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AUCKLAND

## AN OLD-FASHIONED COOKERY BOOK

—Continued

have been since this lady's day that the English people became known as "the nation that has only one sauce," for in the index to this book there are given exactly 100, beginning with "Admiral" and ending with "Wow-Wow." [Wow-Wow]. The chief ingredient of the former, in case you would like to know, is anchovies, while the latter is a kind of walnut sauce.

I must say the lady apologises here and there for the elaborateness of some of the recipes, but explains that she has to cater for the gourmet as well as for the plain person, and certainly the latter will find directions for making a plain rice pudding and even for boiling an egg. But the lady seems to have the "gourmet" very much in mind, and I think she must have enjoyed compiling those pages and pages of wonderful recipes. Such puddings and preserves! Such syllabubs and flummies! Such creams and candies and cordials! There is a delightful touch in the little note under the heading of "Mincemeat."

("N.B.—If anyone knows of a better recipe for mincemeat I challenge him to produce it!")

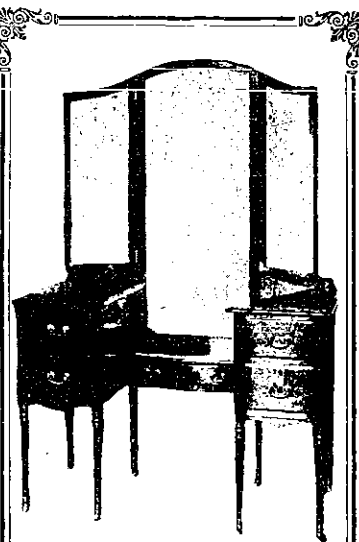
Only cakes are not as well represented as they are in a modern cookery book. Baking powder was not yet invented—the only rising agents being beaten eggs and yeast—which limited the variety, and after one or two pages of small cakes and biscuits, the only cakes given are merely different varieties of plum-cake, seed-cake, and gingerbread. There are numerous con-

fections and sweetmeats, however, which are strange to us now. What in the world, for instance, could "Barberry Drops" have been like? I don't think I have ever met with barberries to begin with, but perhaps they do not grow out here.

"The black tops must be cut off; then roast the fruit before the fire, till soft enough to pulp with a silver spoon through a sieve into a china basin; then set the basin in a saucepan of hot water, and stir till it grows thick. When cold put to every pint a pound and a half of sugar, the finest double-refined, sifted through a lawn sieve. Beat the sugar and juice together 3½ hours for a large quantity, or 2½ hours for less, then drop it on sheets of thick white paper, the size of the drops sold in the shops."

One wonders if they were worth all the trouble, especially if they were already obtainable in the shops.

There are many other mysterious dishes scattered through the book. Do you know what "Cecils" are, or "Sanders"? Have you ever met with "Orange Prawlings"? I should like to give you the recipes for Salmagundi or Pupton of Pigeons or Nogar, or several other things, but I don't suppose you would use them if I did. Let us be thankful that we live in a simpler age, when we do not think it necessary to disguise our legs of veal with oysters, or weary our arms pounding things in mortars, or spend two days twice a year making "the family's daily beverage," home-brewed beer, for which the Lady gives minute and elaborate directions.



Above is a representation of a

## Duchesse Table

Of a suite made for Mr. A. H. Manson, Architect, Christchurch.

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ILY DESCRIBED BY ALYS EYRE  
MACKLIN

VISITORS to Vichy may be divided into three categories: the really sick people who have been ordered the cure by their home-doctors; the merely jaded who feel as a house looks when it needs spring-cleaning and go to the celebrated French *ville d'eau* to combine a literal version of the refreshing process with as much enjoyment as possible; the crowds who go frankly to amuse themselves in one of the gayest places in Europe, with perhaps a little sipping at the springs thrown in. But to which-ever class you belong, it is certain that the old saying "you cannot take liberties with the waters of Vichy" holds good, and unless you drink them under the guidance of a doctor you run the risk of doing yourself more harm than good, and might make yourself seriously ill.

*M. le Docteur*

SO the first thing you do after your arrival is to place yourself in the hands of one of the sixty State-appointed medical men who are allowed to practise at Vichy only after having

Continued on Page 79.

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