The young housekeeper's friend

Cornelius Mary Hooker
Cheese Sandwiches. Very good.

1 hard boiled egg - 1/2 tsp. grated cheese 1/2 teaspoon salt 1/2 teaspoon mustard 1 tablespoon melted butter 1 tablespoon vinegar in cold water. Take yolk of egg, put in small bowl, crumble it down, just into the
mix smooth with spoon. Then add salt, pepper, mayonnaise, cheese, and mix well together. Then add vinegar which makes the proper thickness. Some like
driers to their own taste.

Carrie C. McElrath.
THE

YOUNG HOUSEKEEPER'S FRIEND.

BY

MRS. CORNELIUS.

REVISED AND ENLARGED.

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AGRICULTURE
GIFT
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PREFACE.

In preparing this little volume, my aim has been to furnish to young housekeepers the best aid that a book can give in the departments of which it treats. No printed guide can perfectly supply the place of that experience which is gained by early and habitual attention to domestic concerns. But the directions here given are designed to be so minute, and of so practical a character, that the observance of them shall prevent very many of the perplexities which most young people suffer during their first years of married life.

The receipts, with the exception of about twenty which are copied from books, are furnished from my own experience, or that of my immediate friends. An ample variety is given for furnishing the table of any American family; but especial reference has been had to those who have neither poverty nor riches; and such directions have been given as will enable a housekeeper to provide a good and healthful table, or, if desired, a handsome one, at a moderate expense.

To save repetition, very minute directions are given at the head of every chapter, by attending to which, the least experienced cook will learn how to proceed in making each article for which a receipt is given.

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I do not attempt to give directions in regard to the best methods of taking care of all sorts of furniture, and performing all the various kinds of household labor, because there are works already published which furnish copious and judicious instructions on these subjects.

It may be asked, “Why then publish a book of counsels and receipts, for there surely are many receipt-books?” This is true; but while some of them are not ample guides on the subjects of which they treat, others are based upon a plan both expensive and unhealthy, and all of them that I have seen, leave an inexperienced housekeeper at a loss in regard to many of the things most necessary to economy and comfort.

I have seen many a young lady, just entered upon the duties of married life, perplexed and prematurely care-worn, for want of experience, or a little good instruction, in regard to the simplest domestic processes; and often have felt, with the sincerest sympathy, an earnest wish to render her some effectual aid. If I succeed in affording it through this little book, I shall esteem myself happy; and I have only to ask, in conclusion, that my numerous young friends, and all the youthful housekeepers into whose hands it may fall, will receive it as a token of my friendly interest and best wishes.

M. H. C.

Andover 1845.
PREFACE.

TO THE REVISED AND ENLARGED EDITION.

In offering to the public a new edition of "The Young Housekeeper's Friend," I wish gratefully to acknowledge the favor with which it has been regarded during the twenty-five years since its first publication. I have aimed to render it more worthy of patronage by a thorough revision, the omission of a few receipts of least value; the addition of full directions for canning fruits, and more than one hundred and fifty new receipts, which have been tested by experienced housekeepers. I am indebted to several friends for kindly furnishing me some of the most valuable of these. While the lessons of economy taught by the late war have not been forgotten, I have endeavored to meet the demands of the present customs of society for a greater variety of dishes than used to be thought requisite for the ample supply of a gentleman's table.

In the additions which I have made, I have, as heretofore, given much more minute directions than would be appropriate in writing for experienced housekeepers. My earnest wish still is, as it was when I first wrote a cook-book, to give real aid to ladies who have never been accustomed to family cares.

I have to request that those who use this book would give special attention to the general Directions at the head of each chapter.

Newton Centre, August, 1871.  

Mary H. Cornelius.
THE

YOUNG HOUSEKEEPER’S FRIEND.

COUNSELS AND SUGGESTIONS

Good housekeeping compatible with intellectual culture.—Persevering attention rewarded.—Effects of unhealthy diet.—Responsibleness of women.—Application of the principles of religion to the duties of domestic life.

A symmetrical education is extremely rare in this country. Nothing is more common than to see young ladies, whose intellectual attainments are of a high order, profoundly ignorant of the duties which all acknowledge to belong peculiarly to women. Consequently many have to learn, after marriage, how to take care of a family; and thus their housekeeping is, frequently, little else than a series of experiments; often unsuccessful, resulting in mortification and discomfort in the parlor, and waste and ill temper in the kitchen.

So numerous are these instances, that excellence in housekeeping has come to be considered as incompatible with superior intellectual culture. But it is not so. The most elevated minds fulfil best the every-day duties of life. If young women would resolve, let the effort cost what it will, to perfect themselves in their appropriate duties, a defective domestic education would soon be remedied. Observation and persevering attention would give the requisite knowledge, and their efforts
would bring a speedy and ample reward. It were far better, when they enter upon the station of a mistress of a family, to be already possessed of such experience as would enable them easily to regulate the expenditures, and so to systematize the work of every day, as to secure economy, comfort, neatness, and order. But if this knowledge has not been previously acquired, let not the learner be discouraged, or for a moment yield to the idea of "letting things take their course." No woman can innocently or safely settle down upon this conclusion. The good to be lost, and the evils incurred, are too great to admit of such a decision. The result will certainly be uncomfortable; and it would not be strange if the dearest domestic affections were thus chilled, and the most valuable family interests sacrificed.

How often do we see the happiness of a husband abridged by the absence of skill, neatness, and economy in the wife! Perhaps he is not able to fix upon the cause, for he does not understand minutely enough the processes upon which domestic order depends, to analyze the difficulty; but he is conscious of discomfort. However improbable it may seem, the health of many a professional man is undermined, and his usefulness curtailed, if not sacrificed, because he habitually eats bad bread.

How frequently, in case of students in the various professions, is the brightest promise of future attainment and honor overshadowed by a total loss of health; and the young scholar, in whom the choicest hopes were garnered up, is compelled to relinquish his studies, and turn his unwilling thoughts to other pursuits; or, worse than this, he becomes a helpless invalid for life. Yet even this is an enviable lot, compared with his, whose noble intellectual powers have become like the broken chords of an instrument that shall never again utter its melody. But are such evils as these to be traced to the use of unwholesome food? Every intelligent physician, every superintendent of our insane hospitals, testifies that in very many instances, this is the prominent cause.