THE

HOUSEHOLD BOOK

OF

PRACTICAL RECEIPTS,

IN THE

ARTS, MANUFACTURES, AND TRADES,

INCLUDING

MEDICINE, PHARMACY, AND DOMESTIC ECONOMY.

ILLUSTRATED WITH DIAGRAMS.

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PREFACE.

In the performance of the task of compilation, the chief aim has been to render this work as extensively useful as possible. It will be found to contain directions, &c., of more than Two Thousand Receipts of interest and utility. A general arrangement has been adopted, because the object of the work is popular and universal, and especially directed to practical persons and the public at large. The whole book, it is hoped, forms a compendious Cyclopædia for the tradesman, mechanic, emigrant, and amateur, as well as the heads of families; and it is believed, that there are few persons who will not find, on looking over its pages, some articles that will interest them.

The sources which have been consulted for much of the present volume are such as to render it deserving of the utmost confidence, no expense having been spared to procure the most valuable books or obtain the advice of the best living authorities in all the departments and branches of which the work treats.
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1.—Cephalic Sniff.
Lundyfoot sniff and as-abracacca leaves, of each 2 ounces; lavender flowers, 2 drachms; essence of bergamot and oil of cloves, of each 4 drops. Grind the lavender with the sniff and leaves to a fine powder; then add the perfume. Much recommended in headaches, dizziness of sight, &c.

2.—To Mix Mustard
Mustard, 3 parts; salt, 1 part. A small quantity of essence of cayenne improves the flavour, in the opinion of many. Mix, with hot water.

3.—Beet Bread.
Good bread is made with the Orange Globe Mangold Wurzel, using one-third to two-thirds of wheat flour. It is as white as when made of all wheat flour, and perfectly free from all taste of the root.

4.—Tolu Lozenges for Coughs.
Fine sugar, 8 ounces; cream of tartar, 1 ounce; starch, 2 drachms; tincture of balsam of Tolu, 1 drachm. Bring to a proper consistency, and form into lozenges, by means of a sufficient quantity of mucilage of gum tragacanth.

5.—A cheap Asphalte for Walks.
The place intended to be asphaltered must be previously levelled, then put on it a cost of tar, and sift some road sand or coal ashes all over it very thickly; after this is dry repeat the operation until you have got four costs of tar, and as many of coal ashes or road sand. You will then have an excellent clean, dry, hard path. It will make excellent walks, or floors for sheds, out-buildings, &c., and will wear for many years.

6.—Remedy for the Toothache.
A remedy for this distressing complaint, in such repute, is a solution of camphor in oil of turpentine—a fluid ounce of the latter will dissolve two drachms of the former.

7.—To kill Cockroaches.
A teacup full of well bruised plaster of Paris, mixed with double the quantity of oatmeal, to which a little sugar (the latter is not essential), then strew it on the floor or in the places where they frequent.

8.—Cutaneous Eruptions.
The following mixture is very useful in a cutaneous eruption:—ipecacuanha wine, 8 drachms; flowers of sulphur, 1 drachm; tincture of cardamom, 1 ounce. Mix. One teaspoonful to be taken three times a day, in a wine-glassful of water.

9.—Ale.
One bushel and three-quarters of ground malt, and one pound of hops, are sufficient to make eighteen gallons of good family ale. That the saccharine matter of the malt may be extracted by infusion, without the farina, the temperature of the water should not exceed 170° F. The quantity of water should be divided into two portions one of which should be poured upon the malt as speedily as possible, and the whole being well mixed together by active stirring, the vessel should be closely covered over for one hour; if the weather be cold, for one hour and a half. If hard water be employed it should be boiled, and the temperature allowed, by exposure to the atmosphere, to fall to about 160°; but if rain water be used, it may be added to the malt as soon as it reaches that point. After standing the proper time, the wort must be drawn off into another vessel, and the second portion of the water poured on, which should be allowed to mash one hour. The first wort may then be boiled with half a pound of hops for one hour, by which time the second mashing will be ready to be drawn off, and should be boiled for half an hour with a quarter of a pound of fresh hops. The two liquors should now be mixed and cooled down to the temperature of 60°, when one pint of good thick yeast should be well stirred in, and, as soon as the fermentation is completed, the liquor may be drawn off into a cask previously rinsed with boiling water. When the slow fermentation which will ensue has ceased, the cask should be loosely bunged for two days, after which, if the liquor be left quiet, the bung may be properly fastened.

9—A third mashing may be made for table beer.

10.—Lozenges for Fated Breath.
Gum catechu, 1 ounce; white sugar, 2 ounces; orris powder, half an ounce. Make them into a paste with mucilage, and add a drop of neroli. One or two may be sucked at pleasure.
11.—Anti-Asthmatic Plaster.

Simple diachylon, 2 ounces; powdered camphor, half an ounce; powdered opium, quarter of an ounce; sweet oil, half a teaspoonful. Melt the plaster with the oil, then remove the vessel from the fire, and stir in the powders. Spread it on the leather before it gets cold.

12.—Genuine Scotch Marmalade.

Take some bitter oranges, and double the weight of sugar; cut the rind of the fruit into quarters and peel it off, and if the marmalade be not wanted very thick, take off some of the pappy white skin inside the rind. Cut the orange as finely as possible, and about half an inch long, and divide the pulp into small bits, removing carefully the seeds, which may be steeped in part of the water that is to make the marmalade, and which must be in the proportion of one quart to one pound of fruit. Put the chips and pulp into a deep earthen dish, and pour the water boiling over them; let them remain for twelve or fourteen hours, and then turn the whole into the preserving pan, and boil it until the chips are perfectly tender. When they are so, add by degrees the sugar, (which should be previously pounded), and boil the marmalade until it jellies. The water in which the seeds have been steeped, and which must be taken from the quantity apportioned to the whole of the preserve, should be poured into a hair-sieve, and the seeds well worked in it with the back of a spoon; a strong clear jelly will be obtained by these means, which must be washed off them by pouring their own liquor through the sieve in small portions over them. This must be added to the fruit when it is first set on the fire.

13.—Mixtures for Asthma.

Syrup of squills, 4 ounces; milk of gum ammoniacum, 6 ounces; wine of ipecacuanha, 2 ounces. Mix. The dose is a small teaspoonful four or five times daily. Expectorant. Infusion of gentian, 4 ounces; infusion of cascara, 6 ounces; simple syrup, 2 ounces. Mix. Dose, two tablespoonfuls three times a day. Tone.

14.—Puff Paste.

Rub half a pound of fresh butter into a pound and a half of flour; add a little water, and make as thin a paste as possible; work it well together, roll it out thin, put some bits of butter on it, dredge it with flour, and double it up again; repeat this operation three times, using three or four tablespoonfuls of more butter. When done, put the paste by for half an hour.

15.—Popular Remedy for Spitting of Blood.

Infusion of red roses, 5 ounces and a half; syrup of poppies, half an ounce; diluted sulphuric acid, 20 drops. Mix. One or two tablespoonfuls four times a day.

16.—For Bruises.

Rub them with a little opoponax or soap liniment; or, if the inflammation be considerable, wash them with a little weak goudard water; or apply leeches to the part.

17.—To Roast a Goose.

When the goose has been picked and singed, put into the body two boiled onions, chopped finely, and mixed with a little sage, a saltspoonful of salt, and a little black pepper; to these put a small piece of butter. Truss your goose, and roast it at a brisk fire. Serve it with made gravy, and apple sauce. When the taste is in favour of a milder seasoning, mix a handful of fine bread-crumbs with the other stuffing. Some fill their goose with potatoes boiled very dry, mashed and well mixed with butter, some salt and cayenne pepper, sage and onions are also added to this. A very good mixture can be made in the following manner, a teaspoonful of made mustard, a little salt and cayenne, mixed smoothly, with a glass of wine poured into the goose before it is served.

18.—Remedy for the Hooping Cough.

From 15 to 20 drops of diluted sulphuric acid (London Pharmacopoeia) mixed in a teaspoonful of moist sugar, taken three or four times a day; or, an ounce of this "Elixir" in a pint of water, with 2 ounces of simple syrup. The dose is a tablespoonful three or four times a day.

19.—Burns and Scalds.

If the injury be superficial, a little creosote may be applied to the part; and if it be a scald, the vesicle may be first pierced with a needle, and the aqueous fluid squeezed out. When creosote is not procurable, a liniment, formed of equal parts of soft soap, basilicon ointment, oil of turpentine, and water, may be used instead. When the part is very hot and painful, a poultice may be applied, on the surface of which a few drops of creosote, or the liniment should be spread with a knife. If the poultice be applied, it is advisable to keep it on until the next day, when a little spermacetum ointment, spread on some soft linen, is to be used instead. Plunging the part into cold water immediately on the receipt of the injury, will frequently prevent any further remedy being necessary.

20.—White Lip Salve.

Oil of almonds, spermacetum, white wax, and white sugar candy, equal parts of each.
21. — To make Piccalilli.
This consists of all kinds of pickles, mixed and put into one large jar; gherkins, sliced cucumbers, button- Onions, and cauliflowers broken in pieces. Salt them, or put them in a large hair sieve in the sun to dry for three days; then scald them in vinegar for a few minutes; when cold put them together. Cut a large white cabbage in quarters, with the outside leaves taken off and cut fine, salt it and put it in the sun to dry for three or four days; then scald it in vinegar, the same as cauliflower; carrots, three parts boiled in vinegar, and a little bay-salt; French beans, radish pods, and nasturtiums, all go through the same process as gherkins, capsicums, &c. To one gallon of vinegar put four ounces of ginger bruised; two ounces of allspice; half an ounce of chilies, bruised; four ounces of turmeric; one pound of the best mustard; half a pound of echalots; one ounce of garlic, and half a pound of bay-salt. The vinegar, spice, and other ingredients, except the mustard, must boil half an hour; then strain into a pan, put the mustard into a large basin, with a little vinegar; mix it quite fine and free from lumps, then add more; when well mixed put it to the vinegar just strained off, and when quite cold put the pickles into a large pan, and the liquor over them; stir them repeatedly so as to mix them all; finally, put them into a jar and tie them over, first with a bladder, and afterwards with leather. The capsicums want no preparation.

22. — Remedy against the Bites and Stings of Insects, Reptiles, &c.
Wash the part with water of ammonia, or solution of chloride of lime. Should considerable inflammation ensue, and the part become much swollen, leeches may be applied, and a purgative given. In cases where the stings of venomous reptiles are of a very poisonous description, the wound should be first well washed with water of ammonia, and afterwards thoroughly seared with lunar caustic in every part, especially the interior and deep-seated portions; or the surface of the wound, both internal and external, may be removed with the knife; or, in the case of a small joint, the injured portion may be at once amputated. A similar line of treatment should be followed after the bite of a dog supposed to be mad.

23. — To stop the Bleeding from Leech Bites.
Mattico leaves have been applied with considerable success for this purpose. They are pressed on the bites with the fingers.

24. — Tart Paste.
Rub half a pound of fresh butter into a pound of flour; add the yolk of an egg, a little lump sugar, and enough milk to mix it properly.

25. — Treatment in case of Apoplexy.
Until the arrival of medical aid, the patient should be kept easy and cool, with head and shoulders elevated, the neckcloth removed, and the clothes loosened, to avoid pressure on any portion of the body; the windows should be opened, and crowding round the patient especially avoided. A free exposure to fresh air being desirable. In this state of affairs, the medical gentleman should be waited for. When medical aid is not procurable, rather copious bleeding from the arm should be report to: cold water should be poured upon the head, and the bowels opened by means of active purgatives; 10 grains of calomel may be immediately given, and its action promoted by the use of saline purgatives and stimulating elyters. The legs may be placed in pretty warm water, and blisters applied between the shoulders.

These are conserves of fruit and sugar. They are all made by boiling, either the pulped or bruised fruits, over the fire along with an equal weight of loaf sugar, until the mixture jellies. When sufficiently thick, the semiliquid mass, while hot, should be passed through a coarse hair sieve, to remove the stones and skins of the fruit, and then poured into pots. It is usual to tie paper over the latter dipped in brandy. The following are the principal jams: — Apricot, cherry, gooseberry, Orleans plum, raspberry, and strawberry.

27. — To Boil a Turkey.

Turkey trussed for boiling.

A delicate hen turkey should always be selected for boiling. Pick and draw it, taking great care not to break the gull-bladders. When it is singed, cut through the skin round the first joint of the legs, and draw them out by fastening the feet to a strong hook, and then pulling the bird away from it. Take off the head and neck. Wash it clean, and then wipe it dry; fill the breast with real-stuffing. In trussing it draw the legs with the body, break the breast bone, and give the turkey as plump an appearance as you can. Put it into plenty of hot water, and boil it very gently for about two hours. Served either with celery sauce, or good white sauce; and a tongue or ham is usually sent to table with it.

28. — A good Gargle for Sore Throat.

Tincture of myrrh, 2 drachms; common water, 4 ounces; vinegar, half an ounce. Mix
35.—*Rose Pearls.*

Beat the petals of the red rose in an iron mortar for some hours, until they form a thick paste, which is to be rolled into beads, and dried. They are very hard, susceptible of a fine polish, and retain all the fragrance of the flower.

36.—*When to change the Water in which Leeches are kept.*

Once a month in winter, and once a week in summer, is sufficiently often, unless the water becomes discoloured or bloody, when it should be changed every day. Either clean pond water or clean rain water should be employed.

37.—*Mahogany Varnish.*

Litharge, and powdered dried sugar of lead, of each a quarter of a pound; clarified oil, 3 gallons; sorted gum anise, 8 pounds; boil till the mixture strings well, then cool it a little. It should be thinned with five gallons and a half of oil of turpentine, and then strained.

38.—*Rancid Butter.*

This may be restored by melting it in a water bath, with some coarsely powdered animal charcoal (which has been thoroughly sifted from dust), and straining through flannel.

39.—*Peach Pudding.*

Dry a pint or quart of split peas thoroughly before the fire; then tie them up loosely in a cloth, put them into warm water, boil them a couple of hours, or more, until quite tender; take them up, beat them well in a dish with a little salt (some of the yolk of an egg), and a bit of butter; make it quite smooth, tie it up again in a cloth, and boil it an hour longer.

40.—*Superior Raisin Wine.*

The water that is to be used in making this wine should be boiled, and then allowed to become perfectly cold. To every gallon of this water put into a sound, sweet cask, eight pounds of fine Malaga raisins, taking away only the large stalks. When the cask is full, lay the bung lightly over, stir the wine every other day, and keep the cask full, by the addition of water prepared as above directed. When the fermentation has entirely ceased, which will be in about seven weeks, press in the bung, and leave the wine untouched for twelve months. On the expiration of this time, draw the wine off into a clean cask; and, if necessary, fine it with isinglass, tied in a muslin bag, and suspended in it. Excellent vinegar can be made from the refuse-raisins, by pouring fresh water on them, and placing the cask in the sun. March is, perhaps, the best time for making the wine.
THE WORLD'S PRESS.

PRESS ASSOCIATIONS AND AGENCIES.

THE TWO PAGES OPPOSEN.
THE WORLD'S PRESS.

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Here is no more startling proof of the enormous progress of mankind during the last half century than may be found by an examination of the columns of the newspapers and other periodicals published in various countries.

London, with its population of 4,000,000, takes precedence of all other great cities in its list of periodical publications. These have an annual circulation of about 1,017,000,000 copies. Paris, with its far smaller population, issues periodicals which have an annual circulation of 1,100,000,000 copies. It is estimated that the journalistic products of Paris amount annually to almost one-tenth of the entire issue of the globe. New York and Brooklyn, with a population nearly two-thirds that of Paris, produce publications with an annual circulation of about 516,000,000. Berlin, Vienna, Madrid, Brussels, Rome, show a gradual diminution; and St. Peters burg and Moscow may be said to come latest in the list of great circulations.

About five-sevenths of all the periodicals published in the United States are weekly papers. The number of monthlies greatly exceeds the number of dailies. New York State claims about one-eighth of all the periodicals printed in the country, and is the head-quarters of the American press. The number of periodicals of all sorts published there is not less than 625. Chicago is next, Philadelphia third, and Boston fourth. Philadelphia furnishes the American public with the Ice Trade Journal and the Quinologist; Boston is responsible for the Age to Come Herald and Jerusalem Pioneer; while the progressive city of Lake Michigan gladdens the last quarter of the century with the Chrysostomian, the Deaf Man's Friend, and the Ophiygselfschlad.

In the vast number, variety and scope of the newspaper press of
LIBERTY OF THE PRESS

...
HOW THE WORLD'S PRESS GROWS.

COMPLETION OF ONE DECADE.

THE WORLD'S PRESS.
INTRODUCTION

PRESIDENT ROOSEVELT, in his address to the Governors at the White House, prophetically remarked that "The conservation of our national resources is only preliminary to the larger question of national efficiency."

The whole country at once recognized the importance of conserving our material resources and a large movement has been started which will be effective in accomplishing this object. As yet, however, we have but vaguely appreciated the importance of "the larger question of increasing our national efficiency."

We can see our forests vanishing, our water-powers going to waste, our soil being carried by floods into the sea; and the end of our coal and our iron is in sight. But our larger wastes of human effort, which go on every day through such of our acts as are blundering, ill-directed, or inefficient, and which Mr. Roosevelt refers to as a lack of "national efficiency," are less visible, less tangible, and are but vaguely appreciated.

We can see and feel the waste of material things. Awkward, inefficient, or ill-directed movements of men, however, leave nothing visible or tangible behind them. Their appreciation calls for an act
of memory, an effort of the imagination. And for this reason, even though our daily loss from this source is greater than from our waste of material things, the one has stirred us deeply, while the other has moved us but little.

As yet there has been no public agitation for "greater national efficiency," no meetings have been called to consider how this is to be brought about. And still there are signs that the need for greater efficiency is widely felt.

The search for better, for more competent men, from the presidents of our great companies down to our household servants, was never more vigorous than it is now. And more than ever before is the demand for competent men in excess of the supply.

What we are all looking for, however, is the ready-made, competent man; the man whom some one else has trained. It is only when we fully realize that our duty, as well as our opportunity, lies in systematically cooperating to train and to make this competent man, instead of in hunting for a man whom some one else has trained, that we shall be on the road to national efficiency.

In the past the prevailing idea has been well expressed in the saying that "Captains of industry are born, not made"; and the theory has been that if one could get the right man, methods could be safely left to him. In the future it will be appreciated that our leaders must be trained right as well as born right, and that no great man can (with the old system of personal management) hope to com-
pete with a number of ordinary men who have been properly organized so as efficiently to cooperate.

In the past the man has been first; in the future the system must be first. This in no sense, however, implies that great men are not needed. On the contrary, the first object of any good system must be that of developing first-class men; and under systematic management the best man rises to the top more certainly and more rapidly than ever before.

This paper has been written:

First. To point out, through a series of simple illustrations, the great loss which the whole country is suffering through inefficiency in almost all of our daily acts.

Second. To try to convince the reader that the remedy for this inefficiency lies in systematic management, rather than in searching for some unusual or extraordinary man.

Third. To prove that the best management is a true science, resting upon clearly defined laws, rules, and principles, as a foundation. And further to show that the fundamental principles of scientific management are applicable to all kinds of human activities, from our simplest individual acts to the work of our great corporations, which call for the most elaborate cooperation. And, briefly, through a series of illustrations, to convince the reader that whenever these principles are correctly applied, results must follow which are truly astounding.

This paper was originally prepared for presenta-