A Brief History of Coffee Making

Including Recipes & Preparation Instructions

Revised To Include Recipes For Leftover Coffee

This Vintage Treasure
Complimentary Ebook

Provided For Your Enjoyment
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Regency Romance Novel
A Very Merry Chase

Native Women Grinding Their Coffee Beans

Prepared for Distribution By

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PREFACE

This small history, deals with stimulating beverages in general and coffee in particular. Included you will find the nuggets of information you need to truly illuminate the subject thereby resulting in your ability to prepare and serve the perfect cup of coffee.

Though beverages often receive only slight consideration, they are so necessary that the body cannot exist very long without them. Of course, where coffee is concerned many feel that it is the very essence of life and their day is not truly

begun, or even the finest meal truly finished, until they have indulged in their first aromatic sip of the heavenly brew.

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BEVERAGES IN THE DIET

NATURE AND CLASSES OF BEVERAGES

Throughout the lifetime of every person there is constant need for solid food to preserve health and prolong life; and, just as such food is necessary to satisfy the requirements of the body, so, too, is there need for water. As is well known, the composition of the body is such that it contains more liquid than solid material, the tissues and the bones weighing much less than the liquid. A tremendous amount of this liquid is continually being lost through the kidneys, through each pore in the skin, and even through every breath that is exhaled, and if continued good health is to be maintained this loss must be constantly made up. This loss is greater in very hot weather or in the performance of strenuous exercise than under ordinary conditions, which accounts for the fact that more than the usual amount of liquid must be supplied during such times. So necessary is liquid refreshment that the body cannot exist without it for any great length of time. In fact, if the supply were cut off so that no more could be obtained, the body would begin to use its own fluids and death would soon occur. A person can live for many days without solid food, but it is not possible to live for more than a very few days without drink.

Nature's way of serving notice that the body is in need of liquid refreshment is through the sensation of thirst. Satisfying thirst not only brings relief, but produces a decidedly pleasant sensation; however, the real pleasure of drinking is not experienced until one has become actually thirsty.

The various liquids by which thirst may be slaked, or quenched, are known as *beverages*. The first one of these given to man was water, and it is still the chief beverage, for it is used both alone and as a foundation for numerous other beverages that are calculated to be more tasty, but whose use is liable in some cases to lead to excessive drinking or to the partaking of substances that are injurious to health.

The beverages that are in common use may be placed in three general classes: *alcoholic*, *stimulating*, and *non-stimulating*. The alcoholic beverages include such drinks as beer, wine, whisky, etc., some of which are used more in one country

than in another. In fact, almost every class of people known has an alcoholic beverage that has come to be regarded as typical of that class. Alcoholic fermentation is supposed to have been discovered by accident, and when its effect became known it was recognized as a popular means of supplying a beverage and some stimulation besides. Under stimulating beverages come tea, coffee, and cocoa. These are in common use all over the world, certain ones, of course, finding greater favor in some countries than in others. With the exception of cocoa, they provide very little food value. In contrast with these drinks are the non-stimulating beverages, which include fruit punches, soft drinks, and all the milk-and-egg concoctions. These are usually very refreshing, and the majority of them contain sufficient nourishment to recommend their frequent use.

WATER IN BEVERAGES

Many persons restrict the term beverages, contending that it refers to refreshing or flavored drinks. It should be remembered, however, that this term has a broader meaning and refers to any drink taken for the purpose of quenching thirst. Water is the simplest beverage and is in reality the foundation of nearly all drinks, for it is the water in them that slakes thirst. Flavors, such as fruit juice, tea, coffee, etc., are combined with water to make the beverages more tempting, and occasionally such foods as eggs, cream, and starchy materials are added to give food value; but the first and foremost purpose of all beverages is to introduce water into the system and thus satisfy thirst.

KINDS OF WATER.

Inasmuch as water is so important an element in the composition of beverages, every one should endeavor to become familiar with the nature of each of its varieties.

SOFT WATER is water that contains very little mineral matter. A common example of soft water is rainwater.

HARD WATER is water that contains a large quantity of lime in solution. Boiling such water precipitates, or separates, some of the lime and consequently softens the water. An example of the precipitation of lime in water is the deposit that can be found in any teakettle that has been used for some time.

MINERAL WATER is water containing a large quantity of such minerals as will go in solution in water, namely, sulphur, iron, lime, etc.

DISTILLED WATER is water from which all minerals have been removed. To accomplish this, the water is converted into steam and then condensed. This is the purest form of water.

CARBONATED WATER is water that has had carbon-dioxide, or carbonic-acid, gas forced into it. The soda water used at soda fountains is an example of this variety. Carbonated water is bottled and sold for various purposes.

NECESSITY FOR PURE WATER

The extensive use made of water in the diet makes it imperative that every effort be exerted to have the water supply as pure as possible. The ordinary city filter and the smaller household filter can be depended on to remove sand, particles of

leaves, weeds, and such foreign material as is likely to drop into the water from time to time, but they will not remove disease germs from an unclean supply. Therefore, if there is any doubt about water being pure enough to use for drinking purposes, it should be boiled before it is used. Boiling kills any disease germs that the water may contain, but at the same time it gives the water a very flat taste because of the loss of air in boiling. However, as is mentioned in *Essentials of Cookery*, Part 1, the natural taste may be restored by beating the boiled water with an egg beater or by partly filling a jar, placing the lid on, and shaking it vigorously.

RELATION OF BEVERAGES TO MEALS

About one-third of all the water required each day is taken in the form of beverages with the meals. It was formerly thought that liquids dilute the gastric juice and so should be avoided with meals. However, it has been learned that beverages, either warm or cold, with the exception of an occasional case, may be taken with meals without injury. The chief point to remember is that it is unwise to drink beverages either too hot or too cold. For the best results, their temperature should be rather moderate.

Foods that may be dissolved in water can be incorporated in a beverage to make it nutritious. With many persons, as in the case of small children and invalids, this is often the only means there is of giving them nourishment. In serving beverages to healthy persons, the food value of the meal should be taken into consideration. The beverage accompanying a heavy meal should be one having very little food value; whereas, in the case of a light meal, the beverage can be such as will give additional nutrition. For instance, hot chocolate, which is very nutritious, would not be a good beverage to serve with a meal consisting of soup, meat, vegetables, salad, and dessert, but it would be an excellent drink to serve with a lunch that is made up of light sandwiches, salad, and fruit.

With coffee serve kirch, French brandy or fine champagne.

After coffee serve a liqueur. Never serve more than one glass of any liqueur.

STIMULATING BEVERAGES

NATURE OF STIMULATING BEVERAGES

STIMULATING BEVERAGES are those which contain a drug that stimulates the nervous and the circulatory system; that is, one that acts on the nerves and the circulation in such a way as to make them active and alert. Common examples of these beverages are coffee, tea, and cocoa or chocolate. If the nerves are in need of rest, it is dangerous to stimulate them with such beverages, for, as the nervous system indirectly affects all the organs of the body, the effects of this stimulation are far-reaching. The immediate effect of the stimulant in these beverages is to keep the drinker awake, thus causing sleeplessness, or temporary insomnia. If tea and coffee are used habitually and excessively, headaches, dull brains, and many nervous troubles are liable to result.

The stimulant that is found in the leaves of tea is known as *theine*; that found in coffee beans, *caffeine*; and that found in cacao beans, from which cocoa and chocolate are made, *theobromine*. Each of these stimulants is extracted by the hot liquid that is always used to make the beverage. It is taken up by the liquid so quickly that the method used to prepare the beverage makes little difference as to the amount obtained. In other words, tea made by pouring water through the leaves will contain nearly as much of the stimulant as tea made by boiling the leaves.

In addition to the stimulant, tea and coffee contain *tannin*, or *tannic acid*, an acid that is also obtained from the bark of certain trees and used in the tanning of animal hides in the preparation of leather. Tannin is not taken so quickly from tea and coffee by the hot liquid used in preparing the beverage as is the stimulant, so that the longer tea leaves and coffee grounds remain in the liquid, the more tannic acid will be drawn out. This fact can be detected by the bitter flavor and the puckery feeling in the mouth after drinking tea that has been allowed to remain on the leaves or coffee that has stood for some time on the grounds. Tannic acid has a decidedly bad effect on the digestion in the stomach, so that if improperly prepared tea or coffee is indulged in habitually, it may cause stomach disorders.

TABLE I
STIMULANT AND TANNIC ACID PRESENT IN STIMULATING BEVERAGES

Beverage	Stimulant	Quantity of Stimulant Grains	Quantity of Tannic Acid Grains
Coffee	Caffeine	2 to 3	1 to 2
Tea	Theine	1 to 2	1 to 4
Cocoa or chocolate	Theobromine	1 to 1-1/2	1/2 to 1

The quantity of stimulant and tannic acid contained in an ordinary cup of tea, coffee, and cocoa or chocolate is given in Table I. As this table shows, the quantity, which is given in grains, does not vary considerably in the different beverages and is not present in such quantity as to be harmful, unless these beverages are indulged in to excess.

To reduce the quantity of caffeine contained in coffee has been the aim of many coffee producers. As a result, there are on the market a number of brands of coffee that have been put through a process that removes practically all the caffeine. The beverage made from coffee so treated is less harmful than that made from ordinary coffee, and so far as the flavor is concerned this loss of caffeine does not change it.

Neither tea nor coffee possesses any food value. Unless sugar or cream is added, these beverages contain nothing except water, flavor, stimulant, and tannic acid. Chocolate and cocoa, however, are rich in fat, and as they are usually made with milk and sugar they have the advantage of conveying food to the system. Because of their nature, tea and coffee should never be given to children. Cocoa and chocolate provide enough food value to warrant their use in the diet of young persons, but they should not be taken in too great quantity because of the large amount of fat they contain. Any of these beverages used in excessive amounts produces the same effect as a mild drug habit. Consequently, when a person feels that it is impossible to get along without tea or coffee, it is time to stop the use of that beverage.

Coffee

HISTORY AND PRODUCTION OF COFFEE

COFFEE is the seed of the coffee tree, which in its wild state grows to a height of 20 feet, but in cultivation is kept down to about 10 or 12 feet for convenience in gathering the fruit. Coffee originated in Abyssinia, where it has been used as a beverage from time immemorial. At the beginning of the 15th century, it found its way into Arabia, where it was used by the religious leaders for preventing drowsiness, so that they could perform religious ceremonies at night. About 100 years later it came into favor in Turkey, but it was not until the middle of the 17th century that it was introduced into England. Its use gradually increased among common people after much controversy as to whether it was right to drink it or not. It is now extensively grown in India, Ceylon, Java, the West Indies, Central America, Mexico, and Brazil. The last-named country, Brazil, furnishes about 75 per cent. of the coffee used in the United States and about 60 per cent. of the world's supply.

Coffee is a universal drink, but it finds more favor in some countries than others. The hospitality of a Turkish home is never thought to be complete without the serving of coffee to its guests; however, the coffee made by the Turks is not pleasant except to those who are accustomed to drinking it. As prepared in Turkey and the East, a small amount of boiling water is poured over the coffee, which is powdered and mixed with sugar, and the resulting beverage, which is very thick, is served in a small cup without cream. The French make a concoction known as *café an lait*, which, as explained in *Essentials of Cookery*, Part 2, is a combination of coffee and milk. These two ingredients are heated separately in equal proportions and then mixed before serving. This is a very satisfactory way in which to serve coffee if cream cannot be obtained.

OBTAINING THE COFFEE SEEDS

The seeds of the coffee tree are enclosed in pairs, with their flat surfaces toward each other, in dark, cherry-like berries. The pulp of the berry is softened by fermentation and then removed, leaving the seeds enclosed in a husk. They are then separated from the husks by being either sun-dried and rolled or reduced to a soft mass in water with the aid of a pulping machine. With the husks removed, the seeds are packed into coarse cloth bags and distributed.

ROASTING THE COFFEE BEANS

The next step in the preparation of coffee for use is the roasting of the coffee beans. After being separated from the husks, the beans have a greenish-yellow color, but during the roasting process, when they are subjected to high temperature and must be turned constantly to prevent uneven roasting, they turn to a dark brown. As the roasting also develops the flavor, it must be done carefully. Some persons prefer to buy unroasted coffee and roast it at home in an oven, but it is more economical to purchase coffee already roasted. In addition, the improved methods of roasting produce coffee of a better flavor, for they accomplish this by machinery especially devised for the purpose.

GRINDING THE COFFEE BEANS

During the roasting process there is developed an aromatic volatile oil, called *caffeol*, to which the flavor of the coffee is due. This oil is very strong, but upon being exposed to the air it passes off and thus causes a loss of flavor in the coffee. For this reason, roasted coffee should be kept in air-tight cans, boxes, or jars. Before it is used, however, it must be ground. The grinding of the coffee beans exposes more surface and hence the flavor is more quickly lost from ground than unground coffee. Because of this fact and because ground coffee can be adulterated very easily, it is not wise to buy coffee already ground. If only a small quantity is bought at a time and it can be used up at once, the grinding may be done by the grocer, but even in such a case the better plan is to grind it immediately before using it.

The method by which the coffee is to be prepared for drinking will determine to a large extent the way in which the coffee beans must be ground. When coffee is to be made by a method in which the grounds are not left in the water for any length of time, the beans must be ground very fine, in fact, pulverized, for the flavor must be extracted quickly. For other purposes, such as when it is to be made in a percolator, the beans need not be ground quite so fine, and when it is to be made in an ordinary coffee pot they may be ground very coarse.

For use in the home, simple coffee mills that will grind coffee as coarse or as fine as may be desired are to be had. Fig. 1 shows two of the common types of home coffee mills.

The one shown in (*a*) is fastened to a board so that it can be attached to the wall. The coffee to be ground is put in the chamber *a*, from which it is fed to the grinding rolls, and the ground coffee drops into the chamber *b*. The grinding rolls

are adjusted to the desired fineness by the notched arrangement on the end of the shaft.

The coffee mill shown in (*b*) may be placed on a table top or some other flat surface, but it operates on the same principle as the other. The coffee beans are placed in the chamber at the top, and the ground coffee drops into the drawer *a* at the bottom. The adjustment of the grinding rolls is regulated by the notched head at the end of the vertical shaft.

ADULTERATION OF COFFEE

As in the case of numerous other foods, attempts are often made to adulterate coffee. Since the Pure Food Laws have been enforced, there is not so much danger of adulteration in a product of this kind; still, every housewife should be familiar with the ways in which this beverage may be reduced in strength or quality, so that she may be able to tell whether she is getting a good or an inferior product for her money.

Coffee may be adulterated in a number of ways. Ground coffee is especially easy to adulterate with bread crumbs, bran, and similar materials that have been thoroughly browned. Many of the cheaper coffees are adulterated with chicory, a root that has a flavor similar to that of coffee and gives the beverages with which it is used a reddish-brown color. Chicory is not harmful; in fact, its flavor is sought by some people, particularly the French. The objection to it, as well as to other adulterants, is that it is much cheaper than coffee and the use of it therefore increases the profits of the dealer. The presence of chicory in coffee can be detected by putting a small amount of the ground coffee in a glass of water. If chicory is present, the water will become tinged with red and the chicory will settle to the bottom more quickly than the coffee.

PREPARATION OF COFFEE

SELECTION OF COFFEE

Many varieties of coffee are to be had, but Mocha, Java, and Rio are the ones most used. A single variety, however, is seldom sold alone, because a much better flavor can be obtained from *blend coffee*, by which is meant two or more kinds of coffee mixed together.

It is usually advisable to buy as good a quality of coffee as can be afforded. The more expensive coffees have better flavor and greater strength than the cheaper grades and consequently need not be used in such great quantity. It is far better to serve this beverage seldom and to have what is served the very best than to serve it so often that a cheap grade must be purchased. For instance, some persons think that they must have coffee for at least two out of three daily meals, but it is usually sufficient if coffee is served once a day, and then for the morning or midday meal rather than for the evening meal.

After deciding on the variety of coffee that is desired, it is well to buy unground beans that are packed in air-tight packages. Upon receiving the coffee in the home, it should be poured into a jar or a can and kept tightly covered.

NECESSARY UTENSILS

Very few utensils are required for coffee making, but they should be of the best material that can be afforded in order that good results may be had. A coffee pot, a coffee percolator, and a drip pot, or coffee biggin, are the utensils most frequently used for the preparation of this beverage.

If a **COFFEE POT** is preferred, it should be one made of material that will withstand the heat of a direct flame. The cheapest coffee pots are made of tin, but they are the least desirable and should be avoided, for the tin, upon coming in contact with the tannic acid contained in coffee, sometimes changes the flavor. Coffee pots made of enamelware are the next highest in price. Then come nickel-plated ones, and, finally, the highest-priced ones, which are made of aluminum.

PERCOLATORS are very desirable for the making of coffee, for they produce excellent results and at the same time make the preparation of coffee easy. Those having an electric attachment are especially convenient. One form of percolator is shown in Fig. 3. In this percolator, the ground coffee is put in the filter cup *a* and the water in the lower part of the pot *b*. The water immediately passes into the

chamber *c*, as shown by the arrows. In this chamber, which is small, it heats rapidly and then rises through the vertical tube *d*. At the top *e*, it comes out in the form of a spray, strikes the glass top, and falls back on a perforated metal plate *f*, called the spreader. It then passes through this plate into the filter cup containing the grounds, through which it percolates and drops into the main chamber. The circulation of the water continues as long as sufficient heat is applied, and the rate of circulation depends on the degree of heat.

The DRIP POT, or *coffee biggin*, as it is sometimes called, one type of which is shown in Fig. 4, is sometimes preferred for the making of coffee. This utensil is made of metal or earthenware and operates on the same principle as a percolator. The ground coffee is suspended above the liquid in a cloth bag or a perforated receptacle and the water percolates through it.

In case a more complicated utensil than any of those mentioned is used for the making of coffee, the directions that accompany it will have to be followed. But no matter what kind of utensil is selected for the preparation of coffee, it should be thoroughly cleaned each time it is used. To clean it, first empty any coffee it contains and then wash every part carefully and scald and dry it. If the utensil is not clean, the flavor of the coffee made in it will be spoiled.

3½ cups ground coffee 1 pound

METHODS OF MAKING COFFEE

Several methods are followed in the making of coffee, the one to select depending on the result desired and the kind of utensil to be used. The most common of these methods are: *boiling*, which produces a decoction; *infusion*, or *filtration*, which consists in pouring boiling water over very finely ground coffee in order to extract its properties; and *percolating*, in which boiling water percolates, or passes through, finely ground coffee and extracts its flavor. For any of these methods, soft water is better than water that contains a great deal of lime. Many times persons cannot understand why coffee that is excellent in one locality is poor in another. In the majority of cases, this variation is due to the difference in the water and not to the coffee. From 1 to 2 tablespoonfuls of coffee to 1 cupful of water is the usual proportion followed in making coffee.

BOILED COFFEE

Without doubt, coffee is more often boiled in its preparation than treated in any other way. Usually, an ordinary coffee pot is all that is required in this method of preparation. The amount of ground coffee used may be varied to obtain the desired strength.

BOILED COFFEE
(*Sufficient to Serve Six*)

- 1 c. cold water
- 1/2 c. ground coffee
- 3 c. boiling water

After scalding the coffee pot, put 1/2 cupful of the cold water and the ground coffee into it. Stir well and then add the boiling water. Allow it to come to the boiling point and boil for 3 minutes. Pour a little of the coffee into a cup to clear the spout of grounds, add the remaining cupful of cold water, and put back on the stove to reheat, but not to boil. When hot, serve at once. Never allow the liquid to stand on the grounds for any length of time, for the longer it stands the more tannic acid will be drawn out.

As coffee made by boiling is usually somewhat cloudy, it may be cleared in one way or another. The last cold water is added for this purpose, for as it is heavier than the warm liquid it sinks to the bottom and carries the grounds with it. Coffee may also be cleared by stirring a small quantity of beaten raw egg, either the white or the yolk, or both, into the grounds before the cold water is added to them. One egg will clear two or three potfuls of coffee if care is exercised in its use. What remains of the egg after the first potful has been cleared should be placed in a small dish and set away for future use. A little cold water poured over it will assist in preserving it. If the egg shells are washed before the egg is broken, they may be crushed and added to the grounds also, for they will help to clear the coffee. The explanation of the use of egg for this purpose is that it coagulates as the coffee heats and carries the particles of coffee down with it as it sinks.

Another very satisfactory way in which to make boiled coffee is to tie the ground coffee loosely into a piece of cheesecloth, pour the boiling water over it, and then let it boil for a few minutes longer than in the method just given. Coffee prepared in this manner will be found to be clear and therefore need not be treated in any of the ways mentioned.

FILTERED COFFEE

When it is desired to make coffee by the filtering process, the coffee must be ground into powder. Then it should be made in a drip, or French, coffee pot. If one of these is not available, cheesecloth of several thicknesses may be substituted. The advantage of making coffee by this method is that the coffee grounds may sometimes be used a second time.

FILTERED COFFEE
(*Sufficient to Serve Six*)

- 1/2 c. powdered coffee
- 1 qt. boiling water

Place the coffee in the top of the drip pot, pour the boiling water over it, and allow the water to drip through into the vessel below. When all has run through, remove the water and pour it over the coffee a second time. If cheesecloth is to be used, put the coffee in it, suspend it over the coffee pot or other convenient utensil, and proceed as with the drip pot.

PERCOLATED COFFEE

The coffee used for percolated coffee should be ground finer than for boiled coffee, but not so fine as for filtered coffee. This is perhaps the easiest way in which to prepare coffee and at the same time the surest method of securing good coffee.

PERCOLATED COFFEE
(*Sufficient to Serve Six*)

- 1/2 c. finely ground coffee
- 1 qt. cold water

Place the coffee in the perforated compartment in the top of the percolator and pour the cold water in the lower chamber. As the water heats, it is forced up through the vertical tube against the top. It then falls over the coffee and percolates through into the water below. This process begins before the water boils, but the hotter the water becomes the more rapidly does it percolate through the coffee. The process continues as long as the heat is applied, and the liquid becomes stronger in flavor as it repeatedly passes through the coffee. When the coffee has obtained the desired strength, serve at once.

PENNSYLVANIA GERMAN COFFEE

Scald coffee pot well before using (never use metal). Place in it five tablespoons ground coffee. (A good coffee is made from a mixture of two-thirds Java to one-third Mocha.) Beat up with the ground coffee one whole egg. Should the housewife deem this extravagant, use only the white of one egg, or peel off the white skin lining inside of egg shells and use. Add three tablespoons cold water and mix well together. Stand on range to heat; when hot add one quart of *freshly-boiled* hot water. Allow coffee to boil to top of coffee pot three times (about eight minutes), pour over one tablespoon cold water to settle. Stand a few minutes where it will keep hot, not boil. Place a generous tablespoon of sweet thick cream in each cup and pour coffee through a strainer over it. Always serve hot.

A larger or smaller amount of coffee may be used, as different brands of coffee vary in strength and individual tastes differ, but five tablespoons of coffee, not too coarsely ground and not pulverized, to one quart of water, will be the correct proportions for good coffee. Use cream and you will have a delicious, rich, brown beverage not possible when milk is used. Better coffee may be made if whole grains of roasted coffee be bought, reheated in oven and freshly ground whenever used, rather finely ground but not pulverized. Coffee, when ground for any length of time, loses strength. If coffee is ground when purchased, always keep it in closely covered cans until used. Or buy green coffee berries and roast them in oven; when coffee has been roasted, stir one whole raw egg through the coffee berries; when dry, place in covered cans, then no egg will be needed when preparing coffee. As a substitute for cream, use yolk of fresh egg mixed with a couple tablespoonfuls of milk.

AFTER-DINNER COFFEE

After a rather elaborate meal, a small cup of very strong, black coffee is often served. To prepare after-dinner coffee, as this kind is called, follow any of the methods already explained, but make it twice as strong as coffee that is to accompany the usual meal. Sugar and cream may be added to after-dinner coffee, but usually this coffee is drunk black and unsweetened.

COFFEE ROYAL

Take of the best Mocha coffee one part, of the best Java coffee two parts. Put six tablespoonfuls of the mixture into a bowl and add an egg, well beaten. Stir the mixture five minutes. Add half a cup of cold water, cover tightly and let stand several hours. Put into a coffeepot the coffee mixture and add four large cups of boiling water, stirring constantly. Let it boil briskly for five minutes only then set on the back of the stove five minutes. Before serving add a sm

VIENNA COFFEE

An especially nice way in which to serve coffee is to combine it with boiled milk and whipped cream. It is then known as Vienna coffee. The accompanying directions are for just 1 cup, as this is prepared a cupful at a time.

VIENNA COFFEE
(*Sufficient to Serve One*)

- 1/4 c. boiled milk
- 3 Tb. whipped cream
- 1/2 c. hot filtered coffee, or coffee prepared by any method

Place the boiled milk in a cup, add the whipped cream, and fill the cup with the hot coffee.

Crema rappresa (Coffee Cream)

Ingredients: Coffee, cream, eggs, sugar, butter.

Bruise five ounces of freshly roasted Mocha coffee, and add it to three-quarters of a pint of boiling cream; cover the saucepan, let it simmer for twenty minutes, then pass through a bit of fine muslin. In the meantime mix the yolks of ten eggs and two whole eggs with eight ounces of castor sugar and a glass of cream; add

the coffee cream to this and pass the whole through a fine sieve into a buttered mould. Steam in a bain-marie for rather more than an hour, but do not let the water boil; then put the cream on ice for about an hour, and before serving turn it out on a dish and pour some cream flavoured with stick vanilla round it.

ICED COFFEE

Persons fond of coffee find iced coffee a most delicious hot-weather drink. Iced coffee is usually served in a glass, as shown in Fig. 5, rather than in a cup, and when whipped cream is added an attractive beverage results.

To prepare iced coffee, make coffee by any desired method, but if the boiling method is followed be careful to strain the liquid so that it is entirely free from grounds. Cool the liquid and then pour into glasses containing cracked ice. Serve with plain cream and sugar or with a tablespoonful or two of whipped cream. If desired, however, the cream may be omitted and the coffee served with an equal amount of milk, when it is known as *iced café au lait*.

AUSTRALIAN COFFEE
A VINTAGE VIEW FROM DOWNUNDER

The three active principles of coffee--Coffee stimulates the brain--Coffee relieves fatigue and exhaustion, whether mental or manual—The virtues of coffee--Coffee as a remedy in different diseases—The details of coffee roasting--The art of making coffee--The cafetiere, or French coffee-pot--Proportions of coffee and of chicory in "cafe noir" and "cafe au lait" respectively--Minute instructions for making coffee

Coffee is the roasted and ground product of the seeds found within the fruit of a tree, the Coffea Arabica. Originally a native of Abyssinia, it was transported into Arabia at the beginning of the fifteenth century. Since then it has been widely cultivated in the West Indies, in Ceylon, and in other warm countries. The fruit itself much resembles a small cherry in size and appearance, and usually contains two small seeds--the coffee beans themselves. The choicest coffee is the mocha or Arabian coffee, and the bean is very small. Of the West Indian varieties, the Jamaica and the Martinique coffee are the best. The exhilarating and agreeable properties of coffee are dependent in great part upon three active principles which it contains. The first of these is caffeine, which is almost identical in composition with, and practically the same as, the theine present in tea. Next there are the volatile oils, developed by roasting, from which coffee derives its aroma. Indeed, as far as they are concerned, there are many who believe that these ethereal oils have more to do with the characteristic properties of coffee than even the caffeine itself. And, lastly, there are the acids known as caffeo-tannic and caffeic acids, which are modified forms of tea tannin. They exist to a far less extent, however, than does the tannin in tea.

Coffee has a decidedly stimulating effect upon the nervous system; so much so that in France it has been called UNE BOISSON INTELLECTUELLE (an intellectual beverage), from its stimulating all the functions of the brain. Not so long ago a writer, Dr. J. N. Lane, in the BRITISH MEDICAL JOURNAL gave some interesting, information with respect to coffee and brain work. As the result of his own experience he recommended "a cup of strong coffee, without cream or sugar, preceded and followed by a glass of hot water every morning before breakfast. The various secretions are thus stimulated, the nerve force aroused, no

matter how the duties of the preceding day and night may have drawn upon the system. Another cup at four in the afternoon is sufficient to sustain the energies for many hours." It is only fair to add, however, that the JOURNAL went on to remark that in this way some 50 grains of caffeine would be taken each week, and that very little more might develop injurious symptoms, so that the power of doing an illimitable amount of work would be obtained under somewhat risky conditions.

One of its most remarkable effects is that of relieving the feeling of fatigue or exhaustion, whether this be produced by brain work or bodily labour. It enables the system also to bear up under an empty stomach and when the supply of food is shortened. In this way it is of signal value to the soldier in the field. Professor E.A. Parkes, all admitted authority on these matters, bears testimony to the fact that in military service it invigorates the system and is almost equally useful against both cold and heat--against cold by reason of its warmth, and against heat by its action on the skin. It appears, also, to do sway with the need for sleep, probably from its arousing the mental faculties, and the effect of a strong cup of coffee in inducing wakefulness is well known. Coffee has, moreover, a distinct action on the heart, and tends to strengthen it. The Germans are great believers in its virtues, and Vogel, one of the principal authorities on diseases of children, recommends it for them, mixed with cream, both as a food and as a tonic.

In addition to the foregoing, coffee is also employed by reason of its important medicinal virtues. In malarious countries a cup of hot strong coffee, in the early morning, is regarded as a preventive against fever and ague. It is a valuable agent in many cases of heart disease, particularly when associated with dropsy. In Bright's disease of the kidneys, where dropsy is present, it is likewise given with benefit.

Strong coffee is also a well-known remedy in asthma, both in relieving the actual attack and in acting as a restorative after it is over. It frequently gives great relief in many forms of nervous headache, particularly in that variety known as migraine, in which the pain is generally limited to one side of the head. And, lastly, coffee is a valuable remedy in opium poisoning, where there is such a tendency to a fatal coma.

From the foregoing it must be evident that coffee occupies a very high position as a beverage. All that concerns its preparation, therefore, is of undoubted interest. In the first place, to obtain coffee in perfection it is indispensable that the beans be roasted at home, and not only should the roasting be done in the house, but the operation ought really to be performed immediately before the coffee is made, and the reasons thereof I shall give in speaking of the process of roasting. Many people do not care sufficiently about the perfection of coffee to go to this trouble, and are content with having their roasted coffee beans sent to them daily from their grocer. The leading establishments roast their coffee beans daily, and from them the latter may be obtained and ground in the mill at home. This, of course, though not giving the real thing, is an immense improvement on the hallowed tradition, so dear to some, of purchasing their weekly supply of,,round coffee at a time and keeping it in a tin or vessel for use as required. But, as I said before, if perfection is aimed at, the roasting must be done at home.

In the selection of the green beans care should be taxiway to see that they are nearly all of the same size, for if some are small and others large, when it comes to roasting it will be found that the small ones are done to a cinder, while the larger beans are hardly touched. The beans, too, should be perfectly dry; if moist, they should be dried in a dish by the fire or in the oven before going into the roaster. On the coffee plantations the drying of the bean is considered a most important matter when preparing them for export.

In the process of roasting, a volatile oil which gives to coffee its unique fragrance is developed. It is somewhat curious that no amount of boiling could educe this from the raw bean. This oil is exceedingly volatile, and begins to disperse and evaporate the very moment it is born. Hence, to obtain the perfection of coffee, no time should be lost in grinding and making it directly it is roasted. When the fragrant vapour of the roasted bean is first given off, it is soon followed by a peculiar noise, caused by the splitting and crackling of the external silvery greenish covering of the raw beans. At this time, or very shortly afterwards, the latter are of a yellowish hue, but before long they change into that desirable lightish brown colour, when the peculiar volatile coffee oils are at their best.

The best mill for grinding the coffee, and one which may be obtained from any ironmonger, is that which can be screwed on the edge of the kitchen table or dresser. It has a little contrivance to regulate the size of the grains. and care must be taken not to grind the coffee too fine; it should be in minute crumbs rather than in powder.

As I have already said, the perfection of coffee is only to be obtained under three conditions. These are, first, that the beans should be roasted at home; that they should be ground without much delay; and, thirdly, made into coffee as soon as possible. Many people are, however, unable to carry out the first of these three requirements. The next best substitute is to have the roasted coffee beans sent daily to them by their grocer. This is a practice which might be followed more frequently with a great deal of advantage, for all are able, at least, to possess a mill and grind their own coffee at home.

The making of the coffee is quite as important as the preceding, and the number of different models of coffee-makers is almost perplexing. But of them all, the one which is simplest, and perhaps most effective, is the ordinary CAFETIERS, or French coffee-pot. This has the advantage of costing only a few shillings, and is readily obtainable from any ironmonger. It consists of an upper compartment in which the coffee is made, and a lower part--the coffee-pot itself--into which the coffee descends. These two portions are quite separate, although the upper fits on the lower. The floor--on which the coffee is placed--of the upper part is perforated by a number of minute holes There is also a movable strainer about an inch in depth, which fits on top of the upper part; and a presser, consisting of a long rod with a circular plate at its end, which for convenience passes through the centre of the strainer, and rests on the perforated floor of the upper part.

There are one or two points to be borne in mind in the making of coffee. As a rule English-speaking people do not allow enough coffee to each cup. The almost universal fault of coffee, made elsewhere than on the Continent, is its want of strength and flavour. With regard to the admixture of chicory, this is largely a question of taste, and the palate must be consulted in the matter.

The great majority of people, however, cannot do without it, and it is quite (when genuine) a harmless addition. Madame Lebour-Fawssett recommends the following proportions: For making CAFE NOIR, or coffee after meals, there should be six teaspoonsful of coffee, heaped up, and a very small teaspoonful of chicory, or none at all, for one pint of water. The chicory must be left out altogether, and another teaspoonful of coffee substituted for those who object to chicory with their CAFE NOIR. For morning coffee or cafe au lait there should be ten or twelve teaspoonsful of coffee, with a sixth part of chicory, for each pint of water. As Madame Lebour-Fawssett remarks, CAFE AU LAIT is never complete without chicory, but care should be taken not to overdo it, since too much chicory renders the coffee quite undrinkable. Of course, if you do not require as much as a pint of coffee, the quantities may be reduced, still observing the same proportions. Before pouring out the coffee, the cup should first be half filled with hot milk, and then the coffee added.

Now, having seen what proportions of coffee and chicory are to be employed for CAFE NOIR and CAFE AU LAIT respectively, it will be better to describe the actual making of the coffee, since the CAFETIERE will then be more easily understood. We will suppose its upper part is fitted into its place on the top of the lower portion, and that the strainer and presser have been removed for the time being. Enough boiling water should first of all be poured in to fill both the upper and lower compartments, allowed to stand for a couple of minutes, and then poured away. This brings everything to a proper heat for receiving the coffee.

Next put the amount of coffee necessary upon the perforated floor of the upper part. The coffee should then be well pressed down with the presser, and the latter instrument next laid aside. After this the strainer should be replaced on top of the upper compartment, and the required amount of boiling water, a little at a time, poured in through it (the strainer). The object of pouring in the boiling water slowly is to give it time to percolate through the densely pressed coffee lying on the floor of the upper part. There is a little tin cover fitting over the spout of the lower compartment, which should be adjusted to keep in the steam. The whole may then be set aside for a few minutes, and when the coffee has passed into the lower part, it is ready for use. With a little practice, and by paying attention to these details, the most perfect coffee may be made.

SERVING COFFEE

The serving of coffee may be done in several ways, but, with the exception of iced coffee, this beverage should always be served as hot as possible. As can well be imagined, nothing is more insipid than lukewarm coffee. Therefore, coffee is preferably made immediately before it is to be served. Sugar and cream usually accompany coffee, but they may be omitted if they are not desired.

Coffee may be served with the dinner course, with the dessert, or after the dessert. When it is served with the dinner course or the dessert, a coffee cup or a tea cup of ordinary size is used; but when it is served after the dessert, a demi-tasse, or small cup that holds less than half the amount of the other size, is preferable. Usually, after-dinner coffee, or *café noir*, as such black coffee is called, rather than coffee with cream and sugar, is served after the dessert course of a heavy dinner because it is supposed to be stimulating to the digestion.

The pouring of coffee may be done at the table or in the kitchen. If it is done at the table, the person serving should ask those to be served whether or not they desire cream and sugar, and then serve accordingly. If it is done before the coffee is brought to the table, the cream and sugar should be passed, so that those served may help themselves to the desired amount. Care should always be taken in the serving of coffee not to fill the cup so full that it will run over or that it will be too full to handle easily when the cream and sugar are added.

LEFT-OVER COFFEE

The aim of the person who prepares coffee should be to make the exact quantity needed, no more nor no less, and this can usually be done if directions are carefully followed. However, if any coffee remains after all are served, it should not be thrown away, as it can be utilized in several ways. Drain the liquid from the grounds as soon as possible so that the flavor will not be impaired.

If desired, left-over coffee may be added to fresh coffee when it is prepared for the next meal or, in hot weather, it may be used for iced coffee. It may also be used to flavor gelatine, which, when sweetened and served with whipped cream, makes an excellent dessert. Again, left-over coffee is very satisfactory as a flavoring for cake icing, for custards, or for whipped cream that is to be served with desserts. When coffee is desired for flavoring, it should be boiled in order to evaporate some of the water. Very good cake is made by using left-over coffee for the liquid and spices for the flavoring.

COCOA FILLING.

- 1½ cups pulverized sugar.
- 1 tablespoonful butter, melted.
- 2½ tablespoonfuls cocoa.

Place all the ingredients in a bowl and mix to a smooth paste with cold coffee. Flavor with vanilla and spread on cake. Tins cocoa filling should not be boiled.

AN "OLD RECIPE" FOR COFFEE CAKE

- 5 cups flour.
- 1 cup sugar.
- 1 cup raisins.
- 1 cup of liquid coffee.
- 1 cup lard.

- 1 cup molasses.
- 1 tablespoonful saleratus.
- Spices to taste.

Mix like any ordinary cake. The cup used may have been a little larger than the one holding a half pint, used for measuring ingredients in all other cake recipes.

A GOOD, CHEAP CHOCOLATE CAKE

One cup of flour, 1 teaspoonful of baking powder and 1 cup of granulated sugar were sifted together. Two eggs were broken into a cup, also 1 large tablespoonful of melted butter. Fill up the cup with sweet milk, beat all ingredients well together. Flavor with vanilla and add 2 extra tablespoonfuls of flour to the mixture. Bake in two layer cake pans.

Place the following mixture between the two layers: ½ cup of grated chocolate, ½ cup sugar and ¼ cup of liquid coffee. Cook together a short time until the consistency of thick cream, then spread between layers.

COFFEE CAKE.

One cup brown sugar, one cup molasses, one cup boiling coffee, one-half cup lard, one-half cup butter, one egg, one teasponful soda, one teaspoonful salt, one tablespoonful cloves, one tablespoonful cinnamon, one tablespoonful allspice, one tablespoonful vanilla, one tablespoonful lemon, one nutmeg, one cup chopped raisins, four cups flour.

COFFEE CAKE

One cup brown sugar, one cup molasses, one-half cup butter, one cup strong liquid coffee, one or two eggs, four cups flour, one teaspoon soda, one tablespoon cinnamon, one teaspoon cloves, one nutmeg, one pound raisins, one-half pound currants, citron as you like. Mix the cake part, adding soda last. Dredge the fruit with flour before putting in. Bake in one large loaf, or two smaller ones.

COFFEE CAKE

One cup butter, two cups brown sugar, one cup liquid coffee, six eggs, one cup currants, one cup raisins, two teaspoons ground cinnamon, two teaspoons ground cloves, one teaspoon soda, and three cups flour.

FRUIT CAKE

Place in mixing bowl

One-half cupful of brown sugar,

One cupful of molasses,

Two tablespoons of cocoa,

One egg,

One and one-half level teaspoonfuls of baking soda,

One cup cold coffee,

Three and one-half cupfuls sifted flour,

One and one-half teaspoonfuls cinnamon,

One teaspoonful nutmeg,

One cupful seeded raisins,

One-half cupful chopped nuts.

Beat to thoroughly mix and then pour in a greased and floured cake pan and bake in a moderate oven for one hour.

RUMANIAN FRUIT CAKE

This is the richest cake made in Europe during the holiday season and is usually for royalty. The original recipe came to me in a form that is much too large for the ordinary family, so I have divided the proportions so that even the thrifty housewife may feel she can afford this one extravagance. The recipe follows:

One cup of honey,

One cup of brown sugar,

Three-quarters cup of good shortening,

One teaspoon of cinnamon,

One teaspoon of nutmeg,

One-half teaspoon of ginger,

One-half teaspoon of cloves,

One-quarter teaspoon of allspice,

Yolks of three eggs.

Cream together and then add

One-half pint cup of spiced jam,

One-half pint cup of any kind of jelly.

Beat again to blend and then add

Six cups of sifted flour,

Tour tablespoons of baking powder,

Three-quarters cup of strong black coffee.

Beat just enough to mix and then cut and fold in the stiffly beaten whites of three eggs and add

One and one-half cups of seeded raisins,

One cup of seedless raisins,

One-half cup of seeded currants,

One and one-half cups of finely chopped peanuts, or other nuts,

One cup of finely chopped citron,

One-half cup of finely chopped orange or lemon peel, mixed,

One cup of finely chopped figs,

One cup of finely chopped apricots,

One cup of finely chopped and stoned prunes.

Mix in the fruit well and then grease and flour a round pudding pan and line with three thicknesses of greased and floured paper. Pour in the cake mixture and cover the top of the cake with a well-greased paper. Now set the pan containing the cake in a large baking pan, which contains about three cups of boiling water. Place in a slow oven and bake for two and one-half hours. Remove and let cool

and then turn from the pan and brush the paper with boiling water to remove. Now to ripen or age.

CHOCOLATE BUTTER CREAM

Place two ounces of butter in a bowl and beat to a cream, then add

Two and one-half cups of XXXX sugar,

Three-quarters cup of cocoa,

One-half teaspoon cinnamon,

One teaspoon of vanilla,

Four tablespoonfuls of boiling coffee.

Beat to a smooth cream and then spread on the cake.

CHEAP FRUIT CAKE

Place in a saucepan

One cup of syrup,

One cup of coffee,

One-half cup of shortening,

One-half cup of cocoa,

One-half cup of brown sugar,

One package of raisins,

One and one-half cups of finely chopped peanuts,

Two teaspoons of cinnamon,

One-half teaspoon of nutmeg,

One-half teaspoon of allspice,

One-half teaspoon of cloves.

Bring to a boil and then set back on the stove and let cook very slowly for ten minutes. Turn into a mixing bowl and let cool. Now add five cups of sifted flour,

four level tablespoons of baking powder; beat to thoroughly mix and then turn into well-greased and floured pan and bake in a slow oven for fifty-five minutes. Cool and store as for Rumanian fruit cake.

ANIMAL COOKIES

One cupful of brown sugar,

One and one-half cupfuls of flour,

One-quarter teaspoonful of baking soda,

Two teaspoonfuls of baking powder,

One teaspoonful of ginger,

Two teaspoonfuls of cinnamon,

One-half teaspoon of nutmeg.

Mix thoroughly by sifting and then rub into the mixture seven tablespoons of shortening. Mix to dough with

One well-beaten egg,

Six tablespoons of coffee.

Knead dough well and then roll out one-quarter inch on slightly floured pastry board. Cut with animal cutters and then bake on a baking sheet in a moderate oven for ten minutes. Cool and then wash with a mixture of syrup and water and roll in confectioner's sugar.

Note.—The dough must be fairly soft. If necessary, add more coffee.

COFFEE CUSTARD, PARFAIT STYLE

One and one-half cupfuls of cold coffee,

One cupful of evaporated milk,

One-half cupful of cornstarch.

Place in a saucepan and dissolve the starch in the coffee and then add the milk. Bring to a boil and cook slowly for ten minutes. Remove and add

One cupful of sugar,

One teaspoonful of vanilla,

Yolk of two eggs.

Beat to blend thoroughly and then partly cool and pour into stem glasses, filling nearly to the top. Set on ice to chill. While chilling place the white of two eggs and one-half glass of currant jelly in a bowl. Now use a Dover egg-beater and beat until it holds its shape. When ready to serve pile high on the coffee custards and garnish with maraschino cherries.

COFFEE JELLY

Two tablespoons of coffee, one package of gelatine, one glass of sherry boiled down to one pint.

BLACKBERRY JAM CAKE

One cup coffee A or light brown sugar, one-half cup butter, two cups flour, one cup blackberry jam, three eggs, three tablespoons sour cream, one teaspoon soda, two teaspoons cinnamon, one-half a nutmeg. Put in the ingredients in the order given. Bake in layers, and finish with boiled icing.

NEAPOLITAN CAKE

DARK PART.--One cup brown sugar, one-half cup butter, one-half cup molasses; one-half cup strong coffee, two eggs, two and one-half cups flour, one cup raisins, one teaspoon each of soda, cinnamon, and cloves, one and one-half teaspoons mace.

WHITE PART.--Two cups sugar, one-half cup butter, one cup sweet milk,two cups flour, one cup corn starch, white of two eggs, one teaspoon baking powder.

COLUMBIA CAKE

Two cups of coffee A sugar and one cup of butter creamed together; add slowly one cup of sweet milk, three full cups of flour, in which three teaspoons of baking powder have been stirred, and the whites of eight eggs. Flavor to suit taste. Bake in layers, and put together with boiled frosting and chocolate creams, or stir into the frosting one pound of seeded raisins, or a glass of currant jelly. Any one of these will make a delicious cake.

FRIED CAKES

Two cups of coffee A sugar, a small teaspoon of lard, one-half teaspoon of ginger; rub all together; add two eggs, one cup of sweet milk, three teaspoons of baking powder. Mix in enough flour so you can work it nicely on the board. Cut out with cutter having hole in the center. Have your lard hot when you drop cakes in, and do not turn but once.

DOBOS TORTE

Cream yolks of six eggs with one-half pound of powdered sugar; add three-fourths cup of flour sifted three times; then add beaten whites of six eggs lightly and carefully into the mixture. Butter pie plates on under side and sprinkle with flour lightly over the butter and spread the mixture very thin. This amount makes one cake of twelve layers. Remove layers at once with a spatula.

Filling.--Cream one-half pound of sweet butter and put on ice immediately; take one-half pound of sweet chocolate and break it into a cup of strong liquid coffee; add one-half pound of granulated sugar and let it boil until you can pull it almost like candy; remove from fire and stir the chocolate until it is quite cold. When cold add the chocolate mixture to the creamed butter. This filling is spread thin between the layers, spread the icing thicker on top and sides of the cake. This is very fine, but care must be taken in baking and removing the layers, as layers are as thin as wafers. Bake and make filling a day or two before needed.

The Counterfeit Coffee Scandal of 1803

The fraud of counterfeiting ground coffee by means of pigeon's beans and pease, is another subject which, not long ago, arrested the attention of the public: and from the numerous convictions of grocers prosecuted for the offence, it is evident that this practice has been carried on for a long time, and to a considerable extent.

The following statement exhibits some of the prosecutions, instituted by the Solicitor of the Excise, against persons convicted of the fraud of manufacturing spurious, and adulterating genuine coffee.

Alexander Brady, a grocer, prosecuted and convicted of selling *sham-coffee*, said, "I have sold it for twenty years." Some of the persons prosecuted by the Solicitor of the Excise for this fraud, we might, at first sight, be inclined to believe, were inconscious that the adulterating of genuine coffee with spurious substances was illegal; but this ignorance affords no excuse, as the Act of the 43 Geo. III. cap. 129, explicitly states: "If after the first day of September, 1803, any burnt, scorched, or roasted pease, beans, or other grain, or vegetable substance or substances prepared or manufactured for the purpose of being in imitation of or in any respect to resemble coffee or cocoa, or to serve as a substitute for coffee or cocoa, or alleged or pretended by the possessor or vender thereof so to be, *shall be made*, or kept for sale, or shall be *offered* or *exposed to sale*, or shall be *found* in the custody or possession of any *dealer* or dealers in or *seller* or sellers of *coffee*, or if any burnt, scorched, or roasted pease, beans, or other grain, or vegetable substance or substances not being coffee, shall be called by the preparer, manufacturer, possessor, or vender thereof, by the name of *English* or *British* coffee, or *any other name* of coffee, or by the name of *American* cocoa, or *English* or *British* cocoa, or any other name of cocoa, the same respectively shall be forfeited, together with the packages containing the same, and shall and may be seized by any officer or officers of Excise; and the person or persons preparing, manufacturing, or selling the same, or having the same in his, her, or their custody or possession, or the dealer or dealers in or seller or sellers of coffee or cocoa, in whose custody the same shall be found, shall forfeit and lose the sum of one hundred pounds."

The Attorney-General against William Malins.—This was an information filed by the Attorney-General against the defendant, charging him, he being a dealer in coffee, with having in his possession a large quantity of imitation coffee, made from scorched pease and beans, resembling coffee, and intended to be sold as such, contrary to the statute of the 43d of the King, whereby he became liable to pay a fine of 100*l.*

J. Lawes deposed that he had lived servant with the defendant; he constantly roasted pease and beans, and ground them into powder. When so ground, the powder very much resembled coffee. Sometimes the sweepings of the coffee were thrown in among the pease and beans. Witness carried out this powder to several grocers in different parts of the town.

Thomas Jones lived with the defendant. His occupation was roasting and grinding pease and beans. They looked, when ground, the same as coffee. Witness had seen Mr. John Malins sweep up the refuse coffee, and mix it with the pease and beans. He had taken out this mixture to grocers.

J. Richardson, an excise-officer, deposed, that, in December 1817, he went to the premises of the defendant, and there seized four sacks, five tubs, and nine pounds in paper, of a powder made to resemble coffee. The quantity ground was 1,567 pounds; it had all the appearance of coffee; and a little coffee being mixed with it, any common person might be deceived. He also seized two sacks, containing 279 pounds of whole pease and beans roasted. Among the latter were some grains of coffee. The witness here produced samples of the articles seized.

John Lawes deposed, that the articles exhibited were such as he was in the habit of manufacturing while in Mr. Malins' employment.

The jury found a verdict for the Crown.—Penalty 100l.

The King against Chaloner.—Mr. Chaloner, a dealer in tea and coffee, was charged on the oaths of Charles Henry Lord and John Pearson, both Excise officers, with having in his possession, on the 17th of March, nine pounds of spurious coffee, consisting of burnt pease, beans, and gravel or sand, and a portion of coffee, and with selling some of the same; also with having in his possession seventeen pounds of vegetable powder, and an article imitating coffee, which contained not a particle of genuine coffee.

The defendant was convicted in the penalty of 90l.

The King against Peether.—This was an information against Mr. Thomas Peether, tea and coffee dealer, charging him with having in his possession a quantity of imitation coffee (or vegetable powder) on the 25th of April last.

The case being proved by the evidence of several witnesses, the defendant was convicted in the penalty of 50l.

The King against Topping.—This was an information against Mr. John Lewis Topping, a dealer in tea and coffee, charging him with having thirty-seven

pounds of vegetable powder in his possession. The article seized was produced to the commissioners of the Excise.

The defendant was convicted in the penalty of 50*l.*

The King against Samuel Hallett.—The defendant, Hallett, a grocer and dealer in tea and coffee, was charged with having seven pounds of imitation coffee in his possession.

Charles Henry Lord, an officer of the Excise, being sworn, stated, that he and Spencer, an officer, went, on the 28th of February last, to the shop of the defendant, and asked for an ounce of coffee, at three halfpence per ounce. He received the same, and having paid for it, left the shop. He examined the article, and found it was part coffee, and part imitation coffee, or what the defendant called vegetable powder, which is nothing more nor less than burnt pease and beans ground in a mill.

Spencer, the officer of the Excise, corroborated the above evidence, and stated, that the sham-coffee seized at the defendant's house was shown to Mr. Joseph Hubbard, grocer, and tea and coffee dealer, in High-street, in the Borough of Southwark.

Mr. Hubbard being sworn, stated, that he had examined the sham-coffee seized by the officers in the defendant's shop. The one ounce purchased by Lord, he knew to be nothing else than black pigeon's beans; there was no coffee amongst it.

The defendant was convicted in the penalty of 50*l.*

The King against Fox.—Mr. Edward Fox, grocer, and dealer in tea and coffee, was charged with having a large quantity of sham-coffee in his possession, and with selling the same for genuine coffee.

Henry Spencer, an officer of the Excise, stated, that on the 21st of February he and Lord, another officer, went to the defendant's shop and purchased an ounce of coffee, for which he paid three halfpence. They examined it, and he was satisfied it was not genuine coffee; they purchased another ounce (which he produced to the commissioners of the Excise, who examined it); they were convinced it consisted partly of coffee and beans and pease.

The defendant, in his defence said, that the poor people wanted a low-price article; and by mixing the vegetable powder and coffee together, he was able to sell it at three halfpence an ounce; he had sold it for years; he did it as a matter of

accommodation to the poor, who could not give a higher price; he did not sell it for genuine coffee.

Commissioner.—"Then you have been defrauding the public for many years, and injuring the revenue by your illicit practices: the poor have an equal right to be supplied with as genuine an article as the rich."

He was convicted in the penalty of 50*l.*

The King against Brady.—The defendant, Mr. Alexander Brady, grocer, and dealer in tea and coffee, was charged with having, on the 28th of February last, in his possession eighteen pounds of sham-coffee, and selling the same for genuine coffee.

Lord and Pearson, Excise officers, stated, that they purchased an ounce of coffee of the defendant, on the 28th of February, and upon examining it they discovered that it was made up of pease and beans, ground with a small quantity of coffee. They also found eighteen pounds of vegetable powder mixed with coffee, in a state prepared for sale, wrapped in papers.

One of the commissioners tasted some of the eighteen pounds of sham-coffee produced by the officers, and declared that it was a most infamous stuff, and unfit for human food.

Defendant.—"Why, I have sold it for twenty years."

Commissioner.—"Then you have been for twenty years acting most dishonestly, defrauding the revenue; and the health of the poor must have suffered very much by taking such an unwholesome article. Your having dealt in this article so long aggravates your case; you have for twenty years been selling burnt beans and pease for genuine coffee.—You are convicted in the penalty of 50*l.*"

The King against Bowser.—The excise officers stated, that on the 28th of February they went to his shop: he was a grocer, dealer in tea and coffee; they seized seven pounds and a half of vegetable powder, which contained very little coffee, if any; and also a quarter of a pound of coffee mixed with vegetable powder.

The defendant pleaded guilty to the charge, and prayed the court to mitigate the penalty. He was convicted in the penalty of 50*l.*

The King against Thomas Owen.—The defendant, an extensive dealer in tea and coffee, appeared to an information charging him with having in his possession, and selling, a quantity of deleterious ingredients, and mixing them with coffee.

Charles Henry Lord deposed, that on the 26th of February, he found, at the shop of the defendant, nineteen pounds of a composition consisting of beans and pease ground, and prepared so as to imitate coffee. He also discovered two pounds and a half of a mixture of coffee and vegetable powder. On the same day he proceeded to another shop of the defendant, and he there found five pounds more of the same stuff.

Samples of the composition, in its mixed and unmixed state, were produced.

Mr. Lawes addressed the commissioners on behalf of the defendant, in mitigation of punishment; for he did not mean to deny the offence. His client was a very young man, and had been most unfortunate in business. He was not aware until lately of the existence of any law by which it could be punished.

The Commissioners observed, that they had a double duty to perform, namely, to protect the revenue from fraud, and to prevent the public from being imposed upon and injured by ingredients served to them instead of the food they intended to purchase. The fraud upon the revenue was, in the estimation of the court, the least part of the offence. Under all the circumstances, however, the court was inclined to be lenient to the defendant.

He was convicted in the penalty of 50*l.* for each quantity of sham-coffee.

Mr. Greely and Mr. William Dando were fined 20*l.* each; and Mr. Hirling and Mr. Terry were fined 90*l.* each for selling spurious coffee.

The adulteration of ground coffee, with pease and beans, is beyond the reach of chemical analysis; but it may, perhaps, not be amiss on this occasion to give to our readers a piece of advice given by a retired grocer to a friend, at no distant period:—"Never, my good fellow," he said, "purchase from a grocer any thing which passes through his mill. You know not what you get instead of the article you expect to receive—coffee, pepper, and all-spice, are all mixed with substances which detract from their own natural qualities."—Persons keeping mills of their own can at all times prevent these impositions.

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