

**THE YOUNG COOK'S ASSISTANT;  
BEING A SELECTION OF ECONOMICAL  
RECIPTS AND DIRECTIONS, ADAPTED  
TO THE USE OF FAMILIES IN THE  
MIDDLE RANK OF LIFE**

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The Young Cook's Assistant; Being a Selection of Economical Receipts and Directions, Adapted to the Use of Families in the Middle Rank of Life by Clergyman's daughter

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# **CLERGYMAN'S DAUGHTER**

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**CARVING.**



Fig. A. Leg of Mutton, p. 142.



Fig. B. Fore Quarter of Lamb, p. 143. \*

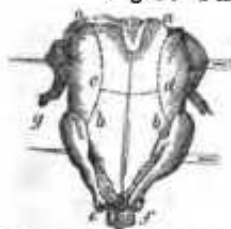


Fig. C. Fowl, p. 144.



Fig. D. Goose or Duck, p. 145.

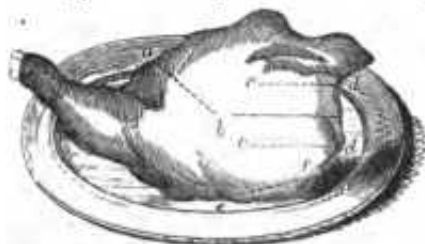


Fig. E. Shoulder of Mutton, p. 145.

THE  
YOUNG COOK'S ASSISTANT;

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ADAPTED TO THE

*Use of Families in the Middle Rank of Life.*

EDITED BY

A CLERGYMAN'S DAUGHTER.

*"Moderate means, if judiciously applied, will go farther than wealth improperly managed."—HARRAD MOORE.*

*Eighth Thousand.*

JOHN JOHNSTONE,  
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## PREFACE.

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THE Author of this small work found a great want, at the beginning of her married life, of some simple directions to give to a young inexperienced servant: that want, as far as she knows, has never been supplied. Although there are many excellent books of Cookery, they are all more adapted to those in the higher ranks of life, with servants who have had some experience in the art; but as far as her knowledge extends, nothing has appeared that can be materially useful to the young mistress of a family, who has had little opportunity of observation under the parental roof, and with a young inexperienced country servant, who has never seen any thing but the simplest fare sent up in the most homely manner. To the young wife, therefore, in the middle rank of life, this book is respectfully dedicated by the Author.

Its object is to unite economy with neatness and good living; and where there is a limited



income, it is hoped it may be found useful, as every thing has been put in the plainest possible form, and the humblest fare has not been omitted.

The opportunities for revision and correction afforded by the appearance of Seven Editions, have enabled the Author to avail herself of the suggestions of friends for the improvement of the work ; which has again been carefully examined, and in some respects enlarged.

In the present edition, the section on carving has been augmented, and a plate added ; extended hints to mistresses on the subject of the treatment of servants has also, for the first time, been introduced ; all which, with numerous minor alterations, will, it is trusted, have the effect of enhancing the utility of the work.

— MANNE,  
*March, 1843.*

## HINTS TO MISTRESSES.

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It is a common complaint, that there are few good servants to be met with. Perhaps the cause may, in a great measure, rest with ourselves, for undoubtedly the character of the servant is very much affected by that of the mistress. Some persons talk of others being *lucky* in the selection of servants, while they themselves have always been unfortunate in their choice. There is a great error in connexion with this as well as with many other similar matters. What is conveniently called chance is just the result of good management; and if the female heads of our households would only exercise a moderate share of prudence and foresight in the treatment of reasonable servants, they would find that this is a relation in life which can exist not merely without annoyance, but with positive pleasure and advantage to both parties.\* It is a relation established

\* Lady Cremorne had a female servant who lived with her forty-eight years; during the latter half of which time she was her ladyship's housekeeper. This excellent servant, whose name was Elizabeth Palfrey, so regulated the household of the family, that during the whole time she lived with Lady Cremorne at Chelsea, not one of the female servants was ever known to be disorderly in her conduct, or to have left her place, except on account of marriage or bad health.—*Percy Anecdotes*, vol. xx. p. 57.

by God, and like every other ordinance of his appointment, its abuse, and not its use, is that which profiteth not. On such a subject, it is impossible to lay down rules for every situation. Much must be left to the good sense of each individual, who will adapt their conduct to their particular circumstances; but a few general hints may not be superfluous.

In choosing a servant, have nothing to do with Register Offices. If you do not know any decent and well-brought-up family amongst your humble acquaintances, from which you can make a suitable selection, consult some of your friends, on whose candour you can rely; and it is more than likely that you will soon obtain the object of your wishes, so far as pedigree is concerned. One method may be tried, as it often is successful, and that is, to get a servant from a family which has already sent forth one or more of its members, whose appearance and habits you have had the means of observing and approving. Your own interest will readily suggest that you should be strict in receiving characters—an honourable regard to the interests of others will induce you to be faithful in giving them. In the treatment of servants, kindness, firmness, and prudence are the things principally to be attended to. Whatever indulgences you can grant, compatible with propriety, with the real happiness of your dependants, and with your own worldly means, in no manner withhold. Kindness begets kindness, and you will not in the end lose anything by your liberality. Let your