

THE  
GOOD HOUSEKEEPER,  
OR  
THE WAY TO LIVE WELL  
AND  
TO BE WELL WHILE WE LIVE.  
CONTAINING DIRECTIONS FOR  
CHOOSING AND PREPARING FOOD,  
IN REGARD TO HEALTH, ECONOMY,  
AND TASTE.



BY MRS. S. J. HALE,  
AUTHOR OF "THE LADIES' WREATH," ETC.

Third Thousand.

BOSTON:  
WEEKS, JORDAN AND COMPANY.  
PHILADELPHIA: L. A. GODEY,  
411 Chestnut Street.  
1840.

THE  
MIDDLE  
AGE

OF  
ENGLAND

BY  
J. H. M. J. VAN  
DE WALLE

OXFORD  
UNIVERSITY PRESS

THE  
MIDDLE  
AGE

OF  
ENGLAND

FRAMINGHAM  
STATE COLLEGE

WHITTEMORE  
LIBRARY

350

THE  
GOOD HOUSEKEEPER,  
OR  
THE WAY TO LIVE WELL  
AND  
TO BE WELL WHILE WE LIVE.  
CONTAINING DIRECTIONS FOR  
CHOOSING AND PREPARING FOOD,  
IN REGARD TO  
HEALTH, ECONOMY AND TASTE.

---

BY MRS. S. J. HALE,  
AUTHOR OF "THE LADIES' WREATH," "TRAITS OF AMERICAN LIFE,"  
"NORTHWOOD," ETC.

---

"Temperate in all things."—Burr

STATE COLLEGE  
LIBRARY

SECOND EDITION.

---

FRAMINGHAM, MASS.

BOSTON:  
WEEKS, JORDAN AND COMPANY.  
1839.

Entered according to Act of Congress, in the year 1839, by  
Mrs. SARAH J. HALE,  
In the Clerk's Office of the District Court of Massachusetts.

NHC  
5/70

TUTTLE, DENNETT AND CHISHOLM'S  
POWER PRESS,  
No. 17 School Street, Boston.

Wakefield  
7X  
715  
.H76

TO  
EVERY AMERICAN WOMAN,  
WHO WISHES TO PROMOTE THE  
HEALTH, COMFORT AND PROSPERITY  
OF HER FAMILY,  
THIS BOOK IS  
DEDICATED.

### TABLE OF WEIGHTS AND MEASURES.

By which persons not having scales and weights at hand may readily measure the articles wanted to form any receipt, without the trouble of weighing. Allowance to be made for an extraordinary dryness or moisture of the article weighed or measured.

#### WEIGHT AND MEASURE.

Wheat flour	- - -	one pound is	- - -	one quart.
Indian meal	- - -	one pound, two ounces, is	-	one quart.
Butter—when soft	- - -	one pound is	- - -	one quart.
Loaf sugar, broken	- - -	one pound is	- - -	one quart.
White sugar, powdered	- - -	one pound, one ounce, is	-	one quart.
Best brown sugar	- - -	one pound, two ounces, is	-	one quart.
Eggs	- - -	ten eggs are	- - -	one pound.
Flour	- - -	eight quarts are	- - -	one peck.
Flour	- - -	four pecks are	- - -	one bushel.

#### LIQUIDS.

Sixteen large table-spoonfuls are	- - -	half a pint.
Eight large table-spoonfuls are	- - -	one gill.
Four large table-spoonfuls are	- - -	half a gill.
Two gills are	- - -	half a pint.
Two pints are	- - -	one quart.
Two quarts are	- - -	one gallon.
A common-sized tumbler holds	- - -	half a pint.
A common-sized wine-glass	- - -	half a gill.
Twentyfive drops are equal to one teaspoonful.		

### PREFACE TO THE FIRST EDITION.

It has been the aim of the author, in the following pages to point out as clearly as the limits of the work permitted, the nature of the different kinds of aliment provided by the wise and benevolent Creator for the sustenance of His rational creatures, and to show the best methods of preparation now understood.

Foreigners say that our climate is unhealthy; that the Americans have, generally, thin forms, sallow complexions and bad teeth.

Is it not most likely that those defects are incurred, in part if not wholly, because the diet and modes of living are unsuitable to the climate, and consequently to the health of the people?

Could public attention be drawn to this important subject sufficiently to have a reform in a few points—such as using *animal food* to excess, eating *hot bread*, and swallowing our meals with steam-engine rapidity, the question of climate might more easily be settled.

This little work is intended to show the rich how they may preserve their health and yet enjoy the bounties of Providence; and teach the poor that frugal management which will make their homes the abode of comfort. Such rational and Christian views of domestic economy have never before been enforced in a treatise on house-keeping; and the writer flatters herself that this will be well received. The book has been several years in contemplation; various circumstances have retarded the publication, but the times seemed now to call for its appearance. May it do good, is the sincere wish of the

AUTHOR.

Boston, SEPT. 1, 1839.

PREFACE TO THE SECOND EDITION.

THE first edition of the Good Housekeeper, (2000 copies) was neatly disposed of in the space of a month after its publication, and large orders for the work have been since received. These marks of public approbation, show that our system of domestic management meets the wants and wishes of the community. This was our aim; to prepare a Manual of Cookery which should, by its cheapness be accessible to every family, and by its clearness, simplicity and adaptation to the human constitution and tastes of civilized life, be practical for all classes—for the rich and poor, the dweller in the city and the country household.

By crowding the text, a few more receipts have been given in this edition, chiefly in relation to preserving meats and preparing gravies, mixed spices and flavored vinegars. These are selected from "The Cook and Housewives' Manual," a work ostensibly by "Mrs Margaret Dods," but said to have been prepared by Sir Walter Scott. The opening chapters, which give a graphic and most humorous description of the "Cleikum Club," their experiments in cookery and lectures on culinary matters, bear internal evidence of the style of the great novelist. His visit to Paris seems to have opened a new world of tastes to his palate, and his admiration of French cookery is very apparent. He echoes the sentiment of Dr King with great warmth:

"Muse, sing the man that did to Paris go,  
That he might taste their soups, and sauces know."

It is generally admitted that the French excel in the economy of their cooking. By studying the appropriate flavors for every dish, they contrive to dress all the broken pieces of meats and make a variety of dishes from vegetables at a small expense.

Next to the knowledge of the differences in the human constitution, and the nature of the food proper for man, this study of flavors and art of re-cooking to advantage is to be prized by the good housekeeper. Every family who has a garden spot should cultivate those vegetables and herbs which are requisite for seasoning—horse-radish, onions, celery, mustard, capsicum, (red pepper,) sage, summer savory, mint, &c. &c. are easily raised. These, if rightly prepared, will be sufficient for all common culinary purposes, and a little care and study will enable the housekeeper to flavor her meats, gravies and vegetables in the best manner.

Bear in mind that, in preparing food, three things are to be united, the promotion of health, the study of economy, and the gratification of taste.

BOSTON, NOVEMBER 1, 1839.

CONTENTS.

CHAPTER I.		Boiled Ham, - - -	44
INTRODUCTORY,		Sausages, - - -	44
Times of Taking Food, -	11	To make Sausage Meat, -	45
Proper Quantity of Food, -	12	To Roast a Pig, - - -	45
What is the Proper Food, &c. -	13	Mutton, - - -	45
What shall we Drink? -	14	a Stuffed Loin, -	46
	17	Leg, to Boil, - - -	46
		Shoulder, to Stew, -	46
		Chops, - - -	47
CHAPTER II.		Lamb, - - -	47
BREAD, - - - - -	19	Lamb Dressed with Rice, -	47
Flour, - - - - -	23	Veal, - - - - -	48
Bread Making, - - - -	24	Venison, - - - - -	49
Bread, Brown, or Dyspepsia, -	27	Steaks, - - - - -	49
Rye and Indian, - - -	27	Mock, - - - - -	49
Rice, - - - - -	28	Poultry, - - - - -	49
Yeast, - - - - -	29	Turkey, to Roast, - - -	50
Milk Yeast, - - - - -	29	to Boil, - - - - -	51
Hard Yeast, - - - - -	29	Chicken, to Boil, - - -	51
Advantages of Bread Making, -	30	to Broil, - - - - -	51
		to Fricassee, - - -	51
		Baked in Rice, - - -	52
CHAPTER III.		Goose, to Roast, - - -	52
MEATS, - - - - -	33	Duck, to Roast, - - -	52
Beef, - - - - -	36	to Stew, - - - - -	52
Directions for Choosing and		Pigeons, - - - - -	53
Cooking, - - - - -	36	Pigeons, to Stew, - - -	53
Beef to Roast, - - - - -	37	Partridges, to Stew, - -	54
Alamode, - - - - -	38	PRESERVING MEATS, - - -	54
Baked, - - - - -	38	Pickle for Beef, - - -	55
Baked with Potatoes, - - -	38	for Hams, &c. - - -	55
Stewed, - - - - -	39	To Salt Fat Pork, - - -	55
Pressed, - - - - -	39	To Salt in Snow, - - -	55
Boiled, - - - - -	39	To Salt Beef, - - - - -	56
Steaks Broiled, - - - - -	40	To Smoke Hams and Fish on	
Cold, Tenderloin, - - - -	41	a Small Scale, - - -	56
Cold Steaks, to Warm, - - -	41		
Minced, - - - - -	42	CHAPTER IV.	
Pork, - - - - -	42	SOUPS AND GRAVIES, - - -	57
to Roast, - - - - -	43	Soup, Mock Turtle, - - -	59
Spare-rib, - - - - -	43	Currie, - - - - -	60
Pickled, - - - - -	44	Veal, - - - - -	60
Steaks, - - - - -	44	Beef or Mutton, - - -	60
Broiled Ham, - - - - -	44		

Soup, White, - - -	60
Pigeon, - - -	61
Vegetable - - -	61
Rice, - - -	61
Old Peas, - - -	61
for an Invalid, - -	62
Gravies, - - -	62
Melted Butter, - -	62
Egg Sauce, - - -	62
Parsley and Butter, -	63
Sauce, White, - - -	63
Caper, - - -	63
Oyster, - - -	62
Bread, - - -	63
Tomato, - - -	63
Celery, - - -	63
Mint, - - -	63
Curry, - - -	63
Gravy, - - -	63

## CHAPTER V.

FISH AND CONDIMENTS, -	64
Cod's Head, to Boil, -	64
Cod, to Crimp, - - -	65
Cod Sounds, - - -	65
Salmon, to Boil, - -	65
to Pickle, - - -	65
to Broil, - - -	65
Mackerel, to Boil, -	66
to Broil, - - -	66
Shad, to Broil, - - -	66
Fish, to Fry, - - -	66
To make Chowder, - -	66
Shell Fish, - - -	67
Oysters, to Fry, - -	67
to Stew, - - -	67
to Scallop, - - -	67
Lobsters, to Stew, -	67
Cold, - - -	67
Condiments, - - -	68
Mixed Spices, &c. - -	69
Seasonings for White Sauce,	
Fricasees and Ragouts, -	69
Powder of fine Herbs, &c. -	69
Horse-radish Powder, - -	69
Mushroom Powder, - -	70
Vinegar, - - -	70
Sugar, - - -	70
Cider, - - -	70
Flavored, - - -	70
Celery, - - -	70
Horse-radish, - - -	70
Cucumber, - - -	71
Pickles, - - -	71
Mustard, - - -	71

Mild Mustard, - - -	71
Catsups, - - -	71
Tomato, - - -	71
Walnut, - - -	71

## CHAPTER VI.

VEGETABLES, - - -	72
Potatoes, to boil, - -	73
another way, - - -	74
to roast, - - -	74
mashed, - - -	74
Turnips, - - -	74
Cabbage, - - -	74
Onions, - - -	74
Beets, - - -	74
Carrots, - - -	75
Parsnips, - - -	75
Green Peas, - - -	75
to stew, - - -	75
Green Beans, - - -	75
Greens, - - -	75
Squash, - - -	75
To stew Cucumbers, -	75
To stew Tomatoes, - -	76
To stew Old Peas, - -	76
To Fricasee French Beans,	76

## CHAPTER VII.

PUDDINGS AND PIES, -	76
Pudding, Arrowroot, -	77
Sago, - - -	77
Tapioca, - - -	78
Rice, - - -	78
Blancmange, Rice, - -	78
Arrowroot, - - -	78
Rice Snow Balls, - -	79
Pudding, Batter, - -	79
Potato, - - -	79
Sweet Potato, - - -	79
Plain Bread, - - -	79
Custard, - - -	80
Rich Apple, - - -	80
Damson, - - -	80
Lemon, - - -	80
Plum, - - -	80
Custard Sauce for Puddings,	81
Cold Sweet Sauce, - -	81
Pies, - - -	81
Paste, Puff, - - -	81
Tart, - - -	82
Short, for Fruit Pies, -	82
Raised, - - -	82
Pie, Apple, - - -	82
Rhubarb, - - -	83

Pie, Fruit, - - -	83
Squash, - - -	83
Pumpkin, - - -	83
Custard, - - -	83
Custard Tart, - - -	85
Tarts of Preserved Fruits,	85
Puffs, - - -	85
Pie, Mince, - - -	85
Rich Mince, - - -	86
Family Mince, - - -	86
Plain Mince, - - -	86
Chicken, - - -	87

## CHAPTER VIII.

FRUITS, PRESERVES, CREAMS,	
ETC. - - -	87
To Boil Sugar, - - -	89
Jam, Raspberry, - - -	90
Peach, - - -	90
To Preserve Damsons, -	90
Black Butter, - - -	91
To Preserve Quinces, -	91
Pears, Baked, - - -	91
Stewed, - - -	91
Apples, Preserved, - -	91
Clear, - - -	91
To Stew Fruit, - - -	91
Apple Sauce, - - -	92
Currant Jelly, - - -	92
To Preserve Pumpkins, -	92
To keep Preserves, &c. -	92
Jelly, Cranberry and Rice,	93
Arrowroot, - - -	93
Whole Rice in a Shape, -	93
Cream, Arrowroot, - -	93
for Fruit Tart, - - -	93
Red Currant, &c. - - -	93
Apple, - - -	94
White Lemon, - - -	94
Orange, - - -	94
Custard, Baked, - - -	94
Rice, - - -	94
To Ornament Custards and	
Creams, - - -	95

## CHAPTER IX.

CAKES, Remarks, &c. - -	95
Cake, Sponge, - - -	97
Lemon, - - -	97
Seed, - - -	97
Macaroons, - - -	97
Kisses, - - -	97
Sugar Drops, - - -	98
Rice, - - -	98

Cake, Currant, - - -	99
Caraway, - - -	99
Sugar, - - -	99
Tea, - - -	99
Gingerbread, Hard, - -	99
Sugar, - - -	99
Common, - - -	100
Soft, - - -	100
Cake Light, &c. - - -	100
Composition, - - -	100
Tunbridge, - - -	100
German Puffs, - - -	100
Common Plum - - -	100
Wedding, - - -	101
Pound, - - -	101
Plum Pound, - - -	101
Heart, - - -	102
Icing for Cakes, - - -	102
Warm Cakes for Breakfast,	
&c. - - -	102
Warm Cakes for Tea, - -	102
Breakfast, - - -	102
Buckwheat, - - -	103
Indian Slapjacks, - - -	103
Plain Indian, - - -	103
Batter, - - -	103
Cream Short, - - -	104
Rolls, - - -	104

## CHAPTER X.

CHEAP DISHES, - - -	104
Cheap Bread, - - -	104
Pudding, Indian, - - -	105
Indian Fruit, - - -	105
Hasty, - - -	105
plain baked Rice, - - -	106
cheap and Quick, - - -	106
Bread, - - -	107
Rice, - - -	107
Pease, - - -	107
Beef Steaks Stewed, - -	108
To Stew a Round of Beef,	108
Baked Mutton Chops, -	108
Lamb Fry, - - -	108
Veal Liver, - - -	108
Veal and Rice, - - -	108
A very Economical Dinner,	109
Hashes, - - -	109
Soup, Pea, - - -	109
Ox-cheek, - - -	109
A Stew, - - -	110
Salt meat, - - -	110
Fish, salt, - - -	110
Cakes, Pies, &c. - - -	110
Raspberry Jam, - - -	111



CHAPTER XI.				
DRINKS,	- - -	111	Tubs or Barrels, - - -	120
Coffee, to Make,	- - -	112	Bruised Berries, &c. - - -	120
another way,	- - -	112	The Dairy, - - -	121
Cocoa Shells,	- - -	113	To Cure Butter in the best	
Chocolate,	- - -	113	Manner, - - -	122
Tea,	- - -	113		
Beer, common,	- - -	113	CHAPTER XIII.	
Spruce,	- - -	114	HINTS TO HELP, - - -	123
Ginger,	- - -	114		
Currant Wine,	- - -	114	CHAPTER XIV.	
Eau Sucre,	- - -	115	HINTS TO HOUSEKEEPERS,	128
Water,	- - -	115		
Cheap Water Filter,	- - -	116	CHAPTER XV.	
CHAPTER XII.			A WORD TO MOTHERS, - - -	136
HOUSEHOLD ECONOMY,	- - -	116	Remedy for Burns, - - -	139
To Wash Flannels,	- - -	117	for a Cut, - - -	139
Colored Dresses,	- - -	117	When a Nail or Pin has been	
Mildew Stains,	- - -	117	run into the Foot, - - -	139
Iron mould Stains,	- - -	117	For a Bruise or Sprain,	139
Fruit and Wine Stains,	- - -	117	For the Ear-Ache, - - -	140
To Wash Carpets,	- - -	117	For the Toothe-Ache,	140
To clean Paint,	- - -	117	The best Preventive of Colds,	140
Paper Walls,	- - -	118	For a Sore Throat, - - -	140
Carpets,	- - -	118	For Canker or Sore Mouth,	140
To polish Mahogany,	- - -	118	Cookery for the Sick, - - -	140
To take Ink out of Mahogany,	- - -	118	To make Gruel, - - -	140
To clean Pictures,	- - -	118	Beef Tea, - - -	141
To clean Mirrors,	- - -	118	Veal Tea, - - -	141
To clean Straw Carpets,	- - -	118	Barley Water, - - -	141
To clean Marble,	- - -	118	Arrow-root, - - -	141
To clean Freestone,	- - -	119	Decoction of Iceland Liver-	
To Black a Brick Hearth,	- - -	119	wort, - - -	142
To clean Brass,	- - -	119	Fresh Calfs-feet Jelly,	142
To clean Glass, Cut Glass, &c.	- - -	119	Wine Whey, - - -	142
Ironing,	- - -	119	Toast and Water, - - -	142
Isinglass, Starch,	- - -	119	Waters for Cooling Draughts,	143
Bed Linen, &c. - - -	- - -	119	Balm, Mint, and other Teas,	143
Hair or Straw Mattresses,	- - -	119		
Bed Curtains,	- - -	120	CHAPTER XVI.	
To keep Bread, Lard, &c.	- - -	120	TRAITS OF DOMESTIC LIFE,	143
Sugar,	- - -	120	Hiring a Cook, - - -	143
Saltpetre,	- - -	120		

# WEEKS, JORDAN & CO.,

PUBLISHERS, BOOKSELLERS AND STATIONERS,

AND

GENERAL AGENTS FOR PERIODICALS,

121 Washington Street, Boston,

ARE PUBLISHERS OF

JACOB ABBOTT'S ROLLO BOOKS.

Rollo at Work.

Rollo at School,

Rollo at Play,

Rollo's Vacation,

Rollo Learning to Read, Rollo Learning to Talk.

Mr Abbott's style is peculiarly interesting to children, being natural and simple, and portraying the trials and temptations of childhood, just as they occur in every day life, and giving them clear and distinct ideas of the right and wrong in their actions.

ROLLO'S EXPERIMENTS, by JACOB ABBOTT.

ROLLO'S MUSEUM, do. do.

CHARLES HARTLAND, OR THE VILLAGE MISSIONARY. By the author of "The House I live in." A work full of incident, illustrating Christian principles in the young by pleasing incidents.

UNCLE THOMAS' STORIES OF SHIPWRECKS. By THOMAS BINGLEY, author of "Stories about Dogs," &c. with fine engravings.

LITTLE DOVE, by KRAUMMACHER, and LITTLE DOWNY.

THE WARNING. By Mrs FOLLEN. New Edition.

HAPPY DAYS. By the Author of "Happy Valley."

MARY HOWITT'S TALES IN PROSE.

IN VERSE.

NATURAL HISTORY.

PICTURES AND STORIES FOR CHILDREN. By a Lady.

VICTIMS OF GAMING, OR PASSAGES FROM THE DIARY OF AN AMERICAN PHYSICIAN.

STORIES AND RHYMES FOR CHILDREN. By a Lady.

ALNOMUC, OR THE GOLDEN RULE; A Tale of the Sea. 16 engravings.

TEACHER'S PRESENT. With a copperplate.

PETER PARLEY'S METHOD OF TELLING ABOUT THE GEOGRAPHY OF THE BIBLE.

ROSE AND HER LAMB.

THE BOY AND THE BIRDS.

ALSO,

CHEVALIER'S LETTERS on Politics, Society and Manners in America,—pronounced the best work on the subject out, by those who read the French edition.

CHARACTER OF THOMAS JEFFERSON, drawn from his Writings. By THEODORE DWIGHT, Esq.

AMERICAN SWINE BREEDER, by H. W. ELLSWORTH.

FLOWER GARDEN COMPANION, by E. SAYERS.

FRUIT GARDEN COMPANION, by do.

WEEKS, JORDAN & CO. publish the

LADY'S BOOK, edited by Mrs S. J. HALP, with a circulation of 15,000, and supply all popular periodicals.