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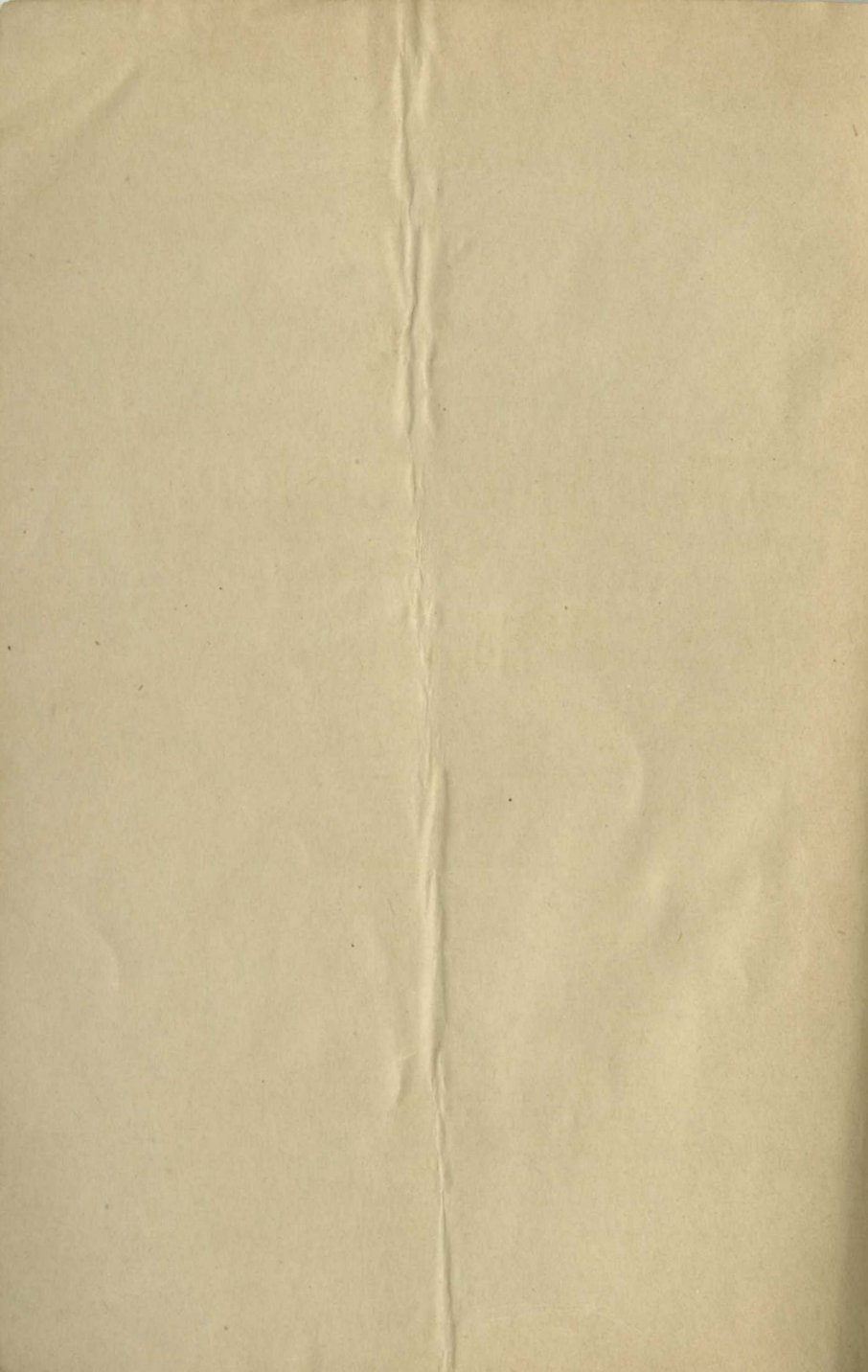
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MANUAL OF
MILITARY COOKING
AND DIETARY,
1918.



LONDON:
PUBLISHED BY HIS MAJESTY'S STATIONERY OFFICE.
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PART I.

PREFACE.

THE arrangement of this Manual has been carried out to meet the conditions ordinarily prevailing in camps and barracks, and also those of mobilisation which necessitate troops being quartered and rationed under circumstances that vary considerably in the several stations. Part I is for use at home stations; Part II in the field.

The daily diets have been selected and arranged in a manner according with the soldiers' tastes and the necessities of military life.

The diets were drawn up when the following daily ration was a regular issue to the troops:—

Meat	$\frac{3}{4}$ lb.
Bread	1 "
Bacon	2 ozs.
Sugar	2 "
Tea	$\frac{1}{2}$ "
Salt	$\frac{1}{4}$ "

To meet the food situation certain alterations in the scale of issues have been made, and further modifications may still be necessary, in which case the quantities shown for the preparation of the diet affected must be varied accordingly. The Manual is only intended for service use.

Any of the diets may be chosen for the purpose of compiling a weekly diet sheet.

There is no margin in the quantities laid down to cover waste either in preparation or in the serving of the food; therefore, to avoid complaints of shortage at meal time, care in the preparation, serving, and weighing out of the food to the various messes must be taken. The quantities shown in the revised copy of A.B. 48 are used in compiling the diets forming part of this Manual.

Flour is shown under the heading of "Free Issues." When sufficient cannot be obtained in lieu of the bread ration it should be purchased.

The supper meal shown in the Manual is usually confined to soup and bread, but should be supplemented or other food provided if the cash allowance will admit of this being done.

If, owing to varied conditions of training, etc., it is considered more suitable to serve the dinner meal in the evening, the supplies intended for supper or tea meal should be served at mid-day.

Should the ingredients for a certain diet be unobtainable, the alternative chosen should be one which can be utilized in conjunction with the free issue of the Government ration.

Where the cash allowance in lieu of rations is issued, the quantities shown in the "free" and the "purchase" columns will serve as a guide to all concerned as to what the daily purchases should be for 100 men. In practice it has been found that in larger messes less quantities are required in comparison.

Should the market price of articles increase unduly, the daily fare must be modified accordingly.

This Manual should be used in conjunction with A.B. 48.

War Office,

Q.M.G. XI.

June, 1918.

The data were drawn up when the following data were available:—

Meat	...
Bread	...
Bacon	...
Sugar	...
Tea	...
Salt	...

The food ration computations in this Manual have been made on the basis of the quantities shown in the tables in the Manual. The Manual is only intended to be used as a guide for the purpose of computing the quantities of the various articles which may be required for the purpose of computing the cash allowance in lieu of rations. It is not intended to be used as a basis for the preparation of the food ration. The quantities shown in the tables in the Manual are only intended to be used as a guide for the purpose of computing the cash allowance in lieu of rations. It is not intended to be used as a basis for the preparation of the food ration.

The cash allowance in lieu of rations is issued where the quantities shown in the tables in the Manual are used as a guide for the purpose of computing the cash allowance in lieu of rations. It is not intended to be used as a basis for the preparation of the food ration.

MANUAL

OF

MILITARY COOKING AND DIETARY.

GENERAL INSTRUCTIONS.

KITCHENS.

Everything connected with the kitchen should be scrupulously clean.

The walls of the kitchen will be swept in the early morning, before they become damp from steam.

The windows will be cleaned at least once a week; during the day they will be kept open at the top, to ventilate the kitchen and to allow the steam to escape.

DUTIES OF SERJEANT-COOK AND COOKS.

The serjeant-cook will have complete control over the cooks of his regiment or battalion, who should receive their orders from him.

He will detail each cook to the apparatus suitable for preparing the various dishes required for the following day, dividing the work so that each man may know what he has to do, in addition to the cooking.

He will afford every facility for varying the diet of the several messes, so that each may have a complete change daily throughout the week; and will arrange that the messes using the oven one day shall have the use of the boilers and steamers the next day, and so on.

He will be personally responsible that no misappropriation of any kind whatever takes place, and should be present when the milk is issued with a list of the quantities ordered, to ensure that each mess receives the correct amount.

Groceries should be received by the serjeant-cook, who will weigh each day the quantities of the various articles received for each mess, and satisfy himself that they agree with diet sheet and are the correct quantities for the number of men in mess. He will then lock them up and retain the key. He will issue the various articles to each cook, and will see that the full quantity as issued is

actually used, and that it is prepared by the cooks according to the instructions given.

When imparting instructions, the serjeant-cook should illustrate his meaning by taking any particular dish and preparing it himself, giving full details during its preparation. When at some future time the same dish is again being prepared, he will see that his previous instructions are carried out, checking errors on the part of the cook. Patience and tact are required, especially with young soldiers, in training them in their duties as cooks.

Assistant cooks should be trained by the serjeant-cook with a view to replacing the cooks when required.

The meat when issued to the cook will be at once placed in the dish belonging to the particular mess for which it is intended, care being taken to mark the dish with the number of the mess.

When nets are used for vegetables, &c., a tablet or piece of wood, with the number of each mess plainly marked thereon, should be attached to each.

Cooks should not be allowed to have their meals in the cookhouse. Smoking is not permitted in the kitchens.

CLEANING UTENSILS.

New utensils should be cleaned before they are used.

A new iron pot should first have a handful of sweet hay or grass boiled in it, then be scrubbed with sand and soap; afterwards clean water should be boiled in it for about half an hour. A new tin should be filled with boiling water in which a spoonful of soda has been dissolved, and placed over the fire to simmer; afterwards it should be scoured with soap and rinsed with hot water, the soda renders soluble the resin used in soldering.

Tins can be kept clean by rubbing them gently with sifted wood ashes. A copper stewpan or vessel can be cleaned with fine sand and salt, in the proportion of half salt to that of sand, then rubbed thoroughly with the hand or a brush. If there be any stains a lemon (or vinegar) may be used to remove them.

Colanders should be well rinsed with boiling water, and the frame cleaned and polished with whiting, care being taken that no particle of dust remains on it before hanging up for future use.

Steamers, dishes, and other tin ware should be well washed in soap and soda water and polished with whiting.

Previous to use, all utensils should be thoroughly clean, and, when possible, exposed to the sun daily. The practice of keeping them in cupboards until required for use should be discouraged.

All utensils, after being used, should at once be filled with hot water and placed over the fire to scald thoroughly, then cleaned and well dried.

Grease remaining in a vessel will make it rancid, and moisture will rust it.

In washing any greasy utensil it is better to use the hand instead of flannel, as the latter retains the grease.

Knives and forks (unless plated) should be cleaned with brick dust and flannel, and, if rusty, rubbed with a fresh-cut potato dipped in ashes.

Plate or plated articles can usually be kept clean and bright by washing them with soap and boiling water, rubbing them dry whilst hot with soft cloths.

Utensils with bone, ivory, or wooden handles should never be placed in hot water.

Large knives, flesh forks, choppers, ladles, bowls, &c., should be well washed with hot water and soda, and afterwards polished with brickdust; they should be at once cleaned after use and put in their proper places in the kitchen.

The meat block and benches should be well scraped, and then scoured with hot water, soap, and soda, and be used for no other purpose whatever, except that for which they are intended.

APPARATUS IN GENERAL USE IN THE SERVICE.

MANAGEMENT OF WARREN'S IMPROVED APPARATUS.

After use the fire should be drawn, and the apparatus allowed to cool down, close the furnace and ashpit doors, then remove the soot cap at the bottom of the stove pipe, insert the flue brush, clean the flue and the top of the oven, sweeping from side to side, close the soot cap and damper in the flue, open the soot caps on top of the oven, sweep the top and sides of it. Close the soot caps, remove the cover under the oven door, clean out the ashes and soot with a rake, sweeping well out with a flue brush, replace the cover, open the ashpit and furnace doors, clean out the furnace, empty the ashpit, and fill it with water. Lay the fire with $\frac{1}{2}$ lb. of wood and 7 lbs. of coal. Close the furnace and ashpit doors. Fill the boiler to the gauge tap. In the morning open the ashpit and furnace door. Light the wood and close the furnace door. With a moderate fire the water should boil in 1 hour, the oven be ready for cooking in about 45 minutes, and the hot plate for frying in 30 minutes. When the water boils the coffee should be made, and the boiler refilled and the fire replenished for dinner, closing the damper slightly, until the cooks resume their work after breakfast. Should the cooker supplied for green vegetables or pea soup be required for dinner, it must be placed on immediately after breakfast has been served. When the dinners have been cooked and served, the boilers should be refilled for washing up. After the required quantity of water has been issued for cleaning purposes, the boiler should be refilled again and the fire banked up for tea.

General Instructions.

1. Avoid the use of the rake; it is only required for cleaning purposes.
2. To economise fuel and ensure the apparatus working satisfactorily it must be cleaned out every day when in use; also keep the space above the bridge clear, and the fire bars free from clinkers.
3. A good fire must be maintained while cooking the dinner; when it requires replenishing, ease the fire with a poker, pushing the live coal to the back, placing the fresh in front, adding not more than 5 lbs. of coal; if more than this quantity is added, it will invariably choke the fire and stop the draught.
4. The cooker in front is intended for soups, rice, vegetables, puddings, hams, porridge, &c., but should never be used for tea or coffee. It may be used for providing an extra supply of hot water.
5. Cinders must not be used till after dinner; then sufficient should have been saved from the day's consumption of coal to prepare the tea.
6. All cookers when not in use should be clean, thoroughly dried, and kept in a dry place ready for use.
7. During the process of cooking stews by steam they should be frequently stirred; the dishes in the oven moved about. When there are no potatoes to be cooked, the cookers can be used for steaming puddings. Care should also be taken that the water from the condensed steam is occasionally drawn off.
8. Should the whistle on the feed pipe indicate that the boiler is empty, it must be refilled at once. If this should happen during the cooking of the dinners, the boiler must be filled with hot water, so as not to reduce the pressure of the steam.

DEAN'S IRON OVENS.

The oven is an iron box, which can be closely shut, with a furnace underneath, surrounded by patent fire lumps, and enclosed in a cast-iron frame.

There are three sizes in use in the service, viz., the 2-dish, rated to cook for 25 men, the 4-dish, to cook for 50 men, and the 8-dish, to cook for 100 men. After being in use, the oven should be allowed to cool, and then thoroughly cleaned by opening the soot caps and oven dampers above the folding doors; then insert the flue brush and clean the top of the oven. Close the soot caps and oven dampers, open the doors on top, and remove the back and side soot caps, insert the flue brush and sweep well down the back and sides of the oven, replace the soot caps and close the doors on top; remove the soot caps above the furnace doors, and with a rake clear the soot from the back and sides of the oven, sweeping well out with a flue brush; close the soot caps, open the furnace, sweeping on either side with a cinder brush; empty the ashpit and fill it with water.

If required the following morning, lay the fire with 1 lb. of wood

and 10 lbs. of coal; close the furnace and ashpit doors. In the morning open the furnace and ashpit doors, oven dampers and damper in the flue; light the wood and close the furnace door. Each fire should be allowed to burn well down before replenishing, then take the rake and clear the bars, pushing the live coal to the back of the furnace, and adding fresh coal in front. With the 8-dish oven the fire should never be replenished with less than 10 lbs. of coal, the 4-dish 7 lbs. of coal, and the 2-dish 5 lbs. of coal. During the time the 8-dish oven is in use, should one side appear to get hotter than the other, the oven damper on the hottest side should be closed until the other side is brought to the same temperature, then opened again.

When the oven is sufficiently heated, which can only be ascertained by experience, it should be damped down, by having a clear fire, free from smoke, closing the ashpit and furnace doors, oven dampers, and damper in the flue, leaving the slide of the ashpit door open.

During the time the oven is in use, the folding doors should be opened as seldom as possible. An iron oven takes one hour to bring to the required heat. Including the fuel necessary to keep it hot while the food is being cooked, it will take 60 lbs. of coal.

DEAN'S STEEL BOILERS.

Dean's steel boilers are surrounded by patent fire lumps and fitted in a cast-iron frame. They are rated to cook for 50 men each; one, however, will not cook for 50, though two will cook for 100, as it is impossible to prepare soup and steam potatoes on the same boiler, and reserve a separate one for tea. Each boiler will contain 20 gallons of water; after being in use they should be removed from their bearings and thoroughly cleaned outside and inside, the flue swept as far as can be got at with the flue brush, sweeping round the frame with the cinder brush, cleaning out the furnace, emptying the ashpit, and filling it with water.

If for use the following morning, lay the fire with 1 lb. of wood and 7 lbs. of coal, replace the boiler in its bearings, place in the required quantity of water for breakfast, put on the lid, and damp the boiler down by closing the ashpit and furnace doors and damper in the flue.

In the morning the fire should be lighted by opening the ashpit and furnace doors, and damper in the flue, then light the wood and close the furnace door. As soon as the water boils the coffee should be made, and the fire drawn and placed under another boiler if required for dinner; if not, the cinders should be placed in the ashpit for use at some future time.

To keep the boiler on the simmer, draw the fire off the fire bars on to the dead lump in front of the furnace door, leaving a few live cinders on the fire bars; close the ashpit door and damper in flue to

within 1 inch, leaving the furnace door open. To bring the contents of the boiler to boil again, push the fire back on to the fire bars, close the furnace door, and open the ashpit door and damper in flue.

In steaming over a boiler, it should be three parts full of water and at a sharp boil before the steamer is placed over it.

DEAN'S COMBINED COOKING APPARATUS.

Before lighting the fire, thoroughly rake out any ashes or coal from the flue at the back of the furnace.

The fire damper should be used only for :—

(a) First lighting fire ; to be closed after half-an-hour.

(b) Reviving the fire quickly.

(c) Heating water for baths quickly.

Of course the opening of this damper greatly increases the fuel consumption and lessens the heating of the hot plates, ovens and boilers.

The oven damper—right.

Full open for oven ; right hand.

Half open for (a) stock pot over oven ; (b) hot plate over oven.

The boiler damper.

Controls (a) the boiler on left hand ; (b) oven left hand top heat.

The oven damper—left.

Controls the oven left hand bottom heat.

Any of the dampers may be closed, concentrating the whole of the heat from the furnace upon that portion of the apparatus controlled by the open dampers.

The apparatus may be damped down by closing entirely the furnace and ashpit doors and all dampers, leaving one slightly open to allow the smoke to pass away ; the fire will then remain in for several hours.

To ensure regularity in the working of the apparatus it must be swept and cleaned out every evening after use. To clean the flues remove all the steamers and cookers, the left hand boiler and boiler over furnace, the loose hot plates over furnace, six soot doors in the hood, and the soot doors under the oven, open all the dampers.

Commence sweeping from the uppermost soot door above the dampers, down through each flue, passing the dampers to each of four soot doors over the hot plates.

From each soot door over the hot plates sweep well down the backs of ovens, also the boiler flue and back of the centre boiler, into the furnace.

Sweep out all soot from the flues which surround the removed boiler and the tops of the ovens into the furnace, rake out all soot and ashes from the flue under the boiler at the back of the furnace and thoroughly sweep down the right hand side flue of the large oven.

Thoroughly rake out all the soot and ashes from the furnace, leaving the fire bars perfectly clear, also rake down through the

slots in the fire cheeks, forming the sides of furnace, to clear the down cast flue.

From the front soot doors under the ovens thoroughly rake out all the soot and ashes each side of the iron flue, breaks and midfeathers, taking care that the flues at the back of the ovens are reached and the under sides of oven bottoms are well scraped.

Sweep, externally, the left hand boiler and replace, replace the soot doors, clean up the whole of the apparatus, replace the various fittings and the apparatus will be ready for use.

Lay the fire with 1 lb. of wood, 20 lbs. of coal.

It is most essential in any apparatus that the cook should make himself thoroughly conversant with the run of the flues and the action of each damper in the regulation of the heat to each part.

RICHMOND COOKING APPARATUS.

Is composed of two distinct parts. (A) consisting of oven and steam chambers, hot plate and boiler for generating steam, also providing water for tea or coffee. (B) portion consists of soup or vegetable boiler and stock pot. There are two sizes in use. The small apparatus will cook for 50 men. The larger cooker will cook for 150 men.

Management of the (A) Portion.

After use this portion of the suite should be cleaned by removing the fire, clearing out the furnace and ashpit, closing the furnace and ashpit doors, and the damper in the flue. Open the cover over the boiler damper, insert the wire brush and thoroughly clean the tubes of the boiler, sweep the top of the oven with a flue brush, close the boiler damper and cover. Open the right soot cap below the oven doors, insert the flue brush, sweeping from right to left, close the cap, open the soot cap on the left, sweeping to the left, close the cap. Open the small soot door at the left hand side of the lower oven cleaning the back of the ovens. Close the door and open the three soot caps at the bottom, and with a rake remove any soot and ashes that may have accumulated at the bottom. Clean out the ovens, replace the gratings, close the doors. Open the doors of the steam chambers, remove the gratings, washing them with a solution of hot water and soda, wiping the sides and bottom of the chambers, replace the gratings, close the doors. Empty the condensing box, thoroughly clean the latter, fill with clean water and replace it. Open the valve on top of the boiler. Fill the boiler with the required quantity of water; this is judged by watching the gauge glass and the indicators on the metal protector. Lay the fire with 1 lb. of wood and 7 lbs. of coal, replace the bullseyes on the hot plate. To light the fire open the furnace and ash-pit doors, the boiler damper, and the damper in the flue, light the wood and close the furnace door. When the fire has burned down take the small poker and push the live coals to the back of the furnace, keeping the bridge

clear, placing the fresh coals in front, adding not less than 7 lbs. When one or both of the steaming chambers are required for breakfast, immediately the water boils the valve must be closed and the steam forced into the chambers, maintaining a fairly good steam. If, on the other hand, the steamers are not required, the fire should be damped down when the water reaches boiling point by closing the boiler and flue dampers, just allowing sufficient draught to carry off the smoke. As soon as the breakfast has been served, the boiler should be refilled, the fire replenished, and the apparatus damped down. On the resumption of the cooking for dinner, the damper in the flue should be opened and the heat directed round the oven.

When preparing the meat for roasting or baking, the largest joints should be done first and placed in the hottest part of the oven, and as each subsequent joint is ready the first joint must be moved to another part of the oven to make room for the next joint, and so on, in order that each piece of meat may be browned on the outside before being placed finally in the position best suited for it to cook in.

With the larger apparatus it has been found convenient to reserve the left hand steaming chamber for meat and puddings, and the right hand chamber for cooking potatoes and other vegetables.

With the 50 men cooker, the higher portion of the steaming chamber should be reserved for meat and puddings, the lower chamber for vegetables, &c. As soon as the dishes to be cooked by steam are ready, the valve should be closed until the steam gauge registers from 2 to 3 lbs. pressure; the steam should then be turned on the chamber in use; maintaining this pressure as far as possible. Vegetables can be placed on the steam according to the time they take to cook. Potatoes should be put in the chamber about 45 minutes before the dinner hour, the whole of the pressure of steam being forced on them by slightly closing the tap of the chamber containing the meat dishes, keeping up a fairly good supply of steam until the potatoes are cooked. During the cooking the overflow box of the condenser must be emptied when necessary.

(B) PORTION.

Management of the Stock Pot and Vegetable Boiler.

This portion of the cooker has been designed for making soups, porridge, boiling rice and green vegetables, also for making stock. The boilers are fitted with wire baskets, the stock pot basket having three compartments as receptacles for the three grades of bones. The two boilers are fixed close together in a cast iron frame and are heated by one fire.

The capacity of the stock pot is 15 gallons, that of the vegetable boiler 25 gallons.

The heat can be directed on either of the boilers, or may be allowed to pass into the flue direct as desired by the cook.

To clean out the flues, &c., the fire must be removed, furnace and ashpits cleaned out. Close the dampers. Open the soot caps in the flue, sweep both sides of the flue well down, close the caps; then open the soot doors on either side of the boiler tops, cleaning the sides of the boiler, raking out the soot with a rake. Lay the fire with 1 lb. of wood and 4 lb. of coal. Close the furnace, open the lids of the boiler, remove the bones from the stock, empty the pot. Wash out with hot water and soda, rinse out with clean warm water, replace the stock, remove the bones from the basket, discard the No. 3 bones, wash the basket, replace the bones. Change the tallies, and put the basket in a cool place. Clean out the vegetable boiler, fill 3 parts with water. In the morning light the fire, first opening the furnace and ashpit doors and dampers, light the wood and close the furnace doors.

When the fire requires replenishing push the live coals to the back, adding the fresh in front. Close the stock pot damper, directing the heat on the larger boiler. Should the latter not be required for breakfast the dampers may be closed just sufficient to maintain combustion.

BRICK OVEN.

Consists of a brick chamber, generally circular in shape, with a low roof not exceeding 20 inches in height. A furnace, constructed in one side, the flame and heat of which passes through the oven to a flue in the opposite side, causes the chamber to become very hot, the heat being maintained until the food placed in it is cooked.

When required for use, the fire should be laid the previous night with 1 lb. of wood and 15 lbs. to 20 lbs. of coal, and the furnace door closed.

In the morning open the furnace, ashpit doors, and the oven door, remove the fire block from the mouth of the furnace, close the oven door, open the damper in the flue, light the wood, and close the furnace door.

Each fire should be allowed to burn well down before replenishing, then take a rake and clear the bars, pushing the live coals to the back and adding the fresh in front. The fire should never be replenished with less than 15 lbs. of coal. When the oven is sufficiently heated, which is ascertained by looking through the hole in the oven door, and if the soot is all burnt off the top and sides, and the bricks have a bright red appearance, it is ready. Then open the furnace door and see that the fire is perfectly free from smoke; if it is, close the furnace and ashpit doors, open the oven door, replace the fire block at the mouth of the furnace, and clean out the oven with a damp broom or scuffle, close the oven damper and door for a few minutes to allow the dust to settle.

The hottest part of the oven being near the furnace, the larger and coarser joints should be placed there. After being in 1 hour they should be taken out, turned and replaced in the oven until done.

Too much water should not be placed in the dishes, as the steam tends to lower the heat. After a little practice, the heat can be ascertained by merely taking hold of the handle of the oven door, or by placing the hand in the oven.

The door should be opened as seldom as possible. The time a brick oven takes to heat depends upon its construction and the quality of coal used; as a rule, about 1 hour with 50 lbs. of good Newcastle coal, and 2 hours with 200 lbs. of Scotch coal.

SOYER'S STOVE.

This consists of a 12 gallon boiler contained in an iron cylinder, at the bottom of which is a small fire-place. It will boil vegetables, puddings, &c., for 50 men; it makes a good stock-pot in the field.

FUEL.

It will be obvious that a careful and economical use of fuel will be necessary, in order to carry out the system of messing as now approved. It has been practically demonstrated that with careful supervision, the regulation allowance is barely sufficient to meet all requirements. The following remarks are issued for information on this subject.

1. The allowance of coal for the cookhouse should be issued daily to the serjeant-cook, and care should be taken that an undue amount of slack is not included.

2. The serjeant-cook will be held responsible for the economical consumption of coal, and it will be his duty to regulate the fires, using no more than are necessary for the cooking required. By consulting the Regimental Diet Return, the serjeant-cook will be able to arrange beforehand how his cooking apparatus can be used to the best advantage.

3. Cinders should be carefully preserved, as in some cases they are as valuable for fuel as coal.

4. The following rules for regulating fires and furnaces should be observed:—

(a) Fires should not be kept burning longer than necessary; for instance, when soup has reached its boiling point, a portion of the fire should be withdrawn, also when the brick ovens are heated to the required pitch, the fire should be at once removed and the food cooked by the stored heat.

(b) After fires have been used, but are required subsequently, they should be banked up by placing damp cinders on them, and the ashpit door and damper closed, leaving only sufficient draught to carry away the smoke, the furnace door being kept open.

(c) In replenishing a fire, the live coal should be pushed to the back of the furnace, the fresh coal being added in front. By so doing, the fresh coal becomes gradually consumed, and the heat of the fire is not reduced.

The fuel usually issued for cooking in the service consists of wood, coal, coke, charcoal, and turf or peat.

Wood in barracks is simply issued for kindling purposes, and the allowance is 1 lb. for each 40 lbs. of coal or coke.

The allowance of coal for Warren's apparatus is 3 lbs. per man per week.

With all other apparatus it is 5 lbs. per man per week.

COAL.

The coal mentioned in the scale is seaborne coal or coal rated as such. 100 lbs. of 2nd quality coal, 80 lbs. of coke, or 1 kish of turf of 20 cubic feet will be considered equivalent to 80 lbs. of 1st quality coal.

COKE.

Coke is coal the bituminous qualities of which have been extracted by heat in closed chambers. A ration of coke is 1 lb., but it is seldom issued for cooking purposes.

CHARCOAL.

Charcoal is wood charred in chambers made as airtight as possible.

TURF OR PEAT.

Turf or peat is a substance of vegetable origin, and, when in a dry state, is issued for kindling purposes— $\frac{1}{100}$ kish being equivalent to 1 lb. of kindling wood. It should not be disturbed while burning.

FIRES.

The fire should be prepared as follows:—Cut the wood into small strips, care being taken that it is quite dry, then place small pieces of coal on each side of the furnace, place half the wood crossways, the ends resting on the coals, the remainder lengthways, which will allow the air to pass through, cover with moderate sized pieces of coal and light it at the bottom.

The amount of wood and coal required to lay a fire for each apparatus will be:—

Description.	Wood.	Coal.
Warren's	lb. $\frac{3}{4}$	lbs. 7
Dean's, 4-dish	$\frac{1}{2}$	7
" 8 " 	1	10
Steel Boilers	1	7
Brick oven	1	15

No. 1.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Tea, 1 lb. Sugar, $3\frac{3}{4}$ lbs. Dripping, 2 lbs. Flour, 2 lbs. Salt as required Bread as required	Margarine, 3 lbs. 2 ozs. Liver, 25 lbs. Onions, 20 lbs. Milk, 5 pints Mustard as required Pepper as required
	Fried Liver and Onions.		
DINNER.	Baked Meat and Potatoes.	Meat, 70 lbs. Dripping, $4\frac{1}{2}$ lbs. Flour, 18 lbs. Sugar, 3 lbs. Salt as required	Currants, 5 lbs. Mixed Peel, 1 lb. Onions, 3 lbs. Potatoes, 50 lbs. Cabbage, 50 lbs. Mustard as required Pepper as required Soda, 1 oz.
	Cabbage.		
	Currant Roll.		
TEA.	Tea, Bread	Tea, 1 lb. Sugar, $3\frac{3}{4}$ lbs. Salt as required Bread as required	Milk, 5 pints Watercress, 4 lbs. Margarine, 3 lbs. 2 ozs.
	and		
	Margarine.		
	Watercress.		
SUPPER.	Pea Soup	Flour, 3 lbs. Bread as required Salt as required	* Split Peas, 10 lbs. Mixed Root Veggies., 7 lbs. Onions, 3 lbs. Mint, 1 pkt. Pepper as required
	and Bread.		

* Or 6 lbs. of Pea Flour.

DIET—100 Men.**Method of Preparation and Cooking.**

FRIED LIVER.—Wash and cut up the liver into slices $\frac{1}{4}$ in. thick. Mix $1\frac{1}{2}$ lbs. flour with $\frac{1}{4}$ ozs. of pepper and 3 ozs. salt in a mixing bowl. Dredge the liver in this mixture. Well grease the dishes with some dripping. Place in one layer of liver only and fry on hot plate or in oven. Keep from burning by constantly moving. **ONIONS.**—Clean and cut the onions into rings and steam or fry till tender. Cover the liver with stock, add the onions and serve hot. Time for liver, 40 minutes.

BAKED MEAT AND POTATOES.—Wash, peel and rewash the potatoes, cutting the large ones into halves lengthwise. Bone, roll and skewer the meat, cover with slices of fat if lean joint. Place the potatoes into a baking dish, clean and cut up the onions, put in centre of the potatoes, add $1\frac{1}{2}$ ozs. pepper, 3 ozs. salt, then pour over a little stock or water. Place dish in oven, turn joint at half-time, add stock when necessary. Time, 15 minutes for each pound of meat.

CURRANT ROLL.—Wash and pick over the currants, chop up peel finely. Place flour in mixing bowl, and add $1\frac{1}{2}$ ozs. salt; shred dripping, add to flour, and well mix; add sufficient water to make into a stiff paste, press out, cut in required number of portions, roll out, sprinkle over the currants, sugar and peel, damp the edges of paste, roll over, neatly pressing the ends together to retain the fruit. Flour the cloths, place in the pudding, and roll tightly. Tie up each end with string, place in boiling water, and boil continuously for 3 hours. If steamed, place in dish without cloth, replace lid. Time, $3\frac{1}{2}$ hours.

CABBAGE.—See Diet 3.

WATERCRESS.—Remove the roots and thoroughly clean. Place in salted water to kill insects, and allow it to remain for a few minutes. Then wash and serve at once.

PEA SOUP.—Soak the peas for about 12 hours, steam or boil till pulped. Clean and cut up the onions, wash and cut up the vegetables. Place 10 gallons of stock in boilers, add the vegetables and onions, slowly bring to boil, and simmer till cooked. Make a thickening of flour, 3 ozs. pepper, 6 ozs. salt, and cold stock or water, add with the pulped peas. Bring the stock to the boil again for 30 minutes, stirring well, and adding dried mint if desired. Time, about 3 hours.

No. 2.

SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Tea and Bread.		Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bacon, 25 lbs. Salt as required Bread as required	Milk, 5 pints Tomatoes, eight 2-lb. tins Pepper as required
	Fried Bacon and Tomatoes.			
DINNER.	Baked Meat and Potatoes.		Meat, 70 lbs. Salt as required Sugar, 3 lbs.	Potatoes, 50 lbs. Onions, 3 lbs. Nutmegs, 2 Rice, 8 lbs. Milk, 16 pints
	Rice Pudding.			
TEA.	Tea,		Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bread as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Jam, 12 $\frac{1}{2}$ lbs.
	Bread and			
	Margarine.			
	Jam.			
SUPPER.	Lentil Soup.		Bread as required Salt as required Flour, 3 lbs.	Lentils, 8 lbs. Mixed Root Vegs., 7 lbs. Onions, 3 lbs. Herbs, 2 packets Pepper as required Celery Seed, 2 packets
	Bread.			

DIET—100 Men.

Method of Preparation and Cooking.

BACON (Fried).—Remove the bone and rind, cut into thin rashers of about 1 oz. each (if bacon is lean, slightly grease the dish), put only one layer in dish, fry in oven or on hot plate.

TOMATOES (Tinned).—Empty into a dish, cook by bringing to a simmer, stir occasionally. Serve with bacon in centre of dish.

TOMATOES (Fresh).—Remove stalk and clean, then cut in half and fry till browned on both sides, or place a little hot water into a boiler and add the cut tomatoes, stirring till cooked.

TEA.—Place the tea in a clean vessel, then pour over boiling water, allow tea to stand a few minutes, strain tea leaves, add sugar and milk.

RICE PUDDING.—Wash and rewash the rice, place it in greased baking dishes, add the sugar, milk, and a pinch of salt. Sprinkle the surface lightly with nutmeg and bake in slow oven for 2 hours. Or, the rice may be cooked in baking dishes on a hot plate, then sprinkle the surface with nutmeg and put in oven for 10 to 15 minutes before serving.

BAKED MEAT AND POTATOES.—See Diet 1.

TEA.—See Breakfast.

LENTIL SOUP.—Proceed as for Pea Soup (Diet 1), using lentils instead of peas and substituting celery seed for mint, which should be added with the thickening.

No. 3.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea and Bread.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Flour, 2 lbs. *Meat, 32 lbs. Dripping, 1 lb. Salt as required Bread as required	Mixed Fresh Root Veggies., 4 lbs. Onions, 3 lbs. Milk, 5 pints Pepper as required Mustard as required
	Stewed Steak.		
DINNER.	Meat Pies, Gravy.	Meat, 62 lbs. Dripping, 4 lbs. Flour, 16 lbs. Salt as required	Cabbage, 50 lbs. Onions, 5 lbs. Rice, 10 lbs. Pepper as required Mustard as required Soda, 1 oz.
	Savoury Rice, Cabbage.		
TEA.	Tea,	Tea, 1 lb. Sugar, 6 $\frac{1}{2}$ lbs. Flour, 12 lbs. Dripping, 3 lbs. Bread as required	Milk, 8 pints Margarine, 3 lbs. 2 ozs. Currants, 4 lbs. Cream of Tartar, 1 oz. Carbonate of Soda, 2 ozs.
	Bread and Margarine. Currant Cake.		
SUPPER.	Tomato Soup.	Bread as required Salt as required Flour, 3 lbs.	Tomatoes, 6 2-lb. tins Haricot Beans, 8 lbs. Onions, 3 lbs. Pepper as required
	Bread.		

* Suitable meat without bone.

DIET—100 Men.

Method of Preparation and Cooking.

STEWED STEAK.—Wash, peel and cut up the mixed vegetables into small pieces, clean the onions and cut up small. Remove the meat from the bone and cut into 5-oz. steaks. Place a little dripping in the pan, add the mixed vegetables and onions, and fry till golden brown colour; remove, then quickly brown the steaks on both sides in the pan. Mix 2 lbs. flour, 3 ozs. salt with 1 oz. pepper, and add to the fat remaining in the pan after frying the steak, stirring until the fat is absorbed; then gradually add hot stock until the required amount of gravy is made. Place the gravy into a dish, add the fried vegetables and onions between the steaks. Place the dish in the oven or on a hot plate and cook till tender. Time, 2 hours.

MEAT PIE.—Make the paste as per Diet 1 for Currant Roll, and roll out the size of baking dish. Remove the meat from the bone and cut up into small cubes. Clean and cut up the onions into small pieces. Place a little stock or water in the baking dish, add the meat and onions, pepper (2 ozs.) and salt (3 ozs.), stir well together, lay over cover of paste, which should have a hole in centre to allow steam to escape. Put the pie in a hot oven till browned, then remove to a cooler part of oven, and cover with greased paper, adding stock as required during the process of cooking. Time, 2½ hours.

GRAVY.—Place stock into a boiler or cooking vessel, peel and fry the onions and any spare cooked vegetables available till browned, add to the stock and simmer for about 15 minutes. Make a thickening with flour and water, pepper and salt, add to the stock, simmer for 30 minutes, well stir the whole time. Strain off through a sieve and serve. (See page 72).

CABBAGE.—Remove the withered leaves, cut cabbage into quarters, remove stalk, well wash in salted water. Bring water to the boil, add salt (3 ozs.), soda (2 ozs.), and place in cabbage and boil till tender. Time, 40 minutes.

SAVOURY RICE.—Wash and rewash the rice, then plunge into stock or water, cook and cut up onions into small pieces, add them to the rice, season with pepper and salt. When the rice is cooked and has absorbed the water or stock, add dripping and stir well. Water required, 6 to 8 gallons.

CURRANT CAKE.—Wash and pick over currants, afterwards dry them carefully. Finely shred the dripping. Pass the flour, carbonate of soda, and cream of tartar through a flour sieve. Place flour in mixing bowl, add dripping and mix well, then add fruit, and finally mix with the milk. Place in greased tins, then in hot oven until cooked. Hottest part of oven to brown and rise, then cover with greased paper, remove dish to cooler part of oven. Time, about 1 hour. To test, insert a dry skewer; if on withdrawing it is clean, then the cake is cooked.

TOMATO SOUP.—Soak the haricot beans the previous day, steam or boil till tender. Clean and cut up the onions. Place sufficient stock into the boiler, add the tomatoes and onions, and simmer till tomatoes are reduced to a pulp and the onions are tender. Pulp the haricot beans by passing through a vegetable masher or mincer. Make a thickening (as in Pea Soup), mix up with the pulped beans, bring stock to the boil, add thickening, &c., stir till it comes to a boil again, and simmer for 30 minutes, keeping it well stirred all the time.

No. 4.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Porridge, with Milk.	Tea, 1 lb. Sugar, 3½ lbs. Bread as required Bacon, 25 lbs. Salt as required	Rolled oats, 8 lbs. Margarine, 3 lbs. 2 ozs. Milk, 10 pints Mustard as required
	Cold Boiled Bacon.		
	Bread and Margarine.		
DINNER.	Curried Stew.	Meat, 62 lbs. Sugar, 3 lbs. Flour, 3 lbs. Salt as required	Apple Rings, 7 lbs. Cloves, ½ oz. Onions, 3 lbs. Curry Powder, 12 ozs. Rice, 10 lbs. Mixed Root Veggies., 7 lbs. Haricot Beans, 10 lbs. Pepper as required
	Haricot Beans and Rice.		
	Stewed Fruit (Apples).		
TEA.	Tea, Bread and Dripping.	Tea, 1 lb. Sugar, 3½ lbs. Dripping, 5 lbs. Bread as required Salt as required	Milk, 5 pints Beetroot, 20 lbs. Onions, 3 lbs. Vinegar, 2 pints Pepper as required
	Beetroot and Onion		
	Salad.		
SUPPER.	Barley Soup.	Flour, 3 lbs. Bread as required Salt as required	Barley, 8 lbs. Mixed Root Veggies., 7 lbs. Celery Seed, 2 pkts. Onions, 3 lbs. Pepper as required
	Bread.		

DIET—100 Men.

Method of Preparation and Cooking.

BOILED BACON.—Select suitable boiling pieces if possible, *i.e.*, gammon or hock. Bring the water to the boil, place in the bacon, and boil steadily for 18 to 20 minutes per lb. Allow to cool in the water, thus retaining its flavour. Remove and carve in thin slices.

PORRIDGE WITH MILK AND SUGAR.—Bring the water to the boil, add 2 ozs. of salt, sprinkle in the oats, and keep stirring. If in a fixed boiler, quickly remove the fire when the oats boil, replace the lid, and allow to cook in own heat. Stir at intervals. Heat the milk, then add with sugar to taste, and serve hot.
NOTE.—One gallon of water to 2 lbs. of oats. Time to cook, about 1 hour.

PORRIDGE WITH MILK.—As above, omitting the sugar.

CURRIED STEW.—Remove the meat from the bone and cut up into small pieces. Wash, peel and cut up the mixed vegetables, clean and cut up the onions. Place 3 lbs. flour, $\frac{1}{2}$ oz. pepper, $2\frac{1}{2}$ ozs. salt, 12 ozs. curry powder in a bowl and well mix together, add the meat and well flour. Place a little stock in the baking dish, add the vegetables and onions and meat, barely cover with stock or water, place in a moderately heated oven, add stock as required, and well stir during process of cooking. Time, $2\frac{1}{2}$ to 3 hours.

RICE.—Wash and pick over the rice, place eight measures of water to one of the rice into a boiler, and bring to the boil; add 2 ozs. salt, sprinkle in the rice, and keep stirred until the fire is withdrawn. This should be done immediately the rice is placed in the boiler. Allow to remain for about 25 minutes or till tender. Remove and strain, washing if necessary with hot water, and serve hot.

HARICOT BEANS.—Same as Blue Peas (Diet 6).

STEWED APPLES.—Soak the apple rings for about 8 hours in water corresponding in quantity to the fruit. Place the apple rings with the liquor in which they were put to soak, cloves and sugar into a boiler, and simmer gently for $1\frac{1}{2}$ hours. Stir frequently.

BEETROOT AND ONION SALAD.—Bring the water to the boil, place in the beetroots without breaking the skin or removing any earth that may adhere to them, and boil till cooked. Time, old beetroot, 3 hours; young, $1\frac{1}{2}$ to 2 hours. Allow to cool, remove the skin and stalk, cut up into thin slices, place in salad bowl or plates, pour over vinegar, and serve.

BARLEY SOUP.—Scald the barley, afterwards throwing the water away. Proceed as for Pea Soup (Diet 1), placing the barley in the stock with the mixed vegetables and onions, adding the herbs with the thickening.

No. 5.

SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	*Rissoles and Gravy.	Tea, 1 lb. Sugar, 3½ lbs. Dripping, 2 lbs. Flour, 3 lbs. Meat, 20 lbs. Suet or Fat Meat, 4 lbs. Salt as required Bread as required	Margarine, 3 lbs. 2 ozs. Onions, 3 lbs. Milk, 5 pints Mixed Herbs, 1 pkt. Pepper as required
DINNER.	Irish Stew, Dumplings.	Mashed Swedes.	Meat, 62 lbs. Dripping, 4½ lbs. Flour, 18 lbs. Salt as required	Potatoes, 50 lbs. Onions, 6 lbs. Swedes, 50 lbs. Pepper as required Mustard as required
TEA.	Tea,	Margarine. Soused Herrings.	Tea, 1 lb. Sugar, 3½ lbs. Bread as required Salt as required	Milk, 6 pints Margarine, 3 lbs. 2 ozs. Vinegar, 4 pints Cloves, 1 oz. Peppercorn, 1 oz. Onions, ½ lb. Herrings, 100 Pepper as required
	Bread and Margarine.			
SUPPER.	Pea and Lentil	Soup.	Flour, 3 lbs. Salt as required Bread as required	Lentils, 6 lbs. Split Peas, 4 lbs. Onions, 3 lbs. Mixed Root Vgs., 7 lbs. Mixed Herbs, 1 pkt. Pepper as required

* Use Boiled Rice, scrap Bread, or Potatoes.

Method of Preparation and Cooking.

RISSOLES AND GRAVY.—Remove the meat from the bone and cut up into small pieces, clean and cut up the onions and soak the bread in cold water. Remove the skin from the suet and cut up small. Squeeze the water from the bread and crumble up. Place the whole of the above ingredients into a mixing bowl and well mix; then pass through a mincer. The minced ingredients should then be placed in a bath or bowl and seasoned with $\frac{1}{4}$ oz. pepper, 2 ozs. salt, 1 pkt. of mixed herbs. Sufficient flour should be mixed with the mince to bind. Weigh or divide up in 5-oz. portions, rolling into sausage shape, place into greased baking dishes, and cook in a moderate oven. Make a thickening of flour, pepper and salt, as per Diet 3. Remove the rissoles from the oven when nearly cooked, pour off the surplus fat, and cover the rissoles with gravy; replace in oven till cooked. Time, 45 minutes. If bread is not available, cold mashed potatoes, or boiled rice, can be used in lieu.

IRISH STEW.—Wash, peel and again wash the potatoes, clean and cut up onions, remove meat from bone, cut up into cubes. Place a little stock or water in cooking vessel, add alternately a layer of potatoes and layer of meat, sprinkle over each layer some onions, salt and pepper, continue thus until vessel is nearly full; potatoes must be the finishing layer; barely cover with stock. Steam or stew $2\frac{1}{2}$ to 3 hours.

DUMPLINGS.—Make paste as in Currant Roll (Diet 1), cut into portions (one per man), and steam or cook with stew about 45 minutes.

MASHED SWEDES.—Wash, peel and rewash the swedes. Place in boiling water with $\frac{1}{4}$ lb. of salt. Simmer about 2 to $2\frac{1}{2}$ hours or until tender. Remove from boiler, well strain and mash. Add pepper and salt as required.

SOUSED HERRINGS.—Gut and clean the herrings, place in salted water for half an hour. Remove and place in baking dishes, clean and cut up the onions and mince finely, then sprinkle them over the fish. Shake over the cloves and peppercorns, cover with vinegar (diluted with equal parts of water), season with pepper and salt. Place in moderately heated oven till cooked. This dish is served cold. When cooked, the flesh breaks between the thumb and finger on being pressed.

PEA AND LENTIL SOUP.—Soak the peas and lentils, then steam or boil till tender; they proceed as for Pea Soup (Diet 1).

No. 6.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea.	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bread as required Bacon, 25 lbs.	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Pepper as required Mustard as required
	Bread and Margarine. Fried Bacon.		
DINNER.	Plain Stew.	Meat, 62 lbs. Dripping, 3 $\frac{1}{2}$ lbs. Bread as required Flour, 3 lbs. Sugar, 2 lbs. Salt as required	Potatoes, 50 lbs. Onions, 3 lbs. Mixed Root Veggies., 7 lbs. Currants or Prunes, 6 lbs. Mixed Peel, 1 lb. Spice, 2 ozs. Blue peas, 10 lbs. Pepper as required Mustard as required
	Potatoes, Blue Peas. Bread Pudding.		
TEA.	Tea.	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bread as required Salt as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Beetroot, 15 lbs. Tomatoes, 4 lbs. Onions, 3 lbs. Vinegar, 2 pints Pepper as required
	Bread and Margarine. Mixed Salad.		
SUPPER.	*Vegetable Soup.	Flour, 3 lbs. Bread as required Salt as required	Pearl Barley, 4 lbs. Mixed Root Veggies., 15 lbs. Onions, 3 lbs.
	Bread.		

* Any spare cooked vegetables may be used in this preparation.

Method of Preparation and Cooking.

As explained in Diet 2.

PLAIN STEW.—Wash, peel and cut up the vegetables into small cubes, clean and cut up the onions. Remove the meat from the bone and cut up into pieces of about 1 oz. Place 3 lbs. of flour, $\frac{1}{2}$ oz. pepper, 3 ozs. salt, into a bowl and mix well, add the meat to this mixture. Place a little stock into a steaming dish or camp kettle, add the vegetables, onions and floured meat, barely cover with stock, stir well, replace the lid, and steam for $2\frac{1}{2}$ to 3 hours. This should be occasionally stirred during process of cooking. If this stew is to be cooked in a camp kettle the meat should *not* be floured as above, but should be well whisked with stock and added as a thickening about 30 minutes before being required.

BLUE PEAS.—Soak 12 hours and cook until tender.

BREAD PUDDING.—Wash and pick over the currants, chop up the peel finely, and soak 25 lbs. bread in cold water for a few minutes; then squeeze out all water, leaving the bread in a pulp. Place the currants, bread, peel, dripping, sugar and spice into a bowl and well mix. Well grease baking dishes, add the mixture, press into the dishes to a thickness of 2 ins., place in a moderately heated oven till cooked. Time, about 1 hour. This pudding can also be steamed. Prepare in same manner and place into a steaming dish, cover with the lid, and steam for $1\frac{1}{2}$ hours.

MIXED SALAD.—Place the beetroot into boiling water without breaking the skins or removing any earth that may be adhering to them, and boil till tender. Time, old, 3 hours; young, $1\frac{1}{2}$ to 2 hours. When cooked remove from water and allow to cool. Remove the stalk and skin and cut up into thin slices. Remove the stalk from the tomatoes and wipe clean and cut in halves. Clean and ring the onions if large or remove the root and clean if spring onions. Lay the cut beetroot into plates or dishes, garnish with onions and tomatoes, and pour over the vinegar and serve.

VEGETABLE SOUP.—Scald the barley, prepare the vegetables and onions. Place barley into cold stock and simmer till cooked. Fry the vegetables and onions in a little dripping, add to the stock. Make a thickening as explained in Diet 1, bring stock to the boil, add the thickening, and stir till cooked. Time for soup, about 3 hours.

No. 7.

SPECIMEN DAY'S

Meals.			Ingredients Required.		
			Free Issue.	Purchased.	
BREAKFAST.	Tea and Bread.	Fried Steak and Onions.	Tea, 1 lb. Sugar $3\frac{3}{4}$ lbs. *Meat, 32 lbs. Dripping, 2 lbs. Salt as required Bread as required	Onions, 20 lbs. Milk, 5 pints Pepper as required Mustard as required	
DINNER.	Roast Beef, Gravy.	Yorkshire Pudding.	Potatoes and Cabbage.	Meat, 70 lbs. Flour, 16 lbs. Salt as required	Potatoes, 50 lbs. Egg Powders, 12 pkts. Milk, 10 pints Cabbage, 50 lbs. Mustard as required. Pepper as required
TEA.	Tea, Bread and Margarine.	Seed Cake.		Tea, 1 lb. Sugar, $3\frac{3}{4}$ lbs. Flour, 12 lbs. Dripping, 3 lbs. Bread as required	Milk, 8 pints Margarine, 3 lbs. 2 ozs. Carbonate of Soda, 2 ozs. Cream of Tartar, 1 oz. Carraway Seeds, 3 ozs.
SUPPER.	Hotch-Potch. Bread.			Bread as required Salt as required Flour, 3 lbs.	Mixed Root Vegs., 7 lbs. Barley, 4 lbs. Cabbage Lettuce, or Small Cabbage, 8 heads Onions, 3 lbs. Parsley, 1 bunch Sweet Herbs, 1 pkt. Blue Peas, 6 lbs. Pepper as required

* Suitable meat for frying without bone.

Method of Preparation and Cooking.

FRIED STEAK AND ONIONS.—Remove the meat from the bone and cut up into 5-oz. steaks, place a little fat in the pan, and fry the steaks on hot plate or open fire. Time, 10 to 15 minutes. Clean and cut up the onions into rings and fry till a golden brown colour.

ROAST BEEF.—Bone and roll the meat into joints not exceeding 10 lbs. in weight. Place a little water in the baking dish, lay meat on a stand or trivet, fix over baking dish. Cook in a hot oven, turning the meat when half-cooked, adding water to the dish as required. Baste the meat occasionally with liquid fat or by laying pieces of fat over the joint.

YORKSHIRE PUDDING.—Place 16 lbs. flour, 12 egg powders, $\frac{1}{2}$ oz. pepper, 4 ozs. salt into a mixing bowl and well blend together. Make a bay in the centre of flour, add nearly the whole of the milk, then well beat up, add the remainder of the milk, mixing until all lumps have disappeared. About 1 hour before being required for dinner the meat should be removed from the oven, surplus fat being poured from the dish, taking care to leave only sufficient to grease the sides and bottom. Pour in the batter, equally distributing, replace meat, return to oven. The pudding should not exceed 2 ins. in thickness. Remove the meat from the oven when cooked and carve up thinly, cover with gravy, and keep hot till required. Test the batter as for Cake in Diet 3. Time to cook batter, 45 minutes; meat 15 to 18 minutes per lb.

SEED CAKE.—As for Plain Cake (Diet 3), substituting carraway seeds for currants.

HOTCH-POTCH.—Soak the peas overnight, scald the barley. Wash and peel the mixed vegetables and cut up into cubes. Clean and cut up the onions. Wash and cut up the lettuce into small pieces. Place 10 gallons stock in a boiler, add the peas, barley, onions, lettuce, parsley, bring to a simmer till cooked. Make a thickening as for Pea Soup (Diet 1). Bring soup to the boil, add the thickening and herbs, keep well stirred for 30 minutes. Serve hot. Time, $3\frac{1}{2}$ to 4 hours.

No. 8.

SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Fried Bacon.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bacon, 25 lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 5 pints Pepper as required Mustard as required
DINNER.	Meat Puddings.	Potatoes, Gravy. Haricot Beans.	Meat, 62 lbs. Flour, 16 lbs. Dripping, 4 lbs. Salt as required	Onions, 3 lbs. Potatoes, 50 lbs. Haricot Beans, 10 lbs. Pepper as required Mustard as required
TEA.	Tea,	Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 5 pints Jam, 12 $\frac{1}{2}$ lbs.
SUPPER.	Pea Soup.	Bread and Cheese.	Flour, 3 lbs. Bread as required Salt as required	Pea Flour, 6 lbs. Mixed Root Vefs., 7 lbs. Onions, 3 lbs. Mint, 1 pkt. Cheese, 6 $\frac{1}{4}$ lbs. Pepper as required

DIET—100 Men.

Method of Preparation and Cooking.

FRIED BACON.—See Diet 2.

MEAT PUDDING.—Remove the meat from bone and cut into small pieces. Clean and cut up the onions. Make the paste as described on Diet 1. Divide equally the meat, onions, pepper and salt into basins if for steaming, barely covering with stock or water; cover top of basin with the paste, then steam for 2½–3 hours. If large dishes are used cover with lid before cooking. If the puddings are to be boiled, prepare ingredients as above, grease inside of basin with some dripping, line with paste, add the meat, onions, pepper and salt, barely cover with stock or water, lay over cover of paste, tie up the whole in a cloth, cook in boiling water for 3 hours.

HARICOT BEANS.—Same as Blue Peas (Diet 6).

PEA SOUP.—See Diet 1.

No. 9.

SPECIMEN DAY'S

Meals.				Ingredients Required.		
				Free Issue.	Purchased.	
BREAKFAST.	Tea, Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Bread as required Meat, 12 lbs. Bacon, 12 $\frac{1}{2}$ lbs. Salt as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Herbs, 1 pkt. Sausage Skins, $\frac{1}{2}$ lb. Mustard as required Pepper as required	Fried Sausages and Bacon.		
DINNER.	Brown Stew.	Meat, 62 lbs. Sugar, 16 rations Salt as required	Onions, 3 lbs. Beans, 15 lbs. Flour, 2 lbs. Stock as required Figs, 16 $\frac{1}{2}$ lbs. Pepper as required Mustard as required Mixed Root Veggies., 7 lbs.	Bean Croquettes.		
TEA.	Tea,	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bread as required Salt as required	Watercress, 4 lbs. Margarine, 3 lbs. 2 ozs. Milk, 5 pints	Margarine.	Watercress.	
	Bread and					
SUPPER.	Lentil Soup.	Bread as required Flour, 3 lbs. Salt as required	Lentils, 8 lbs. Mixed Root Veggies., 7 lbs. Onions, 3 lbs. Herbs, 2 pkts. Pepper as required	Bread.		

DIET—100 Men.**Method of Preparation and Cooking.**

FRIED SAUSAGES.—Remove the meat from the bone and fat and cut up into small pieces; remove the skin from the suet and cut up small. Soak 4 lbs. of bread in cold water for a few minutes, then squeeze out all moisture. Soak the sausage skins for sufficient time to remove the brine and run on to the fillers. Place the meat, bread, and suet through the mincer and mince finely, place into a mixing bowl, add the herbs, pepper and salt, and mix well. Fix the filler on the machine, pass the minced ingredients into the skins, make into sausages about 2 ozs. each, puncture each sausage with a fork, place in a greased dish, and fry in oven or on hot plate. Time to cook, 20 minutes.

SAUSAGES (without skins).—After the ingredients have been prepared as above roll with the hand on a table into sausage shapes, lightly dredge in flour, arrange in greased baking dishes and place in oven till cooked.

BROWN STEW.—Wash and clean the vegetables, cut up into small cubes. Clean and cut up the onions into small pieces. Bone the meat and cut up into small pieces. Mix the flour, salt, and pepper in mixing bowl, add meat, and cover well with the flour. Put a little stock in baking dish, place in the floured meat, mixed vegetables and onions, barely cover with stock, stir well, and cook in moderately heated oven. During process of cooking add stock as required and keep well stirred. Time, 2½ hours.

BEAN CROQUETTES.—Soak the beans overnight in cold water and add 1½ ozs. of soda, boil the beans in stock or water until tender and the skins burst, drain and mash them. Add the flour and seasoning, mix well, make into shapes. Place them in baking dishes with sufficient dripping to cover the bottoms, and bake in a quick oven until brown.

STEWED FIGS.—Pick and wash the figs, place in a cooking vessel with sufficient water to cover them, add the sugar, bring to the boil, and simmer till tender.

WATERCRESS.—As described in Diet 1.

LENTIL SOUP.—As described in Diet 2.

No. 10.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Tea, 1 lb.	Milk, 5 pints
	Stewed Liver and Bacon.	Sugar, 3½ lbs.	Margarine, 3 lbs. 2 ozs.
		Bacon, 12½ lbs.	Liver, 12½ lbs.
		Flour, 2 lbs.	Pepper as required
		Salt as required	Mustard as required
		Bread as required	
DINNER.	Boiled Beef and Carrots.	Meat, 62 lbs.	Carrots, 50 lbs.
	Potatoes, Gravy.	Flour, 18 lbs.	Potatoes, 50 lbs.
	Jam Roll.	Dripping, 4½ lbs.	Jam, 6 lbs.
			Pepper as required
			Mustard as required
TEA.	Tea, Bread and Margarine.	Tea, 1 lb.	Bloaters, 100
	Baked Bloaters.	Sugar, 3½ lbs.	Margarine, 3 lbs. 2 ozs.
		Dripping, 1 lb.	Milk, 5 pints
		Bread as required	
SUPPER.	Bread, Cheese and Onions.	Bread as required	Cheese, 6½ lbs.
		Salt as required	Onions, 15 lbs.

DIET—100 Men.

Method of Preparation and Cooking.

STEWED LIVER AND BACON.—Wash and cut the liver up into small cubes, rasher the bacon, and cut up in pieces about $\frac{1}{2}$ in. square. Place 2 lbs. flour, $\frac{1}{2}$ oz. pepper, and 2 ozs. salt in a mixing bowl and well mix, add the liver and bacon, and flour well. Place a little stock into the baking dish, add the floured liver and bacon, barely cover with stock, place in a moderate oven, and cook till tender, keeping well stirred during the process of cooking, and stock added as required. Time, $1\frac{1}{2}$ hours.

BOILED BEEF.—Bone and roll the beef and tie up with string, place sufficient water to cover meat in a boiler and bring to the boil, add 2 ozs. salt and the meat, and boil hard for about 10 minutes; then reduce to a simmer. In the meantime wash, scrape, and cut up the carrots into quarters, add to the boiler containing the beef, leaving till cooked. Time, 18 minutes per lb. Remove the meat when ready, carve thinly, remove the carrots, add a thickening of mixed flour to the water that the meat and carrots have been cooked in, cover the carved meat with gravy, keep hot till required.

JAM ROLL.—Proceed as for Currant Roll in Diet 1, substituting jam for currants, sugar and peel.

BLOATERS.—Remove the head and gut and clean. Well grease a baking dish, lay in the fish on their sides, place in a moderately heated oven till cooked. Time, 25 minutes. Or fry them in camp kettle lids, &c.

No. 11.

SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Porridge with Milk and Sugar.	Fish Kedgerree.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Bread as required Salt as required	Fish, 25 lbs. Rice, 5 lbs. Cayenne Pepper, $\frac{1}{4}$ oz. Milk, 10 pints Rolled Oats, 8 lbs. Margarine, 3 lbs. 2 ozs. Pepper as required
	Tea, Bread and Margarine.			
DINNER.	Toad-in-Hole.	Cabbage.	Flour, 16 lbs. Meat, 62 lbs. Salt as required	Egg Powders, 12 pkts. Milk, 10 pints Onions, 3 lbs. Potatoes, 50 lbs. Cabbage, 50 lbs. Pepper as required Mustard as required
	Potatoes, Gravy.			
TEA.	Tea,	Margarine.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 5 pints Jam, 12 $\frac{1}{2}$ lbs.
	Bread and			
	Jam.			
SUPPER.	Sausage and	Bread.	*Meat, 21 lbs. Suet or Fat Meat, 3 lbs. Dripping, 2 lbs. Salt as required Bread as required	Sausage Skins, 1 lb. Peas, 15 lbs. Pepper as required
	Peas Pudding.			

* Two sausages for each man in Mess.

 Method of Preparation and Cooking.

FISH KEDGEREE.—Boil the rice as explained in Diet 4, using fish stock if available. Remove the bone from the cooked fish and flake small. Place the rice, flour, cayenne pepper and suet in a mixing bowl and well mix. Put into greased baking dishes, add the flaked fish, and bake slowly or put baking dishes on moderately heated hot-plate. Fish stock as found necessary should be added.

PORRIDGE.—See Diet 4.

TOAD-IN-HOLE.—Remove the meat from the bone and cut up small. Clean and cut up the onions into small pieces. Place 3 lbs. flour, $\frac{1}{2}$ oz. pepper, 2 ozs. salt in a mixing bowl and mix, add the meat, flouring well. Place a little stock into the baking dish, add the meat and onions, and place in a moderate oven till nearly cooked. In the meantime, place 13 lbs. flour, $\frac{1}{2}$ oz. pepper, 2 ozs. salt, 12 pkts. egg powder into a mixing bowl and well blend together; make a bay in the centre, add nearly the whole of the milk, and well mix; add the remainder of the milk and well beat up until all lumps have disappeared. Remove the dishes from the oven when ready, pour off all surplus gravy, then pour the batter over the meat, levelling off with a knife. Replace in the oven till cooked. To test when cooked, insert a skewer in the thickest part of the batter; if on removal the skewer is clean, then the batter is cooked. Time for meat before adding batter, 2 hours; time for batter, 40 minutes.

GRAVY.—See Diet 3.

CABBAGE.—See Diet 3.

FRIED SAUSAGES.—As explained in Diet 9.

PEAS PUDDING.—Soak the peas all night with 2 ozs. soda. Tie in loose cloths so that the peas may be allowed to swell, place in boiling water for 3 or 4 hours. Mash, add pepper and salt to taste, and mix with 2 lbs. of dripping.

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.		Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bacon, 25 lbs. Bread as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Pepper as required Mustard as required
	Fried Bacon.			
DINNER.	Steamed Beef, Gravy.		Flour, 18 lbs. Dripping, 4 $\frac{1}{2}$ lbs. Meat, 62 lbs. Sugar, 1 lb. Salt as required	Potatoes, 50 lbs. Mixed Root Veggies., 50 lbs. Onions, 3 lbs. Figs, 12 lbs. Pepper as required Mustard as required
	Mixed Vegetables and Potatoes.			
	Fig Pudding.			
TEA.	Tea, Bread and Margarine.		*Meat, cooked, 25 lbs. Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Flour, 2 lbs. Bread as required Salt as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Mixed Herbs, 2 pkts. Onions, 5 lbs. Pepper as required Mustard as required
	Meat Croquettes.			
SUPPER.	Pea and Lentil		Salt as required Flour, 3 lbs. Bread as required	Peas (Split), 4 lbs. Lentils, 6 lbs. Mixed Root Veggies., 7 lbs. Onions, 3 lbs. Pepper as required
	Soup.			
	Bread.			

* Should include about 4 lbs. of fat.

DIET—100 Men.

Method of Preparation and Cooking.

FRIED BACON.—As explained in Diet 2.

STEAMED BEEF.—Clean, and cut up the onions, wash, peel, and cut up the vegetables into small pieces. Bone and tie up the meat in small rolls, about 4 lbs. each (any kind of meat will be found suitable for this purpose). Place a little stock in a steaming dish, add 4 lbs. of vegetables and the onions, sprinkle $\frac{1}{2}$ oz. pepper, 2 ozs. salt, lay in rolled joints, replace the lid on dish, put in steaming chamber for 3 hours.

FIG PUDDING.—Soak the figs and cut up in small pieces. Place the flour in a mixing bowl, and $1\frac{1}{2}$ ozs. of salt, and well mix. Next place in the figs, sugar and dripping, mixing well, add sufficient cold water to make into a stiff dough. Well flour the pudding cloths. Turn out the paste, cut into the required number of portions, place in the cloths, tie up securely at each end with string, place in boiling water, and boil continuously for 3 hours.

MIXED VEGETABLES.—Similar to Turnips, Diet 16.

MEAT CROQUETTES.—Take any kind of cooked meat and pass through the mincer. Boil the onions and chop up finely or chop up finely and lightly fry. Mix together with sufficient stock the meat, flour, onions, herbs, pepper and salt. Sprinkle with flour or press in dried bread crumbs. Place in greased baking dishes and bake in moderately heated oven for about 30 minutes. This is a good way of using up spare cooked meat. If uncooked meat is used the croquettes will take longer to cook or they may be fried.

PEA AND LENTIL SOUP.—As explained in Diet 5.

No. 13.

SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Porridge with Milk.		Tea, 1 lb. Sugar, 3½ lbs. Bread as required Salt as required	Margarine, 3 lbs. 2 ozs Milk, 10 pints Rolled Oats, 8 lbs. Haddock, 37½ lbs. Pepper as required
	Tea, Bread and Margarine.	Haddock.		
DINNER.	Meat Pies.		Meat, 62 lbs. Flour, 16 lbs. Dripping, 4 lbs. Salt as required	Onions, 40 lbs. Rice, 10 lbs. Pepper as required Mustard as required
	Rice Croquettes, Boiled Onions and Gravy.			
TEA.	Tea, Bread and Margarine.		Tea, 1 lb. Sugar, 3½ lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 5 pints Marmalade, 12½ lbs.
	Marmalade.			
SUPPER.	Vegetable Soup.		Bread as required Salt as required	Mixed Root Veggies., 15 lbs. Onions, 3 lbs. Barley, 4 lbs. Pepper as required
	Bread.			

* Any spare cooked vegetables may be used in this preparation.

DIET—100 Men.**Method of Preparation and Cooking.**

HADDOCK.—(1) Smoked: Remove the tail and fins and cut into portions, lay in steaming dishes, replace lid, and steam for about 30 minutes, or place into baking dishes and cover with boiling water. Then place into a hot oven for about 30 minutes. (2) Filleted: Soak in cold water for a few hours to remove the colouring, then cut into portions, and proceed as for smoked haddock. (3) Fresh: Remove the fins and tail and wash in salted water, cut into portions, and steam as for smoked haddock, or boil the fish whole for about 20 minutes, afterwards cutting into portions. Care should be taken to place the fish into boiling water and afterwards reducing the temperature to prevent the fish from breaking. Fresh fish may be battered and fried if preferred.

PORRIDGE.—See Diet 4.

MEAT PIE.—As explained in Diet 3.

BOILED ONIONS.—Skin the onions; procure them of the same size if possible. Bring the water to the boil, add a pinch of salt, place in the onions, and boil for $1\frac{1}{2}$ to 2 hours.

RICE CROQUETTES.—Wash and re-wash the rice. Cook until tender in stock or water, and drain. Dredge in flour, season to taste and make into shapes. Place these in baking dishes with sufficient dripping to cover the bottoms, and bake in a quick oven until brown.

VEGETABLE SOUP.—As explained in Diet 6.

No. 14.

SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Fried Bacon.	Tea, 1 lb.	Margarine, 3 lbs. 2 ozs.
			Sugar, 3 $\frac{1}{2}$ lbs.	Milk, 5 pints
			Bacon, 25 lbs. Bread as required	Mustard as required Pepper as required
DINNER.	Curried Mutton and Rice.	Haricot Beans. Plain Pudding.	Meat, 62 lbs.	Rice, 10 lbs.
			Flour, 18 lbs.	Curry Powder, 12 ozs.
			Dripping, 4 $\frac{1}{2}$ lbs.	Onions, 3 lbs. Mixed Root Vegs., 7 lbs. Haricot Beans, 10 lbs. Pepper as required
TEA.	Tea, Bread and Margarine. Plain Cake.		Flour, 12 lbs.	Cream of Tartar, 1 oz.
			Dripping, 3 lbs.	Carbonate of Soda, 2 ozs.
			Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bread as required	Milk, 8 pints Margarine, 3 lbs. 2 ozs.
SUPPER.	Pea Soup. Bread.		Flour, 3 lbs.	Pea Flour, 6 lbs.
			Salt as required	Mixed Root Vegs., 7 lbs.
			Bread as required	Onions, 3 lbs. Mint, 1 pkt. Pepper as required

DIET—100 Men.

Method of Preparation and Cooking.

FRIED BACON.—As explained in Diet 2.

CURRIED MUTTON.—Peel or scrape and wash the mixed vegetables, peel, clean, cut up the onions, separate meat from the bone and cut up into small pieces, place a little stock in a cooking vessel, place a layer of mixed vegetables (which have been cut up into small pieces) into the stock, then add the meat, which has been dredged with a mixture of curry powder and a little flour, then add the onions, pepper and salt as required, barely cover the whole with stock, and stew gently for 3 hours.

RICE.—See Diet 4.

HARICOT BEANS.—Same as Blue Peas (Diet 6).

PLAIN PUDDING.—Make paste as for Currant Roll (Diet 1). Divide into portions, roll and tie each securely in a cloth which has been previously floured, leaving room for the pudding to swell. Time—boil for 3 to 4 hours.

PLAIN CAKE.—As explained in Diet 3.

PEA SOUP.—As explained in Diet 1.

Meals.	Ingredients Required.	
	Free Issue.	Purchased.
BREAKFAST.		
Bread.		
Fried Steak and Onions.	*Meat, 32 lbs. Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Dripping, 2 lbs. Bread as required	Onions, 20 lbs. Milk, 5 pints Pepper as required Mustard as required
DINNER.		
Roast Mutton and Gravy.	Meat, 70 lbs. Flour, 1 lb. Sugar, 3 lbs. Dripping, 3 lbs. Salt as required	Potatoes, 50 lbs. Apples, 35 lbs. Pepper as required
Fried Potatoes.		
Baked Apples.		
TEA.		
Tea, Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Dripping, 1 $\frac{1}{2}$ lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 7 pints Cheese, 6 $\frac{1}{2}$ lbs. Pepper as required Mustard as required
Welsh Rarebit.		
SUPPER.		
Lentil Soup.	Flour, 3 lbs. Bread as required Salt as required	Onions, 3 lbs. Lentils, 8 lbs. Mixed Root Vgs., 7 lbs. Herbs, 2 pkts. Pepper as required.
Bread.		

* Suitable meat for frying, without bone.

Method of Preparation and Cooking.

FRIED STEAK AND ONIONS.—As explained in Diet 7.

ROAST MUTTON.—As explained for Roast Beef in Diet 7.

FRIED POTATOES.—Wash, peel and rewash the potatoes, and cut into slices or pass through a potato cutter, boil or steam till half cooked. Bring some dripping in a frying pan to a high temperature and place potatoes in the hot fat and fry till a golden brown colour; remove from fat, drain, and sprinkle over with a little salt and serve hot. To test the temperature of the fat, drop a piece of bread into the hot fat and allow to remain for half a minute; if, on withdrawing, the bread is a golden brown colour, then the fat is at the right temperature; if the bread, on removal, is black, then the fat is too hot.

BAKED APPLES.—Wipe and core the apples, filling the centre with sugar. Grease the dishes with a little dripping, and place in the apples and bake in a hot oven for 1 hour.

WELSH RAREBIT.—Slice the bread and toast on both sides, and spread with margarine. Place $1\frac{1}{2}$ lbs. dripping in a stew pan and allow to become hot, cut the cheese into small pieces and add to the melted dripping, stir well until the cheese is melted, add 1 quart of milk, 3 ozs. of mixed mustard, $\frac{1}{2}$ oz. pepper, 2 ozs. salt, keeping well mixed, spread over the toast, place into dishes in a hot oven for a few minutes, and serve hot. If preferred, the milk may be boiled, a thickening made of 1 lb. of flour added, then proceed as directed.

LENTIL SOUP.—As explained in Diet 2.

No. 16.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea and Bread.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bacon, 25 lbs. Bread as required Salt as required	Milk, 5 pints Tomatoes, 8 2-lb. tins Pepper as required Mustard as required
	Bacon and Tomatoes.		
DINNER.	Stewed Rabbit and Bacon.	Rabbits, 70 lbs. Bacon, 6 lbs. Flour, 3 lbs. Sugar, 3 lbs. Salt as required	Onions, 3 lbs. Potatoes, 50 lbs. Macaroni, 8 lbs. Milk, 16 pints Nutmegs, 3 Pepper as required Turnips, 50 lbs. Margarine, $\frac{3}{4}$ lb.
	Mashed Potatoes and Turnips. Macaroni Pudding.		
TEA.	Tea, Bread and Dripping.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Dripping, 5 lbs. Salt as required Bread as required	Milk, 5 pints Lettuce, 10 lbs.
	Lettuce.		
SUPPER.	Tomato Soup.	Salt as required Bread as required Flour, 3 lbs. ⑥	Tomatoes, 6 2-lb. tins Haricot Beans, 8 lbs. Onions, 3 lbs. Pepper as required
	Bread.		

DIET—100 Men.

Method of Preparation and Cooking.

BACON AND TOMATOES.—See Diet 2.

STEWED RABBIT.—Carefully skin the rabbit and leave in salted water for 30 minutes, cut into small joints and well wash in a fresh supply of water. Cut the bacon into slices. Clean and cut up the onions into small pieces. Place a little stock into a steaming dish, add the onions. Place 3 lbs. flour, $\frac{1}{2}$ oz. pepper and 2 ozs. salt into a bowl and well mix, add the rabbit and bacon, well flouring. Next place the rabbit and bacon into the dish with the onions, barely cover with stock, stir well together, replace the lid, and steam for 2 hours. If this is cooked in a camp kettle the flour, pepper and salt should be added as a thickening about 30 minutes before required.

MASHED POTATOES.—Wash, peel and rewash the potatoes, place in boiling water with a pinch of salt, allowing about 40 minutes to cook. Strain and mash them with a vegetable masher, add a little salt and pepper, then mix with half a gallon of milk.

MASHED TURNIPS.—Wash, peel and rewash the turnips, cut into four or slice 2 in. thick. Put into boiling water, add 4 ozs. of salt and cook until tender. Mash and season to taste. Time, about 30 minutes. Steaming, 45 minutes.

MACARONI PUDDING.—Break the macaroni into pieces about 1 in. in length. Bring the water to the boil, add a pinch of salt, then place in the macaroni, reduce the temperature, and simmer till tender. Remove and strain, then place into baking dishes, add the sugar, cover with milk, break small pieces of margarine over the surface, grate over a little nutmeg and place in a moderate oven till nicely browned. Time for oven, 40 minutes; time for cooking in boiler, 40 minutes.

LETTUCES.—Pick off all decayed and outer leaves, wash free from dirt. Cut off the stalks and either halve or quarter the lettuces. Put in fresh water, take out and well shake.

TOMATO SOUP.—See Diet 3.

No. 17.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST	Tea, Bread and Margarine.	Meat, 20 lbs. Tea, 1 lb. Sugar, 3½ lbs. Suet or Fat Meat, 4 lbs. Flour, 3 lbs. Dripping, 2 lbs. Bread as required Salt as required	Onions, 5 lbs. Milk, 5 pints Margarine, 3 lbs. 2 ozs. Pepper as required
	Rissoles and Gravy.		
DINNER.	Baked Meat.	Meat, 70 lbs. Dripping, 3½ lbs. Salt as required Flour, 1 lb. Bread as required Sugar, 2 lbs.	Rice, 7 lbs. Currants, 6 lbs. Mixed peel, 1 lb. Onions, 3 lbs. Spice, 2 ozs. Haricot Beans, 3 lbs. Carrots, 7 lbs. Turnips, 7 lbs. Pepper as required
	Rice and Vegetables Baked. Bread Pudding.		
TEA.	Tea, Bread and Margarine.	Bread as required Tea, 1 lb. Sugar, 3½ lbs.	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Cheese, 6½ lbs.
	Cheese.		
SUPPER.	Barley Soup. Bread.	Flour, 3 lbs. Salt as required Bread as required	Barley, 8 lbs. Mixed Root Vegs., 7 lbs. Onions, 3 lbs. Celery Seed, 2 pkts. Pepper as required

Method of Preparation and Cooking.

RISSOLES.—See Diet 5.

GRAVY.—See Diet 3.

RICE AND VEGETABLES BAKED.—Wash and rewash and boil the rice in stock or water until tender. Prepare and cook the beans as explained in Diet 9. Prepare, wash and cut up the carrots and turnips into small pieces, fry in hot dripping until brown, or boil, and mash. Mix the rice, beans, carrots, turnips and flour together, season to taste, add a little stock or water and mix into a stiff paste. Place in baking dishes with sufficient dripping to cover the bottoms and bake until brown.

BREAD PUDDING.—See Diet 6.

BAKED MEAT.—See Diet 1.

BARLEY SOUP.—See Diet 4.

No. 18.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Porridge with Sugar and Milk.	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bread as required Dripping, 1 lb. Salt as required	Bloaters, 100 Margarine, 3 lbs. 2 ozs. Milk, 10 pints Rolled Oats, 8 lbs. Pepper as required
	Bread and Margarine.		
	Bloaters.		
DINNER	Bake ^d Rabbit.	Rabbits, 70 lbs. Dripping, 4 $\frac{1}{2}$ lbs. Flour, 18 lbs. Salt as required	Potatoes, 50 lbs. Rice, 10 lbs. Onions, 3 lbs. Jam, 6 lbs. Pepper as required
	Potatoes.		
	Savoury Rice.		
	Jam Roll.		
TEA.	Tea,	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Meat, 25 lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 5 pints
	Bread and		
	Margarine.		
	Minced Meat.		
SUPPER.	Pea Soup.	Flour, 3 lbs. Bread as required Salt as required	Split Peas, 10 lbs. Mixed Vegs., 7 lbs. Onions, 3 lbs. Mint, 1 pkt. Pepper as required
	Bread.		

Method of Preparation and Cooking.

PORRIDGE.—See Diet 4.

BLOATERS.—See Diet 10.

BAKED RABBIT.—Cut the rabbits into joints of convenient size. Put them into boiling fat until half cooked. Arrange the rabbits in greased baking dishes, sprinkle with Worcestershire sauce and cover with the savoury rice. Bake in brisk oven for 30 minutes and serve. If preferred the Worcestershire sauce may be omitted. A little stock made from bacon cuttings, seasoned and put with the rabbits before adding the rice, gives good results.

SAVOURY RICE.—See Diet 3.

JAM ROLL.—See Diet 10.

MINCED MEAT.—Pass about 22 lbs. of cooked lean meat and 3 lbs. of fat meat through a mincer and season with pepper and salt. Put in a baking dish and place in moderate oven for about 20 minutes. Make a thickening of $1\frac{1}{2}$ lbs. of flour and mix with it $1\frac{1}{2}$ ozs. of pepper and 2 ozs. of salt. Remove the dish from the oven and pour off the fat, add the thickening, replace in the oven until the mince sets hard, then serve.

PEA SOUP.—See Diet 1.

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bacon, 25 lbs. Bread as required	Margarine, 3 lbs. 2 ozs. Milk, 5 pints Mustard as required
	Boiled Bacon.		
DINNER.	Rabbit Pies.	Rabbits, 70 lbs. Bacon, 5 lbs. Flour, 16 lbs. Dripping, 4 lbs. Salt as required	Potatoes, 50 lbs. Greens in Season, 50 lbs. Mustard as required Pepper as required
	Potatoes. Winter Greens, Kale, or Turnip Tops.		
TEA.	Tea, Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bread as required Salt as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Beetroot, 20 lbs. Onions, 3 lbs. Vinegar, 2 pints Pepper as required
	Beetroot and Onion Salad.		
SUPPER.	Hotch Potch.	Flour, 3 lbs. Bread as required Salt as required	Mixed Veggies., 7 lbs. Barley, 4 lbs. Cabbage Lettuce or Small Cabbages, 8 heads Onions, 3 lbs. Parsley, 1 bunch Sweet Herbs, 1 pkt. Blue Peas, 6 lbs. Pepper as required
	Bread.		

Method of Preparation and Cooking.

BOILED BACON.—See Diet 4.

RABBIT PIE.—Prepare the rabbits as explained in Diet 16, cut into joints of convenient size and bacon into dice. Arrange in baking dishes and season each layer with pepper and salt, and cover with stock. Cover the meat with a paste made as explained at Diet 1 and bake in a brisk oven for about 1½ hours, then slowly for about 30 minutes. Add remainder of the stock and serve. The heads, neck and liver should be put into a pan with seasoning and stewed to supply stock or gravy. The time for cooking is only approximate. When the crust becomes firm the pie should only be allowed to simmer gently until cooked; cover with greased paper if necessary to prevent the crust being scorched. When cooking for large numbers it is more convenient to partly stew the rabbits as explained in Diet 16, put into baking dishes, add stock, cover with paste and cook as explained, but for a shorter time.

GREENS IN SEASON.—Similar to Cabbage, Diet 3.

BETROOT AND ONION SALAD.—See Diet 4.

HOTCH-POTCH.—See Diet 7.

No. 20.

SPECIMEN DAY'S

Meals.	Ingredients Required.	
	Free Issue.	Purchased.
BREAKFAST. Tea, Bread and Margarine. Sausage and Bacon.	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Bread as required Bacon, 12 $\frac{1}{4}$ lbs. Salt as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Sausages, 12 $\frac{1}{2}$ lbs. Pepper as required Mustard as required
DINNER. Fish and Potato Pie. White Sauce. Mashed Peas. Macaroni Cheese.	Fish, 65 lbs. Flour, 4 lbs. Dripping, 3 lbs. Salt as required	Potatoes, 50 lbs. Blue Peas, 10 lbs. Macaroni, 10 lbs. Cheese, 3 lbs. Milk, 20 pints Margarine, 1 lb. Pepper as required Mustard as required
TEA. Tea, Bread and Margarine. *Fish Cakes.	Tea, 1 lb. Sugar, 3 $\frac{1}{4}$ lbs. Fish, 20 lbs. Dripping, 2 lbs. Bread as required Salt as required	Cooked Potatoes, 12 lbs. Bread Crumbs, 2 lbs. Margarine, 3 lbs. 2 ozs. Milk, 7 pints Pepper as required
SUPPER. Lentil and Pea Soup. Bread.	Flour, 3 lbs. Bread as required Salt as required	Lentils, 6 lbs. Split Peas, 4 lbs. Onions, 3 lbs. Mixed Root Vgs., 7 lbs. Mixed Herbs, 1 pkt. Pepper as required

* Cooked Rice, Potatoes, or scrap Bread should be used.

Method of Preparation and Cooking.

SAUSAGE AND BACON.—See Diets 2 and 9.

FISH AND POTATO PIE.—Gently boil or steam the fish, remove the bone and flake into small pieces ; put into baking dishes, well season, add a tablespoonful of chopped parsley to each and part of the sauce over the fish. Mash and prepare the potatoes as explained at Diet 16, cover the fish with the potatoes and score the surface with a fork. Bake in hot oven till browned.

MASHED PEAS.—As for Peas Pudding (see Diet 11).

MACARONI CHEESE.—Cook in boiling water for 45 minutes. Make a sauce as stated below, grate the cheese and add two-thirds to the sauce, then the cooked macaroni. Pour the mixture into greased baking dishes, sprinkle the remainder of cheese on top and bake till brown in quick oven for about 45 minutes.

WHITE SAUCE.—Make a smooth paste with the flour, mixing with water. Boil 16 pints of milk, add the margarine, pour it over the paste and stir well until quite smooth. Put back into the saucepan and cook for a few minutes and season to taste. The sauce to be served at the dinner meal should be cooked until the taste of the flour has disappeared. Time, about 20 minutes.

FISH CAKES.—Cook the fish, remove skin and bone, flake the fish, well mash the potatoes till free from lumps, adding the milk, melt the dripping and mix potatoes and fish with sufficient seasoning. Make cakes into a flat oval shape about 1 in. thick, and of sufficient size to provide two for each man. Press in a light layer of bread crumbs and dust with flour. Fry the cakes till browned in hot fat, or use double quantity of dripping in the preparation of the fish cakes, place in well greased baking dishes and bake in moderate oven till browned.

PEA AND LENTIL SOUP.—See Diet 5.

No. 21.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bacon, 12 $\frac{1}{2}$ lbs. Salt as required Bread as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Sausages, 12 $\frac{1}{2}$ lbs. Pepper as required Mustard as required
	Sausage and Bacon.		
DINNER.	Fried or Baked Cod.	Fish, 65 lbs. Dripping, about 4 lbs. Sugar, 3 lbs.	Potatoes, 50 lbs. Rice, 8 lbs. Nutmegs, 2 Milk, 16 pints
	Mashed Potatoes.		
	Rice Pudding.		
TEA.	Tea,	Tea, 1 lb. Sugar, 3 $\frac{1}{2}$ lbs. Bread as required Salt as required	Margarine, 3 lbs. 2 ozs. Celery, 30 heads Milk, 5 pints
	Bread and		
	Margarine.		
	Celery.		
SUPPER.	Barley Soup.	Bread as required Flour, 3 lbs. Salt as required	Barley, 8 lbs. Mixed Root Vegs., 7 lbs. Celery Seed, 2 pkts. Onions, 3 lbs. Pepper as required
	Bread.		

DIET—100 Men.

Method of Preparation and Cooking.

SAUSAGE AND BACON.—See Diets 2 and 9.

FRIED COD.—Well wash the fish in salt and water, divide into cutlets about 1 in. thick, dip into batter of flour and water and fry in boiling fat for 15 minutes.

BAKED COD.—Season with pepper and salt, coat the cutlets with dried breadcrumbs, arrange in well greased baking dishes, and bake for 20 to 30 minutes. Turn cutlets at half-time.

RICE PUDDING.—See Diet 2.

MASHED POTATOES.—See Diet 16.

CELERY.—Wash the roots free from dirt, separate the sticks, and if long out to convenient size; rewash, then pass through clean water. Any decayed or outside leaves should be cut away.

BARLEY SOUP.—See Diet 4.

No. 22.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Margarine.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Bacon, 12 $\frac{1}{2}$ lbs. Bread as required Dripping, 2 lbs. Flour, 1 $\frac{1}{2}$ lbs. Salt as required	Margarine, 3 lbs. 2 ozs. Liver, 12 $\frac{1}{2}$ lbs. Milk, 5 pints Mustard as required Pepper as required
	Fried Liver and Bacon.		
DINNER.	Boiled Fish, White Sauce.	Fish, 65 lbs. Salt as required Dripping, 3 $\frac{1}{2}$ lbs. Bread as required Flour, 4 lbs. Sugar, 2 lbs.	Haricot Beans, 15 lbs. Carrots, 7 lbs. Turnips, 7 lbs. Onions, 3 lbs. Currants or Prunes, 6 lbs. Mixed Peel, 1 lb. Spice, 2 ozs. Pepper as required
	Beans and Vegetables Baked.		
	Bread Pudding.		
TEA.	Tea,	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Bread as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Cheese, 6 $\frac{1}{4}$ lbs.
	Bread and		
	Margarine.		
	Cheese.		
SUPPER.	Pea Soup.	Flour, 3 lbs. Bread as required Salt as required	Split Peas, 10 lbs. Mixed Root Vgs., 7 lbs. Onions, 3 lbs. Mint, 1 pkt. Pepper as required
	Bread.		

DIET—100 Men.

No. 23.

	Method of Preparation and Cooking.	Meals
<p>FRIED LIVER.—See Diet 1. FRIED BACON.—See Diet 2.</p>		
<p>BOILED FISH.—For haddock, cod, hake, skate and similar fish, after washing in salt and water, slice or cutlet if large, put into cold water, bring to boil, and allow to simmer for about 20 to 25 minutes. Cover with sauce and serve. See Diet 13.</p>		
<p>WHITE SAUCE.—See Diet 20.</p>		
<p>BREAD PUDDING.—See Diet 6.</p>		
<p>BEANS AND VEGETABLES BAKED.—See Appendix. Schedule E.</p>		
<p>PEA SOUP.—See Diet 1.</p>		

* Served on Diet 13. | This is according to plan of first table.

Meals.				Ingredients Required.									
				Free Issues.	Purchased.								
BREAKFAST.	Porridge with Milk and Golden Syrup.	Bread and Margarine.	Baked Butter Beans.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Salt as required	Golden Syrup, 4 lbs. Rolled Oats, 8 lbs. Milk, 10 pints Margarine, 3 lbs. 2 ozs. Butter Beans, 10 lbs. Pepper as required								
						DINNER.	Vegetable Soup. Cheese Pudding. Fruit Salad.	Bread as required Salt as required Flour, 3 lbs. †Sugar, 2 lbs.	Lentils, 4 lbs. Pearl Barley, 4 lbs. Mixed Root Veggies., 15 lbs. Onions, 3 lbs. Margarine, 2 lbs. Milk, 16 pints Cheese, 6 $\frac{1}{4}$ lbs Fruit Salad, 8 lbs.				
										TEA.	Tea, Bread and Margarine. Mixed Salad.	Tea, 1 lb. Sugar, 3 $\frac{3}{4}$ lbs. Bread as required Salt as required	Milk, 5 pints Margarine, 3 lbs. 2 ozs. Beetroot, 15 lbs. Tomatoes, 4 lbs. Onions, 2 lbs. Vinegar, 2 pints

* Saved on Diet 19.

† Varies according to class of Fruit Salad obtainable.

DIET—100 Men.

Method of Preparation and Cooking.

PORRIDGE WITH GOLDEN SYRUP.—As in Diet 4. Open the tins containing the golden syrup, and stand in boiling water or on hot-plate until hot, then pour over the porridge and serve.

BAKED BUTTER BEANS.—Soak the beans overnight and strain. Place in boiling water and boil gently until tender, keeping them whole. Strain and arrange in baking dishes with sufficient fat to nearly cover them. Season with pepper and salt, place in oven and bake until the beans commence to turn brown. Put them into a colander and allow the fat to drain for a few minutes. Then put the beans into clean baking dishes, place in the oven for a few minutes and serve hot. Roast or baked beef dripping should be used in preference to dripping made from butcher's fat. Good results are obtained by baking in well-seasoned meat stock instead of dripping. Time to boil, about $1\frac{1}{2}$ hours. Time to bake, about 20 minutes.

VEGETABLE SOUP.—As in Diet 6.

CHEESE PUDDING.—Slice the bread and spread with margarine. Place a layer in well-greased baking tins and on each put a thin slice of cheese and sprinkle with pepper and salt. Place another layer of bread and cheese and continue until used up. Make a smooth paste with 1 lb. of flour by mixing with a little milk. Boil the remainder of the milk with any unused margarine, pour it over the paste and stir well until quite smooth. Put back into the saucepan and cook for a few minutes, season to taste, and pour over the layers of bread and cheese. Leave for an hour to soak, then bake in a quick oven until browned.

FRUIT SALAD.—Soak the dried fruit in water overnight, place it, with the liquor, into a copper with the sugar, and simmer gently for about $1\frac{1}{2}$ hours. The liquor should well cover the fruit. Stir frequently.

MIXED SALAD.—See Diet 6.

COCOA.—Mix the cocoa into a thin paste with milk and add boiling water. If concentrated cocoa is used it should be allowed to simmer for 1 or 2 minutes before serving.

VEGETABLES AND HERBS.

The vegetables in use by the troops are potatoes, carrots, turnips, onions, vegetable marrow, beans, turnip tops, greens and cabbages, and should be prepared as follows.

POTATOES.

Potatoes are best when cooked in their skins, but when it is necessary to peel them it should be done as thinly as possible, as the best part of the potato is that nearest the skin. After peeling they should be kept in cold water till required for use. If any be spotted in the inside, they should be rejected, as their flavour and the best part of the nutriment has been lost. If for boiling, a little salt should be dissolved in the water before the potatoes are placed in it, but it is better to steam them, as their flavour is thereby improved and the waste is less. New potatoes should always be placed in boiling water with a little salt, and not steamed.

Potatoes with rough skins are best for boiling, smooth ones for baking, and as a general rule the smaller the eye of the potato the better is their quality.

CARROTS.

Carrots should always be sent up to table with boiled beef. They vary much in quality, but should be quite firm, and have a crisp appearance when broken. Young carrots should be washed before cooking; old ones will require scraping and cutting into quarters lengthwise. A little salt should always be boiled with them.

PARSNIPS.

Parsnips, which should be served in a similar manner, are excellent for flavouring, and contain a great amount of nourishment.

TURNIPS.

Turnips may be used in all stews, and should be mashed to flavour soups, &c. After boiling, they should be thoroughly drained, a little dripping, pepper, and salt must be added to taste, and they should then be mashed with the ordinary vegetable masher. The turnips should be small, finely grained, juicy, smooth, and sound, and should be peeled, as the part next the skin is fibrous and indigestible.

ONIONS.

This well-known vegetable may be regarded either as a condiment or an article of real nourishment. By boiling it is deprived of much of its pungent, volatile oil, and becomes agreeable, mild and nutritious. As a slight flavouring it is considered an improve-

ment to nearly all made dishes. In stews, pies, &c., it will be found better to first place the onions in a little boiling water with soda, and there allowed to remain for 10 minutes. The water, which will then be found quite green, should be thrown away, as it contains the indigestible part of the onion.

Garlic, shallots, chives, and leeks are more pungent than onions, and should be sparingly used.

The Spanish onion is larger than the English, and is considered milder in flavour.

PEAS AND BEANS.

Peas, beans, and fresh pulse of all kinds should be boiled by placing them in boiling water without salt.

The quicker they are cooked, strained, and served, the more tender they will become.

TURNIP TOPS.

Turnip tops, greens, cabbages, savoys, kale, &c., should be first well picked, washed, and left in salt and water for a short time to drive away any insects that may remain. They should then be placed in plenty of boiling water, with a little salt and soda added, and boiled quickly, leaving the boiler uncovered; this not only helps to preserve their colour, but allows the indigestible part to pass away. As soon as done they will sink to the bottom, and should be taken up at once, strained, and kept warm until served. By so doing they become mellow, and preserve their flavour.

VEGETABLE MARROW.

Vegetable marrows should be peeled, quartered, and the seeds removed (these are very good if added to a soup); they should then be placed in boiling water with a little salt, and boiled until tender. They are also very good mashed, for which they must be boiled, drained thoroughly, and mashed smoothly, adding a little dripping, pepper, and salt to taste.

DRIED PULSE.

Dried pulse, such as the large blue pea, haricots, lentils, &c., should be placed in four times their quantity of water, without salt, and boiled from 2 to 3 hours, until tender, when they will have absorbed all the water, and then seasoned to taste. They are a good substitute for potatoes. 1 lb. of good dried haricots makes 4 lbs. when cooked. Peas and haricots are a favourite dish when baked or steamed with the meat, for which they must be previously soaked in cold water.

MUSHROOMS.

Mushrooms and marigold flowers are often found growing wild, and give an excellent flavour to a stew or soup.

NETTLES AND SWEET DOCKS.

Nettles and sweet docks are excellent vegetables in the spring, two-thirds of the former being mixed with one-third of the latter. They should be boiled in plenty of boiling water with a little soda. When cooked, drain well, and chop them up as you would spinach, then place them in the dry boiler with some gravy or dripping, salt, and pepper. Stew for about 5 minutes and serve. There are various ways of cooking them, and they are a good substitute for other vegetables in soup.

The young leaf of the mangold wurzel is also excellent when cooked as above. Both should be served with roast meat. Wild sorrel added to pea soup in the spring makes a pleasant change.

SEASONING HERBS, &c.

A faggot of herbs usually consists of 2 sprigs of parsley, 4 of savory, 6 of thyme, and 2 small bay leaves tied together; marjoram may be added. In making soup, the herbs should be sunk by means of a small flint stone. Many of these herbs are found growing wild in this country and in Gibraltar, but it will generally be found advisable to use instead a packet of mixed herbs, at a cost of one penny. A cook should be very careful in detecting the commonest of all herbs, parsley, it being often mistaken for fools parsley, or lesser hemlock, which is of a poisonous nature. This may be detected by bruising the leaves, when they will emit an unpleasant smell, unlike parsley.

CELERY AND MARJORAM.

Celery; the red variety is best for soup, being stronger in flavour. Marjoram usually grows on chalky soil. Its leaves are small and sharp, and the flower slightly red.

SAVORY AND THYME.

Savory and thyme, when not required for use in soups, should be dried, powdered, and bottled.

MINT.

Mint, when dried, is used for pea soup. When fresh it should be chopped up and mixed with vinegar and sugar, which forms a refreshing seasoning for cold lamb.

SAGE.

Sage, a garden plant, should only be used with meats of a strong-flavoured, oily nature, such as pork or goose.

Its aromatic qualities promote the digestion of fatty matter.

BEVERAGES.

TEA.

In making tea the vessel must be quite clean, then heated with hot water and rinsed, the dry tea put in, and boiling water poured over it, and the can closely covered for about 8 minutes for the tea to draw.

It should then be strained and the leaves well rinsed with the additional boiling water required before adding the sugar and milk.

When making large quantities of tea it will be found better to put the dry tea into thin muslin bags, tie loosely so as to allow sufficient space for the leaves to expand and give out their full flavour; put them in the tea vessel, pouring on the boiling water and allow to remain in a warm place closely covered for about 8 minutes; then withdraw the bags, add the milk and sugar, and serve as hot as possible.

Tea should never be made in a vessel that has contained broth or soup.

COFFEE.

To prevent adulteration, coffee should be bought in the bean and ground. The beans should be of a bright chestnut brown colour. Care should be taken that only sufficient coffee is ground for the next day's consumption, for when the bean is broken the aroma quickly escapes. Coffee of an inferior quality may be improved by the addition of chicory, but it should not be used in greater quantities than 2 ozs. to 1 lb. of coffee. Beans and chicory are used in adulterating coffee. The presence of the latter may be detected by sprinkling a little of the mixture on some water in a glass. If chicory be present it will at once sink to the bottom, whereas coffee will float for a time. Some should also be shaken up with the water, when the coffee will rise to the surface, and the chicory will sink. In preparing coffee, care should be taken that it is not allowed to boil, as by doing so its aroma is partly dissipated. It should, if possible, be first warmed, which causes each grain of the powder to separate, then the amount of boiling water required should be poured on it. It can easily be prepared in this manner with Warren's apparatus.

With the boilers, the cans should be rinsed with hot water and then the dry coffee placed in them, and the boiling water added gradually, so as to thoroughly extract its strength. It should be made immediately before being required, and served up as hot as possible.

COCOA.

Concentrated cocoa should be prepared as follows:—Put the cocoa and sugar into a cup or basin, mix together with a spoon, pour on the boiling water, stirring the whole well, add the milk and serve hot. When preparing it in large quantities, it will be found better to mix the cocoa and sugar into a thin paste with the milk, then add the boiling water, boil the mixture for 3 minutes, keeping it well stirred, then serve. The boiling develops more fully the flavour and aroma of the cocoa.

A teaspoonful of cocoa for each man will be found sufficient; sugar, the same amount as laid down for coffee. Milk as allowed for tea.

CONDIMENTS AND SEASONINGS.

Condiments and spices are salt, pepper, cayenne, mustard, sugar, clove, allspice, cinnamon, nutmeg, mace, ginger, &c.

SALT.

Salt is almost impossible to adulterate; the finest is known by its whiteness, fine crystallisation character, dryness, complete and clear solution in water.

It is the most important of the condiments, and is used extensively to prevent the decomposition of animal and vegetable substances, and nearly every description of food prepared.

PEPPER.

Black and white pepper is much adulterated with meal, clay, grate rubbish, burnt bread, &c., which tends principally to subdue its strength. It should have a pungent aromatic odour, and be hot and acrid to the taste.

CAYENNE PEPPER.

Should be of a bright red colour. It has an acrid, aromatic, and extremely pungent taste, setting the mouth as it were on fire. It is often adulterated with brickdust. The various kinds of pepper are used in soups, stews, &c., to give them a warm biting flavour.

MUSTARD.

Mustard of good quality is known by its sharp acrid taste and smell.

It is adulterated with pea flour, meal, &c., but this is not injurious to health, mustard being too bitter to use by itself. It is used to flavour roast beef, goose, &c., and tends to correct the effect of the strong oily fat in the food, as alluded to when speaking of sage.

SUGAR.

The descriptions usually used in the Service are the white crystal, or granulated—Demerara, and coarse brown sugar. The former is nearly free from adulteration, and is generally used with coffee.

The Demerara is the best description of brown sugar, and should be dry to the touch and not the least sticky or clammy.

Coarse brown sugar frequently contains sugar mites, which may be detected by dissolving a little of the sugar in a glass of tepid water, when they will in a short time float on the surface. It is extensively adulterated with sand, chalk, plaster of Paris, flour, maize, &c.

Sugar is used to preserve fruit, &c., and as a sweetener to many kinds of food and beverages it is very nutritious.

CLOVES.

Cloves are used to flavour soup, sauces, and puddings.

ALLSPICE.

Allspice for meat, &c.

CINNAMON.

Cinnamon is used in sweet dishes and drinks.

NUTMEGS.

Nutmegs in sweet dishes and various beverages.

MACE AND CURRY POWDER.

Mace and curry powder is used to flavour soups, stews, sauces, &c.

RICE.

Rice varies greatly in quality; Carolina is the best, largest, and most expensive. Patna is almost as good; the grains are small, long, and white; it is used chiefly for curries.

Madras rice is the cheapest and yields plentifully. It forms a most valuable article of farinaceous food, it is light, nourishing, easy of digestion, and cheap, and should be kept closely covered to keep insects from it.

Boiling Rice in small quantities.

(1) Wash the rice in several waters, pick out the discoloured and unhusked grains; and place it on to boil in plenty of cold water. This is the secret of having the rice whole, the water keeping the grains separate; leave it uncovered and bring slowly to the boil;

shake it occasionally to prevent burning, but do not stir it if it can be avoided. When it has simmered gently from 20 to 25 minutes it should be tender. Patna rice will not require quite so long to cook as many of the other varieties. Shake in a little salt, and drain it in a colander, when the grain will separate and be of the finest flavour.

To boil Rice in large quantities.

As it is impossible to cook rice in large quantities in the Dean's and other boilers in use by the above recipe, the following method has been found very good. Prepare the rice for boiling as already directed. Have ready a boiler containing 8 times more water than there is rice, bring to a sharp boil, throw in the rice, draw the fire at once; damp the boiler down, place on the lid, allow to stand for 10 minutes, remove the lid, gently stir the rice, replace the lid, allow to remain for 10 minutes more, see if the rice is cooked, strain off the water and serve. Care should be taken that it is not allowed to remain too long in the boiler; rice should never be overcooked.

COOKING, VARIOUS METHODS OF.

The various methods of cooking in the Service are roasting, baking, boiling, steaming, stewing, and frying, and may be described as follows:—

ROASTING.

Roasting may be performed in two ways: (1) With an open fire-place; (2) in an oven.

(1) To roast meat is to cook it by exposing it to the direct heat of the fire (360° Fahr.). Authorities differ greatly as to the best mode of roasting, but all agree that the fire must be bright and fierce.

To preserve its nutritious matter, the meat should at first be placed close to the fire, basted and slightly dredged, by doing so the exterior of the meat becomes hard, which prevents the escape of the juices; then withdraw it to a greater distance from the fire and baste until done.

The time required is 15 to 18 minutes per 1 lb. weight, but that must be judged by the thickness of the joint and the quality of the meat. Young and fat meat requires longer than old and lean.

If on pressing the lean part with the flat portion of a knife, the meat yields easily, or if the steam from the meat draws towards the fire, it is done.

The loss in roasting is from 30 to 35 per cent., being the greatest average loss in cooking.

Basting is pouring fat or dripping over the meat from a pan placed underneath.

Dredging is shaking over the meat dry flour or bread crumbs and salt mixed.

(2) Joints can only be indifferently roasted, however, in the Service, and the distinction between what is commonly called a roast and a bake is small. With the former the meat is resting on a trivet (as with a Yorkshire pudding) and to a certain extent the whole surface of the meat is exposed to the dry heat of the oven; with a bake, a certain portion of the meat is resting on the potatoes and becomes partly cooked before being turned. The oven must be thoroughly hot before the dishes are placed in it, and the joint frequently turned, and the dishes moved in the oven so that each portion of the meat may be equally cooked. Baste and dredge frequently. The meat may be either larded or barded previous to cooking; the former is the insertion of pieces of fat in the flesh or on the surface of the meat, the latter is covering lean meat with fat, to impart a richness it would not otherwise possess; both processes are similar to basting.

BAKING.

Baking is a most convenient, economical, and satisfactory mode of cooking certain dishes, such as pastry, meat pies, pork, shoulder of mutton, &c., and it is popular with the troops.

The best oven for baking is one sufficiently ventilated to allow the steam rising from the meat to escape.

In baking pies, &c., they should, at first, be placed in the hottest part of the oven. When the paste is cooked it can be left on the bottom to simmer until done. Pork or other meats of a similar nature should be covered with a greased paper, to prevent the fat melting too quickly.

The average loss in baking is 25 per cent.

The heat required to bake meat is at least 345° Fahr., but more is necessary should there be much stock or any potatoes in the dish.

BOILING.

The boiling point of water is 212° Fahr., but if salt be added 220° Fahr. will be obtained.

To boil a joint of meat for table, it should be placed in boiling water, and allowed to boil quickly for 10 minutes, then bring it to a simmer and allow it to remain at a temperature varying from 180° to 190° Fahr., it should be surrounded with plenty of water and the lid of the vessel kept on, care being taken that the scum rising to the surface of the water is frequently skimmed off, or the appearance of the meat will be spoilt.

By placing the meat in boiling water the albumen becomes solid and prevents the escape of the juices.

If soup only be required, the meat should be cut into small pieces and placed in cold water and allowed to simmer slowly in order to extract its juices as in preparing beef-tea.

Salt beef or pork should be previously soaked and washed in cold water, then placed in a vessel containing cold water and allowed to boil slowly for one hour, the water in which it has been boiled should then be thrown away. Refill the boiler with fresh cold water, and simmer gently until done. Salt meat requires a little longer time for cooking than fresh. It is placed in cold water in order to extract the salt or brine; if put into boiling water the meat would become hard and indigestible.

The average loss in boiling meat is 15 or 20 per cent., and the time required to cook depends upon its weight and compactness: as a general rule 15 or 20 minutes per 1 lb. weight. If a piece of the flank weighing about 15 lbs. were boiled as issued it would require about one hour or so, but if boned and rolled it would require from 3 to 4 hours, and would then be sent up to the table as a very substantial joint.

VEGETABLES.

In boiling vegetables to be served separately, they should be placed in boiling water, with a little salt, and boiled quickly until tender, which will cause them to retain their saccharine juices; but if for soup, they should be placed in cold water and boiled slowly in order to extract the juices.

Cabbages, greens, &c., should be thoroughly cleaned and allowed to remain for a short time in salt and water; this will destroy any small insects that may remain. They should then be placed in boiling water with a little salt and soda added, and boiled quickly until tender, then taken up and strained and served very hot, the boiler should be kept uncovered, as it not only helps to preserve their colour, but allows the indigestible part to pass away.

PUDDINGS.

Puddings should also be placed in boiling water. The water should be kept at a steady boil. Flour, when used as a thickening in soup, requires 30 to 40 minutes' boiling, oatmeal from 50 minutes to 1 hour.

STEWING.

Stewing is considered the most profitable mode of cooking. If properly performed, tough meat is rendered tender and wholesome, and more nourishment is obtained than by any other process of cooking. It should be distinctly understood that stewing is not boiling; all that is required is a gradual simmering, that is, from 170° to 180° Fahr., and by this process the coarsest and roughest parts of the beast will become soft, tender, and easily digestible.

The best method of stewing is by steam, because with the apparatus now used in Service Kitchens it is nearly impossible to bring the contents of the dishes to boiling point.

Meat of a fibrous and coarse nature, such as legs, briskets, buttock, clods or necks of mutton, should be issued for stewing.

BRAIZING.

Braizing is stewing meat by placing it in an air-tight stewpan, and the heat applied above as well as below, or it can be put in a very hot oven, with a small quantity of water in a dish. Average loss in braizing 10 per cent.

STEAMING.

Steaming is usually performed by steam passing from a close boiler to a close chamber, or by placing a steamer over a boiler containing boiling water, or by placing a few bricks or stones at the bottom of the boiler, covering them with water and placing on them the dish containing the articles required to be cooked.

A steamer is a vessel the bottom of which is perforated with a number of small holes, and should never be placed above a boiler until the water is at a sharp boil.

The articles of food usually cooked by steam are meat, potatoes, puddings, &c.

The average loss in steaming is 15 per cent.

About $1\frac{1}{2}$ pints of water will accumulate from the condensed steam during the process of cooking about 18 rations.

FRYING.

Frying is cooking with the aid of fats, such as butter, lard, dripping, suet, or olive or palm oil, &c., which should be sweet, clean, fresh, and free from salt. With care the same fat should last a long time, but when it acquires a dark brown colour it is no longer fit for use.

It is customary to place in the pan only sufficient fat to cover the bottom of it, but, when possible, it will be found better to have sufficient fat to cover the article intended to be cooked; in other words, "Frying is simply boiling in fat."

The heat required for frying purposes is from 350° to 400° Fahr. A simple way to ascertain when the fat is sufficiently hot is to place in it a piece of bread for a few seconds; if this becomes a golden brown colour it is ready; should the bread assume a light yellow it is not hot enough, but if the bread be burnt a dark brown colour the fat is too hot.

Another way of testing is by spilling a few drops of water into the fat, and when the noise resulting from the evaporation of the water ceases the fat is ready.

The loss in frying depends on the quality of the meat and mode of cooking. If properly performed there should be none.

BROILING.

Broiling is cooking over or in front of a fire, a gridiron being generally used, care should be taken that it is perfectly clean and free from grease. It should be placed on the fire slantways, the

lower part in front; this prevents the fat falling into the fire and causing it to smoke. The fire must be clear, bright, and tolerably strong.

Meat for broiling should be cut thin and of an even thickness. The meat then will be equally cooked throughout.

Previous to cooking, the meat should be sprinkled with pepper, but not with salt. It should be frequently turned, and when firm to the touch on being pressed with the flat part of the knife the meat is done.

The average loss in broiling is 8 per cent. With a clean gridiron, a clear fire, close supervision, and the exercise of a little judgment as to when it should be required, small dainty pieces of meat and fish may be cooked by broiling in a manner superior to that obtained by any other process of cooking.

RECIPES.

The advantages of sending everything up to the rooms perfectly hot and well prepared should be impressed upon the cook. No dish looks so unpalatable as a meat pie carelessly made and baked. A pie with a light crust tastefully covered, and baked a nice brown even colour, is in itself an incentive to the appetite. These remarks apply equally to every dish usually prepared in a regimental cook-house, and the serjeant-cook should satisfy himself that all dishes, &c., leaving the cookhouse are properly served.

GRAVY.

Place the required quantity of stock in a stewpan, bring the contents to the boil; make the thickening by mixing flour with cold water or stock into a smooth batter; add the thickening, keeping it well stirred to prevent it burning; allow it to simmer gently for 30 minutes; add the bay leaves or mixed herbs and seasoning, and allow the leaves to remain for a few minutes; remove them, colour the gravy by adding a small quantity of caramel or brown flour.

PASTE FOR PIES.

In preparing paste the cook should place his hands under a tap for a few minutes, so that they may be quite cold before touching the ingredients.

Ingredients.—Flour, dripping, salt, and cold water.

Method.—Finely shred the dripping, should it be hard; if soft, it must be broken into small pieces about the size of a walnut. Mix the flour and salt well together, add the dripping, which should not be rubbed into the flour, but carefully mixed. Work the whole

lightly into a smooth paste with the required quantity of cold water, turn out on the table, fold and roll about four times, or press lightly with the hands, roll out, and it is fit for use.

SEA PIE.

Meat, potatoes, mixed vegetables, onions, flour, suet or dripping, pepper, salt.

Peel or scrape, clean and cut up the vegetables and onions; peel, wash and slice the potatoes in halves lengthwise.

Make the paste, separate the meat from the bones, and cut into small pieces; place some stock in the cooking vessel, add the meat with the potatoes, vegetables, onions, &c., season with pepper and salt, barely covering the whole with stock; cover with the paste, making a hole in the centre. With a moderate steam, it requires 3 hours to cook.

TURKISH PILLAU.

Meat, rice, cayenne pepper, onions, salt, sweet herbs, flour, stock, as required.

Peel and slice the onions, separate the meat from the bones, cut it into small pieces.

Place the flour, cayenne pepper and salt in a dish, well mix together; rub the pieces of meat in dry flour. Pour a little stock in the bottom of the dish, add the meat, onions and sweet herbs, barely cover with stock, and stir the whole together.

Place in the oven, care being taken that it is only moderately hot and the stew frequently stirred.

Boil the rice as directed for boiled rice, having it ready about 45 minutes before the dinners are served.

Line the sides of a separate dish with the rice, pour the pillau in the centre, then replace in the oven till time to serve.

COLOURING FOR GRAVIES, STEWS, &c.

Cooks should invariably have at hand some simple material for colouring gravies, stews, &c.

CARAMEL.

Put $\frac{1}{2}$ lb. of sugar in a stewpan and place on hot-plate, move the sugar about with a spoon and allow it to remain until it is of a dark brown colour, when it will be seen to boil or bubble; add about 3 pints of water and simmer for a few minutes; when cool bottle for use.

BROWN FLOUR.

Line a shallow baking-tin with clean paper, spread about 1 lb. of flour over the paper. Put the tin into a moderate oven and thoroughly brown, moving the flour about as found necessary. Should be sifted after browning and kept for use as required.

TO BROWN PASTRY AND CAKES.

Put $\frac{1}{4}$ lb. brown sugar into $\frac{1}{2}$ breakfast cup of milk. Put into small saucepan and slowly bring to boiling point, stirring all the time. With a small brush lightly coat the cake or pastry before cooking.

VEGETABLES.

When part of vegetables are fried till well browned and added to the dish in preparation for flavouring it also serves the purpose of colouring.

BRAWN.

Ingredients.—1 bullock's head, 1 set of cow heels, 1 packet of spice, 1 oz. saltpetre, 2 lbs. of salt, $1\frac{1}{2}$ oz. of pepper, 2 gallons of water if boiled, 1 if steamed.

Trim the head, removing the skin round the outside of the mouth, also the nostrils, and well wash in cold water; then saw it in two lengthways and through the lower part of the cheek bone; also through the thick part of the skull (avoid the use of the chopper, as it is nearly impossible afterwards to remove the small splinters from the bones), thus leaving the head in six pieces. Scald and clean the heels, splitting them lengthways, removing the large bone above the fetlock, place the whole in cold water in which 1 lb. of salt and 1 oz. of saltpetre has been dissolved and allow it to remain for 10 or 12 hours. Place 2 gallons of cold water in the boiler, add the head, heels and bones, and as soon as it boils allow it to simmer gently for 5 or 6 hours, the fat or scum being frequently skimmed off; remove the bones from the liquid, and if necessary chop or mince any large pieces of meat that may remain; add the remaining salt, pepper, and spice, stir the whole well together, seeing that the meat is equally mixed with the liquor. Dish up in basins, baking dishes, &c., and allow it to cool. If the heels be tough or old, they may be simmered for 1 hour before adding the head.

PORK AND BEANS (CANADIAN) FOR 100 MEN.

Pork or bacon, $12\frac{1}{2}$ lbs.; haricot beans, 16 lbs.; pepper and salt as required.

Soak the beans for 12 hours, place in boiler or camp kettle, add salt and boil until three parts cooked. Strain, place layer of beans in a baking dish, then a layer of very thinly-sliced pork or bacon, another layer of beans, then pork or bacon; repeat until the baking dish is nearly full; sprinkle each layer with pepper and salt (also mustard if preferred), add stock or water, and bake in moderate oven for about 6 hours. Stir occasionally to prevent burning. Only sufficient stock should be used to keep the beans from burning. They should be cooked until well browned. A little molasses is sometimes added to the stock or water.

FAGGOTS BAKED.

Mix a mincemeat of calf's liver, or, if more convenient, pig's liver and fresh fat pork. Chop very finely $1\frac{1}{2}$ lbs. of fresh fat pork. Season with onions, sage, thyme, salt, and pepper.

Steam over boiling water, and throw off all the fat. When cold add a large cupful of breadcrumbs; mix all well together. Thoroughly flavour with nutmeg, and make up into round balls, which may be baked in a buttered dish, with a small quantity of good gravy, or, as is often done, wrapped separately in a piece of pig's caul. In either case they should be of a pale brown, and cooked very slowly. Time to steam mince meat, half an hour; to bake in a moderately hot oven, 45 minutes.

BROILED BEEF STEAK.

As the success of a good broil so much depends on the state of the fire, see that it is bright and clear, and perfectly clear from smoke, and do not add any fresh fuel just before the gridiron is to be used. Sprinkle a little salt on the fire, put on the gridiron for a few minutes to get thoroughly hot, rub it with a piece of fresh suet to prevent the meat from sticking, and lay on the steaks, which should be cut an equal thickness—about $\frac{3}{4}$ inch, or rather thinner, and level them by beating them (as little as possible) with a rolling-pin; turn them frequently with steak tongs (if these are not at hand, stick a fork in the edge of the fat so that no gravy escapes), and in 8 or 10 minutes the steak will be done. Have ready a very hot dish, into which put the ketchup, and, when liked, a little minced shallot; dish up the steaks, rub them over with butter, and season with pepper and salt. They should not be cooked before the time required, as their excellence depends upon being served very hot.

MUTTON CHOPS, BROILED.

Cut the chops from the loin of mutton, remove a portion of the fat, and trim into a nice shape, slightly beat and level them, place the gridiron over a bright, clear fire, rub the bars with a little fat, and place on the chops; while broiling frequently turn them, and in about 8 minutes they will be done; season with pepper and salt, and dish them on a very hot dish; rub a piece of butter on each chop, and serve hot.

Eggs.

Poached.—Break some new-laid eggs into separate cups; then drop them one after the other into a stewpan containing boiling water, mixed with a tablespoonful of white vinegar and a little salt; keep this boiling while the eggs are dropped in at the side of the stewpan; when they have boiled for 2 minutes drain them on

a clean cloth, then place each one on a square or oval piece of dry toast or fried ham, bacon, &c.

Boiled, for breakfast, should be placed in boiling water and allowed from 3 to 3½ minutes to set the whites nicely; if liked hard, 6 to 7 minutes will not be found too long; for salad, they should be boiled 10 to 15 minutes.

STOCK POT.

A stock pot should be in use in all cook-houses. Usually a large boiler is provided for this purpose, in which bones are allowed to simmer for the purpose of extracting properties which are invaluable in the preparation of soup, gravies, meat pies, meat puddings, &c.

The bones should be put into cold water (add salt) in the proportion of one-third bones to two-thirds water, brought to the boil and allowed to simmer for about 7 hours. The bones should then be removed and dried, the stock strained and used as required.

Scum should be skimmed from the surface of the stock as it rises. It is a waste product, the presence of which frequently turns the stock sour, especially in hot weather, when the fire has been drawn and the stock allowed to cool down.

Each night the boiler should be emptied, straining the liquor off into clean vessels. Then wash and air the pot.

SAUCES.

What to serve with Meat and Poultry.—This will be found a valuable little table for reference. Roast beef, horseradish sauce; grilled steak, mushroom or tomato sauce; roast mutton, red currant, rowan, or cranberry jelly, onion or soubise or brown caper sauce; boiled mutton, parsley or caper sauce; grilled or fried chops, tomato sauce; roast pork, apple sauce, piquant sauce, or thick brown gravy; pork cutlets, mustard sauce; boiled ham, parsley sauce; roast lamb, mint sauce; roast chicken, bread sauce or brown gravy; boiled chicken, chestnut sauce, egg sauce; grilled chicken, tartare sauce; roast goose, apple sauce; roast duck, apple sauce or orange sauce; roast turkey, cranberry or bread sauce; boiled turkey, celery or egg sauce; boiled rabbit, onion or mushroom sauce; roast rabbit, bread sauce. Trained cooks invariably keep by them the ingredients to make these sauces.

RAISIN PUDDING.

Flour, raisins, dripping, egg powder, baking powder, salt.

Stone and chop up the raisins if time will allow; if not, use sultana raisins, shred the dripping, then mix the flour, baking powder, egg powder, salt, and dripping; add the raisins, and mix well together; add sufficient water to make a rather stiff paste, divide it into equal portions, tie in a cloth, and boil for 4 hours; if rolled as in a plain suet pudding, 3½ hours will be found sufficient.

DATE PUDDING.

Dates, flour, sugar, dripping, salt, nutmegs.

Stone the dates, shred the dripping, place the flour, salt, sugar, and grated nutmeg in a dish, mix together, add the dates and dripping, mix the whole well together; moisten with sufficient cold water (mixing lightly) to make a tolerably soft dough.

Tie up in cloths as in plain pudding, and boil gently for 3½ hours.

BREAD AND BUTTER PUDDING.

Bread, sugar, currants, margarine, milk, suet.

Cut the bread into moderately thin slices (remove any hard crust), butter it; wash, dry, and carefully pick the currants, free the suet from skin and chop fine; place a layer of bread at the bottom of the dish, a layer of currants and sugar and suet, then another layer of bread, and so on alternately till the dish is nearly full. Pour in the milk at the side of the dish until it appears on the surface. Bake of a nice brown colour in a moderate oven. It will require 1½ hours.

APPLE PIES OR TARTS.

Flour, apples, dripping, baking powder, sugar, cloves.

Make the paste described in No. 1, peel, core, and cut the apples into slices, place a thin border of paste round the sides of the dishes, and add the sugar and cloves, with sufficient water to cover the bottom of the dish, cover with paste, and bake in a quick oven for 1 hour.

APPLE PUDDING.

Flour, apples, baking powder, sugar, cloves, salt, dripping.

Make the paste, peel, core, and cut the apples into slices. Line the inside of a "Dean's" or "Warren's Cooker" with a portion of the paste. Place in the apples, sugar, and cloves, well cover the bottom of the cooker with water, cover with the remainder of the paste, and with a moderate steam will require from 2 to 2½ hours to cook.

APPLE RINGS.

Apple rings, or any fruit from which the moisture has been evaporated, should be soaked in the same quantity of water for 8 or 9 hours. They are then used as detailed for apple tarts, care being taken, however, to see that they do not get dry during the process of cooking. Dried or evaporated fruits require more time to cook, and absorb more water than fresh fruit.

DRIED FIGS AND PRUNES.

If for stewing, they should be separated and picked over, then soaked overnight in sufficient water to cover them. Figs or prunes may be stewed by means of steam, or in a covered dish in an oven

Sufficient sugar to sweeten them should be added, and if required, a little lemon flavouring.

Figs for puddings should be prepared as for stewing, the hard stems removed and the fruit cut into small pieces, then proceed as for Date Pudding.

TREACLE PUDDING.

Flour, treacle, baking powder, egg powder, salt, dripping.

Place the flour, baking and egg powders, with salt in a dish, mix well. Put in the chopped dripping, add sufficient cold water to make a tolerably stiff paste.

Roll out about half an inch thick, spread the treacle over the surface of the paste, damp the edges, roll round, taking care that the ends adhere to each other to prevent the treacle from boiling out. Tie in a cloth, and boil gently from 2½ to 3 hours.

TREACLE TARTS.

Flour, treacle, dripping, baking powder, and bread crumbs.

Make the paste. Grease the inside of a pie dish. Roll out the paste to about one-eighth of an inch thick; line the inside of the dish; spread a thin layer of treacle at the bottom; sprinkle on the bread crumbs. Cut a piece of paste the size of the dish. Place this on the top, add another layer of treacle, then a layer of paste, and so on till the dish is nearly full; bake in a moderate oven till done; time required for baking depends upon the size of the dish; an ordinary dish about 1½ hours.

TAPIOCA PUDDING.

Soak the tapioca for 2 hours in cold water, then strain. Mix tapioca, milk and sugar in baking dishes, margarine to be broken up and placed on top of the mixture; then grate nutmeg over the surface. Place in hot oven till nearly browned and remove to cooler part till cooked.

TREATMENT OF FLAKED MAIZE AND MAIZE MEAL.

Ingredients for 100 men when served in place of one or two vegetables.

In the preparation of pastry for pies and puddings opinion differs as to the use of baking powder. If used the quantity should not be in excess of 1 oz. to 4 lbs. of flour used.

FLAKED MAIZE AND CHEESE CROQUETTES.

Ingredients.—Maize (flaked), 4 lbs.; milk and water, 12 pints; cheese, 1 lb.; pepper, 1½ oz.; salt, 1½ oz.

Method of Preparation.—Bring milk or water to boil—sprinkle in the maize, add salt and pepper, then stir over fire until firm.

Time, 5 to 10 minutes. Add grated cheese, then turn out into a dish to cool.

Roll out, cut into portions, place on greased baking dishes and bake or fry till brown. Time, 10 minutes.

FLAKED MAIZE AND ONION CROQUETTES.

Ingredients.—Maize (flaked), 4 lbs.; milk or water, 12 pints; onions, 4 lbs.; pepper, $1\frac{1}{2}$ ozs.; salt, $1\frac{1}{2}$ ozs.

Method of Preparation.—Boil and finely chop up the onions. Boil the milk, sprinkle in the maize, add salt and pepper.

Stir over fire until firm. Time, 5 to 10 minutes. Add onions and well mix, then turn out on dish to cool. Roll out, cut into portions, place on greased baking dishes and bake or fry till brown. Time, 10 minutes.

FLAKED MAIZE AND MIXED VEGETABLE CROQUETTES.

Ingredients.—Maize (flaked), 4 lbs.; milk or water, 12 pints; onions, 2 lbs.; carrots, 2 lbs.; turnips, 2 lbs.; salt, $1\frac{1}{2}$ ozs.; pepper, $1\frac{1}{2}$ ozs.

Method of Preparation.—Clean and chop up mixed vegetables, fry in dripping, and then strain. Boil milk or water, sprinkle in the maize, add salt and pepper.

Stir over fire until firm. Time, 5 to 10 minutes. Add mixed vegetables and well mix, then turn out into a dish to cool. Roll out, cut into portions, place on greased baking dishes and bake till brown. Time, 20 minutes.

FLAKED MAIZE AND POTATO CROQUETTES.

Ingredients.—Maize (flaked), 4 lbs.; milk or water, 12 pints; potatoes, 6 lbs.; salt, $1\frac{1}{2}$ ozs.; pepper, $1\frac{1}{2}$ ozs.

Method of Preparation.—Wash, peel, and re-wash potatoes. Boil, strain and mash. Boil milk or water, sprinkle in the maize, add salt and pepper.

Stir over fire until firm. Time, 5 to 10 minutes. Add potatoes and well mix, then turn out into a dish to cool. Roll out, cut into portions, place in greased baking dishes and bake or fry till brown. Time, 10 minutes.

MAIZE COVERING FOR MEAT PIE OR PUDDING.

Ingredients.—Maize (flaked), 8 lbs.; milk or water, 24 pints; flour, 1 lb.; salt, $1\frac{1}{2}$ ozs.

Method of Preparation.—Bring milk or water to boil, sprinkle in the maize, add salt, stir until firm.

Roll out to the required size, using flour to prevent the paste sticking to the rolling pin. The paste must be used when hot otherwise it cannot be rolled.

Cover or line dish as required.

POTATO AND MAIZE COVERING FOR MEAT PIE OR PUDDING.

Ingredients.—Maize (flaked), 4 lbs. ; potatoes, 4 lbs. ; milk or water, 24 pints ; salt, $1\frac{1}{2}$ ozs.

Method of Preparation.—Wash, peel and re-wash potatoes, then boil, strain and mash.

Bring milk or water to boil, sprinkle in the maize, add salt, stir until firm, then add potatoes.

Roll out to the required size using flour to prevent the paste sticking to the rolling pin. The paste must be used when hot, otherwise it cannot be rolled.

○ Cover or line dish as required.

MAIZE MEAL CROQUETTES.

Ingredients.—Maize meal, 3 lbs. 2 ozs ; milk, $12\frac{1}{2}$ pints ; cheese, $12\frac{1}{2}$ ozs. ; salt, $1\frac{1}{2}$ ozs. ; pepper, $1\frac{1}{2}$ ozs.

Method of Preparation.—Bring milk or water to boil, sprinkle in maize meal, and stir over fire until firm.

Season with pepper and salt, add grated cheese, and well mix ; then turn out into dish to cool.

Roll out, cut into portions, place in greased baking dishes and bake till brown (or fry). Time, 10 minutes.

OATMEAL PORRIDGE.

Ingredients.—Scotch oatmeal, 6 lbs. ; milk, 1 quart ; salt, 1 cz. ; sugar as required.

Method of Preparation.—Boil the water and sprinkle in the oatmeal, add the salt, stir till it boils, then simmer for about one hour, stirring all the time to prevent burning ; add the milk and sugar and serve. Golden syrup may be used if preferred and both sugar and milk dispensed with.

DATE PUDDING.

Ingredients.—Flour, 18 lbs. ; dates, 10 lbs. ; sugar, 2 lbs. (or less according to the sweetness of the dates used) ; dripping, $4\frac{1}{2}$ lbs. ; salt, 2 ozs.

Method of Preparation.—Stone and chop the dates, finely shred the dripping and mix with flour, sugar and salt, adding water as required to make a stiff dough. Divide into portions, tie in wet scalded floured pudding cloth and boil for about 3 hours.

APPLE RINGS AND RICE.

Ingredients.—Rice, 8 lbs. ; apple rings, $3\frac{1}{2}$ lbs. ; sugar, $3\frac{1}{2}$ lbs. ; suet, 1 lb. ; dripping, $\frac{1}{2}$ lb. ; ground cloves, 1 oz.

Method of Preparation.—Wash and re-wash the rice, wash the apple rings and soak with the rice in sufficient cold water to cover them for 6 to 8 hours. Put the apple rings, rice, and water in which they were soaked into a cooking vessel and simmer for $1\frac{1}{2}$ hours. Remove the skin from the suet, pass through a mincer or chop very finely, and add, with the sugar and ground cloves, to the other ingredients. Put in greased baking dishes with a few pieces of well shredded dripping on top and bake in a quick oven till nicely browned.

SEA PIE (SUPPER MEAL).

Ingredients.—Meat, 25 lbs.; mixed vegetables, 7 lbs.; flour, 14 lbs.; dripping, $3\frac{1}{2}$ lbs.; pepper and salt.

Method of Preparation.—Prepare the vegetables and cut into small pieces. Cut up the meat and arrange in a cooking vessel in alternate layers with the vegetables. Add stock or water, season and allow to simmer for about $1\frac{1}{2}$ hours. Make a paste as for plain pudding, roll out to about $\frac{1}{2}$ inch thick and lay on contents of the cooking vessel and cook slowly for about $1\frac{3}{4}$ hours. Time, 3 hours.

OX HEART PIE (SUPPER MEAL).

Ingredients.—Ox heart, 16 lbs.; bacon, 2 lbs.; flour, 14 lbs.; onions, 2 lbs.; dried mixed herbs, $\frac{1}{2}$ packet, pepper and salt.

Method of Preparation.—If ox hearts are frozen, defrost and stew in water for about 3 hours or until tender. Cut up into small pieces, the bacon into thin slices, and put into baking dishes. Sprinkle with pepper, salt, finely chopped onions and herbs. Fill the baking dishes with stock, make a paste as for plain pudding, roll out, cover the contents of the baking dish and bake in a fairly hot oven for 2 hours. Cooked vegetables may be included with the other ingredients.

MEAT ROLY-POLY (SUPPER MEAL).

Ingredients.—Meat, 25 lbs.; flour, 18 lbs.; dripping, $4\frac{1}{2}$ lbs.; onions, 3 lbs.; mixed herbs, 1 packet; pepper and salt.

Method of Preparation.—Mince and cook the meat with finely chopped onions and herbs, pepper and salt. Make a paste as for plain pudding, roll out, cover with minced meat, roll, tie up in cloths and boil for about 3 hours. Cooked meat left over from any meal may be used up in this preparation.

SCOTCH OATCAKES.

Ingredients.—Oatmeal (medium), 8 lbs.; flour, $\frac{1}{2}$ lb.; dripping, 2 lbs.; salt, 2 ozs.; boiling water.

Method of Preparation.—Finely shred the dripping and rub into the oatmeal, add the salt and well mix. Add boiling water and mix to a stiff dough, roll out thin, lightly sprinkle with flour, cut quickly into shapes and bake in a brisk oven for about 20 minutes.

OATMEAL SCONES.

Ingredients.—Oatmeal, 8 lbs. ; flour, $1\frac{1}{2}$ lbs. ; dripping, 2 lbs. ; baking powder, 3 packets ; milk, 4 pints ; sugar, 1 lb. ; salt, 1 oz.

Method of Preparation.—Put the oatmeal, flour, baking powder sugar and salt into a mixing bowl and well mix. Finely shred the dripping and rub into the mixed ingredients, make a light dough, adding the milk, cut into shapes and bake in a quick oven for about 20 minutes.

BARLEY SCONES.

Ingredients.—Barley meal, 8 lbs. ; flour, 2 lbs. ; dripping, $2\frac{1}{2}$ lbs. ; baking powder, 3 packets ; salt, 1 oz. ; milk, 6 pints.

Method of Preparation.—Put the barley meal, flour, baking powder, and salt into a mixing bowl, finely shred and rub in the dripping, gradually add the milk and mix into a light dough with a spoon. Roll out on a board to about $\frac{1}{2}$ inch thick, cut into shapes and bake in a hot oven for about 20 minutes. Should husks be present in the meal pass through a sieve before using.

TO MAKE BAKING POWDER.

Cream of tartar, $\frac{1}{2}$ lb. ; carbonate of soda, 1 lb. ; ground rice, $\frac{1}{2}$ lb. ; tartaric, $\frac{1}{2}$ lb. Mix together and keep in airtight tins.

MINCED MEAT AND PEAS PUDDING.

Ingredients.—Cooked meat, about 20 lbs. ; fat meat, 4 lbs. ; flour, $1\frac{1}{2}$ lbs. ; peas, 15 lbs. ; pepper and salt.

Method of Preparation.—Pass the meat through the mincer and season with pepper and salt. Put in a baking dish with a little stock and place in a moderate oven for about 20 minutes. Make a thickening with $1\frac{1}{2}$ lbs. of flour, mix with $1\frac{1}{2}$ ozs. of pepper and 2 ozs. salt. Remove the meat from the oven, pour off the fat, add the thickening, and replace in the oven till the mince sets.

Soak the peas for 8 to 10 hours with 2 ozs. of soda. Tie loosely in cloths so that the peas may be allowed to swell, place in boiling water and boil for 3 to 4 hours. Mash, add pepper and salt to taste. Place in a hot baking dish, make a well in the centre, put in the minced meat and serve. If split peas are used they should not be soaked before being cooked.

MIXED FRUIT PRESERVE.

Ingredients.—Fruit salad, 5 lbs. ; lemons, 3 ; sugar or golden syrup as required (this will depend upon the quantity of sugar

contained in fruit in the mixed salad); about 3 ozs. of bruised ginger.

Method of Preparation.—Wash, stone where necessary, cut up finely, and soak in sufficient water to barely cover 5 lbs. of mixed fruit salad for 8 hours, turn into a stewpan or camp kettle with sugar (or golden syrup), add the juice of 3 lemons with the rind cut up into sections, and bruised ginger. Boil for 1½ hours or until the fruit sets, stirring throughout. When cold serve as jam.

RHUBARB AND DATES.

Ingredients.—Rhubarb, 18 lbs.; dates, 6 lbs.; water, 6 gallons, or as required.

Method of Preparation.—Stone and chop the dates into small pieces, place in cooking vessel with water, and boil for 10 minutes. Remove leaves from the rhubarb and wipe with a cloth, cut into pieces of even size, add to dates and cook till tender (10 to 15 minutes), care being taken that rhubarb is not broken.

RHUBARB AND GOLDEN SYRUP.

Ingredients.—Rhubarb, 18 lbs.; golden syrup, 5 lbs.; water, 6 gallons or as required.

Methods of Preparation.—Place water and golden syrup into a cooking vessel, bring to boil, and treat rhubarb as explained for rhubarb and dates.

POTTED MEAT (BEEF).

Ingredients.—Lean meat, 8 to 10 lbs.; ¼ oz. cayenne pepper, 1 lb. dripping, ¼ oz. ground mace, 1 oz. salt.

Method of Preparation.—Place the meat in boiling water and steadily simmer until cooked. Cut meat into small pieces, place in a bowl, season with cayenne, mace, salt, and mix well. Pass twice through mincing machine, and add clarified dripping to make into a creamy consistency, and well mix with a wooden spoon. Place neatly on plates and serve cold.

RICE AND APPLE PUDDING.

Ingredients.—Fresh apples, 12½ lbs.; rice, 6¼ lbs.; sugar, 1½ lbs.; milk or water as required; margarine, ¾ lb.; nutmegs, 2; ground cloves, ½ oz.

Method of Preparation.—Core, peel, quarter and cook apples with the ground cloves in a small quantity of water, then pass through a sieve. Boil rice in milk or water until tender, add apples and sugar and mix well. Place in a baking dish, grate nutmeg over surface and break small pieces of dripping on top and brown in a hot oven.

NOTE.—If milk is not used add about ¾ lb. of finely chopped suet before putting into the oven.

RICE AND PEAR PUDDING.

Ingredients.—Pears (dried), $6\frac{1}{4}$ lbs. ; rice, $6\frac{1}{4}$ lbs. ; sugar, $1\frac{1}{2}$ lbs. ; water or milk, 25 quarts ; margarine, $\frac{3}{4}$ lb. ; nutmegs, 2 ; ground cloves, $\frac{1}{2}$ oz.

Method of Preparation.—Wash and soak pears overnight in sufficient water to cover the fruit. Cook in same water with ground cloves, then pass through a sieve. Boil rice in milk or water until tender. Add pears and sugar and well mix. Place in a baking dish. Grate nutmeg over surface and break small pieces of dripping on top and brown in a hot oven.

PRUNE JELLY.

Ingredients.—Prunes, $12\frac{1}{2}$ lbs. ; water, $18\frac{3}{4}$ quarts ; leaf gelatine, $1\frac{1}{2}$ lbs. ; sugar, $\frac{3}{4}$ lbs.

Method of Preparation.—Wash, soak and stone prunes, place in a saucepan, add water and sugar, and gently simmer for about 20 minutes or until cooked. Wash gelatine in cold water, then strain and place with the prunes, stirring until gelatine has melted.

Place in moulds or basins and put in a cool place to set. When firm dip mould in hot water, turn out and serve.

MIXED FRUIT JELLY.

Ingredients.—Fruit salad, $6\frac{1}{4}$ lbs. ; water, $18\frac{3}{4}$ pints ; leaf gelatine, $12\frac{1}{2}$ ozs. ; sugar, $\frac{3}{4}$ lbs.

Method of Preparation.—Wash and soak fruit overnight. Place in a saucepan, add water and sugar and gently simmer until cooked. Wash gelatine in cold water and strain and place with the fruit, stirring until gelatine has melted. Place in moulds or basins, and put in a cold place to set. When firm dip mould in hot water, turn out and serve.

FLAKED MAIZE, APPLE AND CURRANT PUDDING.

Ingredients.—Apple rings, 3 lbs. 2 ozs. ; currants, 3 lbs. 2 ozs. ; flaked maize, $12\frac{1}{2}$ lbs. ; dripping, $1\frac{1}{2}$ lbs. ; spice, 2 ozs. ; sugar, $1\frac{1}{2}$ lbs. ; salt ; water.

Method of Preparation.—Wash and soak apple rings overnight, then chop up fine. Wash, dry and pick over currants. Shred the dripping. Place maize, currants, apples, dripping, sugar, spice, and a pinch of salt into a bowl and well mix. Make a bay in centre, add sufficient water to make a firm consistency. Place the mixture into a greased basin, cover securely with scalded pudding cloth, and boil or steam for 3 hours. Fresh fruit may be used in place of apple rings. The apples need not be soaked as in the case of apple rings.

FLAKED MAIZE PLUM PUDDING.

Ingredients.—Flaked maize, $12\frac{1}{2}$ lbs.; dripping, $1\frac{1}{2}$ lbs.; sugar, $1\frac{1}{2}$ lbs.; currants, 3 lbs.; sultanas, 2 lbs.; raisins, 2 lbs.; water; salt.

Method of Preparation.—Wash, dry and pick over currants and sultanas. Stone and chop up raisins. Shred the dripping. Place maize, dripping, sugar, currants, sultanas, raisins, and a pinch of salt in a bowl and well mix.

Make a bay in centre, add sufficient water to make a firm consistency. Place the mixture in a greased basin, cover securely with scalded pudding cloth and boil or steam for 3 hours.

MAIZE SEMOLINA AND SULTANA MOULD.

Ingredients.—Maize semolina, 4 lbs. 3 ozs.; sultanas, 4 lbs. 3 ozs.; sugar, 2 lbs.; milk or water, 25 quarts, or water, 20 quarts; salt.

Method of Preparation.—Bring milk or water to boiling point. Add a pinch of salt. Stir in maize semolina and gently simmer until cooked. Add sugar, sultanas (washed), and well mix. Place in moulds or basins, which should have been rinsed with cold water. Stand in a cool place to set. When firm dip mould in hot water, turn out and serve.

RICE ROCK CAKES.

Ingredients.—Rice flour, 4 lbs. 2 ozs.; barley flour, 4 lbs. 2 ozs.; currants, 2 lbs.; sugar, 2 lbs.; baking powder, 2 ozs.; dripping, 2 lbs.; milk or water; pinch of salt.

Method of Preparation.—Wash, dry and pick over currants. Shred the dripping. Place all dry ingredients into a bowl and well mix. Make a bay in the centre, then add sufficient milk to make into a stiff consistency.

Drop the mixture as roughly as possible on a greased baking tin, and bake for about 15 to 20 minutes.

APPLE AND SAGO JELLY.

Ingredients.—Apple rings, 3 lbs.; water, 15 quarts or as required; sago, 3 lbs.; sugar, 2 lbs.; vanilla essence.

Method of Preparation.—Wash, soak, cook and strain the apple rings. Place the liquor into a saucepan and add sufficient water to make 15 quarts; bring same to boiling point, sprinkle in the sago and gently simmer until cooked. Time, about 20 minutes. Flavour with sugar and essence. Lightly stir in the apple rings and then place in a mould or basins, which have been previously rinsed with cold water. Put in a cool place. When firm turn out and serve.

LORNE SAUSAGE.

Ingredients.—Meat, 20 lbs.; fat or suet, 4 lbs.; bread (scrap), 8 lbs.; mixed herbs, 1 packet; pepper, $\frac{1}{2}$ oz.; salt, 2 ozs.; flour, 2 lbs.

Method of Preparation.—Remove the meat from the bone and cut up into small pieces. Remove the skin from the suet or fat and cut up small. Soak the bread in cold water, squeeze the water from the bread and crumble up. Place the whole of the above ingredients into a mixing bowl and well mix, then pass through a mincer. The mixed ingredients should be placed in a bowl and seasoned with $\frac{1}{2}$ oz. pepper, 2 ozs. salt, and 1 packet herbs.

Shape similar to breakfast sausage, place in greased baking dishes and cook in a moderate oven.

When cooked, cut into portions of about 4 ozs. and serve.

OATMEAL CURRANT CAKES.

Ingredients.—Cold porridge, 12 lbs. ; sugar, 1 lb. 8 ozs. ; currants, 1 lb. 8 ozs. ; flour, 4 lbs. 8 ozs. ; or as required ; baking powder, 3 ozs. ; dripping, 1 lb. 8 ozs.

Method of Preparation.—Shred the dripping. Wash, dry and pick over currants. Place porridge in a bowl, add flour, dripping, sugar, currants and baking powder, and well mix together. Place in a greased baking tin about $1\frac{1}{2}$ in. in depth and cook in a quick oven.

Time, about 30 minutes.

This cake is for using up any porridge that may be left. More flour may be needed to bind if porridge is very thin.

DATE PUDDING. (Using rice and barley flour.)

Ingredients.—Flour, 6 lbs. ; rice flour, 6 lbs. ; barley flour, 6 lbs. ; dripping, $4\frac{1}{2}$ lbs. ; dates, 12 lbs. ; water ; pinch of salt.

Method of Preparation.—Stone and chop up the dates, shred the dripping, place all dry ingredients into a bowl and well mix. Make a bay in the centre, and add sufficient water to make into a stiff dough. Place in a greased basin, cover securely with scalded pudding cloth, and boil or steam for about 3 hours, or roll in a scalded pudding cloth, tie up with string, and steadily boil for about 3 hours.

CURRANT PUDDING. (Using rice and barley flour.)

Ingredients.—Rice flour, 6 lbs. ; barley flour, 6 lbs. ; flour, 6 lbs. ; currants, 6 lbs. ; sugar, 3 lbs. ; dripping, $4\frac{1}{2}$ lbs. ; water, pinch of salt.

Method of Preparation.—Wash, dry and pick over currants, shred the dripping. Place all dry ingredients into bowl and well mix. Make a bay in centre and add sufficient water to make into a stiff dough. Place in greased basins, cover securely with scalded pudding cloth, and boil or steam for about 3 hours, or roll in a scalded pudding cloth, tie up with string and steadily boil for about 3 hours.

POTTED HAM.

Ingredients.—Bacon or ham (lean cut), 7 lbs. ; cayenne pepper, $\frac{1}{4}$ oz., or as required ; bacon fat or margarine, 1 lb. ; ground mace, $\frac{1}{4}$ oz. ; salt, as required.

Method of Preparation.—Soak bacon or ham overnight, place in boiling water, and steadily simmer until cooked. Allow to remain in its own stock until cold.

Remove the bone and rind and cut into small pieces, place in a bowl, season with cayenne, mace, and well mix. Pass twice through mincing machine and add sufficient bacon fat to make into a creamy consistency and well mix with spoon.

MAIZE MEAL SEMOLINA AND FIG MOULD.

Ingredients.—Maize meal semolina, 3 lbs. 2 ozs. ; figs, 6 $\frac{1}{2}$ lbs. ; sugar, 1 lb. 9 ozs. ; milk as required.

Method of Preparation.—Wash, soak and gently simmer figs in same water until cooked, then strain. Replace fig juice into the saucepan and add sufficient milk to make the quantity 37 $\frac{1}{2}$ pints. Bring to boiling point, sprinkle in the maize and gently simmer until cooked. Add the sugar and lightly stir in the figs. Place in moulds or basins, previously rinsed in cold water. Put in a cool place to set. When firm dip in hot water, turn out and serve. If water only is used it should be made up to 28 pints instead of 37 $\frac{1}{2}$ pints as stated for milk.

MOCK MINCE PIES.

Ingredients.—Apple rings, 2 lbs. ; sugar, 10 ozs. ; currants, 1 $\frac{1}{4}$ lbs. ; spice, $\frac{1}{2}$ oz. ; flour, 12 lbs. ; dripping, 3 lbs. ; baking powder, 3 ozs. ; water ; pinch of salt.

Method of Preparation.—Wash, soak, and cut apple rings into small dice. Place in a bowl, add currants (washed and picked over), sugar, spice, and well mix. Shred the dripping, place flour, dripping, salt, and into a bowl and well mix. Make a bay in the centre, and sufficient water to make into a stiff dough. Grease patty tins and line same with paste, fill with mincemeat, damp the edges, cover with paste, then bake in a quick oven. Time, about 20 to 25 minutes.

APPLE PIE. (Using maize flour.)

Ingredients.—Apple rings, 7 lbs. ; sugar, 1 $\frac{1}{2}$ lbs. ; cloves, 1 oz. ; white maize flour, 6 lbs. ; flour, 6 lbs. ; dripping, 3 lbs. ; baking powder, 3 ozs. ; water ; pinch of salt.

Method of Preparation.—Wash and soak apple rings overnight. Shred the dripping. Place the flour, white maize flour, dripping, and salt into a bowl, and well mix. Make a bay in centre and add sufficient water to make into a stiff paste. Place apple rings in pie dish, add the sugar, cloves and a little water. Roll out and cover

pie dish with pastry, bake in a quick oven till cooked. Time, 1 hour.

If fresh apples are used, first prepare and proceed as explained.

APPLE PUDDING. (Using Maize flour.)

Ingredients.—Apple rings, 6 lbs.; sugar, $1\frac{1}{2}$ lbs.; cloves, 1 oz.; white maize flour, 6 lbs.; flour, 6 lbs.; dripping, 3 lbs.; water; pinch of salt.

Method of Preparation.—Wash and soak apple rings overnight. Shred the dripping. Place the flour, white maize flour, dripping, and salt into a bowl and well mix. Make a bay in centre and add sufficient water to make into a stiff paste. Lightly grease and line basins with pastry and fill with apples. Add a little water, sugar, and cloves. Damp the edges and cover with pastry. Tie scalded pudding cloth securely on same, and boil or steam for 2 to 3 hours.

If fresh apples are used, first prepare and proceed as explained.

PRUNE PIE. (Using Maize flour.)

Ingredients.—Prunes, $12\frac{1}{2}$ lbs.; sugar, $1\frac{1}{2}$ lbs.; white maize flour, 6 lbs.; flour, 6 lbs.; dripping, 3 lbs.; baking powder, 3 ozs.; water; pinch of salt.

Method of Preparation.—Same as for apple pie.

PEACH PIE. (Using Maize flour.)

Ingredients.—Peaches (dried), 9 lbs.; sugar, 2 lbs.; flour, 6 lbs.; white maize flour, 6 lbs.; dripping, 3 lbs.; baking powder, 3 ozs.; water, pinch of salt.

Method of Preparation.—Same as for apple pie.

PEAR PIE. (Using Maize flour.)

Ingredients.—Pears (dried), 9 lbs.; sugar, 2 lbs.; flour, 6 lbs.; white maize flour, 6 lbs.; dripping, 3 lbs.; baking powder, 3 ozs.; water; pinch of salt.

Method of Preparation.—Same as for apple pie.

If fresh fruit is used, prepare and proceed as explained.

SHEPHERDS' PIE. (Using Rice and Vegetables as a substitute for Potatoes.)

Dinner Dish.

Ingredients.—Meat, cooked, 40 lbs.; onions, 6 lbs.; rice, 10 lbs.; carrots, 6 lbs.; turnips, 6 lbs.; flour, $1\frac{1}{2}$ lbs.; salt and pepper as required; stock or water as required; dripping, $\frac{3}{4}$ lb.

Method of Preparation.—Clean, chop up fine, dry and strain the onions, mince the meat. Place meat and onions into baking dishes, season with salt and pepper and well mix. Add sufficient cold

water or stock to just moisten the meat, &c. ; cook rice in plenty of boiling water, with a pinch of salt, for 15 minutes and strain, clean, cut up, cook vegetables, strain and mash. Place the rice and vegetables into a bowl, season with salt and pepper, bind with flour and well mix. Cover meat, &c., with the mixture and bake in a moderate oven till nicely browned.

FISH CAKES. (Made with tinned Salmon and Rice.)

Breakfast Dish.

Ingredients.—Salmon, 12 tins ; rice, 5 lbs. ; flour, 2 lbs. ; ground nutmeg (2 nutmegs) ; dripping, 1½ lbs. ; breadcrumbs as required ; salt and pepper as required.

Method of Preparation.—Strain off liquor and remove large bones and dark skin from salmon and place same in bowl. Wash, strain and cook rice in boiling water for 12 to 15 minutes and strain and mix with salmon, season with salt and pepper, ground nutmeg, bind with flour. Roll out, cut into portions, roll in breadcrumbs, place in greased tins and bake in the oven till nicely browned.

BAKED RICE AND BACON.

Breakfast Dish.

Ingredients.—Bacon, 15 to 25 lbs. ; rice, 6¼ lbs. ; onions, 3 lbs. ; stock or water, 25 pints ; salt and pepper as required.

Method of Preparation.—Wash and pick over rice. Clean and chop up onions, place the cold stock or water into camp kettles, add onions, season with salt and pepper. Bring same to boiling point, sprinkle in the rice and allow to gently simmer for 12 to 15 minutes, then place into baking dishes and lay the bacon, cut into thin rashers over the surface, then bake in a moderate oven till the bacon is cooked.

WELSH RAREBIT.

Tea Meal.

Ingredients.—Cheese, 6½ lbs. ; milk, 6 pints ; water, 6 pints ; margarine, dripping, or lard, 1 lb. 8 ozs. ; flour, 1 lb. 8 ozs. ; mustard or Worcestershire Sauce as required ; salt and pepper as required ; bread as required.

Method of Preparation.—Remove rind from cheese and cut into small pieces, cover bottom of camp kettle with cold water, add cheese and allow to slowly melt on side of stove without boiling. Meanwhile bring milk and water to a boil, place fat in pan and allow to get hot, add flour and cook same over the stove for a minute (keeping white), gradually add the boiling milk and water, removing all lumps, simmer for 5 minutes and gradually stir into the melted

cheese, season same with salt and pepper and with mustard or Worcestershire sauce if desired. Spread the mixture on pieces of toast, brown in a hot oven and serve.

MINCED MEAT AND RICE.

Supper Meal.

Ingredients.—Meat (beef), 20 lbs. ; rice, 6½ lbs. ; onions, 6½ lbs. ; stock or water, 25 pints ; salt and pepper as required.

Method of Preparation.—Clean and chop up the onions. Chop or mince the meat. Place the meat and onions into camp kettles, cover with cold water or stock. Season with salt and pepper, bring to a simmer, wash, pick over and sprinkle in the rice and gently simmer for 30 to 40 minutes.

DRIED MILK POWDER.

Use of dried milk powder in the preparation of the undermentioned dishes : Cornflour, blanc-mange, custard rice, sago and tapioca pudding, scones, oat cakes, porridge, and similar dishes.

Method of Preparation.—To the required quantity of powder add a little warm water—not boiling. Stir into a thick paste, keep adding water in small quantities, stirring continuously.

Dilution.—1 gallon of water to 1 lb. of milk powder.

TRIPE AND ONIONS.

Supper Meal.

Ingredients.—Tripe, 14 lbs. ; onions, 4 lbs. ; flour, 1 lb. ; pepper and salt as required.

Method of Preparation.—Defrost by placing tripe in cold water for 1 hour. Cut into small pieces. Clean, peel and ring the onions. place with tripe in sufficient stock or water, season to taste, bring to boiling point and simmer till tender (about 2 hours). Add flour thickening, stir well and simmer for 30 minutes.

CURRIED LIVER AND POTATOES.

Supper Meal.

Ingredients.—Liver, 8 to 12 lbs. ; root vegetables (turnips and carrots), 20 lbs. ; onions, 1 lb. ; curry powder, 8 ozs. ; flour, 1½ lbs. ; dripping, 1 lb. ; stock or water ; pepper and salt.

Method of Preparation.—Defrost the liver and cut into small pieces. Clean and prepare the vegetables, cut turnips and carrots into small pieces and place in a boiler with sufficient stock to well cover ; add a little seasoning and simmer for 45 minutes. Add the liver and cook for 30 minutes ; stir to prevent burning. Ring and braize the onions with dripping and curry powder ; cook

and add flour thickening and mix with the liver and root vegetables. Cook and mash the potatoes, place in a baking dish, make a bay in the centre, add the curried liver and serve.

COTTAGE PIE. (Tripe and Potatoes.)

Supper Meal.

Ingredients.—Tripe, 14 lbs. ; onions, 3 lbs. ; pepper and salt as required.

Method of Preparation.—Defrost the tripe, cut into small pieces and chop the onions very fine, place in a boiler with sufficient water to well cover, bring to boil and simmer for 1½ hours. Place in baking dish with mashed potatoes and brown in oven. Make a little flour thickening, cooked separately, and well mix with tripe when it has simmered for 1½ hours.

GINGER PUDDING.

Ingredients.—Flour, 18 lbs. (or less quantity if breadcrumbs are available) ; dripping, 3 lbs. ; ginger, 1½ lbs. ; golden syrup, 4 tins ; baking powder, 3 ozs. ; salt.

Method of Preparation.—Mix flour, breadcrumbs, ginger, baking powder and salt. Thin the syrup by warming it and mix with a small quantity of milk or water and add to the other ingredients. Then proceed as for plain pudding. Serve with a sweet sauce.

FISH PASTE.

Ingredients.—Pickled herrings, 30 ; Margarine, ¾ lb. ; mace, ½ oz.

Method of Preparation.—Soak the fish in cold water for 5 hours, then place in boiling water for 5 minutes (not to be boiled), remove the bones and skin, pound or pass through a fine mincer, mix in the margarine and mace.

USE OF POTATOES IN FLOUR.

Cooked potatoes, strained and mashed, when cool, may be added to flour in the proportion of ¼ lb. of the former to 1 lb. of the latter for Sea Pies, Meat Puddings, and similar dishes.

STUFFED OX HEART.

Ingredients.—Ox heart, 1 ; fat for basting ; stock, ½ pint ;

For Stuffing.—Breadcrumbs, ¾ lb., chopped suet, 2 ozs. ; chopped parsley, 1 tablespoonful ; small chopped onion (cooked) ; a little flour to bind ; salt and pepper as required.

Weight.—

Weight of ox heart	5 lbs. 2 ozs.
" "	trimmed	4 lbs. 8 ozs.
" "	stuffed	5 lbs. 10 ozs.
" "	cooked	4 lbs.

Served 18 portions as a breakfast dish.

Method of Preparation.—Make a stuffing by placing the above ingredients into a bowl, well mix, and add a little cold milk or water to the mixture, if too stiff. Wash the heart in several waters, cut away any gristle, remove the lobes, membrane and separate the cavities inside. Drain, dry, stuff, and tie securely with tape or string. Barely cover a baking dish with hot fat, place in the heart, baste and cover with greased paper. Cook in a moderate oven for 3 hours; remove paper and baste occasionally. Serve hot, with gravy.

HOW TO PREPARE FROZEN FISH FOR COOKING.

Keep the fish frozen until ready for use.

Then put it in cold water long enough, but no longer than is necessary to take all the frost out.

It will then be ready to cook.

Do not thaw the fish out in warm or hot water.

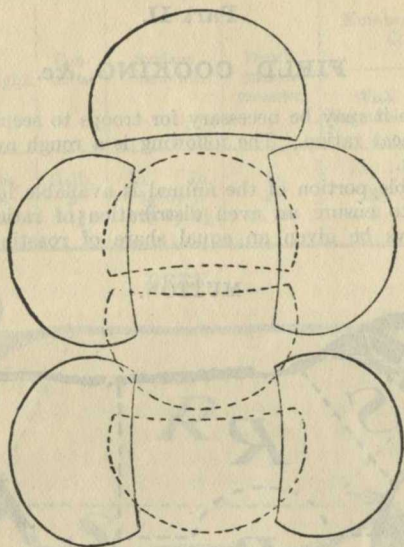
Do not thaw fish out in an oven, or by any artificial heat.

Do not thaw fish out until ready to cook it.

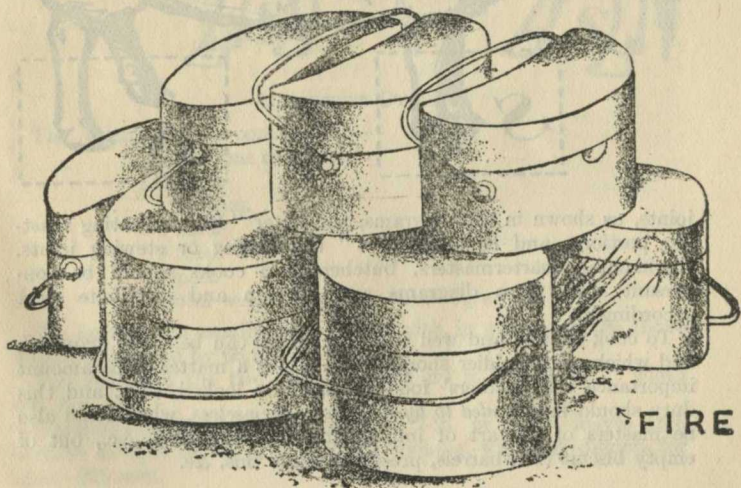
Do not cook fish until after it has been thawed out in ice cold water.

If the foregoing directions are followed, fresh frozen fish (which is always caught in winter, in a cold climate where it becomes naturally frozen as soon as caught) will be found to be as firm and fresh, and of as fine flavour, as it was the day it was caught.

PLAN.



ELEVATION



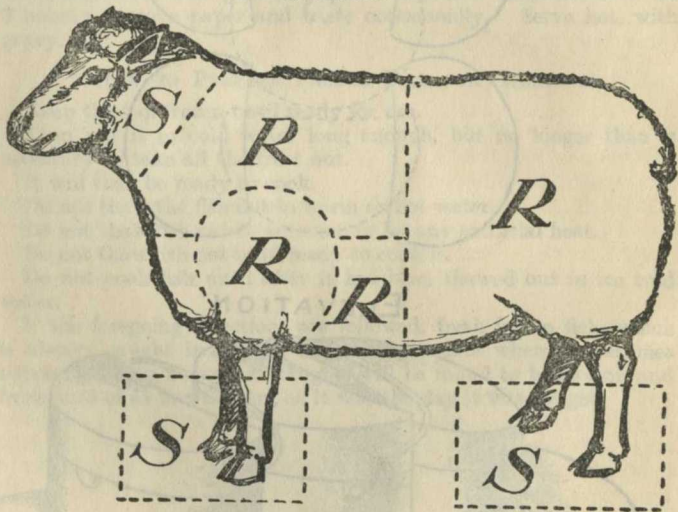
Part II.

FIELD COOKING, &c.

On service it may be necessary for troops to secure and butcher their own meat ration. The following is a rough and ready guide to such work.

Every edible portion of the animal is available for stewing purposes, but to ensure an even distribution of ration meat, units should always be given an equal share of roasting and stewing

MUTTON.



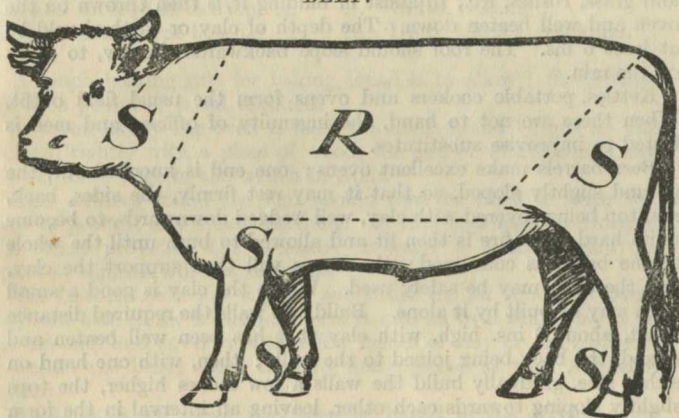
joints, as shown in the diagrams, the letter "R" indicating roasting portions, and the letter "S" the boiling or stewing joints. Regimental quartermasters, butchers and cooks should be conversant with these diagrams and cut up and distribute meat accordingly.

To cook rapidly and well is an art which can be easily acquired, and which every soldier should learn. It is a matter of paramount importance that soldiers' food be carefully looked after, and this duty should be *attended to by the officers themselves*, who should also be masters of the art of improvising cooking ovens, &c., out of empty biscuit tins, barrels, preserved meat tins, &c.

Service kettles issued are as follows :—

Name.	Weight.	Con- tents.	Surface Diameter.		Depth, outside measure.	Number of Men will Cook for.	
						With Vegetables.	Without.
Oval, large ...	Lbs. 8	Galls. 3	In. 13½	In. 9	In. 11	8	15
„ small ...	4	1½	12½	by 8½	8	5	8

BEEF.



ALDERSHOT OVEN.

The Aldershot oven consists of :—

2 sections or arches.

2 ends.

1 bottom.

4 bars.

9 tins.

1 peel.

Total weight 374 lbs. (about 3½ cwt.).

The bottom can usually be dispensed with, in which case the above weight is reduced by 66 lbs.

The length of the two sections when up is 5 ft. 1 in. ; width 3 ft. 6 in.

Capacity.—Each oven will bake 54 2-lb. or 2½-lb. loaves (108 rations) in each batch, or if used for cooking, will cook dinners for about 220 men.

HOW TO ERECT THE OVEN.

Select a gentle slope on clay soil if possible, and avoid marshy or sandy ground, the mouth of the oven to face the prevailing wind.

The site should be cleared and smoothed, and sods should be cut to build up the back, front, and sides of the oven. The bars are then placed over the site already prepared, the back one overlapping the front, the back of the oven placed in position, the plate forming the bottom of the oven is then placed against the front portion and firmly fixed, the sods are then built round the front, back and sides, a trench is next cut for the cook to work in, which is 18 ins. deep, 2 ft. wide, and 6 ft. long, leaving a space of 12 ins. between it and the oven. The clay or soil from the trench being mixed with water and grass, rushes, &c., to assist in binding it, is then thrown on the oven and well beaten down. The depth of clay or earth should be at least 6 ins. The roof should slope backwards slightly, to carry off the rain.

Kettles, portable cookers and ovens form the usual field outfit. When these are not to hand, the ingenuity of officers and men is tested to improvise substitutes.

Beer barrels make excellent ovens; one end is knocked out, the ground slightly sloped, so that it may rest firmly, the sides, back, and top being covered with clay, well wedged downwards, to become quite hard; the fire is then lit and allowed to burn until the whole of the barrel is consumed; the hoops will then support the clay, and the oven may be safely used. Where the clay is good a small oven may be built by it alone. Build two walls the required distance apart, about 6 ins. high, with clay that has been well beaten and mixed, the back being joined to the walls; then, with one hand on either side, gradually build the walls a few inches higher, the tops slightly sloping towards each other, leaving an interval in the form of a V in the centre, then mould a piece of the clay large enough to fill the space, and place it in, care being taken to well join the edges with the walls both inside and out; a small fire should then be lit and allowed to burn slowly until the clay is dry, it will then become baked and quite firm, and may be used as other ovens.

DIRECTIONS FOR WORKING OVENS OF THE ALDERSHOT OR MUD-COVERED TYPE.

1. Every night wood should be laid in the oven ready for lighting in the morning. It is thus kept dry.
2. When the oven is heated the embers are drawn out with a rake, and a small quantity of ashes left and raked even with the floor.
3. The tins containing dough should not be put in till 20 minutes or half an hour after the fire is drawn, as otherwise the top heat is so fierce that it would burn the upper part of the bread.

When meat is to be cooked it may be put in immediately the fire is drawn.

TIME FOR HEATING, BAKING, COOKING, &C.

1st heating 1st day	4 hours.
1st heating 2nd day	2 hours.
2nd and subsequent heating	1½ hours.
Baking	1 to 1½ hours.
Cooking	Up to 2½ hours.

FUEL REQUIRED FOR EACH OVEN.

1st heating 1st day	300 lbs. wood.
1st heating 2nd day	150 lbs. wood.
2nd and subsequent heating	75 lbs. (baking).
2nd and subsequent heating	Up to 150 lbs. (cooking).

A rough heating rule for baking bread is to allow 1 lb. of wood for each pound of bread required.

4. Immediately the oven is filled the door should be put up and wedged tightly with a piece of wood, the end of which should rest on the outer edge of the trench in front.

The crevices round the end should then be filled in with wet clay to prevent any steam escaping. If this is properly performed the steam providing the necessary moisture is retained, and the bread or dinners will not be burnt.

Tin biscuit boxes are a good substitute for an Aldershot oven. Melt one side of the solder and form it into an oval shape, lay it on the ground, and cover it with a few inches of clay or soil sufficient to retain the heat; light the fire, and proceed as with Aldershot pattern.

Small joints of meat may also be baked in the service camp kettle. A small amount of fat should be placed in the bottom, then a few clean pebbles large enough to cover the fat, the joint placed on the pebbles, and the lid put on. It requires a little longer to cook than the ordinary oven, and it is hardly possible to perceive any difference in the taste. Ant-heaps can also be used as ovens, the insides being scooped out and the fire lighted as in the Aldershot oven.

Another method is to dig into the side of a bank or trench and improvise a door with any old sheets of tin or iron to hand, pugging up the crevices when cooking, as with the Aldershot oven.

TO MAKE AN ASH OVEN.

In camp or trenches where improvised methods of cooking prevail wood ashes should not be thrown away. If put in a convenient place, kept dry and free from other refuse, such vegetables as

potatoes, onions, &c., may be baked by simply placing them in a single layer in the ashes and lighting the fires used for stewing, &c., over them. Potatoes and onions cooked in this way retain all their natural flavour, and will keep hot a very long time. They should not be peeled before placing them in the ashes.

BREAD MADE WITH BAKING POWDER.

The advantage of using baking powder is the saving of time effected in the production of bread, a feature which may sometimes render this process useful on service when bread has to be produced at short notice. The method of using baking powder is as follows :—

Spread the flour evenly at the bottom of the trough, sift the baking powder over the flour, taking care to break up any small lumps, which, if left, would cause a yellow stain in the bread. The dry powder and flour should then be thoroughly mixed.

Dissolve salt, at the rate of $2\frac{1}{2}$ lbs. per sack of flour only, as a considerable quantity of saline matter is contained in all baking powders; use softest and coldest water obtainable; water which has been boiled and allowed to get cool is the best for the purpose.

Mix the flour, baking powder, and water thoroughly with a rotary motion, constantly stirring up from the bottom. The dough being properly mixed should be scalded, moulded, and placed in a quick oven. To make a good loaf with baking powder the bread should be in the oven within thirty minutes of adding the water to the flour. If the dough is allowed to lie about the effervescence is finished before it is put in the oven.

Small loaves of bread made in this manner can be baked in empty tins with a fire lit all round them. Dried grass, wood, or peat are the most suitable fuels for the purpose.

USE OF PRESERVED MEAT TINS.

Preserved meat tins may be used both for baking and boiling. Care should be taken when opening them not to entirely detach the lid or end. How to boil water or stew in them needs little explanation. To roast or bake meat, proceed as follows :—

Make small holes in the bottom of the tin and place a few clean pebbles in it. Secure some wire from the hay bales, &c., and cut into skewers about an inch shorter than the preserved meat tin. Cut the meat in pieces about the size of a walnut and place on the skewers, then insert these standing on end into the preserved meat tin, and close down lid. Scoop a hole about 4 ins. deep in the ground and stand tin in this on some more pebbles, and place the loose earth around bottom of tin. A small fire of peat, wood, or rushes, &c., may then be lit around the tin, and the meat will quickly cook. Season to taste. The position of the skewers in the tin

should be changed from time to time. Perforating the bottom of tin and planting the end in the ground on the pebbles is necessary to carry off the superfluous fat, or it would fire and destroy the ration.

HOW TO START A STOCK-POT.

See Stock-Pot, Part I.

COOKING IN MESS TINS, CAMP KETTLES, &C.

The mess tins or camp kettles should be placed on the ground as shown on plan, page 93, with the opening facing the direction of the wind.

Eight is a convenient number of tins to form a "kitchen," but any number from 3 to 10 or 11 can be utilised.

The handles of the vessels should be kept outside.

Mess tins should be well greased on the outside before being placed on the fire; if this is done and they are cleaned soon after being used they will suffer no damage. The tins when they are hot can be cleaned in a few minutes with turf, soil, or rag.

Only a small quantity of wood is required for each "kitchen," a good draught being the object to be kept in view. The fuel used should be that obtainable in the vicinity of the "kitchens," and when mess tins are used each man should be instructed to prepare his own food, but when once the "kitchen" is formed and the fuel collected, one man only need remain with each fire.

The position of the tins in each "kitchen" will require to be changed from time to time, as some will be cooked sooner than others. It will be the duty of the man in charge to regulate this.

The dinners can be cooked in $1\frac{1}{2}$ hours from time of placing on the fires.

The following dishes are suitable for this method of cooking:—

Plain Stew, Irish Stew, Curried Stew, Sea Pies, Meat Puddings, and Jam Rolls.

It is estimated that dinners of a battalion of 1,000 men can be arranged in a space of 40 yards by 30 yards, allowing an interval of two feet between the "kitchens." When possible more room should be given, as the men attending the fires are then less inconvenienced by the smoke.

HOW TO MAKE A BRINE TUB.

Dissolve 14 lbs. common salt and 8 ozs. saltpetre in 8 to 10 gallons of water; stir well. Test the brine with a raw potato; if it sinks, add salt till it rises to the surface.

The brine should well cover the meat, which should be left in pickle for 5 to 10 days.

Partially separate the meat from the bone before putting it into the tub.

VARIOUS USEFUL RECIPES, PRESERVED MEAT, Etc.

BOILING RICE IN SMALL QUANTITIES.

Wash the rice in several waters, pick out the discoloured and unhusked grains, and place it on to boil in plenty of cold water. This is the secret of having the rice whole, the water keeping the grains separate; leave it uncovered and bring slowly to the boil; shake it occasionally to prevent burning, but do not stir if it can be avoided. When it has simmered gently from 20 to 25 minutes it should be tender. Patna rice will not require quite so long to cook as many of the other varieties. Shake in a little salt, and drain it on a colander, when the grain will separate and be of the finest flavour.

SOUP WITH PRESERVED MEAT.

Meat, mixed vegetables, flour, pepper, salt, barley, water.

Place the water in the camp kettle, scrape and clean the vegetables, add them to the cold water; when the water boils, shake in the dry barley. When the vegetables are cooked, take them out and pulp them; mix the flour into a smooth batter with cold water, add it to the vegetables with salt and pepper and put the whole into the camp kettle, keeping it well stirred to prevent burning; allow it to simmer gently for 30 minutes, then open the tins of meat and add the contents to the soup, stir well, and simmer for 10 minutes, and serve.

STEW WITH PRESERVED MEAT.

Meat, potatoes, onions, pepper, salt, and water.

After preparing the onions and potatoes put them in the camp kettle, season with pepper and salt, pour in sufficient water to cover them, and stew gently, keeping the lid of the vessel closely shut until the potatoes are nearly cooked; then open the tins of meat and cut up the contents, and put them in the kettle with the potatoes, and let the whole simmer for 10 minutes, then serve.

BROWN STEW WITH PRESERVED MEAT.

Peel and slice some onions, melt the fat of the meat in the camp kettle, add the onions and fry them till brown, mix a little flour into a smooth batter with cold water, season with pepper and salt, and pour it into the camp kettle, stir the whole well together, cut up the meat into slices, put it into the kettle, and when warmed through, serve.

PRESERVED MEAT FRITTERS.

Half a pound of beef or mutton, $\frac{3}{4}$ lb. of flour, half a pint of water, 2 ozs. of butter, the whites of two eggs.

Make a smooth batter with the flour and water, stir in 2 ozs. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the latter be too thick, more water must be added. Pare down the beef into thin shreds, season with pepper and salt, mix it with the batter. Drop a small quantity at a time into a pan of boiling fat, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other; let them dry for a minute or two, and serve.

A small quantity of finely minced onions mixed with the batter is an improvement.

CURRIED STEW.

Ingredients the same as for Stew, with 1 oz. of curry powder and 1 lb. of flour added. Prepare as for stew; mix the curry and flour with cold water into a smooth batter, and add it to the stewed vegetables with the meat; let the whole simmer for 10 minutes, and serve.

SEA PIE.

Ingredients the same as for Stew, with 5 lbs. of flour and $1\frac{1}{2}$ lbs. of suet or dripping added.

Make the paste; prepare and cook the vegetables and onions, as for Stew; when the vegetables are tender add the meat; cover the whole over with a light paste, and boil or steam for 20 minutes. A thickening of flour added is an improvement.

TOAD-IN-THE-HOLE (BAKED).

Required: Meat, flour, suet or dripping, salt, pepper, onions, eggs or egg powder.

Cut up and cook the onions; prepare the batter with eggs and milk if possible; if not, with egg powder and water; season it with pepper and salt; grease the inside of a baking dish; pour into it half the batter, and place it in the oven; when the batter sets, place on the meat (cut up) and the cooked onions; cover with the remainder of the batter, and bake from 15 to 20 minutes in a quick oven.

TO MAKE STALE BREAD NEW.

Cut the bread into fairly thick slices. Have ready a mess-tin of boiling water. Remove the lid and place a slice of bread over the steam for a few seconds; then turn it to the other side for the same amount of time. Remove quickly and butter. Bread treated in this way is as tasty as hot rolls, and it makes no difference how stale the bread is.

FRIED EGGS AND RICE.

Parboil some rice in salted water. Then simmer till quite cooked in some good gravy, add half a teaspoonful of curry powder when done. Keep hot in a camp kettle or mess-tin. In the meantime fry as many eggs as required in hot fat, taking care not to break the yolks; lift them out and place on the rice, scatter some finely-chopped parsley over all if procurable, and serve hot.

TROOPERS' STEAK.

Put quantity required of thick steak into a mess-tin or camp kettle, leaving only a little of the fat; pour on enough water to come half-way over the steaks. They should fit closely together in the vessel. Sprinkle with finely-minced shallot, onion or chopped celery, flavour with pepper and salt. Cover the pan closely for an hour, let simmer gently, but never boil, dredge any vegetables to hand with flour after the meat is removed from the mess-tin or kettle, boil them up in the liquor, and serve on top of the steaks with the gravy.

TOMATO CHEESE.

Required: Fresh tomatoes, strong cheese (any kind will do), salt, pepper, and breadcrumbs.

Slice the tomatoes and finely grate the breadcrumbs and cheese. Put a layer of tomatoes into a camp kettle, mess-tin, or empty beef tin (previously greased and sprinkled with breadcrumbs), then pepper and salt, and a layer of breadcrumbs and cheese, and so on, until the vessel is full. The top layer should be of breadcrumbs. Dot with bits of butter, fat, or dripping, and bake in a quick oven for half an hour.

CURRIED FISH.

Take any cold cooked fish, some good dripping, flour, and rice, some milk, hard-boiled eggs, and some curry powder and chutney. Remove all the skin and bone from the fish, boil the eggs for a quarter of an hour, then melt the dripping in a saucepan, and stir the flour in smoothly over the fire for a few minutes, after which add the curry powder and chutney. Pour the milk into this, and then stir over the fire until it boils. Next cut the eggs into slices, and put them, also the fish, into the sauce, and mix all well together, seasoning it the while with salt. The mixture should be piled for serving on a hot dish, with boiled rice arranged round it as a border.

When soldiers are required to attend their sick or wounded comrades the following simple recipes are useful :—

BARLEY WATER.

Two ounces of pearl barley boiled in a quart of water for 20 minutes and afterwards allowed to stand until it becomes cold; it must then be strained through a sieve into a jug, and a small piece of lemon peel added.

TOAST AND WATER.

Boil a quart of water and pour it on a good-sized piece of crumb of bread which has been well toasted before a clear fire until it becomes nearly crisp and of a dark brown colour; allow this to steep for half an hour; it is then ready.

SUGAR WATER.

To a pint of cold spring water add an ounce of lump sugar and a tablespoonful of orange or lemon juice; mix. This is a very refreshing drink in summer, and is, besides, perfectly harmless.

ARROWROOT.

To half a pint of boiled water add rather more than half an ounce of arrowroot, previously mixed in a teacup with a wine-glassful of cold water. Stir this on the fire until it boils for a few minutes, pour it into a basin, flavour with a little sugar, and a small spoonful of brandy or a little red or white wine, or else with a little piece of orange or lemon peel, which may be boiled with the arrowroot.

TO PREPARE SAGO OR TAPIOCA.

Boil 2 ozs. of either in a pint of water for 20 minutes, and flavour as directed for arrowroot; sago may also be boiled in either mutton, chicken, or veal broth, or in beef tea.

TO MAKE GRUEL.

Take one teaspoonful of oatmeal and mix with a wineglassful of water, and having poured this into a stewpan containing a pint of boiling water, stir the gruel on the fire, to boil 10 minutes; pour it into a basin, add salt and butter, or, if more agreeable, rum, brandy, or wine and sugar.

OATMEAL PORRIDGE.

Boil a quart of water in a saucepan; as soon as it boils sprinkle slowly in a cupful of coarse oatmeal, stirring gently until it is thick and smooth enough, pour it at once on to plates, and serve with milk or treacle.

VALUE OF VEGETABLES.

Eat lettuce and onions for worn nerves. Beets and turnips give iron to the blood; tomatoes stimulate a torpid liver; celery is good for rheumatism; beetroots are nourishing and laxative; carrots cleanse the blood and clear the complexion; asparagus stimulates action of the kidneys. All kinds of greens in spring help to cleanse the blood and regulate the system.

CALVES' FOOT JELLY.

Put an ox foot into two quarts of water and let gently simmer all day. Strain it, and next day remove the fat; cut it into four parts and put it into a saucepan with $\frac{3}{4}$ lb. moist sugar, the juice and peel of two lemons (or one orange, if preferred), and two eggs. The whites, yolks, and shells are beaten together. Put it on the fire, and bring it slowly to the boil, and boil quickly for five minutes. Then put in half a pint of cold water, let it stand for a little while, and strain through a sieve or muslin.

BEEF TEA.

To each pound of beef allow one quart of water. Pare away every particle of fat and cut the meat (which should be cut from the rump or gravy piece) into very small squares of mince, and put this into a clean stewpan, add the water and set it on the fire to boil, remembering that as soon as the scum rises to the surface it should be removed with a spoon, and a very small quantity of cold water and salt should be poured in at the edge of the stewpan in order to facilitate the rising of the albumen in the form of scum. Unless due precaution be taken to effect the skimming satisfactorily, the broth, instead of becoming clear and bright, becomes thick and *turbid*, and thus presents an unappetising appearance to the eye of the patient.

When beef tea has boiled gently for about half an hour and become reduced to about half its original quantity, let it be strained through a clear sieve or napkin into a basin, and serve with dry toast and salt. The foregoing is intended for patients whose case may require comparatively weak food; in cases where food of a more stimulating character is needed in the form of extract of beef, it will be necessary to double the quantity of meat, and when it happens that beef tea is required in a hurry the meat should be chopped as finely as sausage meat, put into a stewpan with boiling water, stirred on the fire for 10 minutes, and then strained through a napkin for use.

MUTTON BROTH.

To each pound and a half of stewing mutton add one quart of water, a little salt, 2 ozs. of pearl barley. Chop the mutton into

small pieces and add with the water in the stewpan; set it to boil, skim it well, add a little salt and the barley, boil gently for one hour, strain off the broth through the sieve into a basin, and serve with dry toast; a turnip and half a head of celery may be added where vegetables are not objected to.

CHICKEN BROTH.

Clean the chicken, scald the legs, and remove the cuticle which covers them, cut up the fowl into members or joints, leaving the breast whole, put the pieces of chicken into a clean stewpan, with a quart of water, a little salt, and 2 ozs. of washed rice, boil very gently for one hour, and when done serve the broth with or without the rice, according to taste.

RICE WATER.

Wash 3 ozs. of rice in several waters and then put in a clean stewpan with a quart of water and 1 oz. of raisins, boil gently for half an hour, strain through a coarse hair sieve into a jug.

ONION PORRIDGE.

Take a large Spanish onion, peel and split it into quarters, and put these into a small saucepan with a pint of water, a pat of butter and a little salt, boil gently until cooked, add a pinch of pepper, thicken with flour, sago, or cornflour, reboil and eat the porridge just before retiring for the night. This is an excellent remedy for colds.

APPENDIX.

Schedule "A."

From the following, commanding and other officers will be able to make a varied selection when compiling a weekly Diet Sheet :—

BREAKFAST.

Margarine.	Faggots and gravy.
Dripping.	Rissoles and gravy.
Porridge, with milk.	Meat Croquettes.
" " sugar and milk.	Beef, pickled, cold with sauce.
" " golden syrup.	" pressed, and sauce.
Bacon, fried.	Baked brown stew.
" baked.	Pork and beans (Canadian).
" boiled, cold with sauce.	Steak, fried.
" steamed, cold with sauce.	" stewed.
" fried, and sausages.	" curried.
" " " liver.	Mutton chops.
" " " with fried bread.	" curried.
" " " vegetables.	Sausage, breakfast, with sauce.
" " " tomatoes.	Tripe and onions, curried.
" " " baked beans.	" " stewed.
" " " cheese.	Fish, fried.
" baked with liver.	" baked.
" and liver, curried.	" kedgeree.
" " beef or mutton, curried.	" cakes.
" fried, with ox hearts.	Herrings, fresh, fried.
Sausages, fried.	" " baked.
" baked.	" " soused.
" " without skins.	Bloaters.
Liver, curried.	Kippers.
" stewed.	Haddock.
" fried.	Cheese pie.
Brawn and sauce.	Welsh rarebit.

DINNER.

Beef, baked.	Stew, Irish.
" roast.	Meat pies.
" braized.	" puddings.
" boiled.	Sea pies.
" stewed.	Turkish pillau.
Steak, fried.	Toad-in-the-hole.
" stewed.	Rabbit, baked.
Mutton, roast.	" stewed.
" baked.	" pies.
" curried.	" curried.
" stewed.	Fish, baked.
Stew, brown.	" fried.
" curried.	" boiled.
" plain.	

VEGETABLES SERVED WITH THE DINNER MEAL.

First Vegetables.

Potatoes, baked.	Potatoes, fried.
" boiled.	" mashed.
" in jackets.	Potato substitutes (see Appendix)

Second Vegetables.

Cabbage.	Beans, Butter.
Curly Kale.	Peas, blue.
Turnip Tops.	Carrots.
Winter Greens.	Turnips.
Vegetable Marrows.	Parsnips.
Broad Beans.	Swedes.
Onions.	Mixed vegetables (fresh).
Beans, Haricot.	" " (dried).
" Rangoon.	

PUDDINGS AND SWEETS.

Plain pudding (dripping).	Apple pies.
Suet pudding.	Prunes and rice.
" dumplings.	Stewed apples.
Currant pudding.	" figs.
Date pudding.	Rice pudding.
Fig pudding.	Tapioca pudding.
Treacle pudding.	Macaroni pudding.
Golden pudding.	Fruit salad.
Bread pudding.	Stewed fruit (fresh).
" and butter pudding.	Apple and rice pudding.
Jam rolls.	Dates and rhubarb.
Raisin pudding.	

TEA MEAL.

Margarine.	Watercress salad.
Dripping.	Lettuce salad.
Toast and dripping.	Tomato salad.
Kippers.	Stewed prunes.
Bloaters.	" bananas.
Fish cakes.	" figs.
Herrings, soused.	" apples.
Fish in oil, tinned.	" fruit (any kind in season).
Macaroni cheese.	Fruit salad.
Lettuce.	Plain cake.
Spring onions.	Rice cakes.
Radishes.	Seed cakes.
Watercress.	Potato scones.
Beetroot salad.	Oatmeal scones.
Mixed salad.	Jam.
Cucumber salad.	Marmalade.

SUPPERS.

Soup, barley, and bread.	Fish cakes and potatoes.
" pea, and bread.	Cold meat, curried.
" lentil, and bread.	Fresh herrings, baked.
" lentil and pea, and bread.	Herring pie.
" vegetable, and bread.	Cheese and bread.
" haricot bean, and bread.	Cheese pudding.
" tomato, and bread.	Faggots and gravy.
Hot-pot.	Welsh rarebit.
Sea pie.	Tripe and onions.
Minced meat.	Pork and beans (Canadian).
Cottage pie (meat and potatoes).	Bubble and squeak.
" (tripe and potatoes).	Oatmeal porridge and golden syrup.
Curried liver and potatoes.	

Schedule "B."

SCALE OF INGREDIENTS REQUIRED FOR 100 MEN.

1. *Baked meat and potatoes* ... Meat, 70 lbs.; potatoes, 50 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
2. *Baked meat and haricot beans* ... Meat, 70 lbs.; haricot beans, 10 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
3. *Baked meat and blue peas* ... Meat, 70 lbs.; blue peas, 10 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
4. *Roast meat and Yorkshire pudding.* ... Meat, 70 lbs.; flour, 16 lbs.; egg powder, 12 packets; milk, 16 pints; pepper, $\frac{1}{2}$ oz.; salt, 2 ozs.
5. *Meat pies* Meat, 62 lbs.; flour, 16 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.; dripping, 4 lbs.
6. *Brown stew* Meat, 62 lbs.; flour, 3 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
7. *Plain stew* Meat, 62 lbs.; flour, 3 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
8. *Irish stew* Meat, 62 lbs.; potatoes, 50 lbs.; onions, 6 lbs.; pepper, 1 oz.; salt, 2 ozs.
9. *Curried stew* Meat, 62 lbs.; flour, 3 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; curry powder, 12 ozs.; pepper, 1 oz.; salt, 2 ozs.
10. *Steamed meat* Meat, 62 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
11. *Steamed meat with peas* ... Meat, 62 lbs.; blue peas, 10 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
12. *Steamed meat with haricot beans.* ... Meat, 62 lbs.; haricot beans, 10 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.
13. *Meat puddings.* Meat, 62 lbs.; flour, 16 lbs.; onions, 3 lbs.; dripping, 4 lbs.; pepper, 1 oz.; salt, 2 ozs.
14. *Sea Pies* Meat, 62 lbs.; flour, 16 lbs.; potatoes, 50 lbs.; mixed vegetables, 3 lbs.; onions, 3 lbs.; pepper, 1 oz.; salt, 2 ozs.; dripping, 4 lbs.
15. *Turkish pillau* Meat, 62 lbs.; rice, 10 lbs.; onions, 3 lbs.; flour, 3 lbs.; sweet herbs, 1 bunch; salt, 3 ozs.; cayenne pepper, $\frac{1}{4}$ oz.
16. *Toad-in-the-hole* Meat, 62 lbs.; flour, 16 lbs.; milk, 10 pints; onions, 3 lbs.; egg powders, 10; pepper, 1 oz.; salt, 3 ozs.

SOUP.

1. *Barley soup* Barley, 8 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; flour, 3 lbs.; celery seed, 2 packets; pepper, $1\frac{1}{2}$ ozs.; salt, 3 ozs.
2. *Pea soup* Split peas, 10 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; dried mint, 1 packet; pepper, $1\frac{1}{2}$ ozs.; salt, 4 ozs.; flour, 3 lbs.
3. *Lentil soup* Lentils, 8 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; herbs, 2 packets; pepper, $1\frac{1}{2}$ ozs.; salt, 4 ozs.; flour, 3 lbs.
4. *Pea and lentil soup* Lentils, 6 lbs.; split peas, 4 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; flour, 3 lbs.; pepper, $1\frac{1}{2}$ ozs.; salt, 4 ozs.

5. *Hoich Potch* Blue peas, 6 lbs.; barley, 4 lbs.; mixed vegetables, 7 lbs.; onions, 3 lbs.; flour, 3 lbs.; cabbage lettuce or cabbages, 8 heads; sweet herbs, 1 packet; bunch of parsley, (small), 1; pepper, 1 oz.; salt, 4 ozs.

PUDDINGS.

1. *Plain suet pudding*... .. Flour, 18 lbs.; dripping, 4½ lbs.; salt, 1½ ozs.
 2. *Plum pudding* Flour, 18 lbs.; dripping, 4½ lbs.; raisins, 4 lbs.; currants, 3 lbs.; sugar, 2 lbs.; mixed peel, 1 lb.; spice, 1 packet.
 3. *Jam rolls* Flour, 18 lbs.; dripping, 4½ lbs.; jam, 6 lbs.; salt, 1 oz.
 4. *Currant rolls* Flour, 18 lbs.; currants, 5 lbs.; dripping, 4½ lbs.; mixed peel, 1 lb.; sugar, 3 lbs.; salt, 2 ozs.
 5. *Plain raisin pudding* Flour, 18 lbs.; dripping, 4½ lbs.; raisins, 6 lbs.; sugar, 3 lbs.; salt, 1 oz.
 6. *Date pudding* Flour, 16 lbs.; dripping, 4 lbs.; dates, 10 lbs.; sugar, 2 lbs.; salt, 2 ozs.; nutmeg, 1.
 7. *Rice pudding* Rice, 8 lbs.; milk, 16 pints; sugar, 3½ lbs.; nutmegs, 2.
 8. *Bread and butter pudding*... Sliced bread, 14 lbs.; currants, 4 lbs.; margarine, 2 lbs.; milk, 16 pints; sugar, 3½ lbs.; nutmegs, 2.
 9. *Tapioca pudding* Tapioca, 8 lbs.; milk, 16 pints; sugar, 3½ lbs.; nutmegs, 2.
 10. *Apple tarts* Flour, 14 lbs.; dripping, 3½ lbs.; apples, 25 lbs.; sugar, 4 lbs.; cloves, ½ oz.; salt, 1 oz.
 11. *Apple pudding* As stated at 10.
 12. *Treacle pudding* Flour, 16 lbs.; dripping, 4 lbs.; treacle, 6 lbs.; salt, 1 oz.; sugar, 2 lbs.

NOTE.—Two packets of baking powder or 2 ozs. of carbonate soda may be added to the ingredients mentioned at 1 to 6 inclusive. When suet is used in place of dripping one-third increase in weight should be used.

Schedule "C."

USE OF DRIED BREAD CRUMBS.

In addition to making bread puddings, a good way of dealing with scrap bread is shown in the following recipes. If the bread is dried on a hot-plate or in an oven before being crumbed, it will keep wholesome indefinitely.

INGREDIENTS FOR 100 MEN.

- Fig pudding* Bread crumbs, 20 lbs.; figs, 6 lbs.; flour, 3 lbs.; sugar, 3 lbs.; dripping, 2 lbs.; a teaspoonful of spice and a little salt.
Golden pudding Bread crumbs, 20 lbs.; flour, 3 lbs.; sugar, 2 lbs.; marmalade, 8 lbs.; dripping, 2 lbs.; a little salt.
Treacle pudding Bread crumbs, 20 lbs.; flour, 3 lbs.; sugar, 2 lbs.; dripping, 2 lbs.; treacle, 8 lbs.; a little salt.

Prune pudding ... Bread crumbs, 20 lbs.; flour, 3 lbs.; sugar, 3 lbs.; dripping, 2 lbs.; prunes, 8 lbs.; a little salt.

Date pudding ... Bread crumbs, 20 lbs.; flour, 3 lbs.; sugar, 3 lbs.; dripping, 2 lbs.; dates, 8 lbs.; a little salt and a little nutmeg.

NOTE.—25 lbs. of bread crumbs are sometimes used without increasing the other ingredients.

METHOD.

The bread should be dried throughout (in an oven or on a hot-plate), and crushed to crumbs. This can be done in a mincing machine, or placed in a clean sack, crushed with a mallet, and put through a sieve.

Golden Pudding.—Place flour, bread crumbs, sugar, dripping and salt into a mixing bowl, and mix well. Stand the tins of marmalade in hot water to thin cut, and when ready add the other ingredients, and mix well. Add sufficient water or milk to make into a soft mixture. Fill the basins (which have been already greased) with the mixture, and cloth down. Time to steam or boil, 3 hours.

Fig, Date and Prune Puddings.—Soak and cut up figs, dates or prunes, into small pieces, and put all ingredients into a mixing bowl, and mix well. Add milk or water to make mixture soft. Fill well-greased tins with the mixture, and cloth down. Time to steam or boil, 3 hours. It is unnecessary to soak dates.

Treacle Pudding.—Place bread crumbs, sugar, flour, dripping and salt into a mixing bowl, and mix well. Add sufficient milk or water to make a soft mixture. Fill well-greased basins, cover and tie down. Cook for 2½ to 3 hours. Half-an-hour before the puddings are to be served, stand the tins of treacle in hot water, and when ready pour over the puddings.

NOTE.—If basins are not available and the puddings are tied in cloths and boiled the quantity of bread crumbs and flour used should be equal. Biscuit crumbs can be used in the proportion of one-third to two-thirds bread crumbs or flour.

Schedule "D."

The following is considered the best method of treating rations when the rations are to be carried on the man.

The chief essentials in view are:—

1. That rations should be prepared so as to prevent them going bad before they are required for consumption.
2. That the rations should be so divided that their carriage by the soldier entails an even distribution of weight on each individual.
3. That the preparation of the rations before issue should be advanced to such a state that their subsequent treatment before they are ready for consumption is reduced to a minimum.
4. That the rations, as carried by the soldier, should be capable either of being cooked in the mess-tin or collected and dealt with by the company cooks.

The following methods of dealing with rations are suggested:—

(A.) Method of dealing with full meat ration.

Breakfast (stew); mid-day meal (haversack ration of bread and cheese); evening meal (steak).

On receipt of the meat ration, it should be cut up into portions corresponding to the number of squadrons, troops or companies.

The company cooks should then remove the meat from the bone.

The best portion of the meat should then be selected and cut up into thin steaks consisting as near as possible of portions each weighing 6 ozs. If the weather is

hot these steaks should be fried in fat until partially cooked. They should then be allowed to cool. The remainder of the meat should be prepared for making stew. The stew should be cooked in the morning and issued for breakfast. The steaks should be laid on two clean waterproof sheets, and the company should be formed up in two ranks with their mess tins. Both ranks should then file past, each man receiving his ration of meat and the necessary condiments.

For the mid-day meal the haversack ration of bread and cheese should be utilised,

On arrival in camp, if it is proposed that the men should cook their own dinner, all that is necessary is to add a little water to their mess tins, stir well and go on with the cooking; or the meat can be fried if sufficient fat is available. Otherwise the meat can be dealt with as follows:

One camp kettle per 15 men, containing a little water, should be placed on the flanks of the company; the men should then file past, emptying the contents of their mess tins into the kettles. The company cooks can then deal with the meat in the ordinary way.

This method would save time, besides leaving the men free for other work.

(B.) Method of dealing with fresh meat rations.

Breakfast (fried steaks); mid-day meal (haversack ration of bread and cheese); evening meal (stew).

As in (A), the company cooks should cut up the meat. The best portions should be cut into steaks, each weighing as near as possible 6 ozs. These steaks should be fried and issued for breakfast. The remainder of the meat should be cut into small cubes, sprinkled with flour, pepper and salt, and placed on clean waterproof sheets and divided up into portions. The company should then file past with their mess tins, each man receiving his portion together with a piece of onion. The meat can be collected on arrival in camp and dealt with by the company cooks, or, if desirable, the men can cook the meat in their mess tins.

In the latter case, the men should add enough water to barely cover the meat, stir well, and cook over a small fire for about 1½ hours.

(C.) Method of dealing with meat rations when they consist of half-fresh meat and half-preserved meat.

When the meat ration consists of half fresh meat and half preserved meat, the preserved meat can be divided into two portions: (1) For breakfast; (2) for the mid-day meal; the half-ration of fresh meat being prepared by company cooks, either for frying (when suitable portions are available), or for stewing. On arrival in camp, the fresh meat can either be cooked by the men in their mess tins or collected and dealt with by the company cooks, or the fresh meat can be made into stew or cut into steaks and fried for breakfast, the preserved meat being issued to the men, one portion being used for the mid-day meal and the remainder for the evening meal. The latter could be heated up if desired. By adopting the former method men are enabled to obtain their evening meal without delay, and without the necessity of waiting while the meat is cooking; on the other hand, it is desirable to give men a hot evening meal when possible.

When both fresh meat and preserved meat is carried in the mess tin, the former should be placed at the bottom and well pressed down. The preserved meat should be put on top.

When preserved meat is issued in small tins, it will be unnecessary to remove the meat from the tins until required.

Preparation of haversack rations, consisting of meat, for use when bread and cheese is not available:—

Take one-third of the issue of meat, cut into joints, and boil them until tender, which will take about 2½ hours. Remove from the liquor and allow to cool. Cut into thin slices and issue. The remaining two-thirds of the issue can be treated as already described for stews, &c.

Schedule "E."

USE OF RICE, DRY PULSE AND VEGETABLES IN PLACE OF POTATOES
FOR 100 MEN.

1. *Bean Croquettes*.—Ingredients: Beans, 15 lbs.; flour, 2 lbs.; stock or water, pepper and salt.

METHOD OF PREPARATION.

Soak the beans overnight in cold water and add $1\frac{1}{2}$ ozs. of soda. Boil the beans in stock or water until tender and the skins burst, drain and mash them. Add the flour and seasoning, mix well, make into shapes. Place them in baking dishes with sufficient dripping to cover the bottoms and bake in a quick oven until brown.

2. *Rice Croquettes*.—Ingredients: Rice, 10 lbs.; flour, 2 lbs.; stock or water, pepper and salt.

METHOD OF PREPARATION.

Wash and re-wash the rice. Cook until tender in stock or water, and drain. Dredge in flour, season to taste and make into shapes. Place these in baking dishes with sufficient dripping to cover the bottoms, and bake in a quick oven until brown.

3. *Rice and Vegetable Croquettes*.—Ingredients: Rice, 7 lbs.; beans, 3 lbs.; flour, 2 lbs.; carrots, 7 lbs.; turnips, 7 lbs.; stock or water, pepper and salt.

METHOD OF PREPARATION.

Wash and re-wash and boil the rice in stock or water until tender. Prepare and cook the beans as explained in para. 1. Prepare, wash and cut up the carrots and turnips into small pieces, fry in hot dripping until brown, or boil and mash. Mix the rice, beans, carrots, turnips and flour together, season to taste, add a little stock or water, and mix into a stiff paste. Make into shapes, place in baking dishes with sufficient dripping to cover the bottoms, and bake until brown.

4. *Bean and Vegetable Croquettes*.—Ingredients: Beans, 8 lbs.; rice, 2 lbs.; flour, 2 lbs.; carrots, 7 lbs.; turnips, 7 lbs.; stock or water, pepper and salt.

METHOD OF PREPARATION.

Same as for Rice and Vegetable Croquettes.

5. *Savoury Rice, Boiled*.—To serve with hot meat.—Ingredients: Rice, 10 lbs.; onions, 2 to 5 lbs.; dripping, 1 lb.; stock or water, pepper and salt.

METHOD OF PREPARATION.

Wash and re-wash the rice, then plunge into 6 to 8 gallons of stock or water, cook and cut up onions into small pieces, add them to the rice, season with pepper and salt. When the rice is cooked and has absorbed the water, add dripping and stir well.

6. *Pea Croquettes*.—Ingredients: Peas, 20 lbs. (or as required). Dripping, 2 lbs.; pepper and salt.

METHOD OF PREPARATION.

Soak all night with 2 ozs. soda. Tie in loose cloths so that the peas may be allowed to swell, place in boiling water for 3 or 4 hours. Mash, add pepper and salt to taste and mix with 2 lbs. of dripping. Shape into balls and place in greased baking dishes and bake in a quick oven.

7. When the ingredients mentioned at 1, 2, 3, 4, 5 and 6 have been prepared and cooked, instead of making Croquettes, the material may be used in either of the following ways:—

- (1) As a cover for cooked meat in baking dishes similar to a Potato Pie.
- (2) Placed in dishes and baked in a quick oven until the top is browned.

- (3) Place in baking dishes with layers of meat and gravy underneath, put on hot-plates, and cook in the same way as Bubble and Squeak. Onions may be used with any of these preparations and may be fried before use if preferred.

If any of the above preparations have not been properly cooked before being shaped into Croquettes or placed in baking dishes, a slow oven should be used, and they should be left to cook for a longer time.

One ounce of soda added to the water for soaking 10 lbs. of peas and beans is considered to be sufficient, but when the water is soft half the quantity should suffice.

Schedule "F."

TREATMENT OF RABBITS.

(a) Carefully skin the rabbits (if frozen defrost) and leave them in salt and water for 30 minutes. Divide into joints and re-wash in a fresh supply of salt and water and dry them.

(b) The heads, necks and livers should be removed and put into a separate cooking vessel with seasoning to supply stock or gravy.

(c) It is necessary that the foregoing instructions should be carefully followed before rabbits are cooked.

(d) There is an absence of fat in rabbit meat, and it is necessary either to dredge in flour, fry in fat, add bacon, or stew in onion stock with flour thickening.

(e) If cooked in water without the usual condiments and seasoning the dish will be insipid and waste follows.

The following recipes, where care is taken in preparation and cooking, will provide attractive meals.

QUANTITIES FOR 100 MEN.

1. *Stewed Rabbits (Cook in steaming apparatus).*—Ingredients: Rabbits, 70 lbs.; bacon, about 40 rations; flour, 3 lbs.; onions, 3 lbs.; pepper and salt.

METHOD OF PREPARATION AND COOKING.

Carefully skin the rabbits and leave in salted water for 30 minutes, cut into small joints and well wash in a fresh supply of salted water and partly dry with a cloth. Cut bacon into thin slices. Clean and cut up onions into small pieces. Place a little stock in a steaming dish, add the onions. Place flour, pepper, and salt into a mixing bowl and well mix, add the rabbit and bacon, well flouring. Next place the rabbits and bacon into the steaming dish with the onions, barely cover with stock, stir well together, replace the lid, and steam for 2 hours.

2. *Stewed Rabbits (cooked in camp kettles).*—Ingredients: Same as Diet 1.

METHOD OF PREPARATION.

Prepare the rabbits as explained in Diet 1, partly dry with a cloth, and dredge in flour. Place a little stock in a camp kettle, put in a layer of rabbit, thin rashers of bacon, a few finely cut onions, pepper and salt and repeat until camp kettle is three parts full. Add stock or water as required, bring to boil, and simmer for 2 hours.

3. *Rabbit Pudding.*—Ingredients and Preparation: Same as for Diet 1 and 2. Make a paste as explained in Diet 1, page 16, and cover the meat in the steaming pans or camp kettles, replace the lid and simmer till paste is cooked.

4. *Baked Rabbit*.—Ingredients: Same as Diet 1, except bacon, which is not used.

METHOD OF PREPARATION.

Prepare the rabbits as explained in Diet 1. Cut into convenient size and put into boiling fat till half cooked. Ring 3 lbs. of onions and fry till golden brown. Arrange the rabbit with the onions in baking dishes and add pepper and salt as required, barely cover the stock, and bake for about 45 minutes. A little flour thickening may be added to the onions after frying or to the stock as preferred.

5. *Rabbit Pies*.—Ingredients: Rabbits, 70 lbs; bacon about 40 rations; flour, 16 lbs.; dripping, 4 lbs.; pepper and salt as required.

METHOD OF PREPARATION.

Prepare the rabbits as explained in Diet 1. Cut the bacon into small pieces. Arrange in baking dishes, season with pepper and salt and cover with stock. Cover the meat with a paste made as explained in Diet 1, page 16, and bake for about 2 hours. Add the remainder of the stock and serve. The time for cooking is approximate. When the crust is firm the pies should be allowed to simmer gently until cooked. Cover with greased paper if necessary to prevent the crust being scorched. When cooking for large numbers it is more convenient to partly stew the rabbits as explained in Diet 1. Put into Baking Dishes, add stock, cover with paste, and cook as explained.

6. *Baked Rabbits, with Savoury Rice*.—Prepare and partly cook the rabbits as in Diet 4, put into baking dishes. Prepare Savoury rice as explained in Diet 3, page 20, cover the meat similar to Potato Pie, and put into oven till browned.

7. *Curried Rabbits*.—Ingredients: Same as for Diet 1, with an addition of 12 ozs. of curry powder and 3 lbs. of apples.

METHOD OF PREPARATION.

Prepare the rabbits as for Diet 1. Cut into neat joints dry them and rub with flour. Peel and chop the onions and apples. Make some dripping hot, put in the onions and curry powder and fry the rabbits on hot plates till three-parts cooked. Take away the fat, and stock and apples, and simmer for about 1 hour.

8. *Rabbit Croquettes*.—

METHOD OF PREPARATION.

Mince the meat of cooked rabbits and bacon in the proportion of three-fourths rabbits and one-fourth bacon. Soak sufficient bread and squeeze out the water, pass through mincing machine or crumble up. Place the whole of the ingredients into a mixing bowl and well mix with seasoning of pepper, salt and chopped parsley. Make into shapes and bind by lightly dredging with flour, or, if dried breadcrumbs are used, with thick white sauce. Arrange in greased baking dishes and bake in oven for 30 to 45 minutes.

Schedule "G."

TREATMENT OF BULLOCK'S HEAD.

Brawn.—Ingredients: Bullock's head, 1; bay leaves, 6; Jamaica pepper, $\frac{1}{2}$ oz.; or ordinary pepper, 1 oz.; ground mace, $\frac{1}{8}$ oz. (brine water, $11\frac{1}{2}$ galls.; salt, common, 14 lbs.; saltpetre, 6 ozs.).

Weight:—

Bullock's head	30 $\frac{1}{2}$ lbs.
Bones in head...	15 $\frac{1}{2}$ lbs.
Meat in head	13 lbs.
Brains in head	1 lb.
Trimmings in head	1 $\frac{1}{2}$ lbs.

Brawn when made = 14 lbs.

METHOD OF PREPARATION.

Thoroughly wash, trim, and cut out the eyes, saw the head in half lengthways, remove the brain and place in cold water. Bone and place the meat in brine for 8 hours. Next remove the nostrils, well wash the bones in cold water, then saw through each half head at the back of the eye sockets. Remove meat from the brine, wash thoroughly in tepid water, cut into cubes about $1\frac{1}{2}$ inches square, place in a deep cooking vessel with the bones and $1\frac{1}{2}$ gallons of water, add ground mace, bay leaves and Jamaica pepper, also any spare fat or meat from the root of the tongue. The bay leaves and Jamaica pepper should be placed in a muslin bag. Bring to the boil, skim, then allow to simmer for 5 or 6 hours. Remove the muslin bag with its contents, also the bones, which should be well scraped and the meat returned to the cooking vessel. Skim off the fat, place the mixture into china or enamel basins, stand in a cool place; when set dip the outside of the basins in hot water, turn out and serve cold.

Ox Brains and Parsley Sauce.—Ingredients: Ox brains; vinegar; salt; water; parsley sauce.

Weight of ox brain before cooking	1 lb.
Weight of ox brain after cooking	12 ozs.

Four Portions.

METHOD OF PREPARATION.

Remove the brains and cleanse in cold water. The skin is then carefully taken away under a slow running tap of cold water. When thoroughly washed and skinned, place in boiling water with a good pinch of salt, a teaspoonful of vinegar, and gently simmer or poach for about 10 to 15 minutes. Remove and thoroughly drain on a cloth and serve with the parsley sauce.

Another Method (Brain Outlets).—Prepare as before, poach for 5 minutes. Remove and place in cold water until cold, drain, cut into halves lengthways, dip in milk, flour, and breadcrumbs and fry in hot shallow fat until nicely browned and serve.

Ox Tongue and Parsley Sauce.—Ingredients: Ox tongue, 1; carrots, 1; onion, 1; salt, peppercorns and cloves as required; parsley sauce.

Weight of ox tongue	$7\frac{1}{4}$ lbs.
Weight of ox tongue, after cooking	$5\frac{1}{4}$ lbs.
Weight of tongue, trimmed after cooking	$3\frac{3}{4}$ lbs.
Weight of trimmings of cooked tongue	$1\frac{1}{2}$ lbs.

METHOD OF PREPARATION.

Well wash the tongue, place in boiling water, with 1 carrot, 1 onion, salt, peppercorns and cloves. Boil quickly for a quarter of an hour, then steadily simmer until cooked. Time, $2\frac{1}{2}$ to 3 hours. Remove and skin the tongue whilst hot, commencing at the back. Cut into thin slices and serve hot with parsley sauce.

Another Method.—Place tongue in brine for 4 days. Remove tongue, soak for 12 hours in cold water. Place in fresh cold water, gradually bring to a boil, skim and steadily simmer until cooked. Time $2\frac{1}{2}$ to 3 hours. Remove and skin whilst hot. Cut into thin slices and serve hot, with thin parsley sauce.

Schedule "H."

BY-PRODUCTS OF THE MEAT RATION.

The main consideration governing the recovery of by-products from the meat ration must be as follows:—

- (1) The man should have from his meat ration all that he requires or wants.
- (2) Remaining by-products should be sold for the benefit of the messing account.
- (3) No part of the meat ration should reach the swill tub.

The most important by-product is, of course, dripping, which is the oil extracted from the fat of all kinds of meat during the process of cooking. Dripping forms a valuable aid to military cookery, and after providing all the fat required for—

1. Preparation of all paste;
2. Puddings;
3. Issues in lieu of margarine for breakfast and tea;
4. Frying purposes;

there may be a surplus for sale.

Dripping should be issued, as far as possible, according to the following scale:—

For what purpose.	Amount.	Quality.
Tea or breakfast	5 lbs. per 100 men	} First Class.
Plum puddings	4 ozs. to each lb. of flour	
Currant rolls	"	
Jam rolls	"	
Currant pudding	"	
Raisin pudding	"	
Date pudding	"	
Treacle pudding	"	
" tarts	"	
Jain tarts	"	
Apple or fruit tarts	"	
Bread puddings	2 ozs. to each lb. of pulp	
Plain suet puddings	4 ozs. to each lb. of flour	
Meat pies	"	
Sea pies	"	
Meat puddings	"	
Dumplings	"	
Frying fish, deep frying	About 4 lbs. per 100 men ...	
" " dry frying	2 lbs. "	
" " liver, without bacon	1 lb. "	
" " eggs, without bacon	1 lb. "	
" " with bacon	$\frac{1}{2}$ lb. "	

Dripping should all be removed from the cookhouse and weighed into store. The receptacles should be carefully ticketed, showing the quality and the purpose for which the dripping is intended.

Issues whether for cooking, in lieu of margarine, or for sale, will be made from the store. A convenient form of keeping a check and record of recoveries will be found on page 121. If this by-product diary is systematically entered up, the figures required in AB. 48 and for the monthly economy return will be readily accessible.

A chart is given on pages 118-120, showing the source and method of treatment and disposal of products which should be recovered in the treatment of the meat ration from the time it reaches the unit to the point where it is finally disposed of.

Under (A) it should be noticed that as meat is issued in sides or quarters, it follows that in the process of cutting up the meat considerable quantities of fat will be left over. This fat is known as "butcher's fat," so called because the ordinary butcher disposes to the trade of this surplus which arises in the reduction of meat bought wholesale to the joints and stewing meat which are sold to the general public.

It is of importance that roasting joints should not be denuded of fat; on the contrary, such joints should have plenty of fat to assist the process of roasting, and to prevent the meat from becoming dried up.

The surplus collected should be cut up into small pieces, the smaller the better, or passed through a mincer, then put into a dish or pot, barely covered with water, and placed in an oven or over a fire and allowed to boil rapidly until the water has evaporated and the pieces of fat become a light brown colour, then allowed to partly cool, strained through a colander into a clean dish, allowed to harden, turned out and scraped clean.

First-class dripping should be firm, and vary in colour from white to pale straw. If dirty or dark brown in appearance, it has either been indifferently clarified or burnt. Fat that is the least scorched should not be accepted, as it will taint everything it may be mixed with.

In Section (B) of the chart, a description of some of the sources of fat recovered during the process of cooking is given. Naturally, such a chart cannot, without undue length, give particulars of all such sources.

The liquid fat that accumulates on the surface of stocks, stews, bakes, pies, &c., and that which settled on the bottom of the dishes when roasting, must be carefully removed before the dishes leave the kitchen, not only to provide dripping, but to render the food appetising, palatable and easily digested. Dripping is clarified in the following manner:—

The liquid fat, when skimmed off the dishes, is put into a dish to cool and harden into a solid cake. It is then cleaned, broken up into pieces, put into a dish with about one quart of water, placed in an oven or on a hot plate, and allowed to boil rapidly, all scum being removed as it rises to the surface. When the water has evaporated, and the fat becomes clear, strain it into a clean dish and allow to cool; when firm, turn it out in a solid block and carefully scrape away any particle of dirt or impurity that may be adhering to the bottom.

In section (C) the method of recovering fats from refuse is given.

Precautions must, of course, be taken that fats recovered from plates, &c., do not come into contact with those destined for re-issue for cooking or edible purposes. Materials that are in any way offensive must not be treated in the cook-house.

Extra men must not be employed on the work of recovering by-products. The extra payment of cooks (A.C.I. 348 of 1916) was sanctioned on the basis of the existing establishment, and on the understanding that cooks would receive extra payment for extra duty on this work.

It should be borne in mind that it is not financially sound from the national point of view to carry out work laboriously by elementary methods, when such work can be done quicker and better by the contractors' machinery.

For instance, second-rate material may produce a brown dripping which can readily be sold as such. It may be possible by the expenditure of labour and fuel to produce an article which will pass for white, and realise a higher price, but actually it will be found that the extra money realised by the unit will be outweighed, from a national point of view, by the extra expenditure of labour and fuel involved.

Under section (D) of the Chart Bones are dealt with. All meat must be removed from raw bones. No bones are to be sold raw ("Green"), unless there is plenty of good stock for soup and for stews. It should seldom, if ever, be necessary to make stews with water. As a general rule bones should be removed before the meat is cooked, but when this is found to be impracticable, as with mutton, they should be used for stock before being sold. This does not refer to bones collected from the men's plates after the dinner meal. All cooked bones should be collected and sold; first from the stock pot and afterwards from the dining-rooms. Under no circumstances are bones of any description to be put into the refuse (swill) tubs.

Bones awaiting despatch or collection by the contractor should be stored away from the cookhouse, in a cool airy place. Stacking or covering up will cause heating and decomposition. If bones are kept in the dark they will not be attacked by flies.

CHART SHOWING RECOVERY AND UTILISATION OF BY-PRODUCTS.

Source.	Explanation.	Treatment.	Classification.	Utilisation.	Remarks.
A.—Fats from Raw Meat—					
1. Suet				
2. Butcher's fat...	Surplus fat from the carcase which a trade butcher removes in preparing meat for sale.	Cut into small pieces, or put through mincer, rendered down and clarified.	1st class "white" dripping.	(i) For cooking purposes. (ii) For issue in lieu of margarine. (iii) For sale.	"Suet" should, where possible, be used raw for suet puddings. It is better and more economical for that purpose than dripping.
3. Trimmings ...	Further surplus in cutting up meat for stews.				NOTE.—Fat is an essential article of diet. Meat and joints must not be spoilt by over-trimming.
B.—Fats Recovered in Process of Cooking—					
4. Cracklings ...	The fibrous residue left after rendering down raw fat.	(i) Leave as cracklings. (ii) Put through a lard press while still hot. Produce.	Cracklings ... Dripping and pressed scraps.	(i) Mince as an ingredient for rissoles, &c. (ii) For sale. As above.	
5. Bacon rind ...	(i) Remove before cutting up.	(i) As above. (ii) Boil up with water, skin, thoroughly clarify the fat.	— Lard ...	As above. Cracklings (i). (ii) For pastries, &c. Residue a valuable ingredient in rissoles, &c.	Bacon rind should be removed before serving bacon. It can be utilised in a variety of ways. After extracting the fat, the residue yields, after boiling, a jelly, valuable in making brawn.

6. Skimmings ...	The grease which rises to the surface of stews, stockpots, &c., and which should be skimmed off.	Clarify, and if discoloured, break into fresh water and clarify again.	1st class white dripping, or if discoloured, "Brown" dripping.	(i) White, above. (ii) Brown; 2nd class cooking purposes or sale.	As All stews, soups, &c., should be well skimmed
7. Baking dishes residue.	The fat which a joint loses in process of cooking.	Clarify ...	Generally brown, through burning.	As above ...	If unburnt, this dripping has the flavour of the meat, and an admixture will improve dripping issued in lieu of margarine.
8. Bacon fat ...	The large amount of melted fat left after frying.	(i) Clarify and re-clarify. (ii) Clarify ...	(i) Lard... (ii) Brown dripping.	(i) For pastries, &c. (ii) Sale as brown dripping.	
C.—Fat Recoveries from Refuse—					
9. Refuse fat ...	All pieces of fat, greasy material should be kept and not thrown into the swill.	Boil up in water; skim.	1st and 2nd class dripping, according to material.	For sale ...	Special utensils should be kept for refuse recoveries.
10. Washing-up water.	Water in which greasy plates, dishes, &c., are washed should be allowed to cool, and the grease collected from the surface.	Boil up with clean water and clarify once or twice, or add to No. 9.	2nd class dripping.	For sale ...	In the dining rooms a small utensil should be kept into which greasy material is placed, and kept separate from other leavings. If the instructions at 9 and 10 are carried out, there should be very little from this source.
11. Grease trap skimmings.	Skim daily, but do not attempt to treat sludge.	Add to No. 10 ...	2nd class dripping.	For sale ...	No. 11 material must not be treated in the cookhouse.

CHART SHOWING RECOVERY AND UTILISATION OF BY-PRODUCTS (continued).

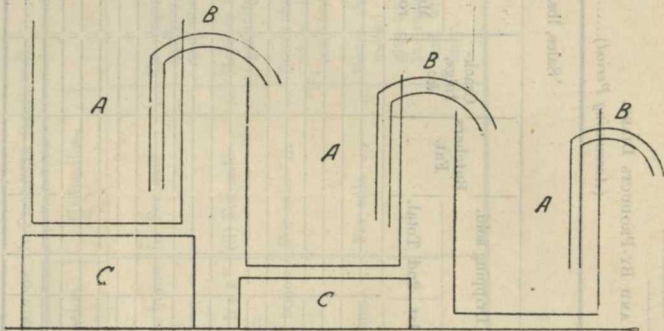
Source.	Explanation.	Treatment.	Classification.	Utilisation.	Remarks.
D.—Bones— 12. Marrow bones	Leg, buttock and shin bones.	(i) Untreated. Should be well stripped of meat. (ii) Break up, and add to stock-pot.	(i) Marrow bones (ii) "Other" bones.	(i) For sale (ii) For sale	To command the higher price, marrow bones must be uncooked and uncut. Marrow bones yield a considerable quantity of rich fat.
13. Green bones ...	<i>i.e.</i> , Uncooked ...	Well stripped of meat.	"Other" bones	For sale ...	Bones should only be sold uncooked when all requirements of stock for soup and stews have been fulfilled.
14. Cooked bones	From joints, from stock-pots, and left on plates.	—	Other bones ...	For sale ...	Bones should only be gently simmered; if violently boiled, the glue-contents are released, and the residue is fit only for manure, and will command a low price only.

Schedule "J."

METHOD OF COLLECTING FATS FROM WASHING-UP WATER, COOK-HOUSES, &c.

As in the majority of Winter Quarters the water from the cook-houses and wash-ups, &c., has to go into drains, it is necessary to remove as much grease as possible, for the following reasons:—

- (1) The grease blocks the drains.
- (2) When collected, the sale of the grease is entirely for the benefit of the men.
- (3) The country requires all available grease and fats for Munition purposes.



- A. Represents discarded oil drums, or barrels.
 B. Lengths of $\frac{1}{2}$ -in. gas pipe.
 C. Bricks.

(The gas pipe is soldered or plugged round the hole in the receptacle.)

The apparatus acts as a water-cooler and grease collector, the greasy water is slowly poured into the top receptacle, in which most of the grease is retained, the water flowing from the bottom of the drum or barrel into the next.

When there is a reasonable amount of grease in the top receptacle, it is removed, emptied and placed at the bottom, the other two being moved up one step.

Sufficient grease being collected, it is clarified and sold.

It is strongly urged that these apparatus be established wherever possible.

Schedule "K."

THE TRAVELLING KITCHEN.

The travelling kitchen consists of two main parts, viz., the limber (or front part), the body (or back part).

THE LIMBER (FRONT PART).

The limber is constructed with four compartments lined with a packing of asbestos; these can be hermetically sealed by closing the lids, which have a lining

of the same material. These compartments contain four boilers, fitted with anti-splash plates and lids. When food at boiling point is placed therein it will remain hot for six or eight hours. Tea is usually quite hot after five hours, and ordinary stew, will, as indicated above, retain a good heat considerably longer, but in all cases the weather must be taken into consideration.

FRYING PANS.

Four frying pans are carried, two on the "near" and two on the "off" side of the limber. These fit the openings over the fire in the body of the cooker. Each pan is provided with a cover, so that cooked food can be kept hot till served. Joints of suitable size can be baked in these pans.

COMPARTMENTS.

There are two compartments in the rear of the limber, "near" and "off." In the "near" compartment cooks' implements should be stored, such as hand axe, holdall, with knives, &c., and in the "off" compartment the inventory board; also any spare cook's implements.

DRAWERS.

The four drawers at the back part of the limber are to be used for the storage of sugar, tea, salt, and other condiments.

LOCKERS.

There are also two lockers under the rear of the limber, "near" and "off." In the "off" locker should be stored such accessories as spanners, washers, box of candles, lantern and holdall for small stores, and in the "near" compartment brake blocks, water brushes, canvas buckets and cordage.

RAKE.

A rake is supplied with each cooker and carried on the "off" side of the body.

THE BODY (BACK PART).

BOILERS.

The body has compartments for five boilers. Four boilers each with anti-splash plate and lid, are used for the cooking of stews, puddings, soups, vegetables, tea, coffee, &c. There is also a boiler fitted with a tap and an anti-splash plate and lid, for stock or boiling water, to make up the loss in cooking boilers due to evaporation.

FIRE-PLACE.

The fire-place contains a "heat-regulator" and two "gratings," the correct adjustment of which should not be disregarded. The "heat regulator" is moved by means of the rake to a "forward position" when heat is required in the direction of the rear boilers and pulled back over the entrance to the fire-place when forward heat is required, and placed in a central position for equal distribution of heat to all boilers.

GRATINGS.

Both gratings should be fixed on the lower rests when wood fuel is used, and on the top rests if a steady coal fire is required, and when all pots are boiling push the bright embers forward and damp down to retain a steady heat. This kind of fire is also suitable for frying. When mixed fuel is in use it is usual to fix the back grating (farthest from the entrance to the fire-place) on the upper, and the front grating on the lower rests.

DAMPERS.

There are two dampers. These are used to regulate the draught and should remain open until the fuel has well burnt through and a clear fire remains.

Dampers Down.—This is a common expression and means that the flues are partly or wholly closed when a small clear fire is burning, thereby retaining a good heat in the body of the cooker, and at the same time effecting a greater economy in the use of fuel than would be the case if the flues were kept free.

CHIMNEY.

The chimney is retained in a vertical position by means of three bolts. It should be lowered to a horizontal position and supported by the rest when the cooker is not in use and when travelling over broken ground. The cowl of the chimney, when in use, can be adjusted to suit the prevailing wind.

SOOT DOORS.

There are four soot doors, three at the front and one at the rear of the body. They should be opened for the purpose of removing soot deposits from the floor of the cooker.

FOOT RESTS.

The foot rests on either side of the cooker are for the cooks to stand on for the purposes of cleaning, also for making up, skimming and stirring the contents of the boilers.

CARRYING POLES.

The carrying pole is in two parts, each 5 ft. long, with two hanging hooks. The two parts are connected by means of a socket and are to be used to remove the boilers, which should never be removed by hand.

FUEL CARRIERS.

Two fuel carriers are situated at the rear of the body. Each has a holding capacity of $1\frac{1}{2}$ cwt. of coal.

The components, accessories, spare parts, equipment stores, &c., appertaining to a travelling kitchen are enumerated on A.F. G. 1096-27.

COOKS' IMPLEMENTS.

Carried in "near" compartment rear of limber—

Bowls, hand ($\frac{1}{2}$ gallon, iron, tinned, wood handle	2
Fork, flesh*	1
Holdall, knives, &c.	1
Implements, butchers'—	
Knives, cutting*	6
Sheets, ground	3
Steelyard, 56 lbs.	1
Steels*	2
Knives, cooks'—	
12-in.*	2
9-in.*	2
6-in.*	2
Knives, opening tins	6
Ladles, cook' field ambulance	2

Carried in case on footplate of limber—

Cleavers, 2 ft. 1 in.	1
Saws, butchers', bow, 20 in.	1

* Carried in holdall for knives, &c.

PREPARING THE BREAKFAST MEAL.

When the last meal of the day has been served the flues and fire-place should be cleaned out, the boilers washed, filled with water and the breakfast meal prepared ready for cooking. The fire is then laid. Where fresh water is easily obtainable the boilers should be filled early the following morning.

Each boiler holds 8 gallons of water, and is usually sufficient to serve a pint of tea to the men of a platoon, or four boilers to a company, but as units vary in strength, extra boiling is sometimes necessary, in which case the first boiling should be placed in the sealed compartments in the limber, while the second boiling of water takes the place. Make the tea 30 minutes later.

PREPARING THE DINNER MEAL.

Wash the potatoes, put them into four boilers, fill with water and placed in the compartments of the limber. Next cut up the meat and put into remaining four boilers, add vegetables, pepper, salt, &c., and after the fire gratings have been raked free from ash, place boilers in compartments ready for cooking. Lay the fire.

Three to four hours before dinners are required for issue, light the fire, bring to the boil, and cook steadily. Change over the meat boilers to the limber, and the potato boilers to the body, about one hour before the meal is to be served.

During the process of cooking, occasionally skim, stir, and add stock as required.

THE TEA MEAL.

After dinners have been served, thoroughly wash out all boilers and prepare for the tea meal. Then proceed as for the breakfast meal.

GENERAL NOTES ON TRAVELLING KITCHENS.

Wash thoroughly and use muslin in which the meat is delivered as bags for holding sufficient tea for each boiler. It is usually available on active service.

Usually in one hour from the time the fire is lighted breakfast should be served. Where bacon has to be fried $1\frac{1}{2}$ hours should be allowed.

After each meal brush away soot deposit from the outside of the boilers and occasionally cover with grease.

The cookers are suitable to give stew and fry, but it is necessary that the full complement of boilers should first be placed in the compartments (two for stew and two for water). When these have been brought to the boil, lower the fire, remove the two containing water and put on the frying pans.

The frying pans are also suitable for cooking on the ground over a clear trench fire.

The lids should not be removed from the boilers too frequently while the dinners are cooking.

The fire, after the dinners have been brought to boiling point, should not be too fierce.

In camp or bivouac do not cut up the meat in small pieces the night before and put into boilers. It will probably sweat, and that portion at the bottom of the boilers may turn rancid and become unfit for consumption when cooked the following day. When troops are on the march and every available space of the cooker has to be used the meat may be stored there in large pieces and cut up the following day.

The position of the fire-place, where possible, should face the prevailing wind.

Always carry a small reserve ration of tinned meat to supply men who miss the dinner meal through being on duty. A little food cannot be kept hot in an 8-gallon boiler over a fire without destroying the boiler.

Remove soot deposit from the outside of the boilers frequently and occasionally cover with grease. Always grease the outside of the boilers when new.

Boards on which meat has been cut up should be burnt if they cannot be scrubbed as is frequently the case on active service.

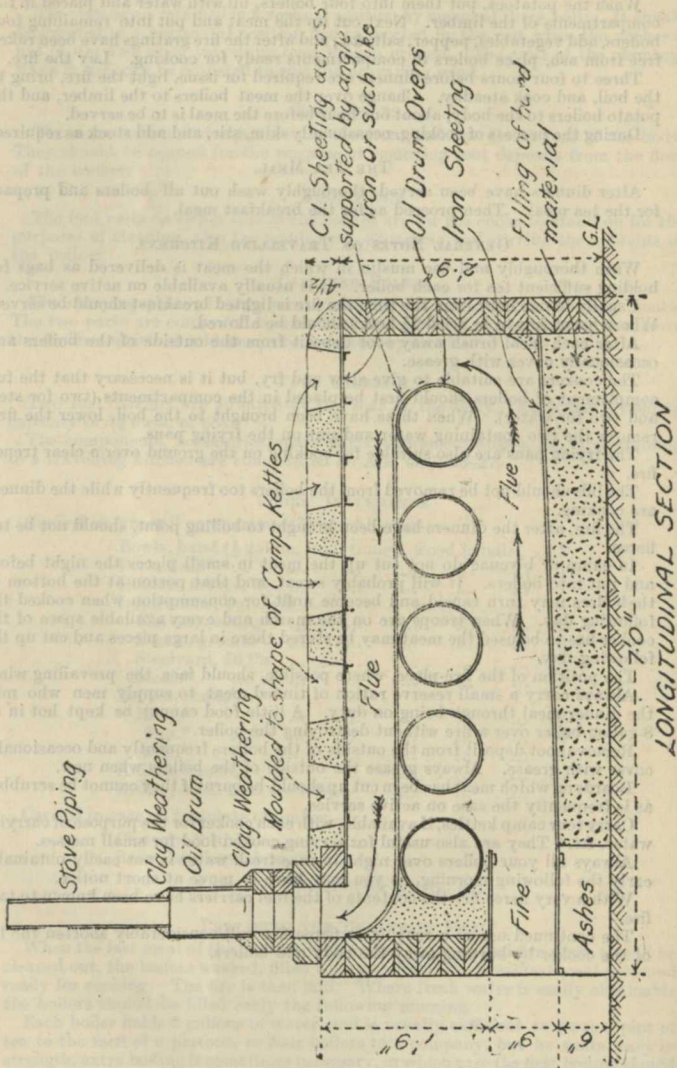
Carry four camp kettles, if available, with each cooker for the purpose of carrying water, &c. They are also useful for serving cooked food for small messes.

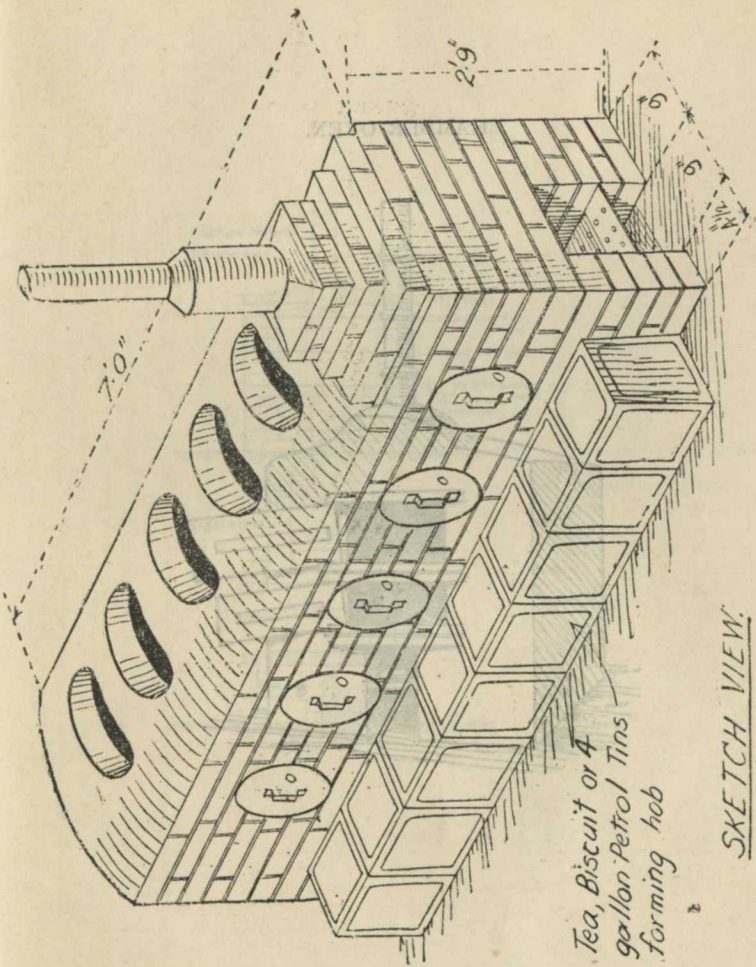
Always fill your boilers over night in case fresh water is not easily obtainable early the following morning, as you may have to move at short notice.

With a very fierce fire the contents of the fuel carriers have been known to take fire.

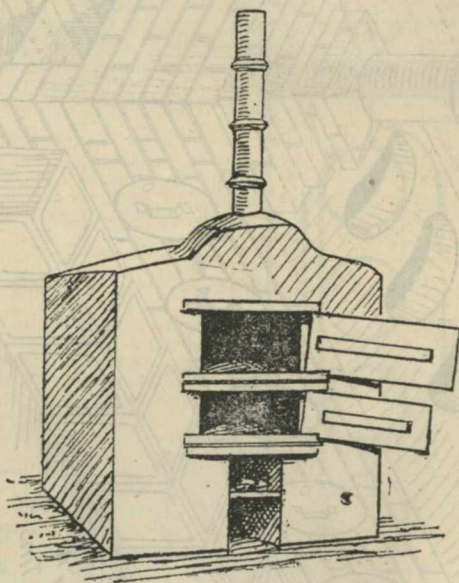
The continued use of a roaring or fierce fire will considerably shorten the life of the cooker by burning away the body and boilers.

OVEN FOR ONE COMPANY.





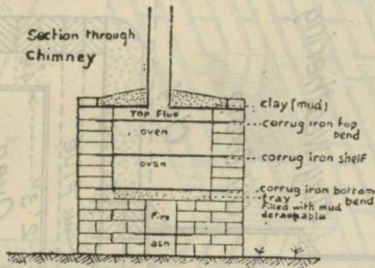
CHAMBER OVEN.



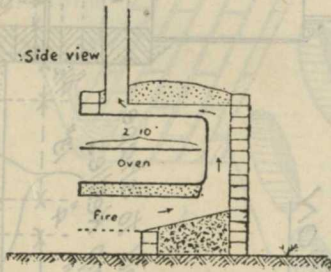
WELCH MACHINERY CO. BOSTON, MASS.

Inside of
chamber
oven
with
doors
open

Section through Chimney

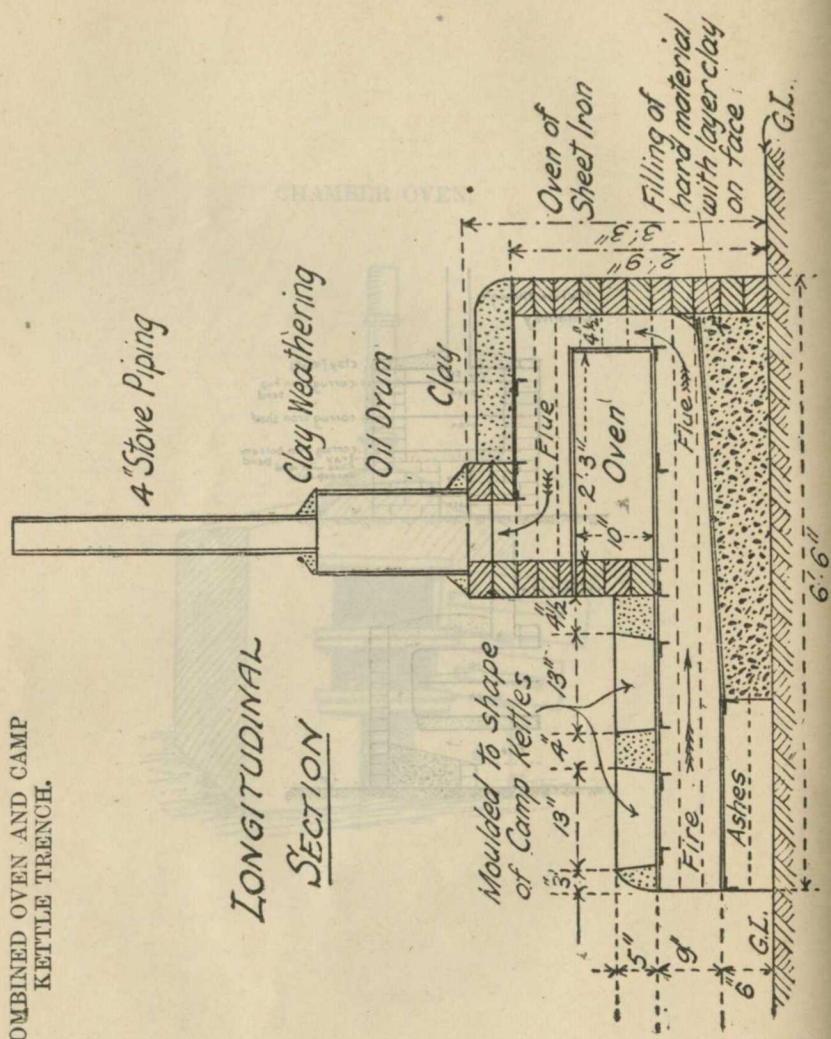


Side view



COMBINED OVEN AND CAMP
KETTLE TRENCH.

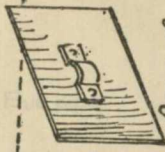
LONGITUDINAL
SECTION



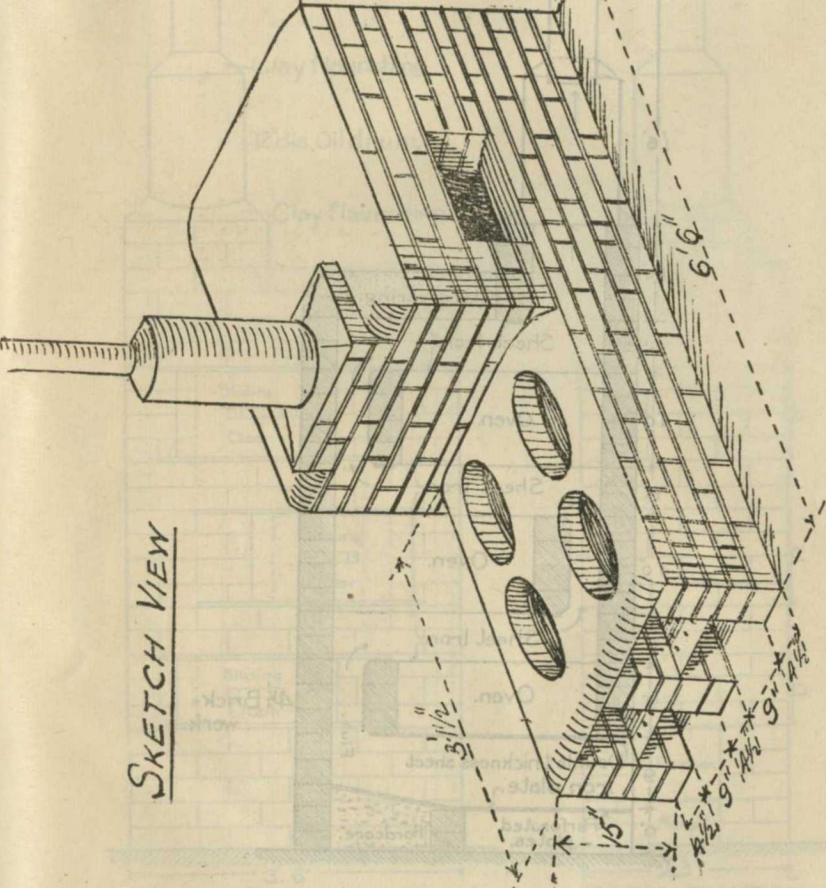
(P 13100)

TYPES OF MILL CYLINDERS-I

SKETCH VIEW



Door of Sheet Iron



2' 9"

6' 6"

1 1/2"

15"

9"

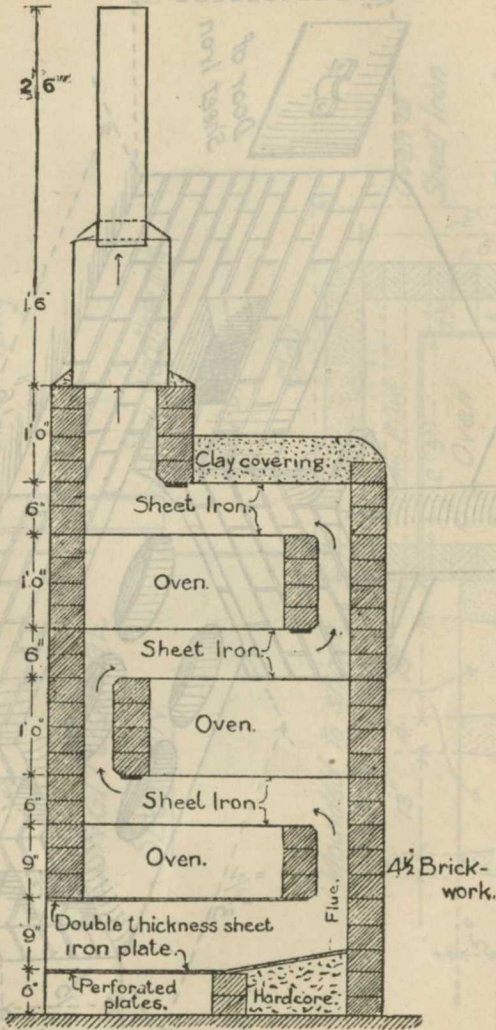
9"

9"

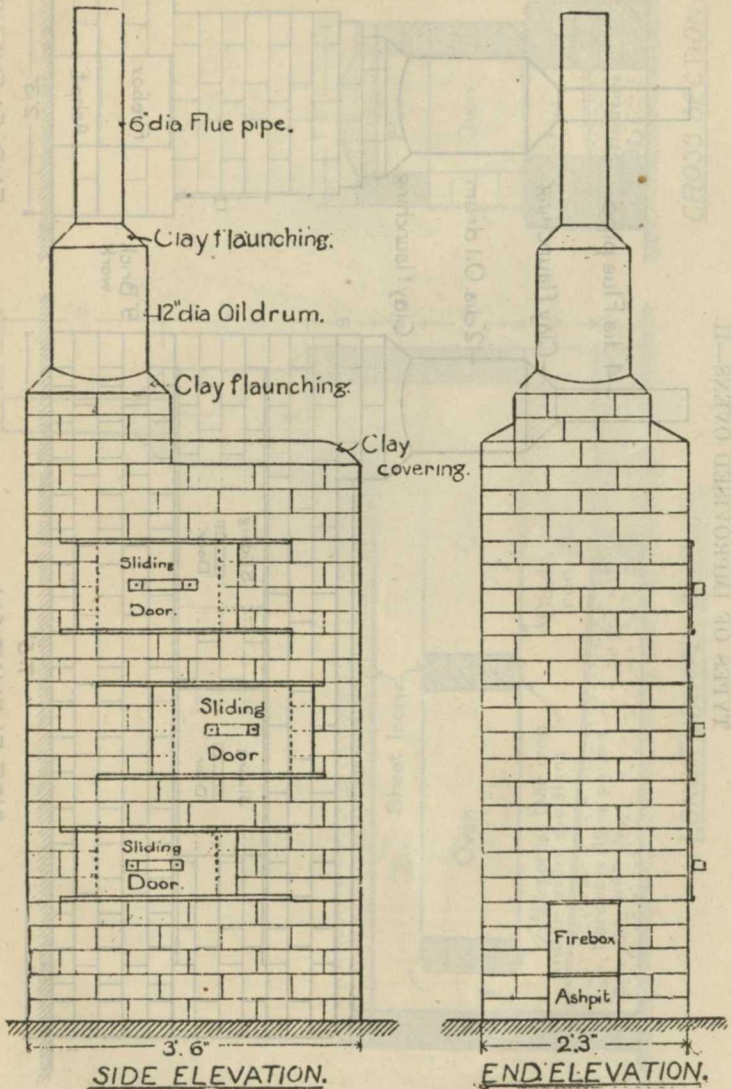
9"

INDIVIDUAL SECTIONAL

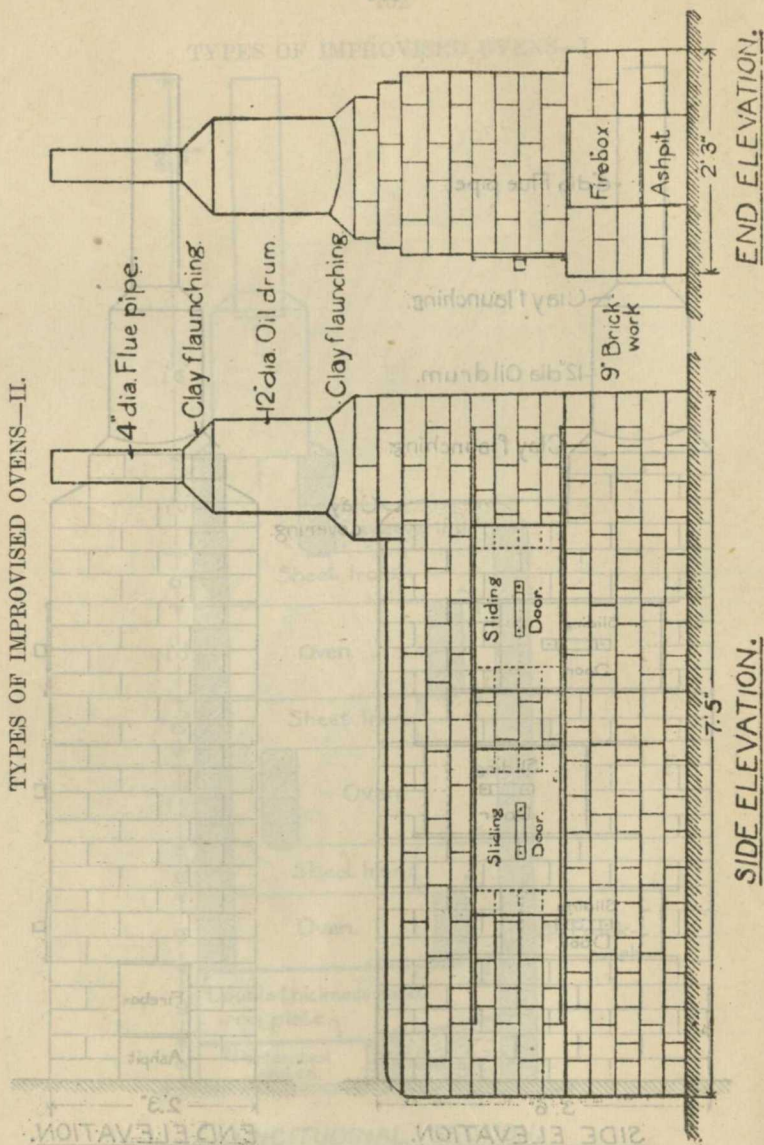
TYPES OF IMPROVISED OVENS—I.



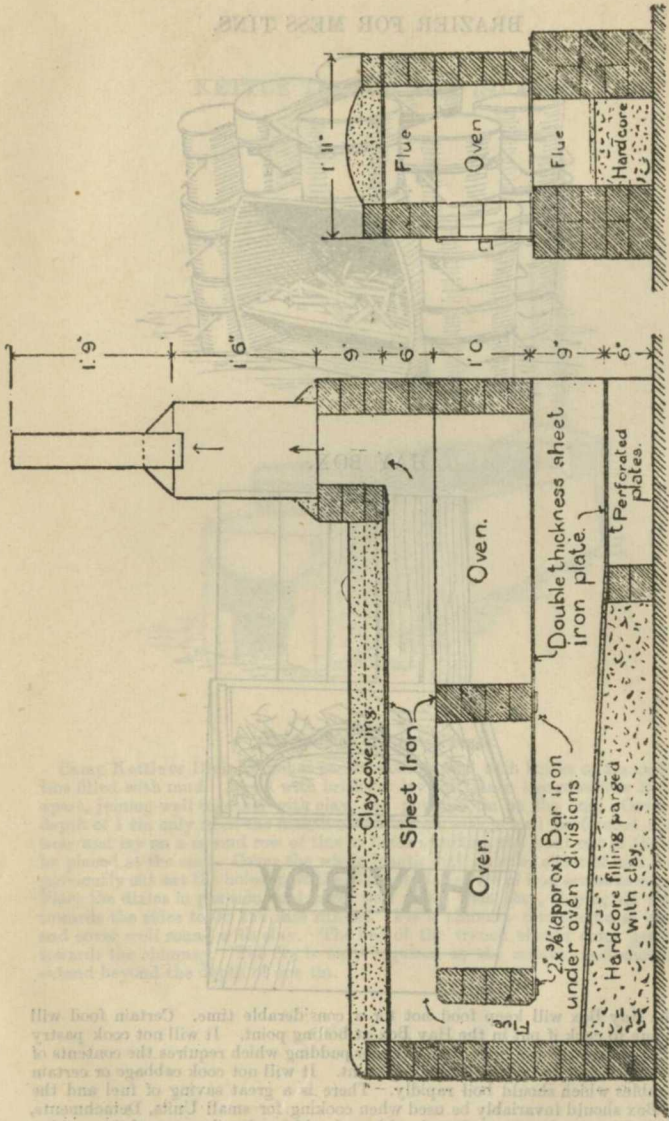
LONGITUDINAL SECTION.



TYPES OF IMPROVED OVENS—II.



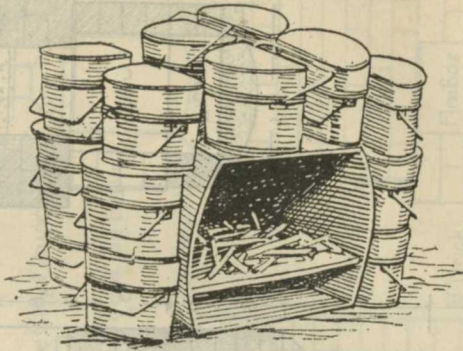
BRANIER FOR MESS TINS



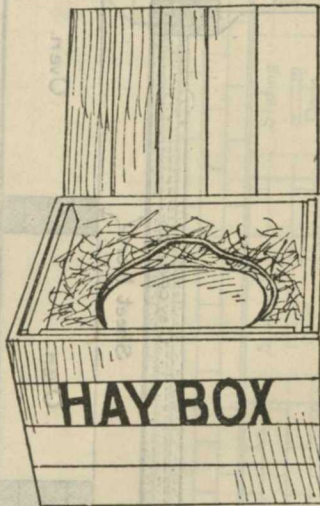
CROSS SECTION.

LONGITUDINAL SECTION.

BRAZIER FOR MESS TINS.

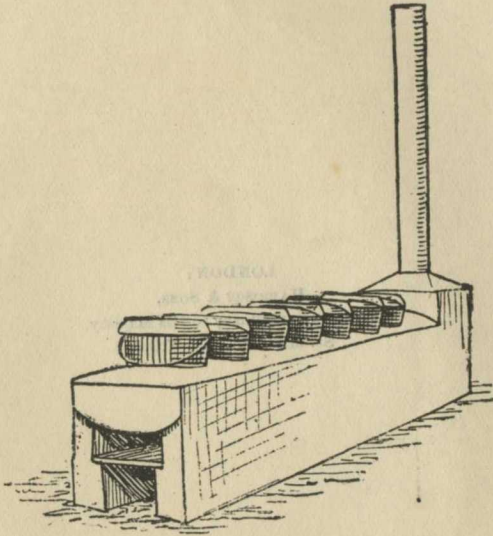


HAY BOX.



The Hay Box will keep food hot for a considerable time. Certain food will continue to cook if put in the Hay Box at boiling point. It will not cook pastry which requires the top heat of an oven, or pudding which requires the contents of a cooking vessel to be kept at boiling point. It will not cook cabbage or certain vegetables which should boil rapidly. There is a great saving of fuel and the Hay Box should invariably be used when cooking for small Units, Detachments, Guards, Piquets, etc. A pad made of hay should be placed on top of the cooking vessel before closing the lid.

KETTLE TRENCH FOR 150 MEN.

*Construction of Kettle Trench.*

Camp Kettle or Dixie Trenches can be constructed with bricks or tea or biscuit tins filled with mud. Build with bricks or lay the tins in two rows 9 or 10 inches apart, joining well together with clay, and put one tin at the end. Cover to a depth of 1 tin only from the mouth of the trench with a well perforated sheet of iron and lay on a second row of tins as before, cutting the front out of the tin to be placed at the end. Cover the whole length with another sheet of iron, having previously cut out the holes to fit the dixies, or lapstrips of iron across as supports. Place the dixies in position, and cover well round with clay, sloping off slightly towards the sides to let the rain run off. Fit a chimney into the tin at the end, and cover well round with clay. The bed of the trench should slope gradually towards the chimney. The fire is only required at the mouth, and should not extend beyond the depth of one tin.

