

shilling and sixpence for one measuring 12 inches by 10 inches, two shillings for one 16 inches by 12 inches, three shillings and sixpence for one 24 inches by 18 inches, and so on up to three pounds for one 8 feet 10 inches by 5 feet 10 inches. The intermediate sizes can, of course, be had. If one of these wedged frames be procured, any intelligent carpenter and joiner could make others from the pattern, or the frames can be bought without the canvas at the shops.

Panels of white wood can be purchased of a size to fit the grooves in the French paint-boxes, where several may be carried while wet without risk. For the smaller sizes old cigar-boxes may be used up; the wood is excellent for the purpose, being well seasoned, and the empty boxes can be bought cheaply at the tobacconists'.

NOTE.—The prices mentioned above are only given with the object of affording you a rough general idea of cost of materials; they are often subject to a discount or reduction to those who pay "ready money."

(To be continued.)

CARVING AT TABLE.

By S. F. A. CAULFIELD.



It has been my endeavour throughout a series of articles in this magazine to demonstrate the fact that good-breeding should be evidenced in every act, word, and circumstance of each day's life; and while I now give a few directions as to the art itself of "Carving at table," I desire to point out that, in this service which we render to others, their health and strength are involved, a

kindly solicitude is evinced for their comfort and gratification, the means of subsistence is materially economised, over and above the fact that the carver's own delicacy of feeling and refinement may be therein displayed.

Thus, my readers' duties, when acting in such a capacity, should be regarded under a threefold aspect—viz., those of kindness, economy, and good-breeding; and they deserve the careful consideration of every young person, whether boy or girl. So, consequently not merely the art itself, but a study of the principles on which its due prosecution is based, should be made an item of their education.

Unfortunately, however, young people are apt to regard any care bestowed on the supplies of the table as an evidence of "greediness;" and they stigmatize those who take a different view of the matter as "gourmets," for whom they profess an unqualified contempt. Alas! How little they know what a subject of anxiety the provision for the home-table may have been to their mothers in the days of their early childhood; or how great a measure of their health may be attributed to the selection of specially suitable food for them, with a view to their peculiarities of constitution. Nay, more, they fail to realise to what straits, if the means were limited, that mother may at times have been reduced to make an expensive joint hold out over a certain number of dinners, and devising varieties in the dressing to make it palatable as well as nourishing. Should all this wise and loving solicitude be stigmatized as "greediness" on that worthy mother's part? Let our common-sense and good-feeling give an honest answer. Had she not made the sister arts of carving, cookery, and

economy her study, she would have made a lamentable failure of the task of supplying, day by day, a suitable meal to the little mouths that craved it of her.

Yes, in the matter of carving, as applied to flesh, fish, or fowl, we may improve the health, and even save the lives of those for whom we undertake the task; and we may transform an operation, in itself alone considered both troublesome and disagreeable, into one of natural gratification, which is most essential for the due assimilation of food. That this is the fact I can prove by an appeal to your own experience.

After suffering from a severe cold or attack of influenza, and when sense of taste and smell is gone, do you not loathe your insipid, flavourless food? Is not the process of eating tiresome? and is it not little that you can manage to swallow? It is no vice of "greediness" that makes anyone to fancy their food, and to appreciate it the better when properly dressed, served, and carved. To devote much thought and money on your own gratification; to help yourself to the best or the most, rather than give the preference to others; to persist in taking viands or drinks that are injurious to the state of your health and constitution, merely to gratify your fancy for them; or to eat as much as you can eat just short of feeling ill: in all these cases you would prove yourself really guilty of greediness, selfishness, and intemperance. I pray you, my young readers, to distinguish between the two pictures I have drawn, and do not "put bitter for sweet," nor "sweet for bitter."

I will now suppose that you have an invalid in the family circle, that you are to fill the office of carver, and that the *pièce de résistance* for the dinner is a leg of mutton. So, never having observed how it was done, nor given a thought to the subject yourself, you cut straight down till you reach the bone, and then when you make the second incision, you slope the knife outwards from the first which you made, so making the inner part of the slice thicker than the outside. Of course, the piece will not come out, and you have to struggle with the difficulty by cutting the slice through next the bone; and a nice help, truly, you then produce, the thick inner portion being underdone, sinewy, veiny, ough, and utterly unattractive. Besides this, through cutting too far inwards you have caused a crimson flow from that least done into the dish, and so have spoilt the gravy for many, and have turned them from their dinners as much as if presented to them in a slaughter-house. I speak from experience, for from such a style of carving I have myself suffered. A worthy acquaintance of mine treats a joint in this coarse way, and sends a "junk" of meat to you only fit to be thrown to a wild beast. Yet, this individual is kind and hospitable, and otherwise well-bred. To the strong, such an ill-favoured help would only cost a dinner; but to the delicate (especially after illness), it might cause a step backwards in their progress towards strength and recovery.

Refinement may be shown in every act of life, not merely in words, dress, and deportment; and refinement is very particularly needed in reference to such an unlovely-looking thing as a joint of meat! There are also painful and repulsive ideas connected with food of such a description, and it should be surrounded with pretty disguises, with garnishing of many kinds, and with various descriptions of flavouring sauces and pickles, besides the more common condiments to which the poorest have access. But none of these disguises and adjuncts will prove of much advantage if the art of carving be not brought in to our assistance, as the handmaid to that of cookery.

Over and above the questions of health and economy, it is grossly ill-bred to help any person at your table as you would feed a steam-

engine or fire-stove, with awkward lumps in the "anyhow" style. "Anyhow" is objectionable in every act of life.

And thus my pity is often drawn forth when I see how children are helped at many tables, and so early trained to fancy that this horrible "anyhow" will do. The principle is altogether an evil one; and if these little ones be trained to see how carefully the helping of animal food should be done, they will not grow up to think that lumps of fat meat, cut along the grain so as to form into strings, most difficult of mastication; pieces of hard, indigestible gristle, and what is erroneously called "gravy," are to be regarded as wholesome or palatable and attractive-looking exhibitions.

I quite disapprove of the waste of food by either grown-people or children, and as a general rule it is well that the latter should know that they are to finish the help given them. But parents should, under such circumstances, be the more careful as to the manner in which they help them. Our own appetites are not always equally great; our condition of health and the weather make them to vary from one day to another. Is it not so with children also? You should not treat them as mere machines, and arbitrarily give them a certain amount to finish, hungry or not; nor should you lay before them what you would not eat yourself.

I have seen a fine, healthy, good-tempered child endeavouring obediently to finish all the fat on her plate; but the moment the trying task was accomplished she had to fly precipitately from the room. Fat, in a certain proportion, may be advantageously eaten; but it is of so rich a nature that it should be but sparingly given, and more especially to some; and the training to eat it should be a very gradual process. But so little do people think of this, that meat is cut up by a servant in squares for them, and so carelessly done that sometimes one square is entirely of fat and another of gristle, which latter should have been carefully removed. How little consideration is thus shown for one who has but a few small teeth; and who eats, as well as speaks, learns, and runs about twice as fast as any grown person. Thus the tough and unpalatable lump is simply bolted, and the trials of the digestive powers are unnecessarily tried from early childhood. Carve very thinly for a child, and leave but little mastication to be done. Let the small proportion of fat be attached to the lean, and let the help be a spare one. If the child be hungry, allow it the privilege of asking for a second helping.

Before closing these general remarks, I must add a word respecting the gravy. Opinions and tastes differ considerably on the amount of roasting and boiling which brown meats require. The question is a vexed one, and to this I made very special allusion in a small book on "Home Nursing," which was recommended to the notice of our readers in vol. i., page 611. I will not therefore recapitulate my own views upon it; but in due consideration for the feelings of others who, like myself, abhor the sight of a crimson hue in the gravy to which they are helped, no less than for the sake of the table-cloth (should you have occasion to turn the joint, or drop a slice in helping), let clear brown gravy be served in a sauce-boat, and never in the dish with the meat. Of course when the gravy is thickened the case is otherwise, and it is not likely to be either discoloured in the process of carving, nor to be splashed over the cloth, like the clear and thin.

We now come to particularise in reference to the style in which certain meats are to be carved, warning you to have the carving-knife sharpened as nearly like a razor as possible. A blunt knife is a very wasteful implement, and so drags meat to pieces as to render it unfit to appear the second day. See

also that the guard on the carving-fork be raised before you begin your duties.

In helping soles you may either cut through the bone, and give a narrow double piece, or else you may make a wider division across the top, and slide the fish-knife under it next the bone, and so give single slices; having removed the head and tail, and looked to see that by no oversight of the cook's any refuse has been left within the hollow part near the head. Turbot, mackerel, br ll, john-dory, plaice, and all flat fish are always helped in single slices. Pass the knife straight down the backbone, and then make a succession of incisions at right angles with the first; slide the knife under these helpings, taking care that you give that portion of the meat on the fin of turbot and brill with the more solid part, and the gelatinous skin over all, which is somewhat of the nature of fat. When the whole of the top part has been finished, proceed to help the under side in the same way; but as the skin on this side of turbot is dark, give no more of it than you can avoid, but give a portion of the fin.

Cod should be helped in slices, and as unbroken as possible, and a portion of the sound attached to the backbone given with it. The back and the under part of a salmon are different in consistency; the back being thick, firm, and dry, the under part being lighter in colour, not so thick, and fat in quality. Make straight cuts at right angles and lay a narrow slice of each part on every plate. Whiting is served curled, with the tail in the mouth, and should be cut across in half, and thus divided, served. Small trout need no carving, but are supplied whole. Gurnet and hake are helped in single slices, taken from one side at a time. Remember the stuffing in the former, and whenever there is roe in any fish, endeavour to divide it amongst all the plates to be served. Mackerel and herrings have two descriptions of roe—the hard, which is like a conglomeration of tiny grains; and the soft, which is of the consistency of cream. Do not help these indiscriminately, but give each person the choice between them. Flaky fish should be helped in flakes, which should not be broken, but each preserved intact, and kept together in small masses.

A sirloin of beef is divided into meat of two different qualities, which have to be carved in opposite directions. The upper part must be carved lengthwise with the ribs, the "under-cut," or "fillet," must be cut across. Towards the end of this "under-cut" there is a certain amount of suet-fat; and a small piece of this should be given with every slice of lean. It is usual to finish this side of the joint before commencing to carve the upper side. It is the most tender, and better suited to delicate people than the other. Let the slices be cut thin and delicately, but not in mere shavings. When you turn the other side, you will find a hard piece of gristle running across it, close to the backbone, and perhaps a small piece of rough broken bone, which will be in the way of your knife. Slice these off, and then cut as evenly as you can the whole length of the joint. The slices should be thin, and a portion of the streaky fat end should be given with the lean of the upper part. Cut right down to the bone, very smoothly and straight, leaving no lumps nor holes. Do not forget to supply a few shreds of horseradish to each plate.

A saddle of mutton should be cut down the whole length, parallel with the backbone, the knife then inserted at the latter from the upper part of the back, and cuttings made diagonally from the centre of the back to the ends of the ribs, thus giving long slices, half lean, half fat.

A haunch of venison (or mutton) should be cut across the knuckle-end, quite to the bone, and thin slices taken out straight down the

backbone. Fat from the rib portion should be helped with the lean.

A leg of mutton should be held with the fork, so as to present the inner side of the leg to the carver. Make an incision near the thickest part, but by no means cut to the bone. The slices should not be very thick, yet rather of a delicate wedge-shape. Make three incisions before you attempt to remove the first slice, and give a very small piece of the fat from the top of the ridge at the thick end with the lean. The knuckle end is of a different and more glutinous description of meat from the rest; and when the joint is too little done to please any guest, you will find what may suit them either in this part, or at least the nearer that you approach that end. In the centre of the joint there is a small piece of inner fat which some regard as a delicacy, called the "Pope's eye," and near this, on the inside, there is a portion of the meat lighter in colour, and more tender than the rest. Remember these little peculiarities for the benefit of invalids. If this joint be served cold on the second day, the outer side should then be turned up, and instead of cutting across the joint, as on the inside, cut long shallow slices the whole length of the joint, as you would in carving venison.

A loin of mutton should be helped in chops, giving a bone to each person. If roasted, you will find a lean part, of about the size of a veal cutlet, near the neck; this will supply two or three little delicate slices for those who prefer not to take a whole chop.

A shoulder of mutton supplies less of solid meat, but more variety in quality, than a leg, and is much more tender and fat. You cannot mistake on which side to cut it, as you can feel where the fork goes through on the forepart of the shoulder, and thence cut out rather thick wedge-like pieces. When you reach the blade-bone, you will find a ridge of bone dividing one part of the blade from the other. The meat should be taken lengthwise along this partition bone, and will be found particularly tender. The underneath, or inside of the shoulder, varies in quality, a small piece near the centre being fine in grain and tender; and at the extremity of the large end there is a good deal of meat of a coarser grain, while that at the top ridge is crisp.

Some practice is needed to raise the shoulder from a quarter of lamb. The knife must be sharp and strong, and the fork firmly fixed into the shoulder. Lay the blade of the knife flat, and insert between the ribs and shoulder, and as you draw, or raise the shoulder, make a succession of short cuttings where you see there is any connection between the two. Then place the shoulder upon a separate dish and carve it as already described; and the ribs in chops.

Cut a loin of veal across, through the thick part, in very thin slices, and inquire of those whom you help whether they like the kidney and kidney-fat, reserving them for those who like them only, that they may not be left wasted on their plates.

A breast of veal should be cut in two, dividing the short gristly bones and thick part of the meat from the thin part on the flat hard bones. Cut the former in little blocks, and give one of the thin bones with each.

The fillet of veal should be carved as a round of beef, cutting horizontally, instead of downwards. The slices should be very thin in both cases, and the stuffing and a little fat served in each plate.

Make the first incision in a calf's-head across the cheek; that is, taking a horizontal line from under the ear to under the nostril, and serve a slice of the tongue with each help. The minced brains will be served separately.

A knuckle of veal should be carved by taking slices of any solid lean part, and serv-

ing portions of the soft, gelatinous gristle and fat with them.

A tongue should be cut straight down through the thickest part, yet not so as to sever the two halves, but leaving sufficient to preserve the unity of the whole. The slices should be about a third of an inch in thickness at the outside, and of rather a wedge-shape. Turn the tongue round, and at the root portion, where it is thick and fat, make a similar cutting, far enough inwards to obtain a portion of the "kernel" in each slice of fat, and serve with the lean. Kernels in the fat of hams and mutton excise, and avoid serving.

The first incision made in a ham should be rather near the knuckle end, which should be turned to your left hand. Cut down straight, take the second a little sloping to the right, and let every slice after the first or second be as thin as you can cut it.

A round of beef must be carved horizontally with a broad-bladed sharp knife, and making the thinnest slices.

A loin of pork should be carved just like one of mutton or lamb; taking off a chop for each help. Be careful to give the "crackling" with each chop; and inquire whether anyone would like to have a portion of the kidney also, the latter being inferior to that of veal.

The carving of a fowl demands a little practice. Place it with the breast towards you, insert the fork into it, and pass the knife between the legs and the body, pressing the former outwards, and dividing the joints. Then make a straight cutting along the breast a little way down the side, so as to leave some of the white meat near the breast-bone on each side. Cut down till you find the joint, and so take off the wing. Inquire which of those at table prefer liver or gizzard; divide each, and thus give a portion to four. Insert the knife across the breast-bone, and slope it outwards, thus taking off the merrythought, cut the slices remaining on each side of the central bone, and then take off the collar or neck-bones, otherwise called "the s," which lie on each side of the wings. These must be raised with the knife and pressed backwards, to disengage them. Then turn the fowl back upwards, and the neck furthest from you, and press the knife through the centre of the back, taking off the "sides-bones." If it be a capon, cut a succession of slices from the breast, taking off a small round slice near the wing first, and slicing backwards towards the breast-bone. I have described the usual method of carving a fowl; in sending the several helps to those at table, it would be well to divide the breast, merrythought, and fliers, and apportion a little of the white meat to those who receive the legs. Thus, if there were five persons to be supplied, I should divide the fowl thus: two small wings and a portion of liver or gizzard each for two helps; thigh part of legs and the fliers for third and fourth; drumsticks and merrythought, and the rest of the liver and gizzard, and the two sidesbones for the fifth and sixth.

A turkey should be carved as a capon, the slices being taken off from the complete length of the body. The stuffing will be found in the breast.

A goose is carved as a turkey, but the stuffing is inside the lower end of the body, and a half circle should be cut there to allow room for the insertion of the spoon.

Pheasants should be carved as turkeys and geese.

Partridges, grouse, woodcocks, pigeons, and snipe should be divided right down through the centre, and a whole side served as a help with some toast; but if the partridges be large, and there be three persons to supply, instead of two, it will be necessary to take off a small wing and leg on each side, and to raise the

remainder of the breast entire; inserting the knife at the tail end, and so dividing it from the back, which will provide a help for the third person.

Hares must be turned the head to the carver's left hand, and straight slices cut all the whole length of the backbone, beginning close to it. The stuffing, which is inside, and the forcemeat balls should not be forgotten by the carver, while the red-currant jelly will be carried round by the servant. Serve a good deal of gravy with each help, as the meat is dry. The legs and "wings" are taken off as those of a fowl; the former should be divested of meat by the carver and served without the bones.

A rabbit should be placed with the head to the carver's right hand, and the knife drawn down the whole length of the body, close to the backbone on each side; cut down the centre into two equal sides, then across the back twice, leaving three equal helpings, if the rabbit be sufficiently large, on each side of the back. The legs should be taken off and the wings raised before carving the back. Small rabbits will only bear a single cut across the back, and both sides of the back must be carved and served together.

Before taking leave of the subject of carving for the table, I must remind you that the same delicacy of feeling and thoughtful care for the comfort and advantage of others will make you scrupulous in your neatness during the performance of your office. Never help any dish unless the plate be too near to allow for the falling of drops on the cloth, and never engage in conversation while so occupied. Give your whole attention to your business, and observe to whom you supply each help. Do not give a tough part to one who is likely to have false teeth, or who is known to be delicate; and endeavour to check your inclination to be bountiful; but give moderate helps lest people may feel nauseated, especially when helping an invalid or convalescent: you make them wish for more if you give but little, and so tempt a poor appetite.

Never forget to supply each plate with a portion of every adjunct served with the dish, such as stuffing, fat, forcemeat-balls, small

dumplings, horseradish, vegetables, sippets of toast, and all else; and in helping salmon, mackerel, soles, and herrings, the roe—which in the last-named fish may be soft or hard, and a choice should therefore be given. The sound of cod, which grows along the backbone, should not be forgotten; nor the liver, if served with the fish. And when there is no carving, but mere helping to be done, still give something of everything; such, for instance, as the hard-boiled eggs in a pie or a salad, and the rim of pastry encircling a milk-pudding. In the latter case, I have seen a help taken from out of the centre, and the pastry was forgotten; as also the pieces of lemon, and sippets of toast, in the helping of minced veal. Such omissions, trifling as they are, so far as the amount of deprivation experienced by the persons negligently served, are evidences, but little gratifying, of carelessness and want of thought for them, an indifference which is not merely unkind and uncomplimentary, but thoroughly ill-bred. Hospitality is not shown by giving huge uncouth-looking helps; but by perpetual watchfulness over the requirements of each person at table, and a kindly anxiety to serve them, so as to tempt appetite, bringing all your skill and all your good taste and refinement into service.

Lastly, never press anyone to take, nor even to taste, what they decline a second time. No well-bred guest could refuse to take what was much pressed upon them, even if loathing it; because it would imply a reproach to the hostess to depreciate any viand she had laid before them. But there is such a thing as a natural antipathy, and you should not force your guest into so ungracious a position as that of admitting that your dish was distasteful. A hostess may go so far as to say, "Will you change your mind?" But if she forget her good-breeding, and press a guest to any greater degree to take what is declined, the latter is bound by the rule of politeness to taste a small portion. Possibly, you, my young guest, may feel very uncomfortable; but you will have some compensation in the thought that you have performed a little act of self-denial, and thereby gratified

one who sought to show you a kindly attention.

"Look not every man on his own things, but every man also on the things of others."

NEW MUSIC.

ENOCH AND SONS.

The Turn of the Tide. Written and composed by Cotford Dick. In two keys.—A most pleasing and well-written song. The effective modulation from the minor to its relative major, which occurs at the words, "And the surf rolls in with the tide," is most artistic and appropriate.

A Midsummer Dream. Words by Frederick E. Weatherly. Music by Cotford Dick. In two keys.—We have before us another of this versatile composer's songs. It is very pretty and uncommon. We are much impressed with the characteristic accompaniment to the following lines:—

"Then away from the busy city,
Through peaceful meadow land,
With his gentle wife at twilight
He is wandering hand in hand."

We think our young friends will do well to add these two songs to their musical repertory.

The Old, Old Words. Faithful. Two songs written by Mary Mark-Lemon. Music by Joseph L. Roeckel.—These are both attractive songs. The commencement of the former is rather melancholy, but the six-eight movement at the end of each verse is more cheerful. The latter song is sympathetic, and requires great expression and feeling in the rendering.

Too Late. Words by Hugh Conway. Music by H. A. Muscat.—This song is set in a musicianly style, and is quite within the compass of unpretending vocalists.

One Golden Hour. Words by Cotford Dick. Music by Frederic Clay.—A melodious theme, set to sympathetic words. The accom-



THE DEATH-BED OF ST. CECILIA.
(From the Picture by De Vriendt.)