

**THE ORPHAN'S FRIEND AND HOUSEKEEPER'S
ASSISTANT IS COMPOSED UPON TEMPERANCE
PRINCIPLES: WITH INSTRUCTIONS
IN THE ART OF MAKING PLAIN AND FANCY
CAKES, PUDDINGS, PASTRY CONFECTIONERY,
ICE CREAMS, JELLIES, BLANC MANGE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649501168

The Orphan's Friend and Housekeeper's Assistant Is Composed upon Temperance Principles:
With Instructions in the Art of Making Plain and Fancy Cakes, Puddings, Pastry Confectionery,
Ice Creams, Jellies, Blanc Mange by Ann H. Allen

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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ANN H. ALLEN

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ORPHAN'S FRIEND
AND
HOUSEKEEPER'S ASSISTANT

IS COMPOSED UPON

TEMPERANCE PRINCIPLES,

WITH INSTRUCTIONS IN THE ART OF MAKING PLAIN AND
FANCY CAKES, PUDDINGS, PASTRY, CONFECTIONERY,
ICE CREAMS, JELLIES, BLANC MANGE,

ALSO FOR THE

COOKING OF ALL THE VARIOUS KINDS OF MEATS
AND VEGETABLES.

WITH A

VARIETY OF USEFUL INFORMATION AND RECEIPTS

NEVER BEFORE PUBLISHED.

BY AN OLD HOUSEKEEPER.

Anna H. Allen

PLEASE TO EXAMINE.

BOSTON:
DUTTON AND WENTWORTH'S PRINT.
CONGRESS STREET.
1845.

DEDICATION.

THE authoress dedicates this little work to Temperance. I have been anxiously waiting to see, in the numerous publications on temperance, some allusion made to the use of liquors in the preparation of viands, but thus far I have not met with even a remark on the subject; this consideration first induced me to get up this little volume.

The remark of the Chief Magistrate of this Commonwealth, at the last simultaneous temperance gathering in this city, viz.: that "temperance was the handmaid of religion," was not only beautiful but true, and spake well for the head and the heart of the person who uttered it.

It was my good fortune, in early life, to meet with the views of Dr. Benjamin Rush, of Philadelphia, on the use of intoxicating liquors, which so convinced my judgment, that I have not used them in any case, as a beverage or in cookery; or in partaking of the viands prepared by others; preferring the most plain fare to the sumptuous, flavored with that which "caused my brother to offend."

It is an acknowledged fact, that it is not the taste of the liquor, but the effect produced, that enchains the unfortunate inebriate. With this truth before us, is it possible that any of my fair countrywomen will administer this deadly poison in any article of cookery? The effect must be the same whether eaten or drunk, and having it around is a great temptation to domestics. Let us, as a temperance people, be consistent, and "neither touch, taste, nor handle," except as a medicine, where no other thing will supply its place. Alcohol should be nearly confined to the laboratory of the druggist. As woman was designed, in the creation, to be "a helpmeet for man," she can enlarge the sphere of her usefulness by her kindly influence in this matter. Next to religion, nothing can add more to the sum of human happiness than temperance.

ANN H. ALLEN.

INTRODUCTION.

THE author and compiler of this little work, was in her youth deprived by death of the fostering hand of a kind mother; and having suffered from the privation, would be happy to render this useful to that class of her readers, as she wishes to be the Orphan's Friend.

In the present mode of education, there is little time, for even a judicious mother to teach her daughters the rudiments of house-keeping. This is offered as an assistant. Having myself been a practical housekeeper for more than thirty years, and tested most of the following recipes, many of which have never appeared in print before, I have taken pains to place the quantities and ingredients first, in most cases, that the Assistant may be more easily comprehended. But, in all cases, the INSTRUCTIONS must be followed, to ensure complete success. With method, and a right disposition of time, almost any thing can be accomplished.

"A place for every thing, and every thing in its place," should be the motto of the mistress of the house, as well as the maid. Yet there are reciprocal duties between the heads of a well regulated household. As a general rule, "good husbands make good wives." It requires both to move in their own orbit, to form that complete whole, which is so beautiful in a well ordered family. If a lady has never been accustomed, whilst single, to think of family management, let her not suppose that she cannot acquire this happy qualification. I know from experience, that patience, and perseverance, will accomplish much that appears to be impossible.

It is proper that a lady should assist her husband, in contributing to the wants and comforts of their family and friends; at her table, when she takes the head and does the honors from

choice, it reflects sweetly in her diadem of graces; and she enhances her own happiness by conforming to the station in which she is placed by an all-wise Providence.

The devoted wife wishes, above all things, to please her husband. And the most devoted husband is better pleased with having good bread and butter, and all other things good of their kind upon his table, than with the most learned dissertation in Latin, or French, or the most splendid performances upon the piano forte.

The housekeeper should remember that the welfare and good management of the household depends upon the eye of the superior; and therefore there is nothing too trifling for her notice, that comfort and economy may be promoted in all things under her control. She should be informed of the qualities of articles in common use, and prices, and of the best times of purchasing, and places, etc. Domestic bread is more healthy, and much less expensive than bakers'; it should therefore be used in a family. Every article should be kept in that place best suited to preserve it in fine order, and prevent waste.

VEGETABLES will keep best on a stone floor, or in sand, or earth, with a good air.

MEATS, in a cold, dry place; also dried beef, or hams, salt, and candles.

SUGAR, white and brown, in a dry pantry. Vermicelli, tapioca, and saloops and all seeds used in cookery, in large-mouthed bottles, with covers or small specie jars, and sweetmeats or preserves should also be kept in a cool place.

CHEESE should be kept in a box that will just fit, and in a dark closet; it should be turned and rubbed with butter once a week, and the box should be rubbed also.

EGGS can be purchased cheap in the spring; pack them away in salt on the pointed end, and place in a cool cellar, and they will remain good through the summer.

STORE ONIONS should be braided with straw, or the branches of the weeping willow, when taken from the ground in the fall, and hung up in a cold, dry room. But they should not be suffered to freeze.

WINTER PEARS should be tied by their stems and hung up.

CELERY should be taken from the ground before the frost sets in, and packed away in dry sand, without stones, and set in a cellar.

CABBAGES. Leave until the heavy frost sets in; have those wanted for winter use pulled up, leaving all the soil around them, and set them in a trench in the vegetable cellar. Cut the heads off as wanted; the stumps, set out in the spring, grow good greens.

To save lemons and oranges, and dry, peel some of the lemons and oranges used for juice, dry the peels; for grating, the juice should be squeezed out after they are cut in two, then dried; but the skins peeled off answer well for boiling in liquid.

In cookery, if the whites of eggs are used, make a custard, to use the yolk; but if to stand over night, beat them up, with a little water, and they will not injure.

MILK in very hot weather, set upon the stove, or range, until it scalds in the pan, will remain sweet much longer, and increase the quantity of cream for butter. Cream already skimmed may be preserved sweet, for twenty-four hours. Scald it, then add as much double refined sugar as will make it pretty sweet, then set in a cool place. Syrup of cream may be prepared in the same way; putting one pound and a quarter of sugar to a pint of fresh cream, set it away in a cool place for three hours; have ready nice two-ounce phials, and, after filling, cork close, and tie down with leather. Thus prepared, it will remain good for two weeks. This is excellent for a voyage to sea.

SCALDING FRUITS, PICKLES, CATSUP, ETC.—If in bottles, immerse in *warm water* in a kettle in a range or stove, and let it boil until the article boils; if in large jars, set on a hot hearth until it boils, then skim. But after pickles are scalded, the vinegar must be revived with either spirit, or sweet: molasses, sugar, or a little whiskey. Care must be taken that no scum is suffered to collect on pickles, as it is an evidence of its wanting something to strengthen it; it will spoil soon if not scalded and fed. The utensils used in a dairy should be kept nice, and vessels that have contained sour milk should first be washed in cold water, then well in hot, and thoroughly scalded, and set in a hot sun.

BRASS KETTLES should be well cleaned and bright, before using, as the verdigris is an active poison.

If coffee, chocolate, or gruel, is suffered to boil over, the strength is lost.

Hard water spoils the color of vegetables; a pinch of saleratus or salts of wormwood will restore.

MEATS.—If the weather will permit, most kinds of meat are finer for hanging a few days, or keep in a refrigerator a few days; mutton in particular, and salting and peppering the broad end of the leg; if damp appears, wipe with a dry cloth. Boiling in sea water, if convenient, is an improvement.

GAME is often brought in, when the cook supposed they would keep a day; but they have been preserved three days, by the following method. If birds (woodcocks and snipes excepted), dress nicely, then draw; be careful to break nothing. Hang in a dark, cool place. When to be used, wash nicely, and rub well with pepper before stuffing, and salt.

Another way.—After dressing, have a stew-pan of boiling water ready, and after washing in many waters, plunge into the boiling water, one at a time. Let each remain five minutes, moving, that the water may go through well. When all are done, tie them by the heads, and hang them up in a cold place; when drained, pepper the inside and necks; mint or parsley may also be put inside. When roasted, wash, to take off the pepper. The most delicate birds, even grouse, may be kept in this way, if not putrid. Poultry that has hung long, should be nicely washed in vinegar and water, to prevent a musty taste being communicated to the dressing. Always rub well with salt and pepper before stuffing any thing.

FRESH WATER FISH has often a muddy taste; to take off which, if small, rub with salt after dressing and properly washing; wash again before cooking. If large, soak in salt and water.

TO MAKE HOP YEAST.—Peel and slice potatoes, sufficient to fill a stew-pan of three pints, then cover with water, put on the lid, and boil; throw a large handful of hops into a kettle with three half pints of water; boil, until they begin to sink, then strain the water into some sifted flour, a sufficient quantity to

thicken the hop water, stir it up, and let it cool. When the potatoes are done, pour the water off and beat them fine with a rolling-pin, then strain with cold water through a hair or wire sieve. When the hops are sufficiently cool, mix them and the potatoes together, and half a pint of good hop yeast, and a trifle of flour, set to rise; when light, bottle; and keep in a cool place.

TO MAKE DOMESTIC BREAD.—At night, sift the quantity of flour you wish into a bowl, and take equal quantities of milk and water: if you have milk, (water will do) the warmth must be regulated by the weather; if very cold, stir into the centre of your flour the wetting quite warm, form a batter, and put in half a pint of yeast; cover over, and let stand till morning, then mix the hardness desired, and put into tins; and when light, bake in a good heat one hour. This, if the yeast is good, will be delightful bread; and the goodness of the yeast entirely depends upon the quality of yeast it was set with.

POTATOE BREAD is made in the same way, having potatoes prepared as for the yeast for the mixing, and use some salt for potatoe bread.