the same belt on an infant that we would on a giant, by simply reducing the current. Other belts have been in the market for five or ten years longer, but to-day there are more Owen Belts manufactured than all other makes combined combined.

Electric Insoles.—Dr. Owen's Electric Insoles will prevent Rheumatism and cure Chil-blains and Cramps in the feet and legs. Price \$1, Telephone 586. by mail.

Beware of Imitations and Cheap Belts.

27 Our attention having been attracted to an imitation of the Genuine Owen Electric Belt. that is being peddled through the country from town to town, we desire to warn the public against

Our Trade Mark is the portrait of Dr. A. Owen, embossed in gold upon every Belt and Appliance manufactured by The Owen Electric Belt and Appliance Co.

137 Send for Illustrated Catalogue of Inform-ation, Testimonials, etc.

THE OWEN ELECTRIC BELT CO'Y, 49 King St. W., Toronto. Ont. invite inspection.

Head Office, Chicago. Mention this paper.

THE PRESS

FOR 1892.

Has a Larger Daily Circulation than any other Reblican Newspäper in America.

DAILY. SUNDAY. WEEKLY. The aggressive Republican Journal of the Metropolis. A Newspaper for the masses. Founded December 1st, 1887. Circulation over 100,000 copies Daily.

THE PRESS is the organ of no faction; pulls ne wires; has no animosities to avenge. The most remarkable newspaper success in New York.

The Press is a National Newspaper. Cheap news, vulgar sensation and trash finds no place in the columns of THE PRESS. THE PRESS has the brightest Editorial page in New York. It sparkles with points.

HOREHOUND

AND ANISEED.

CROUP, WHOOPING COUCH,

COUGHS AND COLDS.

OVER 40 YEARS IN USE.

25 CENTS PER BOTTLE.

ARMSTRONG & CO., PROPRIETORS,

SAINT JOHN, N. B.

CITY EXPRESS

_____ AND-____

DEFOREST'S

THE PRESS SUNDAY EDITION is a splendid twenty page paper, covering every current topic of interest. THE PRESS WEEKLY EDITION contains all the

good things of the Daily and Sunday editions. For those who cannot afford the DAILY or are prevented by distance from early receiving it, THE WEEKLY is a splendid substitute.

As an Advertising Medium THE PREss has no superior in New York.

THE PRESS within the reach of all. The best and cheapest Newspaper in America.

	Daily and Sunday, one Year	5.00
	Daily and Sunday, six months	2.50
	Daily and Sunday, one month	.40
	Daily only, one year	3.00
	Daily only, four months	1.00
1	Sunday, one Year	2.00
	Weekly Press, one Year	1.00
-	Send for THE PRESS Circular. Samples	

THE PRESS, Address,

38 PARK Row, New York



GENTLEMEN.—I have taken and tested a sample of your "EXTRA GRANULATED" Sugar, and find that it yielded 99.88 per cent of pure su ar. It is practically as pure and good a sugar as can be

(for breakfast) or six hours before supper, an hour before the meal add the enriching ingredients and heat well. Bake on a griddle same as buckwheat cakes, serve with maple syrup.

2 lbs. of flour. Mix the flour into a sponge with the

