

to meet the eye when the sugar is cold; take it out, and join the bottom and top together with the same sugar; make a handle of spun sugar, and place over it. Some sugar may be spun over the inside of the basket, to strengthen it, as directed for webs. Line the inside with pieces of Savoy or sponge cakes, and fill it with custard or whipped cream, or the slices of cake may be spread with raspberry jam. Half fill it with boiled custard, then put in a few Savoy or almond cakes, soaked in wine, and cover the top with whipped cream; or it may be filled with fancy pastry, or meringues. All sorts of fancy cakes may be made into baskets or ratafias.

Grape, Orange, or Cherry Baskets.—These are made similar to the last; the oranges are carefully peeled and divided into small pieces, taking off the pith. Insert a small piece of stick or whisk in the end of each, dip them in caramel, and form them on the inside of an oiled mould. Cherries and grapes may be used either fresh, or preserved wet, and dried. Dip them in caramel, and form them as oranges. Each of these, or any other fruit, after being dipped in caramel, may be laid on an oiled marble slab separately, and served on plates in a pyramid, with fancy papers, flowers, &c. The baskets are finished as Chantilly with spun sugar.

Almond Baskets.—Blanch some fine Jordan almonds, and cut them into thin slices, and colour them in a small copper pan over the fire with prepared liquid colour (see Colours). Put them into the pan, and pour in colour sufficient to give the desired tint; rub them about in the pan with your hand until they are quite dry: form them as for a Chantilly basket, or else form them on an oiled marble slab, and spin sugar over them on each side. Afterwards arrange them in a mould, or build them to any design, first having a pattern cut out in paper, and form them on the stone from it.

Spanish Candy.—Oil a quart of clarified syrup to the crack. Have some icing previously prepared as for cakes, or mix some fine powdered loaf sugar with the white of an egg to a thick consistency as for icing; take the sugar from the fire, and as soon as the boiling has gone down stir in a spoonful of this or the icing, which must be done very quickly, without stopping. Let it rise once and fall; the second time it rises, pour it out in a mould or paper case, and cover it with the pan to prevent its falling. Some persons pour it out the first time it rises, and immediately cover it as before. It may be made good both ways. If it is required coloured, add the colouring to the syrup whilst it is boiling, or with the icing, adding more sugar to give it the same stiffness as before.

Vases or Baskets, &c., in Spanish Candy.—Prepare some plaster moulds, as for grained sugar; soak them in water before you use them; prepare some sugar as for the last, and fill the moulds. When finished they may be ornamented with gum-paste, piping, or gold-paper borders. Fill them with flowers, meringues, fancy pastry, caramel, fruits, &c. They may also be made in copper or tin moulds, by first oiling them before they are filled.

SECTION VI.—CHOCOLATE.

Cacao Nuts.—The cocoa or cacao nut, of which chocolate is made, is the seed of the fruit of a tree common in South America and the West Indies. The seeds of the nuts, which are nearly of the shape of an almond, are found to the number of from thirty to forty in a pod. The pods are oval, resembling a cucumber in shape. The different sorts are distinguished by name, according to the places which produce them, thus,—the cacao of Cayenne, Caraccas, Berbice, and the islands of St. Magdalen and Domingo. These all differ in the size of their almonds or seed, quality and taste. The most esteemed is the large Caraccas, the almond of which, though somewhat flat, resembles the shape of a large bean. The next are those of St. Magdalen and Berbice. The seeds of these are less flat than those of the Caraccas kind, and the skin is covered with a fine ash-coloured dust. The others are very crude and oily, and only fit to make the butter of cacao. The kernels, when fresh, are bitter, and are deprived of this by being buried in the ground for thirty or forty days. Good nuts should have a thin brittle skin, of a dark black colour; and the kernel, when the skin is taken off, should appear full and shining, of a dusky colour, with a reddish shade. Choose the freshest, not worm-eaten, or mouldy on the inside, which it is subject to be.

Equal parts of the cacao of Caraccas, St. Magdalen, and Berbice, mixed together, make a chocolate of first-rate quality; and these proportions give to it that rich and oily taste which it ought to have. That made from the cacao of Caraccas only is too dry, and that from the islands too fat and crude.

Roasting.—Take a sufficient quantity of nuts to cover the bottom of an iron pot two or three inches deep, place them on the fire to roast, stirring them constantly with the spatula that the heat may be imparted to them equally. A coffee-roasting machine would answer for this purpose admirably, taking care not to torrefy them too much, as the oil of the nut suffers thereby, and it becomes a dark brown or black, grows bitter, and spoils the colour of the chocolate. Musty or mouldy nuts must be roasted more than the others, so as to deprive them of their bad taste and smell. It is only necessary to heat them until the skin will separate from the kernel on being pressed between the fingers. Remove them from the fire, and separate the skins. If you have a large quantity, this may be accomplished by putting them in a sieve which has the holes rather large, but not so much as to allow the nuts to pass through; then squeeze or press them in your hands, and the skins will pass through the meshes of the sieve; or, after being separated from the nuts, they may be got rid of by winnowing or fanning them in a similar manner to corn. When they are separated, put them again in the fire, as before directed, stirring them constantly until warmed through, without browning. You may know when they are heated enough by the outside appearing shiny;

again winnow, to separate any burnt skin which may have escaped the first time.

The Making of Chocolate.—An iron pestle and mortar is requisite for this purpose, also a stone of the closest grain and texture which can be procured, and a rolling-pin made of the same material, or of iron. The stone must be fixed in such a manner that it may be heated from below with a pot of burning charcoal, or something similar.

Warm the mortar and pestle by placing them on a stove, or by means of charcoal, until they are so hot that you can scarcely bear your hand against them. Wipe the mortar out clean, and put any convenient quantity of your prepared nuts in it, which you pound until they are reduced to an oily paste into which the pestle will sink by its own weight. If it is required sweet, add about one-half, or two-thirds of its weight of loaf sugar in powder; again pound it so as to mix it well together, then put it in a pan, and place it in the stove to keep warm. Take a portion of it and roll or grind it well on the slab with the roller (both being previously heated like the mortar) until it is reduced to a smooth impalpable paste, which will melt in the mouth like butter. When this is accomplished, put it in another pan, and keep it warm until the whole is similarly disposed of; then place it again on the stone, which must not be quite so warm as previously, work it over again, and divide it into pieces of two, four, eight, or sixteen ounces each, which you put in moulds. Give it a shake, and the chocolate will become flat. When cold it will easily turn out.

The moulds for chocolate may either be made of tin or copper, and of different devices, such as men, animals, fish, culinary or other utensils, &c.; also some square ones for half-pound cakes, having divisions on the bottom which are relieved. These cause the hollow impressions on the cakes.

The Bayonne or Spanish chocolate is in general the most esteemed. The reason of its superior quality is attributed by some to the hardness of the Pyrenean stone which they employ in making it, which does not absorb the oil from the nuts. They do not use any pestle and mortar, but levigate their nuts on the stone, which is fixed on a slope; and in the second pounding or rolling the paste is pressed closely on the stone, so as to extract the oil, which runs into a pan containing the quantity of sugar intended to be used, and is placed underneath to receive it; the oil of the cacao and sugar are then well mixed together with a spatula, again mixed with the paste on the stone, and finished.

Vanilla Chocolate.—Ten pounds of prepared nuts, ten pounds of sugar, vanilla two ounces and a half, cinnamon one ounce, one drachm of mace, and two drachms of cloves, or the vanilla may be used solely.

Prepare your nuts according to the directions already given. Cut

the vanilla in small bits, pound it fine with part of the sugar, and mix it with the paste; boil about one-half of the sugar to the blow before you mix it to the chocolate, otherwise it will eat hard. Proceed as before, and either put it in small moulds or divide it in tablets, which you wrap in tinfoil. This is in general termed eatable chocolate.

Cinnamon, Mace or Clove Chocolate.—These are made in the same manner as the last, using about an ounce and a half or two ounces of either sort of spice, in powder, to that quantity, or add a sufficiency of either of these essential oils to flavour.

Stomachic Chocolate.—Four ounces of chocolate prepared without sugar, vanilla one ounce, cinnamon in powder one ounce, ambergris forty-eight grains, sugar three ounces; warm your paste by pounding in the heated mortar, or on the stone, add your aromatics in powder to the sugar, and mix it well with the paste; keep it close in tin boxes. About a dozen grains of this is to be put into the chocolate pot when it is made, which gives it an agreeable and delightful flavour, and renders it highly stomachic. It may also be used for flavouring the chocolate tablets.

Chocolate Harlequin Pistachios.—Warm some sweet chocolate by pounding it in a hot mortar; when it is reduced to a malleable paste, take a little of it and wrap round a blanched pistachio nut, roll it in the hand to form it as neat as you can, throw it in some nonpareils of various colours; let it be covered all over. Dispose of the whole in the same manner; fold them in coloured or fancy papers, with mottoes; the ends should be cut like fringe. Almonds may be done the same way, using vanilla chocolate, if preferred.

Chocolate Drops, with Nonpareils. Have some warm chocolate, as for pistachios; some add a little butter or oil to it to make it work more free; make it into balls about the size of a small marble, by rolling a little in the hand, or else put some of the paste on a flat piece of wood, on which you form, and take them off with a knife. Place them on sheets of white paper about an inch apart. When the sheet is covered, take it by the corners and lift it up and down, letting it touch the table each time, which will flatten them. Cover the surface entirely with white nonpareils, and shake off the surplus ones. When the drops are cold they can be taken off the paper easily. The bottom of the drops should be about as broad as a sixpence. Some of them may be left quite plain.

Good chocolate should be of a clear red brown. As the colour is paler or darker, so is the article the more or less good. The surface should be smooth and shining. If this gloss comes off by touching, it indicates an inferior quality, and is probably adulterated. When broken, it ought to be compact and close, and not appear crumbly. It should melt gently in the mouth when eaten, leaving no roughness or astringency, but rather a cooling sensation on the tongue. The latter is a certain sign of its being genuine.

SECTION VII.—LOZENGES.

THESE are composed of loaf sugar in fine powder, and other substances, either liquid or in powder, which are mixed together and made into a paste with dissolved gum, rolled out into thin sheets, and formed with tin cutters into little cakes, either oval, square, or round, and dried.

One ounce of gum tragacanth, and one pint of water. Let it soak in a warm place twenty-four hours; put it in a coarse towel or cloth, and let two persons continue twisting it until the whole of the gum is squeezed through the interstices of the cloth. One ounce of this dissolved gum is sufficient for four or five pounds of sugar; one ounce of dissolved gum Arabic to twelve ounces of sugar.

Either of these gums may be used separately, or in the proportion of one ounce of gum dragon to three ounces of Arabic mixed together. These are generally used for medicated lozenges; but gum Arabic alone is considered to make the best peppermint.

Peppermint Lozenges, No. 1.—Take double-refined loaf sugar, pound and sift it through a lawn sieve; make a bay with the sugar on a marble slab, into which pour some dissolved gum, and mix it into a paste as you would dough, flavouring the mass with oil of peppermint. One ounce of this is sufficient for forty pounds of lozenges. Some persons prefer mixing their gum and sugar together at first in a mortar; but as it is indifferent which way is pursued, that may be followed which is most convenient. Roll out the paste on a marble slab until it is about the eighth of an inch in thickness, using starch powder to dust it with, to prevent its sticking to the slab and pin. Before cutting them out, strew or dust over the surface with powder mixed with lawned sugar, and rub it over with the heel of your hand, which gives it a smooth face. This operation is termed "facing up." Brush this off, and again dust the surface with starch powder, cut them out, and place in wooden trays. Put them in the hot closet to dry. *Note.*—All lozenges are finished in the same manner.

Peppermint Lozenges, No. 2.—These are made as No. 1, adding a little starch-powder or prepared plaster as for gum paste to the paste, instead of using all sugar.

Peppermint Lozenges, Nos. 3 and 4.—Proceed in the same manner as for No. 2, using for each, more starch powder in proportion. Use smaller cutters, and let the paste be rolled thicker.

Transparent Mint Lozenges, No. 5.—These are made from loaf sugar in coarse powder, the finest having been taken out by sifting it through a lawn sieve. Mix it into a paste with dissolved gum Arabic and a little lemon juice. Flavour with oil of peppermint. Finish as for No. 1.

Superfine Transparent Mint Lozenges.—The sugar for these must be in coarser grains. Pass the sugar through a coarse hair sieve. Separate the finest by sifting it through a moderately fine hair sieve. Mix and flavour as the others.

Note.—The coarser the grains of sugar, the more transparent the lozenges. The finer particles of sugar being mixed with it, destroy their transparency. The solution of gum should be thicker in proportion as the sugar is coarse.

Rose Lozenges.—Make your paste as No. 1, using the essential oil or otto of roses to flavour them; or the gum may be dissolved in rose water, and a little essential oil may be added to give additional flavour, if required. Colour the paste with carmine or rose pink.

Cinnamon Lozenges.—Gum tragacanth, dissolved, two ounces, lawned sugar eight pounds, cinnamon in powder one ounce, essential oil ten drops.

Mix into a paste, and colour with bole ammoniac. A stomachic.

Clove Lozenges.—Sugar eight pounds, cloves three ounces, gum tragacanth two ounces.

Each lozenge should contain two grains of cloves. A restorative and stomachic.

Lavender Lozenges.—Make as rose lozenges, using the oil of lavender instead of rose.

Ginger Lozenges.—Eight pounds of sugar and eight ounces of the best ground ginger. Mix into a paste with dissolved gum. Essence may be used instead of the powder, colouring it with saffron. A stimulant and stomachic.

Nutmeg Lozenges.—Sugar eight pounds, oil of nutmegs one ounce, dissolved gum sufficient to mix into a paste. A stimulant and stomachic.

Rhubarb Lozenges.—Sugar four pounds, best Turkey rhubarb, in powder, ten ounces.

Sulphur Lozenges.—Four pounds of sugar, eight ounces of sublimed sulphur, gum sufficient to make a paste. For asthma and the piles.

Tolu Lozenges.—Sugar four pounds, balsam of tolu three drachms, or the tincture of the balsam one fluid ounce, cream of tartar six ounces, or tartaric acid one drachm, dissolved gum sufficient to make a paste. These may also be flavoured by adding a quarter of an ounce of vanilla, and sixty drops of the essence of amber. The articles must be reduced to a fine powder with the sugar. A pectoral and balsamic.

Ipecacuanha Lozenges.—Sugar four pounds, ipecacuanha one ounce, apothecaries' weight, dissolved gum sufficient to make a paste. Make 960 lozenges, each containing half a grain of ipecacuanha. An expectorant and stomachic, used in coughs.

Saffron Lozenges.—Saffron dried and powdered, four ounces, sugar four pounds, dissolved gum sufficient. An anodyne, pectoral, emmenagogue.

Yellow Pectoral Lozenges.—Sugar one pound, Florence orris-root powder twelve drachms, liquorice-root, six drachms, almonds one ounce, saffron in powder four scruples, dissolved gum sufficient to make a paste. Make a decoction of the liquorice to moisten the gum with.

Lozenges for the Heartburn.—Prepared chalk four ounces, crab's eyes prepared two ounces, bole ammoniac one ounce, nutmeg one scruple, or cinnamon half an ounce. Make into a paste with dissolved gum Arabic.

Steel Lozenges.—Pure iron filings or rust of iron one pound, cinnamon in powder, four ounces, fine sugar seven pounds, dissolved gum a sufficient quantity to make a paste. A stomachic and tonic.

Magnesia Lozenges.—Calcined magnesia eight ounces, sugar four ounces, ginger in powder two scruples, dissolved gum Arabic sufficient to form a paste.

Magnesia two ounces, sugar eight ounces, sufficient gum Arabic to make a paste, dissolved in orange-flower water.

Nitre Lozenges.—Sugar four pounds, sal-nitre one pound, dissolved gum tragacanth, sufficient to make a paste. A diuretic internally; held in the mouth it removes incipient sore throats.

Marshmallow Lozenges.—Marshmallow roots in powder one pound, or slice the root and make a strong decoction, in which you dissolve the gum, fine sugar four pounds. Mix into a paste. If six drops of laudanum be added, with two ounces of liquorice, the pectoral quality of these lozenges will be improved. Good for obstinate coughs.

Vanilla Lozenges.—Sugar four pounds, vanilla in powder, six ounces, or sufficient to give a strong flavour. Make into a paste with dissolved gum.

Catechu Lozenges.—Sugar four pounds, catechu twelve ounces. Make into a paste with dissolved gum.

Catechu à l'Ambergris.—To the paste for catechu lozenges add sixteen grains of ambergris.

Catechu with Musk.—The same as for catechu, adding sixteen grains of musk.

Catechu with Orange-flowers.—As before, adding twelve drops of essence of neroli.

Catechu with Violets.—As before, adding Florence orris-root in powder, three drachms. These are all used to fasten the teeth, and disguise an offensive breath.

Ching's Yellow Worm Lozenges.—Fine sugar twenty-eight pounds, calomel washed in spirits of wine one pound, saffron four drachms, dissolved gum tragacanth sufficient to make a paste. Make a decoction

of the saffron in one pint of water, strain, and mix with it. Each lozenge should contain one grain of mercury.

Ching's Brown Worm Lozenges.—Calomel washed in spirits of wine (termed *white panacea of mercury*), seven ounces, resin of jalap three pounds eight ounces, fine sugar nine pounds, dissolved gum sufficient quantity to make a paste. Each lozenge should contain half a grain of mercury.

Panacea, one ounce, resin of jalap two ounces, sugar two pounds. Dissolve a sufficient quantity of gum in rose-water to make a paste. Make 2520 lozenges, weighing eight grains each, and containing a quarter of a grain of calomel and half a grain of jalap.

These lozenges should be kept very dry after they are finished, as the damp, acting on the sugar and mercury, generates an acid in them.

Note.—In mixing these, as well as all other medicated lozenges, the different powders should be well mixed with the sugar, in order that each lozenge may have its due portion. If this is not attended to, the perfect distribution of the component parts cannot be depended on, and one lozenge may contain double or treble the quantity of medicated matter it ought to have, whilst others contain comparatively none; therefore those that have the greatest portion may often prove injurious by acting contrary to what was intended.

Bath Pipe.—Eight pounds of sugar, twelve ounces of liquorice. Warm the liquorice and cut it in thin slices, dissolve it in one quart of boiling water, stir it well to assist the solution; let it settle, when dissolved, to allow any impurities or bits of copper which are often found in it to fall down; pour it off free from the sediment; dissolve the gum in the clear part, and mix into a paste as for lozenges. Roll out a piece with your hand in a round form; finish rolling it with a long flat piece of wood, until it is about the size of the largest end of the stem of a tobacco-pipe. Dry them in the stove as lozenges. These may be also flavoured with anise-seed by adding a few drops of the oil, or with catechu or violets by adding the powders of orris-root or catechu.

Peppermint or other Pipes.—Any of the pastes for lozenges may be formed into pipes by rolling it out as directed for Bath pipes. They are occasionally striped with blue green, and yellow, by making strips with liquid colour on the paste and twisting before you roll it out with the board.

Brilliant.—Take either of the pastes for peppermint lozenges from No. 1 to 4, and cut it into small fancy devices, such as hearts, diamonds, spades, triangles, squares, &c.

Refined Liquorice.—Four pounds of the best Spanish juice, and two pounds of gum Arabic. Dissolve the gum in warm water, as for Bath pipe. Strain and dissolve the gum in the solution of liquorice. Place it over a gentle fire, in a broad pan, and let it boil gradually, stirring it continually (or it will burn) until it is reduced to a paste. Roll it into pipes or cylinders of convenient lengths, and polish by

putting them in a box and rolling them together, or by rubbing them with the hand, or a cloth. This is often adulterated by using glue instead of gum, and by dipping the pipes in a thin solution, which gives them a beautiful gloss when dry. In establishments where this is manufactured on a large scale, the liquorice is dissolved in a large bain-marie, and stirred with spatulas which are worked by a steam-engine.

SECTION VIII.—PASTILE DROPS.

CHOOSE the best treble-refined sugar with a good grain, pound it, and pass it through a coarse hair sieve; sift again in a lawn sieve to take out the finest part, as the sugar, when it is too fine, makes the drops heavy and compact, and destroys their brilliancy and shining appearance.

Put some of the coarse grains of sugar into a small drop pan (these are made with a lip on the right side, so that when it is held in the left hand the drops can be detached with the right), moisten it with any aromatic spirit you intend to use, and a sufficient quantity of water to make it of a consistence just to drop off the spoon or spatula without sticking to it. Colour with prepared cochineal, or any other colour, ground fine and moistened with a little water. Let the tint which you give be as light and delicate as possible. Place the pan on the stove fire, on a ring of the same size. Stir it occasionally until it makes a noise, when it is near boiling, *but do not let it boil*; then take it from the fire, and stir it well with the spatula until it is of the consistence that when dropped it will not spread too much, but retain a round form on the surface. If it should be too thin, add a little coarse sugar, which should be reserved for the purpose, and make it of the thickness required. Have some very smooth and even plates, made either of tin or copper; let them be quite clean, and drop them on these, separating the sugar from the lip of the pan with a piece of straight wire, as regularly as possible. About two hours afterwards they may be taken off with a thin knife. If you have not the convenience of tin or copper plates, they may be dropped on smooth cartridge paper. Wet the back of the paper when you want to take them off. Cover the bottom of a sieve with paper, lay them on it, and put them in the stove for a few hours. If they remain too long, it will destroy their fragraney.

Chocolate Drops.—One pound of sugar, one ounce of chocolate. Scrape the chocolate to a powder, and mix it with the sugar in coarse grains, moisten it with clean water, and proceed according to the instructions already given, but do not mix more than can be dropped out whilst warm at one time. If any remains in the pot, it will grease the next which you mix, and will not attain the consistence required.

Coffee Drops.—One ounce of coffee, one pound of sugar. Make a

strong and clear infusion of coffee, as directed for coffee ice, and use it to moisten the sugar. Make the drops as above.

Cinnamon Drops.—One ounce of cinnamon, one pound of sugar. Pulverize the cinnamon, and sift it through a lawn sieve. Mix it with the sugar, and add two or three drops of the essential oil. If the flavour is not strong enough, moisten it with the water and proceed as before. The flavour may be given with the essential oil only, colouring them with bole ammoniac.

Clove Drops.—Make as cinnamon.

Vanilla Drops.—Make as cinnamon, using a little sugar to pound the vanilla. Use sufficient to give a good flavour; or it may be moistened with the essence of vanilla; but this greases it as chocolate.

Violet Drops.—One pound of sugar, one ounce of orris-powder. Moisten with water, and colour violet.

Catechu Drops.—One pound of sugar, three ounces of catechu. Make as violet. These may also have the addition of a little musk or ambergris—about fifteen grains.

Ginger Drops.—Mix a sufficient quantity of the best powdered ginger to give it the desired taste, or flavour it with the essence of ginger, and colour it with saffron. Moisten with water, and make as others.

Lemon Drops.—Rub off the yellow rind of some lemons on a piece of rough sugar, scrape it off, and mix it with the coarse sugar. Use sufficient to give a good flavour, and colour with saffron a light yellow; moisten with water, as others.

Rose Drops.—Moisten the sugar with rose water, and colour it with cochineal.

Peppermint Drops.—Moisten the sugar with peppermint water, or flavour it with the essence of peppermint, and moisten it with water.

Orange-flower Drops.—Use orange-flower water to moisten the sugar, or flavour it with the essence of neroli and moisten with water.

Orgeat Drops.—Make milk of almonds, as directed under the head of Orgeat Syrup, using a little orange-flower water; moisten the sugar with it.

Raspberry Drops.—Press out the juice of some ripe raspberries through a piece of flannel or cloth, and moisten the sugar with it. All fruit drops are made in the same way,—that is, with the expressed juice,—except pine-apple. When you first rub off the rind of the fruit on sugar, pound the pulp of the fruit, and pass through a hair sieve. Scrape off the sugar on which the rind was rubbed, and mix it with a sufficient quantity of the pulp to give the desired flavour to the coarse grains, and moisten it with water. The whole of these

grease the sugar, and require the same precautions as chocolate drops.

SECTION IX.—COMFITS.

A COPPER comfit-pan is requisite for this purpose. A bar, having chains at each end, with a hook and swivel in the centre, is attached to it, by which it is suspended from the ceiling or a beam, so as to hang about as high as the breast over a stove or charcoal fire, that the pan may be kept at a moderate heat and at such a distance as to allow it to be swung backwards and forwards without touching the fire or stove. A preserving-pan, containing clarified syrup, must be placed by the side of the stove, or over another fire, that it may be kept hot, but not boiling; also a ladle for throwing the syrup into the pan, and a pearling cot. This last somewhat resembles a funnel, without the pipe or tube, and having a small hole in the centre with a pointed piece of stick or spigot fitted into it, which, being drawn out a little, allows the syrup when placed in it to run out in a small stream. A piece of string tied several times across the centre of the top of the cot, and twisted with the spigot, allows it to be drawn out and regulated at pleasure.

Scotch Caraway Comfits.—Sift two pounds of seeds in a hair sieve to free them from dust, put them into the comfit-pan, and rub them well about the bottom with your hand until they are quite warm; have some clarified loaf sugar in syrup and boiled to the small thread; give them a charge by pouring over them about two table-spoonfuls to commence with; rub and shake them well about the pan, that they may take the sugar equally, until they are quite dry. Be careful in not making them too wet in the first charges by using too much syrup, or they will lie of a lump and get doubled, and you will have difficulty in parting them. It will prevent their sticking together if the hand is passed through them between every swing of the pan, and also add to their smoothness. Do not let the heat under the pan be too strong, or it will spoil their whiteness. Give them four or five charges, increasing the quantity of syrup a little each time, and let each charge be well dried before another is given, dusting them at the last charge with flour. Sift them in a hair sieve, and clean the pan. Put them in again, and give them four or five charges more, with a dust of flour at the last; then sift them and clean the pan. Proceed in this manner until they are one-third of the required size. Put them into the stove or sun to dry until the next day, then clarify and boil some sugar to the large thread, keep it warm as before, divide the comfits, and put part of them in the pan, so as not to have too many at one time, for as they increase in size you must divide them into convenient portions, so that you may be enabled to work them properly without encumbering the pan. Give them four or five charges of syrup, proceeding in the same manner as before, until they

are two-thirds or more of the required size, and stove them until the next day. Continue in this manner with each portion alternately, until they are all done. On the third day, boil the syrup to the small pearl, and give eight or ten charges as before, without using flour, so as to finish them, lessening the quantity of syrup each time. Swing the pan gently, and dry each charge well. Put them in the stove for half an hour or an hour after each charge, and proceed alternately with each portion until they are finished, when they should be about the size of peas. Put them in the stove for a day, then smooth them with the whitest loaf sugar in syrup, boiled to the small thread; add two or three table-spoonfuls of dissolved gum Arabic with it to give them a gloss. Give three or four charges with a very gentle heat, the syrup being cold and the pan scarcely warm. Work and dry each charge well before another is added: when finished, dry them in a moderate heat. It is the best way, if possible, to dry comfits in the sun, as it bleaches them. If the stove is at a greater heat than the sun in a moderately warm day, which is from 70 to 80 degrees of Fahrenheit, it will spoil their whiteness.

Bath Caraways.—These are made in the same way, but only half the size.

Common Caraways.—Sift the seeds, and warm them in the pan, as for Scotch caraways. Have some gum Arabic dissolved, throw in a ladleful, and rub them well about the pan with the hand until dry, dusting them with flour. Give them three or four coatings in this manner, and then a charge of sugar, until they are about one half the required size. Dry them for a day, give them two or three coatings of gum and flour, finish them by giving three or four charges of sugar, and dry them. These are made about the size of Bath caraways. Colour parts of them different colours, leaving the greatest portion white.

Cinnamon Comfits.—Cinnamon is the bark of a tree, of which there are two sorts. The inferior quality is that usually sold for cinnamon, and is otherwise known as cassia, or *cassia lignea*. This breaks short, and has a slimy mucilaginous taste, is thicker, and of a darker colour than the cinnamon, which is the inner bark. This breaks shivery, and has a warm aromatic taste, and is of a reddish colour.

Take one pound of cinnamon bark, and steep it in water for a few hours to soften it; cut it into small pieces about half an inch long, and the size of a large needle. Dry it in the stove. Put your pieces, when dry, into the comfit-pan, and pour on them a little syrup, as for Scotch caraways, proceeding in the same way until they are one-third the required size. You must not use your hand for these as you would for caraways, as they are liable to break in two. Dry them in the stove, then suspend the pearling pot or cot from the bar of the pan or ceiling, so as to hang over the centre of the pan; boil some clarified loaf sugar to the large pearl, and fill the cot; put some of the prepared comfits in the pan, but not too many at a time, as it

is difficult to get them to pearl alike. Keep the syrup at the boiling point: open the spigot of the cot so as to allow it to run in a very small stream, or more like a continued dropping; swing the pan backwards and forwards gently, and keep a stronger fire under the pan than otherwise. Be careful that the syrup does not run too fast, and wet them too much, but so that it dries as soon as dropped, which causes them to appear rough. If one cot full of sugar is not enough, put in more until they are the required size. When one lot is finished put in sieves to dry, and proceed to another; but do not let them lie in the pan after you have finished shaking them. They will be whiter and better if partly pearled one day and finished the next. Use the best clarified sugar to finish them.

Coriander Comfits.—Proceed with these as for Scotch caraways, working them up to about the same size. The next day pearl them to a good size, as for cinnamon.

Celery Comfits.—Put one pound of celery seed into the pan, and proceed as for Scotch caraway comfits, working them up to the size of a large pin's head. Dry and pearl them as cinnamon.

Caraway Comfits, pearled.—When the comfits are about the size of Bath caraways, dry and pearl them as cinnamon.

Almond Comfits.—Sift some Valencia almonds in a cane or wicker sieve, pick out any pieces of shell which may be amongst them, and also any of the almonds which are either very small or very large, using those which are as near of a size as possible; take about four pounds, put them in the comfit-pan, and proceed in precisely the same way as for Scotch caraways; or, they may first have a coating of dissolved gum Arabic; rub them well about the pan with the hand, and give them a dust of flour; then pour on a little syrup at the small thread, work and dry them well, then give them three or four more charges, and a charge of gum with a dust of flour. Proceed in this way until they are one-third the required size, then dry them for a day, and proceed and finish as for caraway comfits. For the cheaper or more common comfits, more gum and flour are used in making them.

Cardamom Comfits.—The seeds should be kept in their husks until they are required to be used, as they lose much of their flavour and virtues when deprived of them. They are often mixed with grains of paradise, but these have not the aromatic taste of the cardamom, and are more hot and spicy. Break the husks of the cardamoms by rolling them with a pin; separate the skins from the seeds, put two pounds into the comfit-pan, and proceed as for Scotch caraways. Make them a good size, and quite smooth.

Barberry Comfits.—Pick the barberries from the stalks, and dry them in a hot stove on sieves; when dry, put about two pounds into the comfit-pan, and proceed as for almond comfits, giving them first a charge of gum and flour, and finish as others. Make them of a good size and quite smooth; finish with very white loaf sugar with syrup.

Cherry Comfits.—These are made from preserved cherries, dried. Roll them in your hand to make them quite round, dust them with powdered loaf sugar, and dry them again; then proceed as for barberry comfits. Any other preserved fruits may be made into comfits after the same manner.

Comfits flavoured with Liqueurs.—Blanch some bitter almonds, or the kernels of apricots or peaches; let them soak in hot water for an hour, then drain them, and put them into any sort of liqueur or spirit you may desire. Lower the strength of the spirit water, that the kernels may imbibe it the better, cork the jug or bottle close, and let them infuse in it until the spirit has fully penetrated them, which will be about fourteen or fifteen days; then take them out, drain and dry them in a moderate heat; when dry, proceed as for almond comfits.

Orange Comfits.—Take some preserved orange-peel, and cut it into small thin strips; dry them in the stove, and make as cinnamon comfits.

Lemon Peel or Angelica may be made into comfits after the same manner. Let the strips of peel be about the size of the pieces of cinnamon, and thoroughly dried before working them in the pan.

Nonpareils.—Pound some loaf sugar, and sift it through a fine wire sieve; sift what has passed through again in a lawn sieve, to take out the finest particles, so that you have only the fine grain of sugar left without dust. Put about two pounds of this into the comfit-pan, and proceed as for Scotch caraways, working them well with the hand until they are about the size of pins' heads.

To colour Nonpareils or Comfits.—Put some of your comfits or nonpareils into the comfit-pan, shake or rub them about until warm, then add a sufficient quantity of prepared liquid colour (see Colours) to give the desired tint; be careful not to make them too wet, nor of too dark a colour, but rather light than otherwise; shake or rub them well about, that they may be coloured equally; dry them a little over the fire, then put them in sieves, and finish drying them in the stove. Clean the pan for every separate colour.

COMFITS IN GUM PASTE.

Raspberry Comfits.—Prepare some gum paste made with sugar, or the scrapings of the comfit-pan pounded and sifted through a lawn sieve. It may be flavoured with raspberry jam, by mixing some with the paste. Colour it with prepared cochineal; mould it into the form of raspberries, and dry them in the stove; when they are perfectly dry and hard, pearl them as for cinnamon comfits, working them until the size of natural raspberries. Colour them when dry with cochineal, as comfits.

Ginger Comfits.—Flavour gum paste with powdered ginger, make it

into small balls about the size of coriander seeds, or peas; dry, and proceed as for Scotch caraways. Colour them yellow when finished.

Clove Comfits.—Flavour sugar gum paste with the oil of cloves, and mould it in the form of cloves. Dry and finish as others.

Any flavour may be given to this sort of comfits, and they are moulded to form the article of which it bears the name, or cut into any device with small cutters. Dried, and finished as other comfits.

To colour Loaf-Sugar Dust.—Pound some sugar, and sift it through a coarse hair sieve; sift this again through a lawn sieve, to take out the finer portions. Put the coarse grains into a preserving pan, and warm them over the stove fire, stirring it continually with the hand; pour in some liquid colour to give the desired tint, and continue to work it about the pan until it is dry.

SECTION X.—FRUIT JELLIES.

THESE are the juices of mucilaginous fruits, rendered clear by filtering them through a flannel bag, and adding an equal weight of sugar; boil to the consistence of a jelly. If the boiling is continued too long they will become ropy, or more like treacle.

Apple Jelly.—Take either russet pippins, or any good baking apples; pare and core them, cut them in slices into a preserving pan containing sufficient water to cover them; then put them on the fire, and boil them until they are reduced to a mash. Put it into a hair sieve, that the water may drain off, which you receive in a basin or pan; then filter it through a flannel bag. To every pint of filtered juice add one pound of loaf sugar, clarify, and boil it to the ball. Mix the juice with it, and boil until it jellies; stir it with a spatula or wooden spoon, from the bottom, to prevent burning. When it is boiled enough, if you try it with your finger and thumb, as directed in sugar-boiling, a string may be drawn similar to the small pearl: it may also be known by its adhering to the spatula or spoon, or a little may be dropped on a cold plate; if it soon sets, it is done. Take off the scum which rises on the top. This is in general used for pouring over preserved wet fruits. This jelly may be coloured red with prepared cochineal.

Quince Jelly.—This is made as apple jelly. The seed of the quince is very mucilaginous. An ounce of bruised seed will make three pints of water as thick as the white of an egg.

Red Currant Jelly.—Take three quarts of fine ripe red currants, and four of white; put them into a jar, tie paper over the top, and put them into a cool oven for three or four hours, or else into a pan of boiling water; when they are done, pour them into a jelly bag; what runs out at first put back again; do this until it runs fine and clear. To each pint of filtered juice add one pound of loaf sugar clarified and boiled to the ball: mix the filtered juice with it, and

reduce it to a jelly, stirring it well from the bottom with a spatula. What scum forms on the top take off with a skimmer, put it into pots or glasses, and when cold cut some pieces of paper to the size of the tops, steep it in brandy, and put over it; then wet some pieces of bladder, put it over the top of the pot or glass, and tie it down.

White and Black Currant Jelly.—These are made in the same way, using part red currants with the black ones.

Violet-coloured Currant Jelly.—This is made as red currant jelly, mixing two pounds of black currants with ten of red.

Cherry Jelly.—Pick off the stalks and take out the stones of some fine ripe Morello cherries, and to every four pounds of cherries add one pound of red currants; proceed as for currant jelly.

Barberry Jelly.—Take some very ripe barberries, pick them from their stalks, and weigh them. To every pound of fruit take three-quarters of a pound of loaf sugar, add sufficient water to make it into a syrup, put in the barberries, and boil them until the syrup comes to the pearl, taking off any scum which may rise. Then throw them into a fine hair or lawn sieve, and press the berries with a spoon to extract as much juice as possible from them. Receive the syrup and juice in a pan, put it again on the fire, and finish as apple jelly.

Any of these jellies may be made without fire on the same principle as clear cakes. Get the fruit ripe and fresh gathered, obtain the juice by expression, and filter it through a flannel bag; add an equal weight of sugar to that of filtered juice, stir it well together until the sugar is dissolved, and place it in a warm place or the sun for a few days, when it will be a fine jelly. Those made in this manner retain the natural flavour of the fruit.

Raspberry Jelly.—Take one and a half gallons of ripe raspberries and a half gallon of ripe currants, press out the juice and filter it; to a pint of juice add one pound of loaf sugar, and finish as other jellies.

Gooseberry Jelly.—Make as currant jelly; or it may be made of green gooseberries, as apple jelly.

[*Blackberry Jelly.*—Make as currant jelly—using half a gallon of raspberries to one gallon of black currants; finish as usual.]

SECTION XI.—MARMALADES OR JAMS.

MARMALADE is generally a term applied to a preserve made either of oranges, lemons, apples, pears, quinces, or plums; but I know no difference between marmalades and jams, as they are each of them the pulp of fruits reduced to a consistence, with sugar, by being boiled. If it contains too much sugar it will crystallize, or what is termed candy. The top and sides of the vessel which contains it will be covered with a thin coating of sugar; and if there is not enough in it, or it is not sufficiently boiled, it will soon ferment. Keep them in a cool dry place.