

The following are considered worthy of honourable mention :—

MISS GEORGIE MONTGOMERY, M.R.B.N.A. :—

Ingredients :—Two calves' feet ; three quarts cold water ; whites and shells of five eggs ; isinglass, half-an-ounce ; juice and rind of one lemon ; sherry, half pint ; brandy, wine-glassful ; loaf sugar, half-a-pound. Wash the feet, and put them into a saucepan with three quarts of water, and boil gently for seven hours. Skim off the scum as it rises. Strain through hair sieve and let it stand twelve hours ; then remove all grease, wash top of jelly with warm water and cloth, upset it, and take all sediment from bottom ; mix the jelly and all the other ingredients, excepting the isinglass, into a good-sized saucepan ; simmer gently for fifteen minutes. It must not be shaken or stirred after it is once warm. Put the isinglass into a teacupful of cold water, add it to the jelly, and boil all for five minutes ; then stand the saucepan near the fire for half-an-hour with the lid on. Wring jelly-bag out of hot water, and strain jelly through it into a mould, and stand in a cold place. I have made this jelly constantly, and never found it to fail.

NURSE NORSEY :—

Two feet carefully cleaned and washed. Put into four pints of cold water. When it boils, skim carefully. Simmer gently four hours. Strain through sieve into clean basin. Put aside to set until next day. Remove every particle of fat. Put jelly into clean stewpan, carefully avoiding sediment. Add half-a-pound lump sugar, shells and whites of four eggs, whisked. Juice and rind of two lemons ; juice strained, rind peeled very thin. Half a gill sherry or brandy, all stirred together cold. Simmer gently quarter-of-an-hour. Cover closely ; set by fire to keep hot, but not boil. Must not be stirred at all. Strain through very clean hair sieve with clean, fine white cloth over it, both warmed. Put into mould previously soaked in cold water. N.B.—Stimulants and lemon not always allowed for invalids.

MISS EMILY SANDERSON, M.R.B.N.A. :—

Thoroughly clean two calves' feet, cut them into pieces, and stew very gently in two quarts of water till reduced to one quart. When cold take off the fat, remove the jelly from the sediment, put it into a saucepan with half-a-pound of loaf sugar, one pint white wine, one wine-glass of brandy, four lemons cut in half, with the peel rubbed on the lumps of sugar, shells and whites of four eggs well mixed together ; boil for a quarter-of-an-hour, but do not stir the jelly after it begins

to warm ; cover it down closely, let it stand half-an-hour, pour while hot through a jelly bag into a basin or mould, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. N.B.—Let the jelly rise to a head before you begin to reckon the quarter-of-an-hour of boiling it.

NURSE MILDRED CLARK :—

Boil two calves' feet in four quarts of water for five hours, then strain the liquor through a hair sieve, and the next day take off all the fat. Whisk the whites and shells of three eggs in a stewpan, and then put in the jelly, and add the thin peel of two lemons and the juice of three, with about 6oz. of loaf-sugar. Put the stewpan on a brisk fire, and whisk its contents till on the eve of boiling ; then remove the stewpan, cover it closely, and let it remain near the fire for fifteen minutes, taking care not to allow the jelly to boil. Pass it through the bag in the usual way. If wine be used it will be better to add it the moment before the jelly is passed through the bag.

MISS K. KEMBLE, M.R.B.N.A. :—

Split two calves' feet and put them on to boil in two quarts of water ; skim well, and let them gently boil from three to four hours, by which time the water will be reduced to half ; then strain the stock through a sieve into a basin ; when cold, and set in a firm jelly, scrape off the grease, wash the surface with a little scalding water. After throwing this away, dab over with clean cloth, put the stock in stewpan with 1lb. of sugar, juice of six lemons, rind of three, and a little cinnamon ; set this on fire to dissolve, add three whites of eggs, well whisked, with a quarter of a pint of water ; continue whisking the jelly, on the fire, until it begins to boil ; then add half a pint of sherry, allow it to simmer slowly by the side for twenty minutes ; pour into jelly-bag, with basin under ; repeat this until bright and clear, and pour into moulds.

MISS EMILY A. BRADFIELD, M.R.B.N.A. :—

Cleanse one calves' foot and put it into a saucepan containing three pints of cold water. Let it boil for four hours, or until reduced to a quart ; turn it out into a vessel, and let it stand until next day, when, every particle of fat being removed, it is to be put back into the saucepan, and to it is to be added three-quarters of a pound of white sugar, the *very* thin rind and juice of two lemons, the broken-up shell and beaten white of one egg, two drops of cochineal, and the smallest packet of Nelson's gelatine. Let this boil until clear, then strain through a jelly-bag.

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