

# RECIPES

Recipes

~~Carroll~~

From J. B. Bell, M. D., Falmouth, Me., June 23d,  
1872:

I am at present engaged in practicing  
my profession as physician and surgeon.  
I take pleasure in recommending your  
valuable Bitters, and have used them in  
my own family in cases of indigestion  
and debility, with marked benefit.

From George W. Brooks, New York, October  
1, 1875:

Your Bitters sold very well here last  
year, as there was a great deal of inter-  
mittent fever.

### Spiced Apples.

8 lbs apples pared, 4 lbs sugar, 1 qu-  
art vinegar, 1 ounce stick cinnamon,  
1/2 ounce cloves. Boil the sugar, vine-  
gar, and spices together; put in  
the apples when boiling, and let  
them remain until tender; take  
them out and put in a jar, and  
boil down the syrup until thick,  
and pour it over, have your  
jars air tight.

#### Medicine in Vegetables

Spinach has a direct effect upon the kidneys. A common dandelion used as greens is excellent for the same trouble. Asparagus purges the blood. Celery acts admirably upon the nervous system and is a cure for rheumatism and neuralgia. Tomatoes act upon the liver. Beets and turnips are excellent appetizers. Lettuce and cucumbers are cooling in their effects upon the system. Onions, garlic, leeks, olives and shallots, all of which are similar, possesses medicinal virtue of a marked character, stimulating the circulatory system, and the consequent increase in the saliva and the gastric juice promoting digestion. Red onions are an excellent diuretic, and the white ones are recommended to be eaten raw as a remedy for insomnia. A soup made from onions is regarded by the French as an excellent restorative in debility of the digestive organs.



PURELY VEGETABLE.

From J. B. Bell, M. D., Potosi, Mo., June 23,  
1872:  
I am at present engaged in practicing  
my profession as physician and surgeon.  
I take pleasure in recommending your  
valuable Bitters, and have used them in  
my own family in cases of indigestion  
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From George W. Brooks, New York, October  
1, 1873:  
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**Medicine in Vegetables**

Spinach has a direct effect upon the kidneys. A common dandelion used as greens is excellent for the same trouble. Asparagus purges the blood. Celery acts admirably upon the nervous system and is a cure for rheumatism and neuralgia. Tomatoes act upon the liver. Beets and turnips are excellent appetizers. Lettuce and cucumbers are cooling in their effects upon the system. Onions, garlic, leeks, olives and shallots, all of which are similar, possesses medicinal virtue of a marked character, stimulating the circulatory system, and the consequent increase in the saliva and the gastric juice promoting digestion. Red onions are an excellent diuretic, and the white ones are recommended to be eaten raw as a remedy for insomnia. A soup made from onions is regarded by the French as an excellent restorative in debility of the digestive organs.

**OCTOBER, 1881. [31 DAY]**

Latitude of Middle States.				Sun East.	Latitude of Southern States.			
Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.		Sun Sets.	Moon Sets.	H. Ch.	
h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.		
5 58	5 42	morn	10 5	5 44	morn	1		
7. 11h. 43m. Day's length: 11h. 48								
5 57	5 40	0	8 11	5 55	5 49	0 21	2	
5 58	5 39	1 10	11 5	5 56	5 49	1 20	3	
5 59	5 37	2 30	11 5	5 56	5 40	2 37	4	
6 0	5 36	3 49	12 5	5 57	5 39	3 44	5	
6 1	5 34	4 54	12 5	5 58	5 38	4 52	6	
6 2	5 33	rises.	12 5	5 59	5 36	rises.	7	
6 3	5 31	5 59	13 6	0 5 55	0 11	7		
1. 11h. 26m. Day's length: 11h. 34								

TO MAKE GRAHAM BREAD.—Set the sponge to rise over night, using milk instead of water, and adding, for every three quarts of flour, a cup of molasses. In the morning add a little salt, and enough flour to make a dough just thick enough not to be moulded. Put in baking tins to rise, and when light bake in a moderate oven. Do not mould it at all. Rye bread and Graham bread should be made soft; moulding spoils the bread, making it hard, dry and chippy.

Chocolateicing for Cakes

1 Egg, 1 Tablespoon chocolate, 1/2 white sugar.

Beat the egg - put in chocolate and sugar, mix all together.

Spread on the cake when baked, and not too hot, and let it cool off.

Or nut Midgee M. L.  
July 4th 1875.

from Mary Missell -

from letter June 30 1875  
from M. L. to A. E.

You can leave out the Buttes, especial-  
ly in Graham gems, if you wish.

## Gem Receipt

1 Small bowl of Flour (either Graham).  
Butter size of a walnut, rubbed well  
into the flour.

Pinch of salt.

Heaping ~~table~~<sup>teaspoon</sup> spoonfuls of molasses -

2 heaping ~~table~~<sup>teaspoon</sup> spoonfuls of yeast powder.

Milk or water to make soft enough  
to take up with a spoon. Mix well.

Make Gem pans, put heaping table  
spoonful in each little place. and  
bake in rather hot oven -

Easy quick bread and butter

Apple custard pudding.

Cut slices of bread rather thin, butter  
them, and <sup>cover</sup> the bottom of pudding  
dish with them, then pare and  
core some apples, <sup>cut</sup> thin, and put a  
layer over the bread, sprinkle sugar  
and nutmeg over apples, then another

layer of slices of bread buttered.  
then make a custard of three  
eggs to a pint of milk, sweeten  
custard, and pour over the  
bread and apple in the dish.  
Bake till all the custard is  
hard and bread soft. very good.  
I am making one to day.

Dear Emma.

Poor little Corotte I am glad  
she is getting better, Kiss her for  
me every day; that was what  
made her cry so every day. Hope  
you are well, and John too.  
Tell John to stick a word or  
two ~~edge~~ in your letter, once  
in awhile. Violet is writing  
so I will not write much this  
time. Love to all.

Mamma

## Gold Cake

One cup of sugar  
One-half cup sweet-milk.  
Yolks of eight-eggs.  
Two cups of flour  
One teaspoonful of baking  
powder.

## Baking-Powder Biscuits.

3 cups of flour  
3 heaping teaspoonfuls of  
baking powder.  
1 teaspoonful of salt.  
Make a soft-dough of  
sweet milk. knead <sup>as little</sup>  
as possible, cut-out-with  
a biscuit-cutter, and  
bake in a rather quick  
oven.



### Best Receipt for Cooks.

To make a match. First catch a young gentleman and lady - let the young gentleman be rather raw and the young lady be quite tender. Place them side by side at the dinner-table pour into the young gentleman a good quantity of wine, when you think he is well soaked and perceive he is getting red in the gills, remove them to the drawing-room and seat him close by the lady that they may rusticate at least four or five hours upon which drench them well with green tea, then place him at the piano and blow the flame till the lady sings. Upon hearing the gentleman sigh take them off, they are warm enough. Put them by themselves in a corner of the room, or on a sofa allowing them to snuggle together for the rest of the evening. Repeat the above three or four times, always taking care to place them side by side at the dinner-table, when they will be ready, at any time for marriage. After marriage great care must be taken as they are apt to turn sour.



Uncle  
Sam  
Says:  
This is  
America's  
Greatest  
Medicine.  
It will  
Sharpen  
Your Appetite,  
Purify and  
Vitalize Your Blood. Overcome That  
Tired Feeling. Get a bottle of  
Hood's Sarsaparilla and begin to  
take it TODAY, and realize the great  
good it is sure to do you.

**Hood's Sarsaparilla**  
is America's Greatest Medicine. All druggists.

too good a soldier to refuse to obey a lawful order, although they admitted that he might have, as he did today, through Inspector General Hughes, a member of his staff, suggest the propriety of an increase in the number and a betterment of the quality of the soldiers to be assigned to his command.

#### THE UNLUCKY WINSLOW.

Reports received here from Key West show that the condition of the little torpedo boat Winslow is much worse than was supposed, and that it will be necessary, in all probability, to have her come to Norfolk for repairs. One shell smashed her low-pressure starboard cylinder, and another traversed one of her boilers. It would be possible to get along under one boiler and reduce the starboard engine from a quadruple to a triple expansion, but the efficiency of the boat would be very much lowered thereby.

The volunteer army is rapidly nearing completion. Reports received by Adjt.-Gen. Corbin show that 92,580 men have been mustered in. Eighteen states have completed their quota.

Gen. Miles, commanding the army, said today that it was not the intention of the president to call for an additional number of volunteers at this time. He said that such a call would be premature, in that little over 80,000 of those troops already called for, have been mustered into service.

# Contra

# Op.

C. G. B. Boggs del firm	C. G. B.	In full Mar 12, 78	4000	old firm
Daily bank	from W.P.B.	see P.C.B.	<del>200</del>	
" "	" "	" "	<del>100</del>	
" "	" "	" "	<del>2400</del>	
" "	" "	" "	<del>500</del>	
" "	" "	" "	<del>500</del>	
" "	" "	" "	<del>3500</del>	
" "	" "	" "	200	
Brooks	Clafum 9/29	on 9/29 services	4000	
" "	" "	" "	500	old firm
Harris	" "	in firm	1000	" " "
Mr. Cook	from W.P.B.	see P.C.	4628	" " "
Dept.	raised from kitchen for exchange		<del>100</del>	" " "
Dept.	" "		250	" " "
Allen	" "		<del>200</del>	" " "
		Balance	4628	" " "

91000  
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Contra

Cr.

old fin	to B. B.	Invoice from 12.78	40.00	old fin ✓
	from W.P.B.	du P. G. B.	<del>3.00</del>	
"	"	" "	<del>1.30</del>	
"	"	" "	<del>34.00</del>	
"	"	" "	<del>5.00</del>	
"	"	" "	<del>5.00</del>	
"	"	" "	<del>35.00</del>	
"	"	" "	<del>2.00</del>	
"	"	" "	<del>40.00</del>	
Old fin of		on a/s services	5.00	old fin
"		in fin.	10.00	" "
fin W.P.B.		du P. G.	46.28	" "
divid from Ketcher for 1888			<del>1.00</del>	
"			2.50	
"			<del>2.30</del>	
"			<del>46.28</del>	

~~for 1888 from Ketcher~~  
~~1.00~~

4. ... Enough  
... shirts

... water on it  
... till clear - Put in a tea-  
... to prevent  
... (Stoking) ...  
... hot - Put a little  
... in the starch and

... dampen shirts, collars &  
... put a little raw starch  
... water - Stir up  
... a little soap - Use  
... with very little

...

...

~~...~~  
ali ...  
Apr 9. Private Sale  
25 yds engrain  
Output of 500

~~...~~  
~~...~~

~~...~~  
250  
...

"Malay" flour  
1800

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W. East Coast

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East Coast

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to P. ...  
duchy firm

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in Sept. 74

The following is a recipe given me  
by Mary Gibb who has passed  
through the ordeal —

Procure two large nutmegs, roast them  
well in the oven - but not so much  
as to destroy their flavor - grate them  
put them in a pint of Port Wine -  
Take a wine glass full once or twice a  
day - morning and evening - when  
free from fever -

Mrs. Oke says you will find strength  
coming, and prevent flowing -  
She also recommends you to drink  
plenty of beef Tea -

I believe the beef tea you will find  
very beneficial - and probably the  
nutmeg & port wine will be good for  
you too - but not so much as a  
wine glass full at a time - You might  
take a less quantity and more frequently.  
Consult your Doctor in regard to this.  
Sept. 9, 1874  
The 9th