

Book, compliments of Sue
Nelson & Sarah
Belcher.

RECIPES AND REMEDIES

Drawn in part from Elizabeth (Catlow) Rockenbach's cookbook. Every-Day Cook-Book, Encyclopedia of Practical Recipes by Miss E. Neil, Regan Printing House, Chicago, Ill. 1892. Some of the more unusual entries that you may not see in today's modern cookbooks.

Collared Eels. One large eel, peppered and salted to taste; two blades of mace, two cloves, a little allspice very finely pounded, six leaves of sage, and a small bunch of herbs minced very small. Bone the eel and skin it; split it, and sprinkle it over with the ingredients, taking care that the spices are very finely pounded, and the herbs chopped very small. Roll it up and bind with a broad piece of tape, and boil it in water, mixed with a little salt and vinegar, till tender. It may either be served whole or cut in slices; and when cold, the eel should be kept in the liquor it is boiled in but with a little more vinegar put to it.

Mice. Pumpkin seeds are very attractive to mice, and traps baited with them will soon destroy this little pest.

Lunar Caustic. Lunar caustic, carefully applied so as not to touch the skin, will destroy warts.

Fever and Ague. Four ounces galangal-root in a quart of gin, steep in a warm place; take often.

Ox-Tail Soup. Take two ox tails and two whole onions, two carrots, a small turnip, two tablespoonsful of flour, and a little white pepper, add a gallon of water, let all boil for two hours; then take out the tails and cut the meat into small pieces, return the bones to the pot, for a short time, boil for another hour, then strain the soup, and rinse two spoonsful of arrowroot to add to it with the meat cut from the bones, and let it boil for a quarter of an hour.

A Good Cure for Colds. Boil two ounces of flaxseed in one quart of water; strain and add two ounces of rock candy, one-half pint of honey, juice of three lemons; mix, and let all boil well; let cool, and bottle. Dose: One cupful on going to bed, one-half cupful before meals. The hotter you drink it the better.

Pounded Glass. Pounded glass, mixed with dry corn-meal, and placed within the reach of rats, it is said, will banish them from the premises; or sprinkle Cayenne pepper in their holes.

Asthma. A lady writes that sufferers from asthma should get a muskrat skin and wear it over their lungs, with the fur side next to the body. It will bring certain relief.

Game Soup. Two grouse or partridges, or if you have neither, use a pair of rabbits; half a pound of lean ham; two medium-sized onions; one pound of lean beef; fried bread; butter for frying; pepper, salt, and

two stalks of white celery, cut into inch lengths; three quarts of water. Joint your game neatly; cut the ham and onions into small pieces, and fry all in butter to a light brown. Put into a soup-pot with the beef, cut into strips, and a little pepper. Pour on the water, heat slowly, and stew gently two hours. Take out the pieces of bird, and cover in a bowl; cook the soup an hour longer; strain, cool, drop in the celery, and simmer ten minutes. Pour upon fried bread in the tureen.

To Sweeten Meat. A little charcoal thrown into the pot will sweeten meat that is a little old. Not if it is anyway tainted - it is then not fit to eat - but only if kept a little longer than makes it quite fresh.

Tape-Worms. Tape-worms are said to be removed by refraining from supper and breakfast, and at eight o'clock taking one-third part of two hundred minced pumpkin seeds, the shells of which have been removed by hot water; at nine take another third, at ten the remainder, and follow it at eleven with a strong dose of castor oil.

Bites Of Dogs. The only safe remedy in case of a bite from a dog suspected of madness, is to burn out the wound thoroughly with red-hot iron, or with lunar caustic, for fully eight seconds, so as to destroy the entire surface of the wound. Do this as soon as possible, for no time is to be lost. Of course it will be expected that the parts touched with the caustic will turn black.

Boiled Calf Head (without the skin). Calf's head, water, a little salt, four tablespoonfuls of melted butter, one tablespoonful of minced parsley, pepper and salt to taste, one tablespoonful of lemon juice. After the head has been thoroughly cleaned, and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the head into a stewpan, with sufficient cold water to cover it, and when it boils, add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with lemon juice in the above proportion. Take up the head, skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder send to the table in a tureen. Bacon, ham, pickled pork, or a pig's cheek are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs.

To Keep Off Mosquitoes. Rub exposed parts with Kerosene. The odor is not noticed after a few minutes, and children especially are much relieved by its use.

Cold On The Chest. A flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

To Restore From Stroke Of Lightning. Shower with cold water for two hours; if the patient does not show signs of life, put salt in the water, and continue to shower an hour longer.

Mock-Turtle Soup. Clean and wash a calf's head, split it in two, save the brains, boil the head until it is tender in plenty of water; put a slice of fat ham, a bunch of parsley cut small; a sprig of thyme, two leeks cut small, six cloves; a teaspoonful of pepper, and three ounces butter, into a stewpan, and fry them a nice brown; then add the water in which the head was boiled, cut the meat from the head in square pieces, and put them to the soup; add a pint of Madeira and one lemon sliced thin, and Cayenne pepper and salt to taste; let it simmer gently for two hours, then skim it clear and serve. Make a forcemeat of the brains as follows: Put them in a stewpan, pour hot water over, and set it over the fire for a few minutes, then take up; chop them small, with a sprig of parsley, a saltspoonful of salt and pepper each, a tablespoonful of wheat flour, the same of butter, and one well-beaten egg; make in small balls, and drop them in the soup fifteen minutes before it is taken from the fire; in making the balls, a little flour may be necessary. Egg-balls may also be added.