

MRS. BEETON'S
EVERY-DAY COOKERY

NEW EDITION.

WITH COLOURED PLATES AND OTHER ILLUSTRATIONS.

LONDON:

WARD, LOCK & CO., LIMITED,
WARWICK HOUSE, SALISBURY SQUARE, E.C.
1909.

DAIRY PRODUCE, HAM, BACON, ETC.

Dairy produce varies somewhat in price in accordance with locality, but the differences are not so great of late years, the increased railway facilities having brought about a greater uniformity of price.

The cheaper parts of bacon vary from 5d. to 9d. per lb., but by reason of the quantity of bone contained in them they are not in reality more economical than the best.

DRIED FRUITS AND VEGETABLES.

We have long known such dried fruits as raisins and currants, prunes, dates and figs, and pippins. These useful pudding and dessert fruits are now more abundant than ever, and as a rule prices are moderate. Within recent years other fruits have been added to the list, and we now have dried apple rings, apricots, etc. These apple rings and apricots reach us chiefly from America and Australia, where they are dried in large quantities in specially constructed ovens. They are used for pies and tarts, or may be served stewed.

These dried vegetables are chiefly to be recommended for use on board ship, for travellers, or for the store cupboards of housewives. Unquestionably fresh vegetables are to be preferred, whenever obtainable.

PROVISIONS, Etc.

For groceries, tinned provisions, jams, etc., the prices quoted will be found a fair average of those charged by the principal provision dealers and grocers in London and the chief provincial towns. Tinned meat, soup, fish, vegetables, etc., occupy an important place in our food supply, being available at any time, and handy substitutes when fresh provisions are difficult to procure. In the Recipe Section full directions for their use are given.

Meat, fowl, and fish imported from abroad in tins are usually excellent. Some precaution should be taken. The food remains wholesome so long as the tins remain air-tight, but if air gets in, decomposition soon follows. It is therefore necessary to see that the tins are perfect and air-tight. Tins should not be bulged; the tops and bottoms should be concave, and have the appearance of depressions. They should be free from rust. Bulged and rusty tins should be rejected, and so ought those which emit a rush of air on being opened. As soon as a tin is opened the whole contents should be turned out. Fish should be eaten (or at all events cooked) the same day it is opened. This does not apply to sardines and other kinds preserved in oil, although even these had better be placed in glass or earthenware dishes. Tinned vegetables and fruits soon deteriorate when opened if left in the tins.

As a rule, foods preserved in earthenware and glass are better and safer, though rather more expensive, than those sold in tin cans.

Tinned and bottled fruits should be stored in a cool, dry cupboard. Tinned sardines, bottled anchovies and anchovy paste ought always to be kept in store, as they are useful in preparing many dishes.

MARKETING.

BEEF.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	AMERICAN.
Atchbone	All the year	During Winter	6½d. per lb.	5½d. per lb.
Baron	"	"	9d.	"
Basket	"	"	5½d.	4½d.
Buttock	"	"	10d.	10d.
Clod	"	"	4d.	"
Flank	"	"	5½d.	4d.
Hook	"	"	5d.	"
Silver side	"	"	9d.	8d.
Neck	"	"	5d.	3½d.
Ribs	"	"	8½d.	7½d. to 8½d.
Rump (in steaks)	"	"	1s. 1d.	11d.
Shin	"	"	3½d.	"
Round	"	"	8½d.	"
Shoulder	"	"	9d.	7d. to 8½d.
Cheek	"	"	9d.	8d.
Heart	"	"	1s. 3d. ea.	"
Kidney	"	"	1s. 6d.	"
Tail	"	"	10d. per lb.	9d. per lb.
Tongue	"	"	1s. 9d. ea.	"
	"	"	2s. 6d.	2s. 6d. ea.

MUTTON.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Breast	All the year	Sept. to April.	4d. per lb.	2½d. per lb.
Haunch	"	"	10d.	"
Leg	"	"	9½d.	6½d.
Loin	"	"	9d.	5½d.
Neck (best end)	"	"	9d.	5½d.
Neck (Scrag end)	"	"	6d.	4d.
Saddle	"	"	10d.	6d.
Shoulder	"	"	8d.	"
Head	"	"	6d. each.	"
Heart	"	"	3d. to 4d. ea.	"
Kidney	"	"	3½d. each.	1d. each.
Chops	"	"	1s. per lb.	8d. per lb.

PORK.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Belly	Sept. to April	Nov. to March	8d. per lb.	8d. per lb.
Ham	"	"	7½d.	7½d.
Fore-loin	"	"	8d.	8d.
Hind-loin	"	"	9d.	9d.
Leg	"	"	8½d.	8½d.
Spare ribs	"	"	8d.	8d.
Chops	"	"	8d.	8d.

VEAL.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.
Breast	Feb. to Nov.	In Summer.	8d. per lb.
Cutlet	"	"	1s. 2d. "
Fillet	"	"	1s. "
Knuckle	"	"	6d. "
Loin	"	"	8½d. "
Shoulder	"	"	8½d. "
Head	"	"	5s. each.
Heart	"	"	9d. each.
Sweetbread	"	"	from 1s. each.

LAMB.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Breast	Mar. to Sept.	May to July.	7d. per lb.	4d. per lb.
Fore-quarter	"	"	9d.	7d.
Hind-quarter	"	"	11d.	8½d.
Leg	"	"	1s.	9½d.
Loin	"	"	11d.	7½d.
Neck (best end)	"	"	10d.	6d.
Neck (Scrag end)	"	"	8d.	5d.
Shoulder	"	"	10d.	8½d.
Fry (about)	"	"	8d. to 1s.	"

POULTRY.

POULTRY.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Chickens	Feb. to October	July to October	2s. to 3s. 6d. each.
Ducklings	Feb. to August	May to July	2s. 6d. to 3s. 6d. ea.
Ducks	August to Feb.	Sept. and Oct.	3s. to 4s. each.
Fowls	All the year	June to October	2s. 6d. to 3s. 6d. ea.
Geese	Sept. to Feb.	Oct. and Nov.	6s. to 10s. each.
Guinea Fowl	Feb. to August	Summer	3s. to 4s. each.
Pigeons	August to April	Winter	9d. to 1s. each.
" (Bordeaux)	All the year	Winter	1s. to 1s. 4d.
Rabbits	All the year	October to Feb.	6d. to 8d. per lb.
" (Ostend)	All the year	October to Feb.	7d. and 8d. per lb.
Turkeys	Oct. to March	Nov. to January	10s. to 12s. each.
Wheatears	Sept. to March	Sept. and Oct.	1s. each.

MARKETING.

GAME.

GAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Blackcock	Aug. to Nov.	Sept. and Oct.	2s. 6d. to 3s. 6d. b'e.
Ducks (wild)	Oct. to Sept.	Nov. and Dec.	2s. to 3s. brace.
Grouse	August to Nov.	September	3s. 6d. to 5s. brace.
Hares	Sept. to March	October	3s. 6d. to 5s. each.
Partridges	Sept. to Feb.	Oct. and Nov.	3s. to 5s. brace.
Pheasants	Oct. to Feb.	Winter	6s. to 10s. brace.
Plowers	Oct. to Feb.	Winter	1s. to 1s. 6d. each.
Ptarmigan	Sept. to April	September	1s. to 1s. 6d. each.
Quail	Sept. to Feb.	Sept. and Oct.	1s. to 1s. 6d. each.
Snipes	Oct. to Feb.	Oct. and Nov.	2s. 6d. to 3s. brace.
Teal	Oct. to Jan.	Winter	1s. to 1s. 6d. each.
Venison	Sept. to Feb.	Sept. and Oct.	1s. to 2s. per lb.
Widgeon	Oct. to Feb.	Oct. and Nov.	1s. to 1s. 6d. each.
Woodcock	Oct. to Feb.	Oct. and Nov.	3s. 6d. to 5s. brace.

FISH.

NAME OF FISH.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Bloaters	Sept. to April	Sept. to Feb.	9d. to 1s. 6d. doz.
Brill	All the year	Aug. to April	6d. to 1s. per lb.
Cod	Nov. to March	Feb. to March	3d. to 8d. per lb.
Crabs	April to October	Summer	3d. to 3s. each.
Eels	June to March	Sept. to Nov.	6d. to 1s. per lb.
Haddocks	August to Feb.	Winter	3d. to 1s. 3d. each.
Halibut	All the year	Nov. to June	4d. to 10d. per lb.
Herrings	May to January	June to Sept.	6d. to 1s. 6d. doz.
Lobsters	All the year	Summer	6d. to 3s. each.
Mackerel	Nearly all the year	April to July	3d. to 8d. each.
Mullet (red & grey)	All the year	April to October	6d. to 1s. 2d. per lb.
Oysters	Sept. to April	Winter	6d. to 3s. per doz.
Plaice	All the year	May to Nov.	4d. to 8d. per lb.
Prawns	May to Dec.	May to Nov.	1s. to 2s. per pint.
Salmon	Feb. to Sept.	Spring & Summer	10d. to 3s. per lb.
Shrimps	All the year	April to Nov.	3d. to 6d. per pint.
Solems	October to May	Winter	1s. to 2s. 6d. per box
Soles	All the year	April to July	1s. to 2s. per lb.
Sprats	Nov. to March	Nov. and Dec.	1d. to 3d. per lb.
Trout	Feb. to Sept.	April to July	8d. to 2s. per lb.
Turbot	All the year	Spring & Summer	6d. to 1s. 2d. per lb.
Whitebait	Jan. to Sept.	Feb. to May	1s. to 2s. per qt.
Whiting	All the year	Spring & Summer	2d. to 6d. each.

VEGETABLES.

NAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Artichokes	Jan. to April	February	3d. to 6d. each.
" Jerusalem	Oct. to March	December	1d. to 2d. per lb.
Asparagus	Feb. to July	April and May	2s. 6d. to 5s. per 100
Beans (French)	May to November	Summer	3d. to 1s. per lb.
" (Broad)	July and August	"	6d. to 9d. per peck.
" (Runners)	July to Oct.	Aug. and Sept.	2d. to 4d. per lb.
Beetroot	All the year	Autumn	1d. to 3d. each.
Broccoli	"	Autumn	2d. to 4d. each.
" Sprouts	Nov. to May	April	1d. to 4d. each.
Brussels "	Sept. to March	Oct. and Nov.	2d. to 4d. per lb.
Cabbages	All the year	Spring and Smr.	1d. to 2d. each.
Carrots	"	Early Smr & Autumn	4d. to 6d. bunch.
Cauliflowers	"	Summer	2d. to 6d. each.
Celery	Sept. to March	December	1d. to 4d. per hd.
Horseradish	All the year	Winter	1d. to 2d. per stick.
Lettuce	"	Summer	1d. to 4d. each.
Onions	Oct. to April	Summer and Autumn	1d. to 2d. per lb.
Parsnips	June to Sept.	Feb. and March	1d. to 2d. per lb.
Peas	All the year	July and Aug.	4d. to 2s. per peck.
Potatoes	March to Aug.	Autumn	1d. to 1d. per lb.
" New	Nov. to May	June and July	1d. to 8d. per lb.
Seakale	Nov. to March	Feb. and March	1d. to 2s. 6d. bskt.
Savoy's	All the year	Dec. and Jan.	1d. to 4d. each.
Spinach	"	Summer	2d. to 4d. per lb.
Tomatoes	July to Oct.	Sept. and Oct.	2d. to 8d. per lb.
Veg't'ble Marrows	"	September	1d. to 6d. each.

DAIRY PRODUCE, HAM, BACON, ETC.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Butter—		Eggs (cond.)—	
Fresh	1s. to 1s. 4d. per lb.	Ducks'	1s. to 2s. per doz.
English, Norman-		Geese	3s. to 4s. "
dy, or Brittany	1s. per lb.	Guinea Fowls'	1s. to 2s. "
Salt	10d. to 1s. 2d. per lb.	Plovers'	3s. to 5s. "
Margarine	6d. to 8d. per lb.	Turkeys'	3s. to 4s. "
Cheese—		Milk	4d. per qt.
American	6d. to 8d. per lb.	" Separated	2d. "
Cheddar	9d. per lb. per lb.	Cream	1s. to 3s. per pint.
Cheshire	3d. to 1s. each.	Bacon (best part)	10d. to 1s. per lb.
Creem	7d. to 9d. per lb.	Ham—	
Dutch	from 9d. per lb.	English	8d. to 1s. "
Gorgonzola	from 10d. per lb.	American	7d. to 9d. "
Gruyere	1s. to 1s. 6d. per lb.	Canadian	7d. to 9d. "
Stilton		Lard	7d. to 10d. "
Eggs—		Pickled Pork	8d. "
Hens'	8d. to 2s. per doz.	Sausages	8d. to 1s. "

FRUIT.

NAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Apples	All the year	Oct. to Dec.	2d. to 6d. per lb.
Apricots	June to Sept.	August	1s. 6d. to 3s. 6d. do.
Bullaces	Autumn	October	2d. to 3d. per lb.
Cherries	June to Aug.	July	4d. to 8d. per lb.
Currants	July to Sept.	August	3d. to 8d. per lb.
Damsons	Sept. and Oct.	October	1d. to 4d. per lb.
Figs	"	"	2s. to 3s. per doz.
Gooseberries	July to Sept.	August	4d. to 8d. per qt.
" (Green)	May to July	June	2d. to 6d. per lb.
Grapes (Foreign)	All the year	Autumn	1s. and upwards.
" (Hothouse)	Sept. to Nov.	October	3d. to 8d. per lb.
Greengages	Aug. and Sept.	August	4d. to 8d. per lb.
Medlars	Oct. to Jan.	Oct. and Nov.	9d. to 5s. each.
Melons	June to Nov.	October	2s. to 6s. per doz.
Nectarines	Sept. and Oct.	"	From 4d. per doz.
Oranges	All the year	Winter	4s. to 8s. per doz.
Peaches	Sept. and Oct.	October	1d. to 6d. each.
Pears	Oct. to March	Oct. and Nov.	2d. to 6d. per lb.
Plums	Aug. to Oct.	Sept. and Oct.	2s. to 3s. per doz.
Quinces	Sept. and Oct.	October	4d. to 8d. bundle.
Rhubarb	Jan. to May	March and April	4d. to 1s. per lb.
Strawberries	June to Sept.	July	"

GROCERY.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Almonds—		Cocoa	2s. 6d. per lb.
Jordan	1s. to 2s. 6d. per lb.	Essence	from 1s. 6d. per lb.
Valencia	1s. to 2s. 6d. "	Nibs	1s. 3d. per lb.
Baking Powder	4d. per tin.	Cocoatina	1s. 7d. per 1/2 lb. tin
Beef Essence—		Coffee—	
(Brand's)	1s. 3d. per tin.	Whole, or ground from 1s. to 2s. per lb.	
(Mason's)	9d. per bottle.	East-India	1s. 6d. per lb.
(Liebig's)	2s. 3d. per 1/2 lb.	Mocha	10d. per tin.
Beef Tea in skins	5s. to 6s. per lb.	Coffee and Milk	2d. to 5d. per lb.
Blancmange Pwdr	6d. per box.	Currants	2d. to 5d. per tin.
Capars	5d. per 1/2 lb. bottle.	Custard Powder	4d. per lb. bot.
Candied Peel—		Curry Powder	1s. 6d. per lb. bot.
Lemon	4d. per lb.	Paste	1s. 2d. per 1/2 pt. jar
Orange	5d. "	Egg Powder	6d. per packet.
Citron	6d. "	Fruit—Dried	1s. 2d. per lb.
Mixed	4d. "	Apricots	1s. 3d. "
Chicory	10d. "	Lunettes	1s. 4d. "
Chocolate	11d. per tin.	Melon	1s. 6d. "
Best do.	"	Mixed	1s. 4d. "
Milk Paste	"	Green-gages	1s. 4d. "

GROCERY—continued.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE
Fruit (cont'd.)—		Prunes ..	4d. per lb.
Chinois ..	1s. 4d. per lb.	Pudding Powder ..	6d. per pkt.
Crystallized—		Raisins ..	5d. per lb.
Cherries ..	1s. 3d. "	Valencia ..	6d. "
Pears ..	1s. 4d. "	Sultanas ..	8d. " 1s. 4d. lb.
Angelica ..	1s. 4d. "	Muscats ..	4d. per tin.
Figs ..	1s. 4d. "	Spices, various ..	4d. per tin.
Flour—Bst Whites ..	from 11d. 7 lb. bg.	Sugar—Demerara ..	2d. per lb.
Self-raising ..	1s. 10d. 12 lb. bag	Loaf ..	2d. "
Whole Meal ..	11d. 7 lb. bag	Tea—	
Gelatine ..	3d. per pkt.	Congou ..	1s. 2d. per lb.
Ginger—	8d. per lb.	Ceylon ..	1s. 6d. to 3s. per lb.
Ground ..	8d. "	Orange Pekoe ..	2s. 8d. per lb.
Crystallized ..	1s. 1d. per lb.	Gunpowder ..	3s. per lb.
Preserved ..	5d. per lb. in jar.	Assam Pekoe ..	2s. 6d. per lb.
Golden Syrup ..	1s. per 4 lb. tin.	Oolong ..	2s. 6d. "
Herbs ..	5d. per bottle.	Young Hyson ..	2s. 6d. "
Isinglass ..	5d. per pkt.	Consolidated ..	2s. 8d. "
Mustard ..	1s. 4d. 1 lb. tin.	Yeast Powder ..	4d. per tin.

TINNED PROVISIONS, JAMS, &c.

Cherries in Brandy ..	1s. 7d. per half bot.	Jams (cont.)—	
Cake, various ..	10d. each.	Red Currant ..	5d. per lb. jar.
Fruit in Tins—		Gooseberry ..	4d. "
Peaches ..	10d. per tin.	Plum ..	4d. "
Pineapple ..	5d. to 11d. per tin.	Jellies—	
Pears ..	9d. to 1s. 6d. "	Red Currant ..	4d. per 1/4 lb. pot.
Apricots ..	8d. to 1s. 4d. "	Black Currant ..	4d. "
Bottled Plums ..	6d. per bottle.	Calf's Foot ..	1s. 6d. per qt. bot
Cranberries ..	8d. "	Orange ..	1s. 6d. "
Gooseberries ..	6d. "	Lemon ..	1s. 6d. "
Black Currants ..	11d. "	Madeira ..	2s. "
Red Currants ..	8d. "	Aspic ..	1s. 6d. "
Cherries ..	10d. "	Lobster ..	8d. per tin.
Greengages ..	9d. "	Marmalade ..	4d. per lb. jar.
Raspberries and Currants ..	1s. "	Meat, Game, and Poultry—	
Haddock, Blanchflower ..	10d. per tin.	Ham & Chicken ..	1s. 4d. small tin.
Herrings ..	8d. "	Ham, Chicken, and Tongue ..	1s. 4d. "
Honey ..	11d. per jar.	Veal, Ham, and Tongue ..	2s. "
Jams—		Tongue ..	2s. large tin.
Apricot ..	5d. per lb. jar.	Chicken ..	2s. "
Raspberry ..	6d. "	Tongue ..	2s. 1 1/2d. "
Strawberry ..	5d. "	Chicken, Ham, and Tongue ..	2s. 1 1/2d. "
Raspberry and Currant ..	5d. "	Veal and Ham ..	2s. 1 1/2d. "
Greengage ..	5d. "	Pork and Rabbit ..	1s. 8d. per tin.
Black Currant ..	6d. "		

MARKETING.

TINNED PROVISIONS, JAMS, &c.—continued.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Beef, Boiled or Roast ..	1s. 2d. per tin.	Turkey, Boneless ..	11 1/2d. per 1/4 lb. tin.
Chicken, Roast, whole, in jelly ..	3s. 3d. "	Tête de Veau (en Tortue) ..	1s. 5d. per tin.
Chicken (Poulet de Bresse) ..	2s. 6d. "	Veal and Ham ..	1s. 10 1/2d. "
Half Roast Fowl and Sausage ..	2s. "	Veal Cutlets with Tomato Sauce ..	1s. 9d. "
Chicken and Tongue (half circle tin) ..	1s. 10 1/2d. "	Milk—	9 1/2d. "
Chicken, Spring (one bird in tin) ..	1s. 6d. "	Anglo-Swiss ..	5 1/2d. "
Chicken, Roast ..	1s. 3d. per 1 1/2 lb. tin.	English ..	5d. "
Chicken, Boneless ..	11 1/2d. per 1/4 lb. tin.	Olives—	
Duck, Boneless ..	11 1/2d. "	French ..	6d. per bottle.
Calf's Head and Tomato ..	1s. 2 1/2d. per tin.	Spanish ..	8d. "
Camp Pie ..	1s. 4d. "	Oysters ..	6 1/2d. per tin.
Game Pie ..	1s. 4d. "	Plum Pudding ..	1s. 10d. per lb. tin.
Jugged Hare ..	1s. 3d. "	Potted Meats—	
Lamb's Sweet-breads with Tomato Sauce ..	1s. 4 1/2d. "	Anchovy ..	5d. per tin.
Larks, Roast, 6 birds ..	2s. 9d. "	Bloater ..	5d. "
Lunch Ham ..	1s. 1d. 1 1/2 lb. tin.	Ham—Tongue ..	5d. "
Mixed Collops ..	9 1/2d. per 2 lb. tin.	Strasbourg ..	5d. "
Mixed Steak ..	9 1/2d. "	Meats—	
Mutton Cutlets with Tomato Sauce ..	1s. 9d. "	Beef ..	5d. "
Mutton, Roast ..	10d. "	Pâté de foie gras ..	2s. 6d. per jar.
Mutton, Boiled ..	1s. 2d. "	Rabbit ..	5d. per tin.
Ox Tongues ..	2s. 9d. "	Salmon ..	1s. 8d. "
Ox Tails (solid) ..	9 1/2d. per 2 lb. tin.	Sardines (Péneau) ..	1s. 2d. "
Pheasant, Roast, whole, in jelly ..	4s. 6d. per tin.	Soups—	
Plum Pudding ..	1s. 9d. "	Turtle ..	1s. 5d. per qt. tin.
Picnic Pie ..	1s. 4d. "	Ox Tail, Mock &c. ..	From 1s. "
Rabbit ..	9d. "	Game—Hare ..	1s. 6d. "
Rabbit, Curried ..	10 1/2d. per 2 lb. tin.	Giblet, Mulligatawny ..	1s. 4d. "
Stewed Kidney and Mushroom ..	1s. 9d. per tin.	Gravy, Vegetable ..	1s. per qt. tin.
Turkey ..	11 1/2d. "	Green Pea ..	7d. "
Turkey—Roast ..	1s. 3d. "	Mutton Broth ..	1s. 8d. 1/4 bottle.
		Vegetables—	
		Artichokes ..	1s. 4 1/2d. per bot.
		Asparagus ..	1s. per tin.
		Celery ..	9d. "
		French Beans ..	1s. "
		Green Peas ..	10d. per qt. tin.
		Haricots, Verts ..	1s. "
		Macedoine ..	10 1/2d. "
		Mushrooms ..	1s. "
		Tomatoes ..	4d. to 6d. per tin.

SAUCES AND PICKLES.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Sauces—		Sauces (<i>contd.</i>)—	
Anchovy ..	10d. per bottle.	Horsradish ..	4½d. per pot.
Browning for See ..	5½d.	Mason's O.K. ...	7½d. per bottle.
Brand's Ai ..	8d.	Foundation Sces—	
Tomato ..	10½d.	Italiènne, dark ..	1s. 9d. 4 oz. bot.
Clarence ..	6d.	Espagnole, brown ..	1s. 9d. "
Harvey's ..	7d.	Allemande, pale ..	1s. 9d. "
Ketchup ..	8d.	Pickles—	
Reading (Cock's) ..	10d.	Cabbage ..	8½d. per pint bot.
Soy ..	6½d.	Cauliflower ..	8½d. "
Regent ..	1s.	Onions, Mixed ..	8½d. "
Worcester ..	4½d.	Walnuts ..	8½d. "
Yorkshire Relish ..	4½d. and 9d. per bot.	Piccaililli ..	8½d. "
Edward's ..	8d. per bottle.	Gherkins ..	8½d. "
Mushroom Ket- chup ..	5d.	Margoes ..	8½d. "
Bengal Chutney ..	1s.	Chutnee ..	1s. per bottle.
Curry ..	6½d. per tin.	Mango ..	1s. 6d. per jar.
		Indian Relish ..	

FOOD AND COOKERY.

SOUPS.

The valuable dietetic properties of soup have been, and indeed still are, much overlooked in this country. Yet no form of food is more digestible and wholesome, nor does any other method of preparing food afford so many opportunities for utilizing material that would otherwise be wasted.

The richness or quality of a soup depends more upon a proper choice of ingredients, and a proper management of the fire in the combination of those ingredients, than upon the quantity of solid nutritious matter employed; much more upon the art and skill of the cook than upon the sum laid out in the market.

The average cook imagines that the goodness of a soup depends upon the weight of meat she puts into it, and upon the size of the fire over which it is boiled.

The Basis of all Meat Soups.—Stock forms the basis of all meat soups and of the principal sauces; but except the rich clear stock used for consommé (or clear soup), it is not necessarily made from fresh meat. In making brown stock from the shin of beef, white stock from the knuckle of veal, or ordinary stock from the bones and the trimmings of meat, poultry, etc., the methods employed for completely extracting from the materials all their nutriment and flavour are the same; the result depends upon the quality and kind of material employed, and the length of time the simmering is continued. Five or six hours will extract from the materials all that is necessary and desirable for stock intended for clear soup; but many more hours of gentle simmering will be necessary to draw from the bones all the goodness they contain.

There are more than five hundred different kinds of soup, but they can be broadly divided into a few distinct classes, namely, broths, clear soups, thick soups, and purées; each group may be divided and sub-divided, but it will be more convenient to consider them under this simple classification.

Broths.—The unclarified liquor in which chicken, veal, beef, mutton, rabbit, or sheep's head is cooked are included in this class. They are frequently garnished with pearl barley or rice, but they are not thickened.

Clear Soups.—The basis of good clear soups is double stock, that is, a good beef stock which has been strengthened with veal to give

GRAIN AND PREPARED FOODS.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Arrowroot ..	From 5d. to 10d.	Rice (<i>contd.</i>)—	
Barley ..	per lb.	Patna ..	2½d. per lb.
Corn Flour ..	2d. per lb.	Java ..	2½d.
Groats ..	5d. per lb. packet.	Carolina ..	3d.
Hominy ..	4d.	Ground ..	2d.
Lentil Flour ..	2d. per lb.	Sago, Small ..	2d.
Oatmeal ..	3d.	Large ..	2½d.
Pea Flour ..	From 2½d. per lb.	Semolina ..	2½d.
Rice—	6d. per tin.	Tapioca ..	2d.
Rangoon ..	2d. per lb.	Best ..	4d.
		Vernicelli ..	3½d.