

COOKING FOR PROFIT.

A NEW AMERICAN COOK BOOK

ADAPTED FOR THE USE OF ALL

WHO SERVE MEALS FOR A PRICE.

BY

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to use the technical term, to "sound" for terrapin. His practiced sense of touch tells him when he taps terrapin, and if they are numerous, he marks his prey, and returns to grab them with a net.

On this occasion the "birds" — as *bon viveurs* love to call them, although terrapin is used as fish by the most devout Catholics in the severest or Lenten time—were plentiful, and our darkey, having put us ashore, very soon returned with a boat containing his mate, nets, sounding-poles, rakes and other *impedimenta* of his calling, a business that pays the catcher, according to luck, from \$5 to \$50 a week.

The haul, which was watched by a luckless fisherman with considerable envy, proved a good one, the ground being literally cut from under the feet of the terrapin, and there were vast expansive grins, accompanied by chuckles loud and deep, as the well-laden boat rowed back with its precious freight to the quaint old capital of Maryland.

Terrapins are jealously guarded by the law, and a stringent Act exists which protects diamond-back terrapin in the waters of the State of Maryland. The fishing opens on the first of November and terminates on the thirty-first of March. It is unlawful to catch any terrapin of a size less than five inches on the bottom of the shell, or to interfere with or destroy the diamond-back terrapin's eggs. It is stated that thirty years ago the dealers found it difficult to sell terrapin at \$6 a dozen, and now the difficulty lies in obtaining them at any price. Their numbers are rapidly decreasing, and unless some effective protective means are forthwith taken, a terrapin will indeed prove a *rara avis in terris*.

Sliders are plentiful in the tribut-

aries of the Chesapeake, as also are "snappers." Turtles are fished for in this way: The fisherman plants poles, sometimes a hundred, in the middle of the stream; to each pole he fastens a line, to which is attached a hook baited with salted eel. The snapper grabs bait and hook, and is hauled up, always vicious and desperate.

The fishermen around these tributaries take a thousand pounds' weight of turtle a week, which they sell at ten cents a pound. The snappers' eggs, about the size of marbles, are considered a great delicacy.

Apropos of turtle and terrapin, the following is the *menu* of a perfect Maryland dinner, as arranged by "one of the knowing ones":

"Four small oysters from Lynhaven Bay; terrapin *a la* Maryland; canvas-back ducks; a small salad of crab and lettuce. Vegetables—baked Irish potatoes; fried hominy cakes and plain celery."—*Magazine*.

THE CONSUMPTION OF ICE CREAM.

Enormous quantities of ice cream are consumed every day in New York city in warm wether. On the Fourth of July the supply, though unusually large, was nearly exhausted by ten o'clock at night. Ice cream, like ice, in old times used to be considered a luxury in New York instead of a necessity, and old Gothamites recall with pleasure the memories of Vauxhall Garden, Niblo's, Castle Garden and other open-air resorts where ice cream, ices and Roman punches were served during the dog days. In those days a quarter of a dollar was considered a fair evening's investment for a young man treating a single fair friend, as the highest price for ice cream was "sixpence" a plate, and an ice was thrown in

for a "shilling." A first-rate Principæ cigar for two cents would top off the treat.

The old times have changed and the cool gardens have vanished. Ice cream is now considered as much of a necessity as ice, and is served as regularly at the tables of private families as at hotels and restaurants. Gardens have given place to "saloons," where ice cream, ices and cakes are exclusively served. Some of the most aristocratic of these saloons are elegantly and expensively furnished, and some are in the rear of bakeries and confectionary stores. From Fifth avenue to Grand street, however, all are alike in having marble-top tables and one or more gilt mirrors. It is a singular fact that every ice cream saloon, whether of high or low degree, has a gilt-framed mirror and marble-top tables, and palm-leaf fans are also much affected.

It is not merely the wealthy or those in moderate circumstances who eat ice cream. From the costly pistache or Neapolitaine brick there is a gradual descent to ice cream at ten cents a plate on the extreme east and west sides. Then by a sudden bound an open-air tariff of one or two cents a plate is reached, so that the cooling cream is within the means of every street urchin. The plates are small and no spoons are furnished, and the ice cream is sometimes a trifle gritty, but still it is ice cream.

A large manufacturer said: "You might as well try to find out how many cigars are smoked or how

many cups of coffee or tea are used every day as try to find out how much ice cream is consumed. I can tell you how much I sell daily, but there are several other large manufacturers. We supply a good many hotels and restaurants, but many other hotels and restaurants make their own ice cream. We supply hundreds of private families, but hundreds more have their own ice cream freezers. You see it's a big business. What are the prices? Well, the regular standard price for ice cream is forty cents for a single quart, but church fairs, picnics and excursions are supplied in large quantities at twenty-five cents a quart. The regular retail price is fifteen cents a plate, but many fairs and picnics sell small plates for ten cents. Ours is a good, pure article of cream; but, of course, fancy ice creams are sold at wholesale and retail for more than double our rates. We sell to customers outside of the city, and have now an order for five hundred quarts to go some distance out on Long Island.

"The sale of ice cream varies, of course, with the weather, but it is a staple article of consumption all the year round. Some families use twenty to thirty quarts a week, and even then their youngsters will come and buy it in boxes. Healthy? Why, there is nothing more healthy than pure ice cream. Many people actually eat it at breakfast. Vanilla is the standard flavor, but we sell large quantities of strawberry, chocolate and other flavors."