

tender, ought not to be more than five or six weeks old, and, of course, fed exclusively upon the milk of the mother. Writers on cookery gravely tell us, that the whiteness of veal is partly caused by the calf licking chalk. This is nonsense. The chalk is given to prevent calves from scouring, not to make their flesh white. However, whiteness is no proof of veal being good and juicy; it is caused by frequent bleeding. The flesh of the bull calf is said to be the firmest, but not so white. The fillet of the cow calf is sometimes preferred for the udder. The kidney of good veal is well covered with healthy looking fat, thick and firm. The bloody vein in the shoulder should look blue; if it be of any other colour, the meat is stale. Fresh veal is dry and white. When it is spotty and clammy it is stale. The kidney is gone when the fat or suet upon it is not firm. The kidney goes first.

25. *Lamb* that is fresh will have the veins bluish in the neck and fore-quarter. If there be a faint smell under the kidney it is not fresh. When the eyes are sunk in the head, it is a sure sign the lamb has been killed too long. Grass lamb, which is the only lamb that is in perfection, comes in in April, but it is better in May and June; that is to say, when men with hard hands can afford to eat it, and when there are green peas to eat with it. House lamb, for those who can afford to pay for it, and like to eat it, may be obtained all the year round.

26. *Pork*.—The quality of this kind of meat depends in a great measure upon its feeding. If grossly fed, it is bad, for the pig will eat any thing in the absence of delicate food. Dairy-fed pork we are told is the best: it is good, but we think not the best. To our taste, that is to be preferred in every respect which is fed not merely on dairy food, but upon good wholesome corn meal, whether of barley, oats, peas, or beans. Cookery writers tell us, that “if the rind is tough, and cannot easily be impressed by the finger, the meat is old;” and they add, that a thin rind is a merit in all pork.” These directions are no guide whatever to the choice of pork: the rind may be made thin by dressing, but there are those, and no bad judges either, who prefer thick rinds. Moubray, on Poultry, &c., says, “the western pigs from Berks, Oxford, and Bucks, possess a decided superiority over the eastern of Essex, Sussex, and Norfolk; not to forget another qualification of the former, at which some readers may smile, a thickness of the skin, whence the *crackling* of the roasted pig is a fine gelatinous substance, which may be easily masticated, whilst the crackling of the thin-skinned breeds is roasted into good block tin, the reduction of which would almost require teeth of iron.” So much for thin rinds. When pork is fresh, the flesh will be smooth and dry; when stale, clammy. What is called measly pork is to be avoided as a poison. It may be known by the fat being full of kernels, and by the general unwholesomeness of its appearance.

27. *Bacon* is good when the fat is almost transparent and of a delicate transparent pink tinge. The lean should adhere to the bone, be of a good colour, and tender. Yellow streaks in bacon show it is